

The Angelus

October 2019



What's Inside?

From the Rector – Reverend Zaina explores the close relationship between religion and spirituality

Inside Outreach – Read about the English Conversation Class and it's amazing impact on students and teachers

Christ Episcopal School – Come celebrate Episcopal Schools Sunday with CES on October 6th

St. Francis Flock – Adult Forum, Upcoming Events, and Ongoing Activities. LOTS of pictures!!

Newcomer's Corner – Please join us at the Newcomer Reception on November 10th

The **Bargain Box** – Thanks to volunteers and for all the donations! Football gear for cheap, and Outreach Sunday on October 20th

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

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From the Rector

I am fascinated by what people will say to me when I wear my collar. I was at a reception after doing a priest thing, and a woman walked up to me and blurted “I’m spiritual, but not religious.”

I couldn’t respond immediately because I had just stuffed a remarkable hors d’oeuvre in my mouth, so she continued, unabated. She offered that she was in a 12-step program and that she had a new sponsee.

This sponsee was the bane of everyone’s existence, and as her sponsor, she found her difficult as well. Yet, she began to find a connection with her. Then, her eyes lit up, and she told me that this woman had asked her to accompany her to the birth of her child, and that she had cut the umbilical cord. I think that I was only able to utter a “Wow, that must have been amazing”, before she excused herself and started talking with someone else.

I wasn’t too quick on my feet that day, for if I were, I think that I would have challenged her assertion that she isn’t religious.

One of the definitions of religion that Merriam-Webster offers is “a cause, principle, or system of beliefs held to with ardor and faith.”

According to Merriam-Webster, spirituality is “the quality or state of being concerned with religion or religious matters: the quality or state of being spiritual.”

I believe that it is difficult to separate the spiritual and the religious, and this is inherent in the definitions. In 1 Corinthians, Paul wrote “If there is a physical body, there is also a spiritual body. The first man was from the earth, a man of dust, the second man is from heaven. As was the man of dust; and as is the man of heaven, so are those of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.”

We are the image of the man of dust, and we carry the image of the man of heaven. It is with God that we explore and develop our spirituality, looking for and finding the image of the man of heaven in others, and ourselves. When we find the image of the man of heaven, we create our religions as incarnate beings.

Jesus told us that the greatest commandments are to love God, and to love our neighbors as ourselves. Our relationship with God forms our spiritual being, and our relationship with others in community helps to form our religion.

J. Philip Newell said, “The depth of our spirituality is based not on whether or not we can say certain things about God but on whether or not we are aware of the presence of God in every moment of life and in every person we meet.”

I believe that the woman at the party subscribes to a system of belief.

Particularly as a member of a 12-step program, she has chosen to offer herself, and her challenges, to a higher power. That seems spiritual to me. And, she has chosen to be in community with others, and love even the unlikable ones. That's religion.

She recognized what many of us fail to recognize, even though we call ourselves religious. She recognized that there is no wholeness in separation but that wholeness comes in relationship. Her salvation and healing only can take place if others are healed as well. That's a system of beliefs that is based in an incarnate reality.

In our church home, we are incarnate and spiritual beings who share a religion. As a priest, I like to think that worship speaks to others as it speaks to me. But I know that is not the case. And some worship services speak to me more than others.

Just as there are many rooms in the Father's house, there are many doors that lead us to relationship with God and one another. We should be very careful to avoid boxing people into categories like "spiritual, and not religious" because they do, or do not, worship God the way in which we do. Perhaps we can expect to see more of the "spirituals" from time to time if we allow them to explore their inextricably bound religious nature.

Benedictine monk David Steindl Rast said "Sometimes people get the mistaken notion that spirituality is a separate department of life, the penthouse of existence. But rightly understood, it is a vital awareness that pervades all realms of our being... Wherever we may come alive, that is the area in which we are spiritual."

Brother David also says, "my favorite name for the One I worship in wonder – the only name that does not limit God – is Surprise."

Let's welcome Surprise in our lives in a way that forms, and transforms, us. We may even surprise ourselves.

- The Reverend Lisa Zaina

Christ Episcopal School



Christ Episcopal School looks very forward to celebrating Episcopal Schools Sunday with Christ Church at the 9:00 a.m. service. Church families and school families will worship together and then enjoy another joint celebration at the Blessing of the Classrooms as the gorgeous new Church Building renovation is dedicated. The school is thrilled to soon be moving into these 21st century beautifully and thoughtfully designed learning spaces, provided by the generous donations of our church and school community. With gratitude and joy, CES is eager to worship and pray together on October 6th as one church and school community.

Inside Outreach

An Update on the Christ Church Outreach Program



English Conversation Class

“Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.” **Hebrews 13:1-2**

“I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.” **Matthew 25:35**

For over 15 years, people have been learning English on Monday nights in the Christ Church dining room. Our students come from dozens of countries on almost every continent to improve their English. The free class focuses on spoken English and themes to help people learn the ins and outs of living in the United States. Some of our students come for just a few months and some have been attending for several years. A few now have their U.S. citizenship.

The class was started under the aegis of Mary Belknap, who is now turning over the reins to Emily Correll, although Mary will still be involved. Judy Nierman, Pamella Irons-Forth, and Susi Eslami are also helping with the class.

Why do we do this and what do we get out of it? I, Emily, started helping because of verses like the ones above, because it was one thing I could do as part of the church, and because I got tired of hearing people complain that immigrants don't speak English. It has been a humbling experience.

Many of our students are learning English, but they already speak more than one language. They are here for various reasons – family, temporary jobs, job transfers, or as refugees – but they all want to improve their English to fit into and contribute to American society.

If you are interested in observing the class, the first class of the year is Monday, September 16th from 7:00 p.m. - 8:30 p.m. Contact information is egcorrell@verizon.net. You will be welcome, but we will put you to work speaking English with our students.

The Outreach Committee September meeting will take place on Wednesday, October 9th from 7:30 p.m. – 8:30 p.m. in the Parish House beside the church. 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 Ben Shuman at benofwater@gmail.com.

Newcomer's Corner

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!!!*



*The Welcoming Committee cordially invites you to a
newcomer reception to be introduced to our parish family*

Sunday, November 10th, 10:10 a.m. – 11:00 a.m.

The Murdock Room

All in the Parish are invited!

Newcomers will also be recognized in worship this Sunday!

St. Francis Flock

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

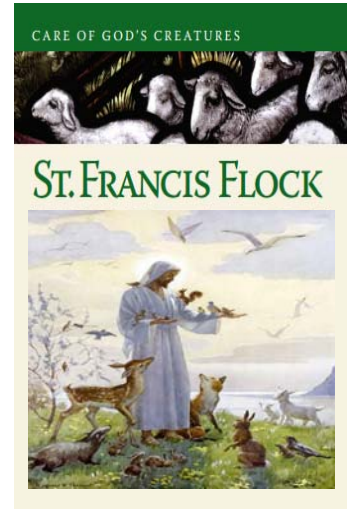
Upcoming Events for St. Francis Flock

Adult Forum – Sunday, October 6th at 10:15 a.m.

God intends our care of the creation to reflect our love for the Creator.
Dr. John R. W. Stott

Join us! Members of St. Francis Flock ministry will be sharing personal stories about what drives us to honor God's creatures. We hope that you will come and we invite you to think about your own unique relationship with the animals of this great, big world.

Pet Memorial Service – November 24th at 5 p.m.



Mark your calendars for our annual Pet Memorial Service at 5:00 p.m. on Sunday, November 24th, 2019, in the Church. Please join us in celebrating the lives of our beloved pets who are no longer with us. It is a unique, moving, and tremendously healing way to honor and remember our animal companions, God's gift to us. Please submit a .jpeg photo of your pet or pets - whether recently passed or long ago remembered - for inclusion in our slideshow during the service. Email your photo(s) along with your pet's first and last name to Lori Nicely at stfrancisflock@cecrockville.org by November 3rd.



Farewell to Cindy – Our Clergy Liaison and A True Friend to Our Ministry

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
The rains fall soft upon your fields;
And until we meet again
May God hold you in the palm of His hand.

Thank you Cindy for being our cheerleader and champion. We have appreciated your spiritual guidance as well as your generosity of spirit. We will miss you.

Flock Features – Our Youth

Congratulations to Rachel Pepper and Louise Keenan, youth members of St. Francis Flock, who graduated from high school in June and have begun college!

Rachel is attending the University of Maryland. During her time with St. Francis Flock, she worked for the Pet Connect Humane Education Department and gave presentations at local schools, including Christ Episcopal School's Camp Cardinal. She completed her high school senior study project on factory farming and its environmental impact. Rachel also participated in the Pet Memorial Service and the Blessings of the Animals.

Louise is attending the Riverview School and Cape Cod Community College in Massachusetts. Part of her first semester will include the study of animal husbandry. Louise has been active in our ministry, including her participation in the Pet Memorial Service, donation drives, the Lending Library, and Blessings of the Animals.

One more deserving shout out goes to Teddy Keenan, Louise's brother. For Teddy's Eagle Scout Project, he and his Boy Scout Troop, Troop 3, built cat houses for the Montgomery County Community Cat Coalition, MC3. This is an organization that cares for community cats (feral cats) in Montgomery County by feeding, housing, and maintaining their health. Teddy volunteered to build five wooden houses with certain specifications, such as: two doors, one an entrance and the other a smaller escape door. The houses are insulated with a waterproof roof and are raised off of the ground. They will be embedded into the community during the winter months by the coalition to provide the cats with needed protection from the elements. A big thank you goes to Flock member Debbie Thompson who formerly built a house and referred Teddy to this wonderful organization. And Teddy sends a special thank you to St. Francis Flock, who provided the forum and resources to allow him to engage in an Eagle Scout Project that benefits our community creatures!



Ongoing Activities – Great Opportunities to Help Animals and People!



Drop off donations in our new cart (thank you Leslie Porter)

Donations of gently used dog beds, old towels and blankets, and (new) pet toys are ALWAYS welcome. Many dogs, cats, and other critters are waiting for their forever families at the Montgomery County Animal Services and Adoption Center. They would love to have toys (gently used or new) to play with, soft blankets to lay on, and towels & blankets to be cleaned up with.



Donate to our pet food drive

Please provide unopened donations in our NEW cart in the main dining area of the basement, and the Flock will deliver to the Animal Welfare League of Montgomery County's Chompers Pet Food Bank. Pet food donations benefit local families struggling to provide for their pets. In many cases, providing pet food to families makes the difference between

being able to keep their pet or having to surrender them due to a lack of food. With our donations, Christ Church is making a difference!



Pet Bereavement Ministry

St. Francis Flock provides ministry to those grieving the illness or loss of a beloved pet. Please contact Carolyn Cole at stfrancisflock@cecrockville.org for more information.



Assistance to the elderly and/or disabled

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

Meeting Time: Second Sunday of the month at 12:30 p.m. in the Parish House!

For more information, contact stfrancisflock@cecrockville.org or on Facebook @StFrancisFlock.

Altar Guild

Won't You Join Us?

How would you like to help your church at a job that has GREAT benefits: supervised training, great hours, flexible scheduling, new friends, and no meetings, public appearances, or baking involved whatsoever! Sound enticing? Altar Guild plays an essential part in every service whether Baptism, Holy Communion, Funeral, or Wedding, and you can be part of it, just by joining our small group of volunteers.



Each Saturday, we prepare the church for the weekend services: tending to the candles, cleaning and maintaining the torches and snuffers, setting up for communion, and assisting the florist with the flowers. On Sundays, we clean up after each service and set up for the next one or pack everything away until the next week.

Disclaimers: occasionally there are weekday service, such as during Holy Week when they are every evening. Expect various odd jobs here and there. Have you heard that we “fight” with the candles? Perhaps you will develop the one technique we haven’t tried and help us to win this battle. We also have altar linens to wash and iron if this is a skill you’d like to develop.

Interested? Please contact Anna Von Arx at 301-838-9284 or advonarx742@gmail.com.

Current active Altar Guild members are Bola Adeolu, Ruth Billinger, Connie Heister, Karen Mulzac, Beverly Piccone, Gwen Snowden, Madeleine Thompson, Bryant Trost, Anna Von Arx, Linda Wright, Alice Yator, and Sheryl Zwierski. Any of us will be happy to answer your questions.



THANK YOU TO OUR GENEROUS COMMUNITY

Perhaps it was the summer heat wave or perhaps the influence of Marie Kondo. Whatever the reason, people have been tidying, sorting, clearing out, downsizing and finding joy by donating their treasures to The Bargain Box.

We have received so many wonderful donations of artwork and books, clothing, shoes, jewelry and purses, puzzles, toys, music and movies, knick-knacks and everything for the kitchen. Our customers find joy as many of these treasures are brand new, mostly gently used, and some vintage and collectible.

Six days a week, volunteers keep the Bargain Box humming. Front desk clerks provide great customer service. Other volunteers sort clothing and household goods, others price them and still others creatively display them on the sales floor and in our store windows. We even have volunteers who "spit & polish" shoes, wash dirty dishes and polish silver. Many of us have become expert at "Googling" to identify brands and to determine the value of items. And we always welcome new volunteers.

Stewardship season is year-round at the Bargain Box. Thank you for your time, talent and treasures!

OUTREACH SUNDAY



October 20 is Serving Others Sunday at Christ Church and the Bargain Box will be back in the church Dining Room with lots of fall merchandise and our **HALLOWEEN** raffle. Stop by our table to shop our fabulous Halloween collection!

FOOTBALL SEASON IS HERE

Football season is here once again and that means game day entertaining. We have a big selection of football themed serving pieces, decorations, and other things to make your football party perfect.



The Bargain Box Thrift and Consignment Shop

An Outreach Ministry since 1957

398 Hungerford Drive, Rockville 20850

301-762-2242

Monday - Saturday, 10 am - 4:30 pm

Donna Wolohojian, Manager

Email: bargainbox@cecrockville.org

On the web: www.bargain-box.org



Follow us on Facebook:

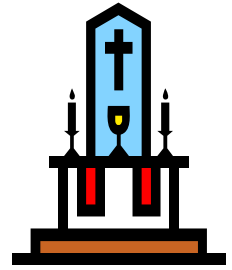
www.facebook.com/BargainBoxRockville

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

CASH ONLY

CEC Children's Church

Fall 2019 Schedule



Sept 8	NO CC - <i>Backpack Blessing & Parish Picnic</i>
Sept 15	NO CC - <i>Farewell & Luncheon for Rev. Cindy!</i>
Sept 22	Children's Church & <i>Sunday School Registration</i>
Sept 29	Children's Church & <i>Sunday School</i>
Oct 6	NO CC – <i>Episcopal School Sunday Celebration</i>
Oct 13	Children's Church & <i>Sunday School</i>
Oct 20	Children's Church & <i>SOS (Serving Others Sunday)</i>
Oct 27	Children's Church & <i>Happy Halloween Walk</i>
Nov 3	All Saints Day Parade & <i>Sunday School</i>
Nov 10	Children's Church & <i>Sunday School</i>
Nov 17	Children's Church & <i>SOS (Serving Others Sunday)</i>
Nov 24	Children's Church & <i>Thanksgiving Shelter Project</i>
Dec 1	Children's Church & <i>Advent Wreath Making</i>
Dec 8	Children's Church & <i>St Nicholas with Service Project</i>
Dec 15	Children's Church & <i>SOS (Serving Others Sunday)</i>
Dec 22	Dressing of the Crèche & <i>Cookies, Carols & Costumes</i>
Dec 29	No CC - <i>Lessons & Carols</i>
Jan 5	Epiphany Celebration & <i>Shelter Project</i>

*Join us for Children's Church - a worship service designed for children
(4 years old or attending preschool - third grade)
using a storytelling theme and drama with music for young children included.*

*The service begins at 9:00am in the Murdock Room
(most Sundays – always check the calendar online or ask the ushers)
and concludes with the children joining their families upstairs at the Peace.
Parents and friends are always welcome.*

Hope you will join us every week!

Children, Youth & Family Ministries

Sunday, October 6th



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

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

Episcopal School Sunday at 9am - Worship, Classroom Blessings & Celebration

Youth Group Trip to Cathedral & Dinner from 3pm – 7:30pm

We'll meet at the Parish House, travel to Cathedral, have dinner in DC and be back for pick-up at the PH at 7:30pm. **RSVP** to mcraig@cecrockville.org.



Sunday, October 13th



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

Sunday School from 10:15 – 11am in the Classrooms



Saturday, October 19th



Safeguarding God's Children Training Class at 9am in the Murdock Room
The training provides participants with the information they need to protect the children they know and care for in their personal lives and the ministries they serve, in and out of the church. It's **required for ALL volunteers working with or around children & youth** who have not taken an in-person child abuse and sexual misconduct prevention training class. It is **strongly encouraged** for all who wish to learn more about how the parish can protect children and youth. **RSVP** to mcraig@cecrockville.org

Sunday, October 20th



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 Dining Room



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

Sandwich & Granola Making, Smart Sacks - We make 300 sandwiches and granola bags for McKenna's Wagon, fill 200 bags of food for 50 children at Meadow Hall Elementary School who need food on the weekends. We'll make Cards for Halloween for the Sunrise Nursing Home and work on a Paper Project for the Bargain Box. **ALL** ages and abilities welcome to lend a hand or two! **YOU** will make a difference.....

Youth Group Hunger Fund Volunteering from 11:30am – 3pm

We'll carpool down to Cathedral to set-up for the Walk and have lunch. Friends are welcome and you earn **SSL** hours. **RSVP** to mcraig@cecrockville.org.

Diocesan Hunger Walk begins at 1:30pm at the National Cathedral!

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 Cathedral Grounds and Gardens with others from the Diocese who are helping to FEED the HUNGRY. Snacks and drinks will be provided. Donations (all amounts welcome!) to the Hunger Fund are 100% tax-deductible, but not necessary to walk or join the fun! The Walk will feature a new twist this year – a scavenger hunt around the Cathedral and Grounds. Do you know where Darth Vader is located? How about where the Prodigal Son statue is? Join us and **make a difference in your life and someone else's, too.... and have some fun doing it!**



Saturday, October 26th

Safeguarding God's People at 9am in the Murdock Room

Safeguarding God's People (SGP) is a training program for the prevention of sexual exploitation in communities of faith. Training is designed to help participants understand the overt and the subtle, the intentional and unintentional, ways in which exploitation and harassment occur in church and school. The aim of the training is to prevent exploitation and harassment by making everyone more aware of her/his words, actions, and intentions as we engage together in ministry. **WHO needs this** - all clergy, church employees, vestry members, lay pastoral care ministers, spiritual directors, eucharistic visitors, hospital visitors authorized by the church, leaders and facilitators of all adult programs and small group ministries, seminarians, lay chaplains and anyone who feels called.

RSVP to mcraig@cecrockville.org or with questions.



Sunday, October 28th

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

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

for all children & youth. The event is story time with a walk around the church buildings and grounds. **Children are welcome to wear costumes** and all ages are welcome!

Hay Ride & Bon Fire at Butler's Orchard for ALL from 6 – 8:30pm

EVERYONE is invited to an adventure at Butler's Orchard. Smore's, hot-dogs, and cider will be served. We'll have lawn games & singing around the fire. Lawn chairs, blankets, and flashlights are welcome. We'll meet at 6pm at Butler's in the parking lot.

RSVP to mcraig@cecrockville.org or 301/762-2191 by 10/25. Hope you can join us!



Questions or for more information:

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

October 2019

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		



OTHER PARISH EVENTS

(Date/Event/ Time/ Location)

OCTOBER 2019 WEEKLY SCHEDULE

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

7:45 AM Holy Eucharist Rite I

A Spoken Service

9:00 AM Holy Eucharist Rite – Enriching Our Worship

A Family Service for All People and Ages

Featuring Choristers of Christ Church

9:00 AM Children's Church – Murdock Room

A Service for Young Children

Using a Story-Telling Theme with Music 9:00-9:30am

11:00 AM Holy Eucharist, Rite II

Featuring 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 – Music Suite

9:00 AM Studies in Christian Faith *(led by Nancy Lewin)*

10:10 AM Adult Forum – Murdock Room

10:10 AM Coffee Hour – Dining Room

10:15 AM Sunday School – Classrooms Preschool-6th Grade
(Oct. 13)

10:15 AM Adult Choir Warm Up

REGULAR WEEKLY ACTIVITIES

Monday

7:00 PM English Conversation Practice (CEC DR)

Tuesday

11:00 AM Staff Meeting (PH)

7:30 PM Acolyte Training (Church)

Wednesday

12:10 PM Holy Eucharist Rite II (Church)

Thursday

12:00 PM AA Meeting (PH)

4:45 PM Chorister Snacks & Rehearsal (Music Suite)

7:30 PM Adult Choir Rehearsal (Music Suite)

- 1 Pastoral Care Committee Meeting **7:30pm** (PH LR)
- 2
- 3
- 4 CES Preschool One-on-One Fun (Preschool)
- 5
- 6 Episcopal Schools Sunday
Youth Group Trip to Cathedral & Dinner **3-7:30pm** (PH)
- 7
- 8 *The Angelus* Submission Deadline for the November issue
- 9 Outreach Committee Meeting **7:30pm** (PH DR)
- 10
- 11
- 12 Funeral: Tom Gentry **11:00am**,
followed by a reception in the Murdock Room.
Adult Supper Club **7:00pm** (Nancy Small host)
- 13 Stewardship Kickoff Sunday
St. Francis Flock Meeting **12:30pm** (PH LR)
- 14 Columbus Day (Office Closed)
- 15
- 16 Private Event **4:00pm** (MR, DR, K)
Welcoming Committee Meeting **6:00pm** (PH LR)
- 17 Board of Governors Meeting **7:00pm** (MR)
- 18 CES Middle School Dance **7:00pm** (MR, DR, K)
- 19 Safeguarding God's Children session **9am-12noon** (MR)
Private Wedding **5:00pm** (Church)
- 20 "SOS" Sunday *(Third Sunday of each month)*
Loaves & Fishes carpool **10:15am** (leave from Church)
Bargain Box Outreach Table **10:15am** (DR)
SOS - Serving Others Sunday Project **10:15am** (CEC DR)
Diocesan Hunger Walk **1:30pm** (Nat'l Cathedral Grounds)
Evensong Service **4:00pm** (Nat'l Cathedral)
- 21
- 22 Vestry Meeting **7:00pm** (PH LR)
- 23 LLEM Visitation at Collingswood Nursing Home **2:30pm**
- 24
- 25
- 26 Safeguarding God's People session **9am-12noon** (MR)
- 27 Happy Haunted Halloween Walk **10:15am** (meet in CEC DR)
Butler's Farm Hayride & Bonfire for Everyone! **6:00pm**
RSVP to 301-762-2191 #15
- 28
- 29
- 30
- 31 Halloween

KEY

PH = Parish House

LR = Living Room

DR = Dining Room

MR – Murdock Room

CEC = Christ Episcopal Church

CES = Christ Episcopal School

K = Kitchen

N = Nursery

YR = Youth Room