

# Christ Church Parish

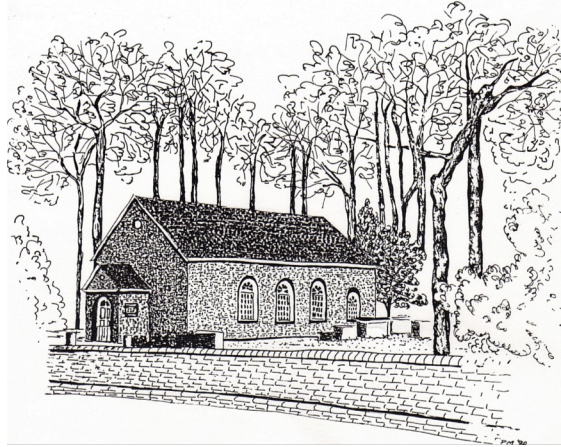
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February



A joy-filled church



**Location:**

Rt. 33 & 638

Christchurch, Middlesex County, Virginia

**Mailing:**

PO Box 476; Saluda, Virginia 23149

**Telephone:**

804-758-2006

**E-Mail:**

ccparish@verizon.net

**Website:**

christchurchmiddlesex.com

**Sunday Services:**

8 AM

A quiet traditional Service of Holy Communion

10:30 AM

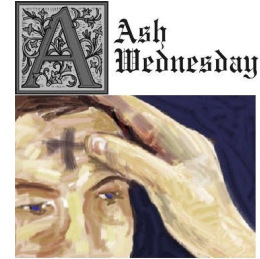
A Family Service of Holy Communion

with Music and Choir

The Rev. Stuart Wood

Priest in Charge

FEBRUARY 2018



## Fasting — What is it and why do we do it?

As the season of Lent approaches, we are often encouraged to fast as one of our Lenten disciplines; abstaining wholly or partially from certain foods for spiritual or physical health.

I encourage you to at least observe Ash Wednesday and Good Friday as days of fasting and denial.

## Father Stuart's Message for February 2018

### **Fasting** – what is it and why do we do it?

As the season of Lent\* rapidly approaches, (starting February 14<sup>th</sup>) we are often encouraged to “fast” as one of our Lenten disciplines. The Episcopal Dictionary defines fasting “as abstaining wholly or partially from all or certain foods, for physical or spiritual health.” It also tells us that the “rigor of abstinence depends largely on custom and circumstance.” The Saint Augustine’s Prayer Book says that “fasting, usually means not more than a light breakfast, one full meal, and one-half meal.” On Ash Wednesday and Good Friday, this fast should include the abstinence from meat.

It's easy to find examples of fasting in both the Old and New Testaments. Fasting in the Old Testament was often observed to express grief. Starting in the New Testament, fasting took on a different meaning, as a way to focus on God and prayer. This appears to be Jesus’ intent during his 40-day fast in the wilderness as he prepared for his public ministry. Early Christians fasted on specific days of the week, especially Wednesday and Friday.

As a spiritual discipline, fasting is an act of contrition, cleansing, and preparation. The BCP recommends fasting for the season of

## Father Stuart's Message for February 2018

(Continued)

Lent, which Christians should observe "by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's Word" (BCP, p. 265). The BCP designates the weekdays of Lent and Holy Week and all Fridays except in the seasons of Christmas and Easter as days of "special devotion" with "special acts of discipline and self-denial" (which normally include fasting). Although modern social habits have led to a decline in fasting on Fridays, and in Lent and Holy Week, the BCP calls for fasting, discipline, and self-denial on those days. I would like to encourage you to at least observe Ash Wednesday and Good Friday as days of fasting and self-denial.

\* Lent consists of forty days from Ash Wednesday to Easter Even, exclusive of the Sundays which fall within this period. Because Sunday is the weekly feast of Christ’s resurrection, the rule of fasting has never applied to this day of the week under any circumstances.

**Coming the Spring or Summer**

## **Another Duty for Pam McClelland**

When a person is really busy and you need something done, assign it to the busiest vestry-person you can find. Pam McClelland can verify that the system works because, in addition to working with Fr. Stuart and Carolyn to ensure the church calendar is up to date, she also has been asked to oversee church publicity. If you want to get on the church calendar or put an article on the church in the newspaper or a magazine, call Pam at (804) 832-4234 or email her at [pam.mcclelland@hughes.net](mailto:pam.mcclelland@hughes.net).



**Save Your Treasures for the ECW  
Trash & Treasurer Sale**



# Coming Events

An illustration for Valentine's Day Breakfast featuring a blue banner with 'Just for You', a yellow cup of coffee, a jar of jam, and a slice of toast with jam and a heart.

Sunday, February 11th at 9:00 AM  
In the Parish Hall


**Valentine's Day Breakfast**

For all the Women of the Church

Special Guest Speaker

**Elizabeth Crowder, President**

Rappahannock Community College

An illustration for Shrove Tuesday Pancake Supper showing a stack of pancakes, a cup of coffee, and a small sign that says 'CHRIST CHURCH PARISH FEBRUARY 13TH 5:00 TO 7:00 PM'.

**Brotherhood's Annual**

**Shrove Tuesday**

**Pancake Supper**


Christ Church Parish Hall

Tickets \$8:00 per person from most  
Brotherhood Members

Children 10 & under eat free

Eat in or Carry Out

# Coming Events


An illustration for Ash Wednesday Service featuring a cross, the text 'Ash Wednesday', and a quote from Ecclesiastes 3:20: 'Remember that you are dust, and to dust you shall return.' Below the quote is the text 'ECCLESIASTES 3:20'.

**Ash Wednesday Service**

Wednesday, February 14th

12:00 Noon & 6:00 PM

Imposition of Ashes

An illustration for Lenten Lunches showing a cross, a bowl of soup, and a sandwich.

**Lenten Luncheon Series**

Noonday Prayers  
in the Parish Hall

Followed by Soup, Bread  
and or Sandwich

Each Wednesday  
during Lent

February 21st & 28th  
March 7th & 14th

Lenten Program during Lunch



## ECW News

### 2018 ECW Officers Installed

**Sunday, January 7, 2018**

Left to right Vice President Karen Gorin, Corresponding Secretary Sally Wells, President Judy Quilter, Recording Secretary Paige Wittkamp, and Treasurer Virginia Miller.



The ECW is getting ready for a very exciting year. Our first **General Meeting** will take place just after the 10:30 service on February 4th. We will take a look back at our 2017 successes, review plans for the upcoming year, and present the Budget for 2018. Please plan to attend.

\*\*\*\*\*

Plans are underway to have another **"Trash & Treasure"** sale - date to be announced later. Please begin to save your items for this. A couple of years ago this was a very successful project for us.

\*\*\*\*\*

**Save the Date!** Lenten Quiet Day offered by the ECW of the Diocese of Virginia "The Life of Faith in Four Songs" led by The Rt. Rev. Susan Goff, Bishop Suffragan, Diocese of Virginia - Thursday, February 22, 2018. To be held at the Roslyn Conference and Retreat Center, 8727 River Road, Richmond, Virginia 23229.

## Wizard Phone Service Message

A recorded message was sent out on Thursday, January 14th, as a reminder about the change in schedule for Sunday, January 14th. Fifty-six calls were made reaching 85 families. If you have not signed up to be a part of this and would like to be included, email Pam McClelland at [pammcclelland46@gmail.com](mailto:pammcclelland46@gmail.com).

Half of the calls made went to answering machines or voice mail. The calling number indicates that it is a long distance number. (719-694-2613). We know that many of you do not answer such calls. Here are two suggestions to make sure you receive these important messages.

1. Add the calling number to your phone contacts list as "Christ Church Message". OR
2. If you do not answer unknown calls, wait to see if you have a message. If you do, our message has been recorded and you can play it back

Only emergency announcements or reminders of schedule changes will be sent.

Your vestry appreciates any suggestions you may have for ensuring the best communications for all.

## Happy Anniversary



Vivian & Warren Milby 2/3

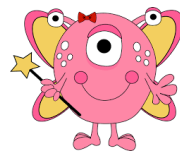


Chip Holt 2/3  
Warren Milby 2/5  
Ann Harris 2/10  
Art Bunnell 2/10  
Rip Radcliffe 2/20

Joyce Reisinger 2/5  
Gari Sullivan 2/6  
Llew Samuel 2/9  
Virginia Miller 2/16  
Vel Gray 2/21



## Are You a Thermostat Monster?



In an effort to save money and energy, we now have 7 new programmable thermostats throughout the church and parish hall! They are very simple to use but they can be very expensive if used incorrectly.

The thermostats are programmed by the Junior Warden seasonally for heat in the winter and AC in the summer as needed by the expected church schedule.

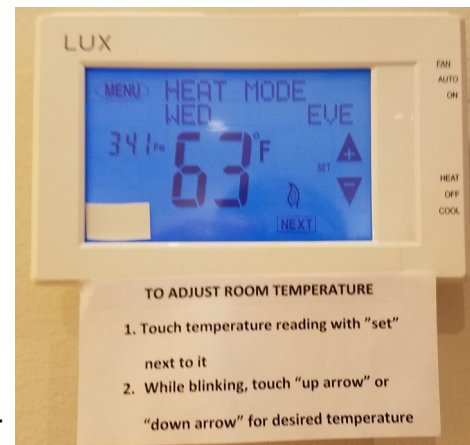
IF YOU NEED A ROOM TO BE COLDER OR WARMER, no problem. Simply follow the directions attached to the front of each thermostat, and as also shown below. They make perfect sense when you are looking right at the thermostat. If you follow the directions, you do not need to remember to adjust it BACK when you leave.

### TO ADJUST ROOM TEMPERATURE

1. Touch temperature reading with "set" next to it
2. While blinking, touch the up arrow or down arrow for the desired temperature

DO NOT DO ANYTHING ELSE!! The thermostat will attain your chosen temperature and automatically maintain it. It will automatically revert back to the programmed temperature according to the programmed schedule.

Don't tell anyone else about this.....but the thermostats do have a HOLD function. It is covered by the little piece of white tape. The reason it is covered is that if you push hold, it will stay that way all week or until someone else finds it. It overrides the programmed function and runs unnecessarily for days or weeks! That just might make you a thermostat monster! Seriously, if you have any questions or need help, please check with a vestry member or our Junior Warden and they can easily walk you through a demonstration.



## Christ Church Parish's Gift to the Rev. Scott Parnell

The Rev. Scott Parnell, who is the chaplain at Christchurch School, was recently ordained to the sacred order of priests at an ordination service at the school. The Rt. Rev. Susan Goff, Bishop Suffragan of the Diocese of Virginia officiated at the ordination. Fr. Scott has assisted at Christ Church on several occasions as a deacon at the

10:30 service and he was the supply priest at our two services on December 31st. At the 8:00 AM service, Fr. Scott was presented a gift for his recent ordination from the parish. The gift was a Holy Water Bucket and Aspergillum or sprinkler for a less technical term. Up until now, Fr. Scott said that he had been using a champaign bucket for Holy Water. I'm sure that there are some people that would consider champaign a type of holy water. We wish Fr. Scott great success in his ministry at the school and look forward to the times that he will be able to join us at our services.



## Church Calendar for February 208



Date	Time	Event
1	6:45P	Weekly BSA Troop 341 Meeting
4	8:00A	Holy Eucharist Rite I
4	10:30A	Holy Eucharist Rite II
4	11:45A	First ECW Meeting of 2018
5	8:00P	AA Meeting
6	12:00P	AA Meeting
7	9:30A	Mid-Week Eucharist
8	6:45P	Weekly BSA Troop 341 Meeting
11	8:00A	Holy Eucharist Rite I
11	9:00A	St. Valentine's Day Breakfast All Church
11	10:30A	Holy Eucharist Rite II
12	8:00P	AA Meeting
13	12:00P	AA Meeting
13	6:00P	Vestry Meeting
13	5:00P	Shrove Tuesday Pancake Supper
14	12:00P	Ash Wednesday Service
14	6:00P	Ash Wednesday Service



## Church Calendar for February 208



Date	Time	Event
15	6:45P	Weekly BSA Troop 341 Meeting
18	8:00A	Holy Eucharist Rite I
18	10:30A	Holy Eucharist Rite II
19	8:00P	AA Meeting
20	12:00P	AA Meeting
21	9:30A	Mid-Week Eucharist
21	12:00P	Noonday Prayers & Lenten Lunch Series
22	6:45P	Weekly BSA Troop 341 Meeting
25	8:00A	Holy Eucharist Rite I
25	10:30A	Holy Eucharist Rite II
26	8:00P	AA Meeting
27	12:00P	AA Meeting
28	9:30A	Mid-Week Eucharist
28	12:00P	Noonday Prayers & Lenten Lunch Series