

Grace Notes

Newsletter of Grace Episcopal Church, Alexandria, Virginia

September 2007

Rector's Reflections

our "legacy of generosity"

Each September we celebrate two events that help define our identity as Grace Church. The first is the parish weekend at Shrine Mont. This past summer is the first summer in 12 years when Leslie and I did not have a child participating at one of the Shrine Mont camps (although my two adult daughters, 24 and 22, did attend the 4th of July celebrations and Blue Grass festival.) For our young people Shrine Mont has been an important part of their formation as Christians.

The parish weekend helps us to be formed in Christ's love, service and community. The worship, the activities, the fellowship and just being in this beautiful diocesan retreat facility (and Cathedral Shrine) can fill us with a deeper love for Christ and renew our commitment to mission and ministry in God's world. The wonderful leadership of so many volunteers who work hard to make the weekend very special, especially for those attending for the first time, is a witness to the empowering lay ministries we see in every facet of our life at Grace Church.

The second September event that brings definition to our life at Grace is the Founders' Day Celebration on the last Sunday in September (9/30/07), closest to our actual founding date of September 27, 1855. We celebrate with the first festival choral Eucharists of the program year. We have thankful hearts for the generations at Grace that have preceded us. We are aware of our responsibilities to pass on to those who follow us examples of discipleship and stewardship that will enable Grace Church to remain strong and provide resources for ministry in future decades. I call this our "legacy of generosity" and it will be a theme I hope to teach and preach during the 2007-08 program year.

The new school year always brings excitement. Grace Episcopal School and our parish Christian education classes link us to this new academic beginning. September 11 is a somber anniversary for all of us and the ongoing challenges of war are close. We continue our monthly requiem and reading the names of those US service men and women who have been killed in the previous month. The early fall has become a popular time for weddings. I will officiate at four weddings in a six week period.

(continued on page 4)

Inside this Issue

Curate's Corner	2
Senior Warden's Report	3
Grace Church welcomes Seminarian ...	3
Musical Notes	3
Grace Episcopal School News	4
Children's Ministries Preview	4
Grace to launch Capital Campaign early in 2008	5
Reflections on our Youth	5
Sixteen journey to Honduras	6
It's hot down there!	6
To the beloved community of Grace Church	6
Sent with love from one Grace Church Altar Guild to another	7
Former Grace Seminarian	7
September Birthdays	8
Graceful Worship	8
Parish Notes	9
Stephen Ministry: A distinctively Christian care	10



GRACE EPISCOPAL CHURCH
SESQUICENTENNIAL
1855-2005

Worship Schedule

Sunday Schedule

through September 9

Holy Eucharist Rite 1 7:30 am
Child care 9:45 am–11:15 am
La Santa Eucaristía 9:00 am
Choral Eucharist* 10:00 am
Holy Eucharist Rite 2 5:00 pm
* alternates between Rites 1 and 2

starting September 16

Holy Eucharist Rite 1 7:30 am
Child care 8:45 am–12:45 pm
La Santa Eucaristía 9:00 am
Choral Eucharist Rite 2 9:00 am
Christian ed classes 10:15 am
Choral Eucharist Rite 1 11:15 am
Holy Eucharist Rite 2 5:00 pm

Weekday Eucharist

through September 13

Tuesdays, Rite 2 with healing ... 6:30 pm
Wednesdays, Rite 1 7:00 am
Thursdays* 12:15 pm
* alternates between Rites 1 and 2

starting September 17

Mondays, Rite 1 6:30 pm
Tuesdays, Rite 2 with healing... 6:30 pm
Wednesdays, Rite 1 7:00 am
Thursdays, Rite 2 7:00 am
Fridays, Rite 1 12:15 pm

About Grace Notes

Grace Notes is published 10 times a year by Grace Episcopal Church, Alexandria, Virginia—monthly except for combined July/August and December/January issues. Deadlines for submitting copy are by midnight on the 15th of the preceding month. Next Grace Notes deadline: September 15 for the October issue. Articles may be placed in the Grace Notes folder in the credenza in the Commons, submitted by e-mail (grace.notes@gracealex.org) or faxed to 703-549-2832. All articles are subject to editing. Grace Church's newsletter team includes Barry Barr (editor), Cindy Ikard, Doug Prince, Beth Wiggers and Margaret Will (layout).

The Curate's Corner

Residents Instead of Visitors

“This reminds me of home,” I told Fr. Malm as we drove down King street. The bustling shops of King Street and the High Street of the market town near my home near London are somewhat reminiscent of one another—I think it is the Georgian architectural influence and the fact that everything is so close together and unstrip-mall like. I have always liked Alexandria as a visitor—Kris, my husband, has relatives here so I have been coming for many years on and off—I can even claim to have seen the Redskins play at RFK (thanks Uncle Jack) - not bad for a limey Brit.

For the past seven and a half years we have lived in Radford, Virginia. Radford is a small sort of place with a medium sized state university. For our first few years here my attention was taken by our four tiny children Chloe, Calum, Kiah and Katherine (now 11,9,7,5). But as they have grown I have been doing various things including helping at Grace Church where my husband was Rector, working as Campus Minister at Radford for a while, doing some interim work and working as Rector of Christ Church Pearisburg for the past few years. My husband is also a priest and at time of this writing is interviewing in northern Virginia.

I have just come back from Shrine Mont where I was chaplain to St. George's IV a camp for 13-15 year olds. Keeping God interesting in 100 degree heat in a room which was even hotter just after they woke up from their rest period was a challenge—but God is interesting so we were OK. Sometimes I really like my job and these two weeks have been one of those times—even with the frustrations of camp life—thanks be to God.

We are looking forward to becoming a residents instead of a visitors in Alexandria. The diversity and opportunity of the place excites us as does the challenge of any urban area. My children are museum hogs so they will have us driving over the Potomac at every available opportunity—they are eager for a visit to American History when it is ready for them (they all put themselves on the emailing list already!).

I am excited to get to know you at Grace. Please do not be offended if I ask your name several times, take it that I want to remember. I realize that I am going to be on a steep learning curve for the first little bit so bear with me, I am coming to be with you because you called me but also because I want to be there. I am looking forward to working with and learning from Fr. Malm's deep experience and love for you all.

God's Grace and Peace be with you all.

— *The Rev. Caroline A. Kramer, Assistant Rector*

Moving Forward in the Midst of Change

As we approach the end of the third quarter, it is useful to stop and reflect. We have accomplished much.

We have embarked on our plan to build a new organ, renovate the gallery, retrofit our HVAC system and replace our roof. We have a \$1.2 million loan and will soon begin a capital campaign. This summer, we sponsored mission trips to New Orleans and Our Little Roses – life-changing experiences for the missionaries and those they served. We are publishing a new pictorial directory. We said a fond farewell to the Rev. Anne Turner, and we welcome the Rev. Caroline Kramer. Our rector has completed the second half of his sabbatical – a time for study, reflection and rest. During his absence, we thank Mother Turner, and Fathers Weiss, Wires and Huntington for celebrating at the liturgies and providing pastoral care. Shortly, we will begin a search and call a new part time priest associate.

In the midst of these changes, most aspects of our parish life continue. We continue to maintain our liturgical schedule; our Eucharistic Ministers have taken Communion to those unable to worship with us; the Altar Guild hasn't missed a beat in ensuring our readiness for worship; more newly stitched kneelers are popping up in the Nave; the summer choir is in full voice; the food pantry volunteers continue to minister to the needs of the hungry; conversations about future missions have already begun; preparations for our Shrine Mont weekend continue; the School has been a beehive of activity preparing for the new school year; Charlotte, Beth and our office volunteers continue to keep parish running smoothly; and aside from a few items of e-business, accounting, maintenance, and repair, the Vestry has enjoyed an August respite.

Regarding Shrine Mont, I hope those attending will be *Renewed by the Spirit* through this opportunity for reflection, rest and relaxation, as we have much to do together as we move forward.

Yours in Christ,

— *Michael Jones, Senior Warden*

Grace Church Welcomes Seminarian

Jennifer Andrews-Weckerly joins us this fall from Virginia Theological Seminary for her field assignment. Jennifer is sponsored by the Diocese of Delaware and has extensive volunteer experience. Her field education goals are: liturgical leadership and presence, preaching, adult education, evangelism, conflict management and governance.

From the Parish Register

Baptisms

- Fiona Abigail van der Sluis, daughter of Howard and Annice van der Sluis

Transfers out

- Bernie and Caroline Schroeder to St. Paul's Episcopal Church, Chestertown, MD

— *Dorothy Daniel*

Grace Church is:

- ✧ A center for worship and fellowship
- ✧ A school for discipleship and stewardship
- ✧ A community for healing and outreach

Musical Notes

Choir Rehearsals Begin!

Below is the regular choir rehearsals schedule, beginning Wednesday, September 12, and Thursday, September 13:

ST. NICHOLAS CHOIR (Children grades 1-4) — Wednesdays 6:30 – 7:00 pm

ALLELUIA SINGERS (Adults and youth grade 5 up) — Wednesdays 7:15 – 8:45 pm

HANDBELL CHOIR (Adults and youth) — Thursdays 7:00 – 8:00 pm

SCHOLA CANTORUM (Adults and youth grade 5 up) — Thursdays 8:15 – 9:45 pm

If you are interested in joining any of these groups, please contact Thom Robertson.

(continued on page 9)

Grace Episcopal School News

Rector's Reflections

(continued from page 1)

Classes at Grace Episcopal School begin on Wednesday, September 5. The faculty and staff look forward to the coming school year! This year we welcome back 114 students and 35 faculty/staff to the school. We welcome 4 new faculty/staff members.

In June, we said good-bye to Charlie Iovino from the School Board. Charlie was on the Board for 3 years—2 years as our Board Chair. I would like to thank her for her leadership and the many, many hours of dedication and support to the school community. During her term as Board Chair she was instrumental in leading us through accreditation and establishing many new employee benefits. Thank You, Charlie! Mike Hix took over the helm as the Board Chair in July.

Last year the school was embarking on our interim accreditation visit from VAIS. I am happy to convey to all of you that I received word July 6 that the school was approved for full accreditation for another 5 years—alleluia! They wrote, “We greatly value the priority that GES has placed upon the evaluation review process. Your superb preparation for this is commendable. We are very appreciative of your leadership and of the professionalism demonstrated by the faculty, staff and trustees in working together toward a successful conclusion to this process. It is evident once again from this visit that the spirit of Grace Episcopal School is very special.”

— Chris Stegmaier Byrnes,
Head of School

My time away this summer has convinced me of the necessity of our parish's ministry. In a world torn by conflict and competing ideologies and in our country often divided by political, racial, economic and even generational differences, technology and materialism do not guarantee a meaningful life. We find meaning in knowing Christ and making Christ known to others. Jesus promised us that when we abide in God's commandments and love we will know the fullness of joy (John 15:11). September at Grace gives us all another start in abiding in Christ's joyful love.

— The Rev. Robert H. Malm, Rector

Children's Ministries Preview

As summer draws to a close, the Children's Ministries program looks forward to yet another exciting and challenging transition year. Following the great success of the new grade school curriculum's pilot run, our Sunday School teachers are preparing to tackle the next round of topics presented in Workshop Cycles. Children in kindergarten through Grade 5 will again use drama, cooking, music, storytelling, art, movies, and games to study this year's subjects: *All About the Bible*, *Before Judge Judy*, *Be Alert Shepherds!*, *When Jesus Was a Kid*,

The Mystery of Easter, *Pray Without Ceasing* and *Angels Watching Over Me*. Each lesson block runs four weeks long. The Spirituality of Motherhood group has expanded to include a bi-monthly evening session, in addition to their weekly Tuesday morning meeting. A new set of issues will be addressed this year in our quarterly parenting forums. Back by popular demand are the forums on Advent/Christmas and Lent/Easter. New forums will explore questions about suffering and death, why bad things happen to good

people, and how to pray with your kids. Children's Chapel continues in its inaugural season of offering this child-friendly service during the 11:15 Eucharist as well as at 9:00 am. And, of course, we welcome the Rev. Caroline Kramer who, in addition to her many other duties as new Assistant Rector, will serve as the clergy support for all campaigns under the Children's Ministries umbrella.

— Ashley Metz, Children's Ministries
Coordinator

Grace to launch Capital Campaign early in 2008

A Capital Campaign to raise funds for a new organ, the expansion of the choir loft and for repairs/renovations to the HVAC system and the roof will officially be launched in January 2008. While that date seems months away, planning for the campaign is already in full swing. Many parishioners are preparing for the Capital Campaign, some by agreeing to serve on the Campaign Steering Committee, others by monitoring the progress on the construction of the organ, others by serving on a property committee to determine the current status and needed repairs to the HVAC system and the roof. These months of gathering information and planning will culminate in the launch of the Capital Campaign early in the new year. Grace will step forward with hope and excitement as we seek to enhance our worship and program space; these worthy projects demand

our best efforts to raise the money to pay for them.

Why will the Campaign officially launch in 2008? Two reasons prompt the decision. The first is the desire to allow the annual Stewardship Campaign to accomplish its mission during the fall before the Campaign begins. The second is to allow adequate time for planning and communicating the goals of the Campaign, so that when it begins in January all parishioners will be informed about the programmatic goals and the plan to pay for the projects. Parishioners will be contacted individually and asked to consider a three-year pledge to the Campaign. Patricia Bjorling, Director of Stewardship and Development for the Diocese of Virginia, is enthusiastic about her consultation with Grace for the Campaign, and will provide

guidance throughout the process. Soon we hope to “name” the Campaign. We welcome your ideas for an appropriate title for the Capital Campaign effort.

How can you be a part of building the path to the Campaign? Our heads swirl with ideas and enthusiasm and we seek your prayers, your questions and your observations. Pray that we are guided by an “abundance mentality” and a generosity of spirit to plan and achieve the Campaign goals. Two phrases from Carl Daw’s hymn commissioned for Grace’s Sesquicentennial Celebration provide guidance for the days ahead:

....give us faith that risks and dares.....
....op’ning hearts to grace anew.

— *Mary Hix and Chris Rugaber,*
co-chairs

Reflections on our Youth

Upon returning from the pilgrimage to Germany, I wondered what would be the lasting impressions for the kids from our ten full days in Munich and Berlin. Would this make a difference in their lives; how would we know that?

Two weeks later, I realized we had at least a partial answer. That Sunday, I counted four pilgrims on the Honduras Mission trip, four more preparing to leave for New Orleans,

two serving as camp counselors at St. George’s Camp and four serving on the altar at home. 14 out of 42 total pilgrims from four pilgrimages, all actively ministering. And that was just for that Sunday! Since the first pilgrimage six years ago, 18 of the youth participated in mission, and others served as camp counselors, with the local scene dominated by numerous acolytes, choir members and nursery workers. Parents of a

handful of pilgrims have told us that this program is what kept their sons and daughters involved in church and Sunday School.

Do pilgrimages make a difference? Do they help to focus what we believe and how we relate? You really need to ask our youth. Or, look at the statistics.

— *Chrissie Crosby*

Sixteen Journey to Honduras

A few glimpses from our trip:

To Love and Be Loved

What an experience! Walking into a courtyard filled with girls, from toddlers to teenagers. Some reach out with hugs from the start. Others are shy, holding back and giggling with each other before slowly approaching one of the team and taking a hand. These girls have endured unspeakable horrors, known poverty and neglect, yet they opened their home and hearts to us. They entertained us, did our hair, taught us Spanish and shared their lives. We found a home

overflowing with laughter—girls so assured of the love of their teachers, the missionaries, each other and of God.

To Serve and Be Served

As team priest, I had it all planned out. Then God stepped in... 100 degree heat, a small room with no windows, being down on hands and knees for hours, being covered with sweat... but mostly filled with joy. Working in the place God wants you brings peace that passes all understanding.

To Minister and Be Ministered Unto Missioners play a key role in the lives of these girls—by interacting with us, they learn that they deserve to be treated with respect. We ministered to them. and they ministered to us. We traveled to Honduras in response to God's call to go and serve. We returned having each been touched in some way by the love of God, shown through these girls.

May each of you have the opportunity at least once in your life to be so touched.

— *Lynette Kamakura*

It's Hot Down There!

With the prayers and financial support of Grace parishioners, Vestry and Diocese, nine adults and six EYC youth spent six days on mission work this July in New Orleans. Hot, yes; hard work, yes. Gratifying, absolutely!

We split up into teams, with the largest group working for the Louisiana diocese to gut and rebuild homes. Led by Jeff Gustafson, it was one house at a time in the 9th Ward

Another crew (thanks, Lorna Worley) painted the child care center for Grace Church, Canal Street. The newly hired Center Director saw our work and beamed; she hopes the center will open this fall, drawing families back to the church and the neighborhood. Anne Caputo helped Grace rebuild its archives; they had been freeze-dried after the flood. Still another crew cooked and served meals at the Dragon Café of St. George's, Charlotte Wright's home church (thanks, Rich Kelly).

The House of Bishops, meeting at Camp Allen, TX in September, will take its own mission trip to New Orleans and eat a dinner meal at the Dragon Café – just like us!

Lastly, we served on the Mobile Respite Unit, a large RV, taking supplies to the 9th Ward and St. Bernard Parish. This brought us in contact with the many people determined – with the Lord's help – to start up life again in their home neighborhood. That was a blessing for us.

We're planning to go back next year. Want to join us?

Participants: Sydney Barron, Khacki and John Berry, Alex Bijak, Anne Caputo, Thomas Crabtree, Carl Eckel, Jeff Gustafson, John Kendrick, Rich and Heather Kelly, Scott Knudsen, Dan Pattarini, Nancy Robinson, Lorna Worley AND everyone we left behind.

— *John Berry*

To the beloved community of Grace Church--

I want to find a way to thank you all for the marvelous send-off you gave me at the end of July. This note is inadequate, but at least it will reach all of you.

Steve and I were overwhelmed by your kindness and love in our last weeks at Grace Church. We were so glad to spend time with so many of you at the farewell reception, and we have been sustained by your many cards and good wishes.

So much of the past four years has drawn me closer to God. I live in gratitude for the many gifts you have given to me, and to Steve and Lucy, too. You will always be a part of us.

In Christ's love,

— *Anne Turner*

Sent with love from one Grace Church Altar Guild to another

The Fair Linen hung in tatters from the temporary altar, its once snowy top smudged with wax and soot. In the sacristy, the drawers meant to hold purificators, lavabo towels, corporals and other altar linens looked like the proverbial Old Mother Hubbard's cupboard, mostly bare. This was the first discovery on day one of our stay with Grace Church, Canal Street in New Orleans. Grace was our host church for the NOLA (New Orleans, LA) mission trip in July. The church was flooded with more than 4 feet of dirty water in the aftermath of Hurricane Katrina. Right in the path of a broken levee, the church and all its belongings sat in water for more than 3 weeks before the flood began to recede and the devastation was revealed. Photographs taken just following the event show ruined pews, overturned chairs, soggy kneelers and

a dark, smudged line 4 feet up the wall where the water left its mark.

An appeal to other Grace Churches around the Anglican Communion resulted in an outpouring of vestments for Grace Church, Canal Street, but the critical need for altar linens remained. Coming home and describing what we saw to the Grace Church Altar Guild's Vestments and Linens Committee resulted in an offer of a gift certificate from Almy, a primary provider of church supplies, for \$500, to be used to purchase any needed altar linens or any other needed items. Our Louisiana counterpart will be able to use these funds to purchase a new Fair Linen and a complete set of additional altar linens and other needed supplies to help replenish their depleted stock.

— *Anne Caputo*

Musical Notes (continued from page 3)

Update on the Organ Project – By now, most of you have seen the colored drawings on display in the Commons outside the parish office. Blue tape is also still on the floor at the rear of the nave showing how much further the new gallery will extend. The organ builder is currently putting the finishing touches on an instrument for the Episcopal Church of the Redeemer in Bethesda; once that is complete, work will focus exclusively on our instrument. Watch for an announcement about the opening concerts on the organ in Bethesda; we are all invited to see and hear that instrument as a “taste” of what we can expect!

The Grace Church Choral Society will begin rehearsals in October. This is a group open to all who are interested in singing, particularly to those who can't commit to our regular choirs. Rehearsals are held on Tuesday evenings (8:00 – 9:30 pm) and the final concert is always at a time that doesn't conflict with regular church services; this makes it an ideal group to invite your friends and neighbors to participate in. The major work this fall will be *Requiem* by John Rutter, and the performance will be Friday, November 2nd (All Souls' Day). For further information, contact Thom Robertson.

Former Grace Seminarian

The Rev. Mark Powell, is thriving in his new parish, St. Andrew's On-The-Sound in Wilmington, NC. St. Andrew's has been growing rapidly, so the rector and congregation are delighted to have Mark as the first curate in more than five years. One of Mark's projects is to rebuild the acolyte corps, which is down to just 10 members. As an incentive, he is organizing a pilgrimage to the Washington Cathedral for the National Acolytes' Festival October 5-7.

If you are visiting Wilmington or Wrightsville Beach, NC, drop by to see Mark. He can be reached at markpowell@ec.rr.com, or the parish phone 910-256-3034, and the parish website: www.standrewsonthesound.org.

Choral Evensong will be offered three times this coming year, in conjunction with the 5:00 pm Eucharist. Sung Evening Prayer is one of the glories of the Anglican Church, and it is known as Evensong. This service is offered daily in England's great cathedrals and collegiate chapels, just as it has been for hundreds of years. On three Sundays this coming year (October 28, February 4, April 27), the choirs will offer Evensong as the Liturgy of the Word within the context of the Eucharist.

— *Thom Robertson, Director of Music*

September Birthdays

9/1	Lorna Worley	9/14	Angela Ridley	9/21	Hayley Winter
9/2	Michael Heintz	9/15	Jay O'Malley	9/22	Donna Hall
9/2	Jennifer Herring	9/15	William Spencer	9/22	Jennifer Long
9/2	Nancy Macklin	9/16	Mary Beyreuther	9/22	Bill Robinson
9/3	Neal Goodson	9/16	Lori Dodd	9/23	Janet Baker
9/4	Caroline Martin	9/16	Nancy Graves	9/23	Michael Dombrowski
9/4	Don Rae	9/16	Elizabeth Imphong	9/23	Neille Russell
9/5	Charlie Pease	9/16	John Wires	9/23	Howard van der Sluis
9/6	Peter Barnes	9/17	Bob Malm	9/23	Griffin Winter
9/7	Cathy Puskar	9/17	David Tepper	9/24	David Polson
9/7	Philip Smith	9/18	Rosemary Falcon	9/24	Nicholas Robinson
9/7	David Tuma	9/18	Alston Harwood	9/25	Jamie Barr
9/8	Chris Crumbley	9/18	Dutch Zuidema	9/25	Martha Smith
9/9	Anna Cassady	9/19	Barbara Bowie	9/26	Evan Metz
9/9	Graham Kalan	9/19	Mary Clifton Carr	9/27	Rick Eudy
9/9	Mike Reed	9/19	Jean Harmon	9/27	Leslie Malm
9/10	Warren Low	9/19	Michael Mergens	9/28	Ken Griffin
9/11	Edward Corlett	9/20	Allyson Corlett	9/29	Cal Hook
9/11	Daisy MacIntyre	9/20	Hermann Gerber	9/29	Arun Khanna
9/12	Bert Knotts	9/20	Susy Howard	9/29	Scott Rosman
9/14	Peyton Kalan	9/21	Geoff Hoppe	9/29	Jae Runkle
9/14	Vola Lawson	9/21	Chris Malm	9/30	Jennifer Dougherty
		9/21	Marco Ovando		

Graceful Worship

Getting Close to the Pulpit

A **pulpit** (from the Latin *pulpitum* for “platform”) is an elevated platform where a member of the clergy stands in order to read the Gospel and deliver the sermon. (The pulpit side of the church is often called the *Gospel side*). Our beautiful carved oak and basswood pulpit was designed in 1978 by Elton Wood, and replaced a previous pulpit that obstructed the view of the Altar from some Gospel-side pews. Because the pulpit is the place set aside for proclaiming the Good News, the five figures represent members of the Church in the British

Isles who forwarded the Christian message. The first is St. Patrick (c. 389-461), patron saint of the Irish. The second is St. Margaret of Scotland (c. 1045-1093), a Saxon noblewoman who helped to bring the Scottish Church into conformity with the Latin Church. The third is John Donne (1571-1631), Dean of St. Paul’s Cathedral, London, who was noted for both sermons and metaphysical poetry. The fourth is St. Thomas a’ Becket (1118-1170), Archbishop of Canterbury who was murdered in the Cathedral by four of

King Henry II’s knights and became the “holy blissful martyr” of the *Canterbury Tales*. The fifth is C. S. Lewis (1893-1963), one of the great Christian apologists of the twentieth century who, in addition to many works about our faith, wrote the recently-filmed *Chronicles of Narnia*.

— June Huber

Parish Notes

Outreach Opportunities

Help Wanted: The Outreach Program needs a few volunteers. Please contact Barbara Sherlock if you are interested or have any questions.

Thanksgiving basket and/or Christmas gift programs - One or two people are needed to organize the Thanksgiving basket and/or Christmas gift programs. Activity starts in September for Thanksgiving and October for Christmas.

Food Pantry Shopper - When the primary shopper is not available, a back-up is needed to order and pick-up food at the Capital Area Food Bank to keep the Food Pantry stocked.

Save the Date!

Art on the Avenue (Mt. Vernon Ave.) is Saturday, October 6. Look for the Grace Church booth. Best street fair in Northern Virginia.

Grace College Students

Attention all Grace Church college students and parents: please let the Church Office and Pastoral Care have your student's updated college addresses (mailing address and a valid street address for packages), and e-mail addresses so we can keep in touch with Grace notes, cards and care packages. Please send the name and other details to parish.administrator@gracealex.org and nancy.robinson@gracealex.org.

Saturday Morning Breakfast/Bible Study

The Bible Study offered monthly (mostly the third Saturday this year), including a simple breakfast, resumes September 22. This is open to all—men, women and children. Breakfast is served at 7:30 am, with Bible Study beginning at 8:15 am and ending by 9:30 am. The remaining dates will be noted in the weekly Sunday bulletin.

Our study follows a spiritual discipline known as the African Model of Reflection, or Praying with Scripture. This year, we will consider readings which speak of aspects of Discipleship. Please know that each month stands on its own; if you miss a gathering, there is no catch-up reading to be done.

Anyone with an appetite for food and scripture is welcome. Please - come, eat and be fed.

Alexandria Walk to Fight Breast Cancer

The City of Alexandria's 14th Annual Walk to Fight Breast Cancer will take place on Saturday, October 20th. Participants may choose to walk or run 1.5K (.62 miles), 3.5K (1.86 miles) or 5K (3.1 miles). The Walk was initiated in 1994 by our parishioner, Vola Lawson, working with the Committee on Breast Cancer Awareness. Grace Church has sponsored and participated in this event every year. If you are interested in being one of our Graceful Walkers, contact June Huber at june.huber@gracealex.org or (703) 549-7213.

Parish Staff

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Pedro Hernández..... Sexton

Vestry

Class of 2007

Mary Hix Exec. Comm. Member-at-Large
Mike Jones Senior Warden
Vola Lawson La Gracia
Chris Rugaber Youth
Barbara Sherlock Outreach

Class of 2008

Jo Belser Register
Cindy Diehl Pastoral Care
Jane Rosman Worship
Richard Smith TNT
Jan Spence Junior Warden

Class of 2009

Khacki Berry Evangelism
Anne Caputo Fellowship
Linda Durand Treasurer
Eleanor Reed Education/School Board
Phil Smith Stewardship

Alternates

Michelle Cox Assistant Junior Warden
Nat Ames Communications

Non-vestry Program Coordinators

June Huber Communications
Donna Triplett Education
John Berry Evangelism
Ruth Corlett Fellowship
Lucy-Lee Reed La Gracia
Barbara Read Outreach
Nancy Robinson Pastoral Care
Howell Medley Stewardship
Jenny Wolff TNT
Jeff Gustafson Worship
David Crosby Youth

Grace Notes

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Stephen Ministry: A Distinctively Christian Care

Having a Stephen Minister has a lot in common with having a close friend. You can depend on them; you can trust them; you know that they'll keep confidential whatever you tell them. They'll be there for you and help you through a rough time. But the Stephen Minister's role is different from the role of a close friend.

Close friendships are mutual. Friends are there for each other; they share their good times and bad times and support each other.

A Stephen Ministry relationship is one-sided. Stephen Ministers listen, reflect thoughts and feelings, and care. Stephen Ministers don't share their own problems with the care receiver as a friend might. They focus only on the care receiver's issues, and they bring in their own experience only when they sense that they might be able to shed some light on the care receiver's situation.

Most importantly, Stephen Ministers rely on God to direct their actions and help them as they care for their care receivers. Stephen Ministers pray for their care receivers and may pray with them when they welcome

prayer. Stephen Ministry care is based on grace; Stephen Ministers strive to be the face of Christ to their care receivers. The Stephen Minister is always sensitive to the care receiver's needs in this aspect, never forcing prayers or Bible verses into the relationship. But Stephen Ministers often focus on spiritual as well as emotional and psychological hurts as they minister to their care receivers. Stephen Ministers go through 50 hours of training, regular continuing education, and twice-monthly small group peer supervision. They are trained caregivers—very highly trained caregivers. They have skills in active listening, dealing with feelings, Christian caregiving, setting boundaries, relating assertively, process-oriented caring, crisis intervention, and ministering in a wide range of situations.

If you feel that this ministry is a calling for you or if you need a Stephen Minister or know of someone who does, please let Cindy Diehl (cindy.diehl@gracealex.org) or Father Malm know. We are planning to start a class for Stephen Ministers sometime this fall.

— *Cindy Diehl*

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