

Grace Notes

Newsletter of Grace Episcopal Church, Alexandria, Virginia

Rector's Reflections

Celebrations

November is a month filled with celebrations of hope for us at Grace Church. November 1st is All Saints' Day, and at the Festival Eucharists that follow on Sunday the 7th, we remember all those in ages past who loved the Lord Jesus Christ and lived holy, sacrificial lives. The Saints inspire us to follow the Lord in our own day. They give us hope to live triumphant in Christ through the struggles of this life until we join them in life everlasting.

We celebrate hope in offering our pledges and financial commitments to Grace Church in November, beginning on All Saints' Sunday. The program, ministries and mission of Grace Church are supported almost completely by our financial pledges (95% of our income comes from pledges, plate contributions and the Christmas and Easter offerings). Generous and sacrificial giving is always a sign of hope.

The third week of November brings two great feast days – Christ the King and Thanksgiving – that celebrate our confidence, our trust in God. Christ the King is the last Sunday in the Church calendar. We proclaim Jesus, Lord of all. Thanksgiving Day, while celebrating the past, especially our national heritage, gives us a day to reflect upon our future.

November ends with the First Sunday in Advent on the 28th, followed by St. Andrew's Day on the 30th. Advent is the short season before Christmas when we celebrate Christ's first coming, his coming to us day by day, and his coming at the end of all time. Andrew is a most appropriate disciple to honor during times of hope, since Andrew is known as the one who brought others to Jesus, thereby changing their lives. Could we help someone to meet Jesus, to rediscover hope this month?

For many of us, most especially the people of Chile, this season of hope began last month when all 33 of the trapped miners were rescued. Their 69 days were the longest underground entrapment in history, and the first 17 days were spent cut off from the world, not knowing whether or not they had survived the cave-in. Their journey to freedom brought them 1/2 mile through the ground in a rescue tube barely 28 inches in diameter. One miner exclaimed, "We never lost faith."

Faith and hope go together. The Saints teach us to never lose faith. Our November celebrations of hope pull us into a future filled with thanksgiving, blessing and promise.

Grace, Peace and Love,
— The Rev. Robert H. Malm

November 2010

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GOD'S
Grace
FOR ALL

GRACE EPISCOPAL CHURCH
SESQUICENTENNIAL
1855-2005

Worship Schedule

Sunday Schedule

Holy Eucharist Rite 1 7:30 am
Child care8:45 am–12:45 pm
La Santa Eucaristía9:00 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

Mondays, Rite 1 6:30 pm
Tuesdays, Rite 2 with healing... 6:30 pm
Wednesdays, Rite 17:00 am
Thursdays, Rite 27:00 am
Fridays, Rite 1..... 12:15 pm

Grace Church is:

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

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. The next *Grace Notes* deadline: November 15th for the December/January issue.

Articles may be placed in the *Grace Notes* folder in the credenza in the Commons, submitted by e-mail to (grace.notes@gracealex.org) or faxed to 703-549-2832. All articles are subject to editing. Grace Church's newsletter team includes Doug Prince (editor), June Huber, Cindy Ikard, Bill Malone, Beth Wiggers and Tim Willard.

From the Assistant Rector

A Moment For Thanks

The month of November brings to mind families gathered around tables, overflowing with an abundance of sweet and savory deliciousness. Like the famous Norman Rockwell image of Thanksgiving, picturing the family smiling and laughing as the mother presents the golden skinned turkey, while the father looks on ready to begin the carving, many of our households will be so blessed in just a few weeks, with family and friends, terrific amounts of food (and perhaps football on the TV if your family observes that tradition).

November is the month when we pause for one moment, for one day, to give thanks for the food that God gives us, the food that God brings forth from the earth for our nourishment. That food not only fills our bellies and provides sustenance but also delights our senses, through smell, sight, touch and taste. Think for a moment of the aromas that fill our homes on Thanksgiving Day, and your mouth begins to water. The sight of such food not only arouses the appetite but delights the eyes. We bow our heads and give God thanks; we take and pass until our plate is covered; and then we take that first bite. And perhaps it is that moment when we are even more thankful and our prayer more true, when that which God has provided fills and overwhelms our sense of taste, and we smile broadly, joy fills our hearts and we release the grateful “mmmmmm...”

Of course, this meal would not be nearly as satisfying if it weren't shared with others. Few would probably go through the effort to make such a feast for themselves. Feasts are meant to be shared, and the joy of this holiday is that we are experiencing such delectables with our family, friends, or even with strangers, but we are eating with others in community. This is a foretaste of the kingdom, the heavenly feast, which we anticipate, where we sup with Christ and one another, our senses filled, our joy complete.

There is a tension though on Thanksgiving Day, as our eyes dance over all the dishes overflowing with turkey and ham, potato and yam, pie and sweets. There is that painful knowledge that we live in a world where food is for many a daily struggle. We recall that reality even in some of our prayers before meals “Give us grateful hearts, our Father, for all your mercies, and make us mindful of the needs of others...” (BCP, 835). We seek to be mindful, so that we might also be responsive, that we might meet the needs of the hungry with the nourishment that they need. Many Christians understand feeding the hungry as a divine imperative, either drawing on Jesus' instruction in Matthew “for I was hungry, and you gave me food...as you did it to one of the least of these... you did it to me” (Mt 25:35, 40) or on Jesus' own example, found in all four gospels, of feeding of the hungry 5,000, continuing his exemplary work as empowered apostles.

The people of Grace Church continue Christ's work, feeding the hungry from the abundance that God has given us. We do this in a number of ways, some of which you may find yourself called to do. We distribute bags of food to needy families and individuals from our own Food Pantry on Monday and Tuesday afternoons and Friday evenings. Many volunteers find this work to be very

(Continued on page 4)

Stewardship – Why Give?

Grace Church is a special place: a center for worship and fellowship; a school for discipleship and stewardship; and a community for healing and outreach. Grace Church and its people are characterized by a deep and abiding love of God and focus on the weekly and daily celebration of the Eucharist in all the glory of the liturgy by a loving people: a people who genuinely care for one another, who want to do something about making God's love known to others, and who want to bring God's healing grace to the pain and suffering we see in the world. We are a generous people, who give of our time, talent, and financial treasure out of love, thanksgiving, and a sense of mission and service to make all this happen.

Why should we give? Why do we give?

We give to worship and celebrate the telling and retelling of the Good News of God in Christ and His Gift to us and to the world. We give to support the good work that Grace Church does in the parish and in the local community, the Diocese, and beyond: Grace Episcopal School, Christian Education for our children and youth, pastoral care for our parishioners, Alexandria, Northern Virginia, New Orleans, Appalachia, Tanzania, Indian reservations, college campuses - the list is extensive and growing. What is unique about Grace Church's outreach is that it is attached to a story. "The Gospel story is the reason we go to all these places and a living example of the Gospel is what we provide when we get there. We are generous because God

Stewardship is our response to the gifts that God has given us in our lives and in the gift of Christ Jesus for our salvation. As Christians, our stewardship begins with our Baptismal Covenant. And truly, as Christians, stewardship is all that we do with all that we are and all that we have after we say, "I believe!"

is more generous and everywhere we or our dollars go, we proclaim the abundance of God's love, the power of God's presence, the reality of the Gospel message."¹

And, we give in thanksgiving and celebration of those Faithful Servants and Courageous Stewards who with God's grace established and built this marvelous legacy that we know as Grace Church today, and the opportunities that are provided to us today and to those who will follow us for the mission, ministry and witness to the power of the Gospel of Christ Jesus.

Finally, from The Rev. Mary Sulerud's remarks at this year's Founders' Day Dinner: "If there is a single quote about legacy with which to leave you that sums up... what legacy we receive and follow, "We live not by what we earn, but by what we give."

— Jean Reed and Colin Rushing
Stewardship Co-Chairs

¹ The Rev. Dr. Francis Wade, Remarks at Grace Church Founders' Day Dinner, September 2008

Learn to spend time with God

"When was the last time," I asked a person on a retreat who needed to make business phone calls, "that you spent time thinking about yourself and God?" After a long pause she said to me, "I don't remember." Far too often in our lives everything else comes before our own needs and everything else and then some comes before our time spent with God. Those of us that attend church regularly may, unconsciously, check spirituality off our weekly "Do List." But how much time do we spend with God in a regular Sunday service? If we have children in the pews with us or watch them serve on the altar; if we have family from out of town or aging relatives with us; if we are a part of the service on the altar, in the sacristy, in the choir loft or in the nave, when is the "God and us" time?

On February 26, 2011, Grace Church is sponsoring a retreat day. Brother Curtis Almquist from the Society of

St. John the Evangelist in Boston will be with us for the day. A continental breakfast and lunch will be provided. The only thing you will need to do is spend time with God. This pre-Lenten retreat will help us all get our house in order before we begin the great journey of Lent and Easter. Though time spent with God needs to be a daily thing, we need to teach ourselves that we need this time. We need to learn how to make all time into time spent with God.

The Grace Church Retreat Committee is Don Wills, Bill Malone, Karen Wires, Lisa Bellantoni and Lorna Worley. We can answer questions, solve problems and encourage you to consider spending a day with yourself and God.

— Lorna Worley

Graceful Worship

The Roots of How We Worship at Grace Church (Part 2)

The differences between “high church” and “low church” are a matter of attitude, rather than altitude. High church describes a type of worship that places more importance on the priestly, liturgical, ceremonial, traditional and “Catholic” elements in worship. Traditions that follow more priestly models (Roman Catholic, Orthodox and Anglican) and others that, at a minimum, follow a liturgical form of worship in which the service is structured around The Word and The Communion (e.g., most Lutherans and some Methodists) are considered high church. Low church describes worship that, in general, emphasizes spontaneity and simplicity rather than ceremony. Low church worship doesn’t (usually) follow a strictly-prescribed order of service; doesn’t (usually) follow strict liturgical patterns, rituals and ceremonies; and doesn’t (usually) make use of things like vestments and candles. Many American-born faith traditions, and those that came to America because they disagreed with the formality of other traditions (such as the Quakers and Puritans, who disagreed with many Church of England practices), adopted a low church approach to worship.

The differences between these two approaches emerged from the Protestant Reformation. Although most people think of the Reformation either as a theological revival (from the Protestant perspective) or a schism within the church over theological differences (from the Catholic perspective), there were other key issues, including the nature of worship. The new churches that emerged from

the Reformation addressed not only the theological issues, but also attempted to distance their churches from Catholic practices of worship that were seen at best as improper and at worst (such as the selling of indulgences) as heretical.

The various leaders of the Reformation outside of England disagreed on many issues – too many to address here -- so I will provide only a few examples. Martin Luther in Germany wanted only to reform the Church, not totally remake it. He held the “maximalist” view that whatever was not specifically forbidden in Scripture could be practiced by the Church. Ulrich Zwingli in Switzerland thought that Luther had not gone far enough in breaking from Rome, and held the “minimalist” view that only those things that were specifically allowed in Scripture could be practiced in his Reformed Church. Menno Simons in the Netherlands thought Zwingli had not gone far enough, and so helped to create what was called the “Radical Reformation” which resulted in additional churches such as Anabaptists and Mennonites. Jacob Amman led an effort to further reform the Mennonite church and, when discussions fell through, he and his followers split from the Mennonite church to become the Amish.

Meanwhile, in England’s Reformation, similar disagreements gradually arose. We will narrow our focus on England next month.

— June Huber

A Moment For Thanks *(Continued from page 2)*

rewarding. We feed the hungry in downtown Alexandria, through the Brown Bag Lunch program. Our parishioners either make sandwiches, or distribute the lunches, or both. Making those sandwiches is a great activity for families especially, as parents can teach their children in the process about hunger and the Christian response to hunger. Retirees and those with flexible schedules have found the distribution of the lunches, and the interactions that they have with men and women who come for the lunches, to be very enriching. Several Grace folks faithfully distribute meals to the homebound through Meals on Wheels.

On the last Saturday of each month, many of us take part in the ALIVE food distribution. This program often provides more than 200 families with their monthly

groceries within about 3 hours’ time, truly a remarkable ministry to see in action. And, we feed the hungry at Carpenter’s Shelter as well. The amazing number of these ministries illustrates how important feeding the hungry is to us at Grace Church. In November, we will gather Thanksgiving “baskets” for the less fortunate in our community. As you prepare for the feast of Thanksgiving, please consider providing a meal to a hungry family through this program, or consider being involved with any of the other above programs. May God bless you and keep you this November.

I am yours in Christ,
— The Rev. Patrick T. Crerar, Assistant Rector

Parish Announcements

Now is the time for parishioners to apply to Grace School for 2011/2012!

Founded in 1959, Grace Episcopal School provides an academically challenging and developmentally appropriate education for boys and girls age 3 through the Fifth Grade – all in a nurturing and enriching environment. Our strong academic program emphasizes the critical tools of

learning: reading, writing and mathematics. The curriculum is challenging and varied: rich in music, literature, art, history, religion, science and physical education. Spiritual development and moral values, plus service to others are emphasized both within the school community and beyond.

Our low student-teacher ratios permit personal attention to each child and provide the faculty with the freedom to inspire students to reach their maximum potential. Before and after-school care, as well as financial aid, are available.

Grace Episcopal Church parishioners receive a 10% tuition discount for their children. Please note that our application deadline is February 1, 2011. Please join us for our fall Admissions Open House on November 11. For further information, or to schedule a school tour on another date, please call Debra Busker in the Admissions Office at 703-549-5067, ext. 115.

—Debra Busker

UTO Ingathering

The United Thank Offering (UTO) ingathering will take place on Sunday, November 21, at all services. As we anticipate Thanksgiving and its bounty, let us contemplate the blessings we have received and share generously with those who are in need.

Outreach Project in Falls Church

On Friday evening, November 5th through Saturday, November 6th, several Episcopal communities will gather at Iglesia Santa Maria in Falls Church to meet new friends and work on some much needed landscaping and interior repair projects for this Hispanic congregation. Youth, adult sponsors and other interested adults who are able will spend Friday night at the



church or otherwise arrive early the next morning. We'll gather at Santa Maria for introductions and dinner at 6:00 pm, on Friday, go over our project schedule, ending the day with Compline. Morning Prayer on Saturday is at 7 am, we'll have breakfast and then get to work. The work day concludes with Eucharist at 5 pm Saturday. Our EYC and their leaders are coming!

Important: All workers, all skill levels and all ages (14 and up) are welcome. Participants

are asked to contribute \$25 toward the cost of materials and food (scholarships available). Please let Eric Waskowicz (703-618-0366) know if you are coming (meal count).

Flower Deliverers Needed

If you can spare an hour or two on the first Monday of the month, we are in need of someone to deliver arrangements made from altar flowers to parishioners designated by the clergy. Volunteer with a friend, and have time to chat or go out to lunch after you have brightened someone's day. There are no deliveries during Lent or Advent. Contact Nancy Robinson at pastoral.care@gracealex.org or 703-812-0292.

Acolyte Festival

Saturday, October 9 was a glorious day at Washington National Cathedral, where a group of our Grace acolytes participated in the Thirty-first Annual National Acolyte Festival. Grace acolytes joined others from approximately 109 parishes, over 30 states and several foreign countries. The service was a moving demonstration of the important role acolytes and vergers play in our services and of fellowship among Episcopal congregations. As you can see from the photographs below, our acolytes who

attended enjoyed the event itself and the workshops held that afternoon. Emma and Elizabeth Imphong and Nikolai and Sasha Karamyshev participated in “Copes! And Cassocks! And Cinctures! Oh my!” and were rewarded with the opportunity to don bishop’s ceremonial vestments and parts of the official wardrobe. We are grateful to Molly Sim and Julie Simonton for organizing our participation.

— Jennifer Long



L to r, back row: Julie Simonton, Acolytes Emma, Sean, Erin, Shannon, Elizabeth, Molly Sim front row: Nikolai and Sasha



Sasha as a ceremonial Bishop and below, Elizabeth in official Bishop's regalia



Grace acolytes processing during the service.



Haiti Micah Project

On Sunday, November 21 the Adult Forum will welcome back the Reverend Joseph Constant, founder of the grass roots non-profit organization Haiti Micah Project. Rev. Constant and the Rev. Dr. Rosemari Gaughan Sullivan have recently been appointed by the Presiding Bishop as Special Coordinators for Haiti. Their task will be to facilitate the multiple efforts among Episcopal churches, dioceses, networks and organizations committed to the rebuilding of the Diocese of Haiti. They will work closely with Bishop Zache Duracin and other leaders of the Diocese of Haiti. Father Constant received his Master of Divinity from Virginia Theological Seminary and was ordained in 2004. He served as Assistant Rector at St. Timothy's Episcopal Church in Washington D.C. and now is Director of Ethnic Ministries and Student Life at Virginia Theological Seminary (VTS). He has authored the book *No Turning Back: The Black Presence at Virginia Theological Seminary*. He holds a Bachelor's of Engineering from Northeastern University.

The Haiti Micah Project was started in 2005 after Rev. Constant received pleas from his mother for help in his hometown of

Mirebalais. He launched a feeding program that offers one meal each day to the neediest village children. On the first day, leaders expected 70 children but more than 120 showed up. Because there was not enough food for each child, the 70 starving children, who had already registered, made the decision that they would eat less and share their food with the others. By the beginning of 2010, 150 children were being fed each day. Then on January 12, the earthquake hit the capital of Port-au-Prince and the



He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6:8

surrounding area. The Haitian Government reported that an estimated 230,000 people died, 300,000 were injured, and 1,000,000 were made homeless. 90% of the infrastructure of the Episcopal Church of Haiti, the largest diocese of the Episcopal Church, was destroyed. Although Mirebalais did not sustain much damage, the town's population doubled as people swarmed toward relief centers for food, shelter and medical care. The size of the Haiti Micah Project doubled overnight, and now, with the

help of the Haiti Board members and the Board of Directors in Alexandria, the numbers of children being fed and educated has swelled to 400. One way to support the feeding and education program is through the **Sponsor-A-Child Program**. The program provides a child with a daily meal, school tuition, uniforms, school supplies and basic medical care for one year. Currently there are 137 children sponsored under this program, with Grace Church supporting ten

of these children. Their pictures are on display in the St. Luke Room. In addition, several families from Grace have begun sponsoring a child. Each donor receives a picture of the child they support, along with a periodic letter or piece of art work from the child. HMP now provides 24-hour care to 20 children who live in a dorm facility. Plans have been drawn to build an 80 person orphanage.

To learn the latest news and developments about HMP, go to:
www.facebook.com/pages/Haiti-Micah-Project/99210272884

Pastoral Care Ministries

Pastoral Care on the New Website

Perhaps you've heard at church, or through a parish email, that Grace has a number of parishioners who need meals or rides and you would like to volunteer. To find the Parishioners in Need section on the New Grace Website, start from the Grace home page <http://www.gracealex.org/>, and click on **Parishioner Info** in the left hand column. From that page, clicking on **Parishioners in Need** will bring you to the page which describes the various web-based resources we are using to coordinate care for our parishioners.

When you complete the form, check the boxes for CaringBridge and/or Lotsa Helping Hands and provide the name of the parishioner you would like to help. If you can offer a meal for a young family with a new baby, a parent deployed, or other needs, please check the box for Nurturing a Parent (NAP). It may take a day or two for a response.

Please note: if you are already a member of a Lotsa Helping Hands website for one parishioner or the Nurturing a Parent (NAP) group, using the same email address and password when you join another will allow you to switch back and forth among them without having to log off first.

You can find the full range of our Pastoral Care Ministries on the Grace Website. From the home page, click on **Programs** in the left hand column, then **Pastoral Care** on the Programs page, which will take you to http://www.gracealex.org/Programs/Pastoral_Care/.

Too technical or confusing, but still want to support a Grace family member? Email pastoral.care@gracealex.org or call the parish office or Nancy Robinson at 703-812-0292.

Card Ministry

The holidays are quickly approaching and our thoughts turn to finding those perfect recipes. We want to prepare

delicious meals for our families and friends. Pastoral Care has the best recipe for caring for our family members – it's the Card Ministry. To quote one of our card recipients, "Have you ever wondered whether the Pastoral Card Ministry at Grace Church really makes a difference? I can tell you that it certainly does. I was feeling very sorry for myself that I couldn't go out and have a slam-bang birthday dinner. Your card made an enormous difference. Knowing that my friends at Grace were thinking about me, and wishing me well, was a true blessing." The feelings expressed by this card recipient are reflective of the thoughtful messages sent by the members of the Card Ministry. The clergy suggest parishioners who may be in need of our Graceful Caring. If you would be interested in becoming a member of this very special ministry please contact: pastoral.care@gracealex.org – Patt Sullivan-Perry 703-299-0269 or Nancy Robinson 703-812-0292.

— Patt Sullivan-Perry

College and Military Care Package Changes

Thanks to all our parishioners who have loyally supported the College and Military Care Packages. Last summer, I asked Renata Kamakura when she was home from Moscow what she liked best in the Grace Care Packages -- "Rubber Duckies, definitely!" so we'll continue to send out our rubber duck missionaries to Grace Church in the diaspora along with other small fun items and non-perishable snacks. However, we do need to change a few things. Parishioners serving in the military and diplomatic posts have commented that

care packages often take many weeks to arrive, so we're planning to get those boxes in the mail by November 12, the APO/FPO/DPO deadline for packages to arrive before Christmas! For our students here in the States, we'll still plan to assemble care packages on the First Sunday of Advent, Nov. 28 and we'll use the Small Flat



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Alive Food Ministry

The last Saturday of every month a large group of volunteers from churches in our local area get together at Church of the Resurrection on Beaugard street, in the shadow of Goodwin House, to bag and distribute groceries to some 200 needy families. These clients are vetted through the Alexandria Department of Human Services and other local agencies to receive assistance. Clients come in all shapes and sizes: young Chinese and Russian families, elderly Korean couples, the handicapped and the just plain down-and-out.

Clients are given a number and then wait in the church until they are called to pass through the line and receive bags of food from the central food bank and ALIVE food pantry, plus food donated by individuals like you and me. Donations consist of canned and dried foods, but eggs, meat and fresh vegetables, fruit and bread are usually

available from the central food bank, but vary every month depending upon stock at the local warehouses.

Resurrection is not alone in this ministry; it also takes place at Cora Kelly Recreation Center and Ladrey Senior Residence also on the final Saturday of the month.

Volunteers come from Alexandria churches: Blessed Sacrament Catholic Church, Alfred Street Baptist and many others including Grace. A number of Grace church parishioners volunteer their time from 8:30 am to about 12:00 noon distributing food, carrying out bags and helping with paperwork. There's a job for every talent! Many thanks to those of you who have helped: Fr. Patrick Crerar, Anne Berry, Eleanor Reed, John Berry, Mark Busse, Bert David and Khacki Berry. Come join us any last Saturday of the month! This ministry is perfect for high school youth as it can count towards community service hours. Questions? Call Khacki at 703-486-6833.



Preparing food for distribution



Saint Clement's Shelter

Who are the men that spend the night at the Saint Clement overflow winter shelter? You might see one on the bus or metro every day. Or maybe one works at the local grocery store. Some of them are employed part-time or full time. Or maybe the disheveled man you frequently see in the local library is a shelter resident. Some of them are chronically unemployed. They vary in age, race, education and religion. They are, in many ways, just like us except that they are, at the moment, homeless.

Every winter for the past dozen years or so, people of The Church of Saint Clement have offered their sanctuary every night from January thru mid-March to house homeless men for the night. They are referred from Carpenter's Shelter and usually number from about eight to fifteen people.

Since the ministry began, Grace Church has supported the program at Saint Clement's in two ways: by supplying two-person teams of volunteers who spend the night at the shelter and by providing funding through our outreach budget. Very soon, we will again be seeking individuals willing to fill one of two shifts (8 pm to midnight or midnight to 6:30 am). The duties are minimal, the clients are pre-screened, and you have lots of time to get to know your volunteer partner or catch up on your reading.

Both men and women over age 21 are invited to participate in this ministry. In early December, you will see reminders in the bulletin and there will be a sign-up sheet posted inside the parking lot entrance.

— *Kevin Sherlock*

November Birthdays

11/1	Laura Bellantoni	11/11	Philip Hall	11/19	Corinne Solsby
11/1	Kathie Burgess	11/11	Michael Madigan	11/20	Andrew Alford
11/1	Mark Busse	11/12	Kathleen Burch	11/20	Benjamin Henderson
11/1	Sarah Low	11/12	Maxine Meeks	11/22	Jerry May
11/1	Michael Plunkett	11/12	Madeline Wolcott	11/22	Ryan Reyes
11/2	Angus Walsh	11/12	Anne Zuidema	11/23	Olivia Lawton
11/3	Stuart Latta	11/14	Cindy Young	11/24	Holly Bray
11/3	Caroline Sweet	11/15	Ashley Alvarenga	11/24	Ola Legg
11/3	Alex Willson	11/15	Derin Baird	11/24	Elly Vogtmann
11/4	Bob Blunden	11/15	Jennifer Eckel	11/25	Christina Iovino
11/4	Bette Yancey	11/15	Malcolm Eckel	11/25	Ben Joyner
11/6	Walter Davis	11/15	Thomas Howard	11/25	Jim Rubin
11/6	Judy Micklish	11/15	Jeff McQuilkin	11/25	Katie Zeigler
11/6	Jennifer Pease	11/16	Christopher Hayden	11/26	Lisle Bean
11/6	Ray Peters	11/16	Douglas Prince	11/26	Stephen Boris
11/6	Carol Schroeder	11/17	Denise Bean	11/28	Geovanny Portillo
11/7	Amy Barron	11/17	Patrick Crerar	11/28	Joe Reeder
11/7	Grace Gnorski	11/17	Blaise Lamson	11/28	Anna Sherlock
11/7	Mia Howard	11/17	Joanne Lukens	11/29	Joy Lamb
11/8	Michael Richey	11/17	Richard Thompson	11/29	Landon Rockhold
11/8	Daniel Sherlock	11/18	Mickey Craven	11/29	Logan Solsby
11/8	Barbara Simmons	11/18	Jonathan Lorentz	11/29	Marilyn Sosa
11/9	Lieu Hazelwood	11/19	Andrea Baumann	11/30	Davey Centers
11/9	Dabney Holloway	11/19	Joyce Gillum	11/30	Julie Cizek
11/10	Patricia Ridgely	11/19	Serena Lambeth	11/30	Liz Imphong
11/10	Alexis Wood	11/19	Brett Mellish	11/30	Cindy Long
11/11	Amanda Fowler	11/19	Grace Pattarini	11/30	Christa Warner

ECO News

Here are some thoughts spiritual and practical for the upcoming Advent and Christmas seasons. Helpful hints from *How Many Light Bulbs Does it Take to Change a Christian* and *50 Simple Things YOU can do to Save the Earth*, plus a few hints from a couple of Grace parishioners. Check out

<http://www.50simplethings.com>

- ✧ Consider the gift of a Green Letter Bible with a forward by Archbishop Desmond Tutu. This Bible is edited to highlight the rich and varied ways our Bible speaks to us as we confront the environmental crises on the planet. Special passages highlighted in Green. Consider Isaiah 40:3 or Luke 3:4 within a Green context.
- ✧ *Give a Gift. Lift a Spirit. Heal a World! The Gifts for Life* catalog from Episcopal Relief & Development is now available...just in time for Christmas giving. Categories of giving include Animals and Agriculture, Basics for Life, Create a Community, Green Gifts, Preventing Disease, Economic Opportunities, Just for Kids. www.er-d.org/giftsforlife.
- ✧ Remember Jimmy Carter? Put on a sweater before turning up the heat.
- ✧ Close your curtains in the evenings. This helps keep your heat in.
- ✧ Make sure your tires are fully inflated. Properly inflated tires improve your gas mileage by an average of 3 percent.
- ✧ Invite birds to your yard. Put up a birdfeeder. The birds eat bugs and reduce the need for pesticides in your gardens and yards.
- ✧ Adopt or plant a tree. Choose a tree in your yard or on your street and spend some time with it. Study it for a week. You are breathing out CO2 which the tree absorbs, and then the tree emits oxygen which you need to breathe in. Humans and trees need each other.
- ✧ Learn to meditate-it can give you energy, and while you're meditating, you're not consuming.
- ✧ Think about energy in a spiritual way: the energy that comes from faith, the energy from Christ's inspiration in our lives.
- ✧ Reflect on reuse and recycling; do these concepts bear witness to resurrection?
- ✧ Be aware of the energy you receive from your church and the energy you give to it.
- ✧ Consider this quote from Hildegard of Bingen: "God made all things in consideration of everything else."

Evangelism

We want to thank all of the St. Andrew's Guild members and other wonderful volunteers for staffing our booth at the *Art on the Avenue festival* in Del Ray on Saturday, October 2.

We enjoyed magnificent weather while greeting our neighbors, providing information on parish activities at Grace, offering dog biscuits to our four-legged friends and distributing over 1900 balloons. Although we didn't keep detailed statistics, it is safe to say that Jean Reed had the record for handing out the most "first balloons" to the young children at the festival. As always, it is a joyous sight to see the avenue full of color from our balloons and witness our "message" spread throughout the crowd.

On Sunday, October 3, Father Patrick Crerar and our senior

seminarian Andrew White performed a Blessing of the Animals service in the Saint Francis garden. It was a well-attended event with 44 people, 26 dogs, 6 cats, and 2 guinea pigs. Approximately one-fourth of the people in attendance were visitors, with parishioners making up the remainder. The affiliation of the animals was unclear but none seemed to mind Father Patrick's blessing. Thanks to the St. Francis Guild for their hard work in tending the garden so that we can use it for this special occasion.

To join the St. Andrew's Guild, sign up at the Greeter's table in the Merrow Hall Auditorium or contact Theresa Lewallen (theresa.lewallen@gracealex.org) or Paul Bellantoni (paul.bellantoni@gracealex.org).

Parish Staff

Robert Malm.....	Rector (rector@gracealex.org)
Patrick Crerar.....	Assistant Rector (assistant.rector@gracealex.org)
Christine Byrnes.....	Head of School (office@graceschoolalex.org)
Thom Robertson.....	Director of Music (music.director@gracealex.org)
Julie Simonton.....	Assistant for Family Ministries (family.ministries@gracealex.org)
Charlotte Payne Wright.....	Parish Administrator (parish.administrator@gracealex.org)
Beth Wiggers.....	Administrative Associate (parish.office@gracealex.org)
Pedro Hernández.....	Sexton

Vestry

Class of 2010

Nat Ames.....	Treasurer
Peter Iovino.....	Worship
Cynthia Puskar.....	Register
Colin Rushing.....	Member-at-Large
Easter Thompson.....	School Board

Class of 2011

Alison Campbell.....	Pastoral Care
Rich Kelly.....	Youth
Erica McFarquhar.....	Assistant Treasurer
Howell Medley.....	Senior Warden
Frank Waskowicz.....	Junior Warden

Class of 2012

Amy Barron.....	Fellowship
Lisa Bellantoni.....	Education
Theresa Lewallen.....	Evangelism
Robby Schrum.....	TNT
Sharon Steele.....	Outreach

Alternates

Lisle Bean.....	
Kristine Hesse.....	Communications

Growing @ Grace

Family Fun Abounds ~ Mark your Calendars

Nov 7 (Sun) @ 10:15 am: Parents Forum ~ Meet the Parents! **All Grace parents are invited to gather during forum hour for** fellowship, food and the opportunity to chat with the kind folks you often pass as you escort your children to Sunday School.

Nov 7 (Sun) @ 5:30 pm: Youth Sunday Evening Dinner hosted by the Altar Guild! Both youth groups will shop for Thanksgiving baskets and come back to Grace for fun and games!

Nov 9 (Tues) @ 10:30 am: Grace-full Moms gather in the library for fellowship and book study with *The One Year Chronological Bible*.

Nov 12 – 14 is the **6th – 7th Grade** Weekend at Shrine Mont. Bundle up in your coziest sweater and enjoy fall's last few leaves in the Shenandoah!

Nov 23 (Tues) @ 10:30 am: Grace-full Moms have their second gathering of the month in the library for fellowship and book study with *The One Year Chronological Bible*.

Nov 28 (Sun) @ 10:15 am: All Parish Fellowship Sunday Join us for Advent wreath making ... and so much more. This is a special Sunday for everyone – so do plan to attend!

— Julie Simonton

Adult Education during November

Adult Forums

- November 7 Pastoral Care: Stephen Ministry, led by Cindy Diehl
- November 14 Pastoral Care with Wounded Veterans, led by Bernie Schroeder
- November 21 Missions: Update on Haiti Micah Project

Inquirers' Classes

- November 7 Class members are invited to attend the Adult Forum or the Parent Forum
- November 14 The Bible
- November 21 The Gospels

Fellowship Sunday: No Classes

- November 28 Fellowship Sunday / Advent wreath making

Grace Anew! Update

Grace parishioners and friends opened their hearts and their purses to the Grace Anew campaign. The official campaign kicked off in January 2008, although some people had been contributing to an "Organ Fund" for several years prior to that. By the end of 2008, \$1.3 million had been pledged to the Organ Fund and the Grace Anew appeal. The ensuing years have seen the installation of the new organ and the expansion of the choir loft as well as major renovation to the parish roof and HVAC systems. Grace's enriched worship experience and the well-being of the physical plant are the fruits of Grace Anew. A plaque in the narthex will be the permanent reminder of the generosity of the donors.

Gifts and pledges to Grace Anew came in various forms. Some made one-time gifts to the campaign; others made two, three and four-year pledges. As 2010 draws to an end, we anticipate the completion of the three year pledges. Because the actual expenditures were slightly greater than the \$1.3 million that was pledged, we will welcome and encourage additional gifts and pledges at this time. Timely payment of pledges and additional gifts will lessen the amount of interest that must be paid on the outstanding loan. For all of the generous support of Grace Anew, we give thanks.

— Mary Lewis Hix
and Chris Rugaber, co-chairs

Please note there is a Funeral and Burial Instruction page at the end of this document. Please be sure we have a current form on file at the church.

Jr. Wardens Report

Life is never dull at Grace Church for the Jr. Warden — rooms too hot, rooms too cold, doors don't close, insufficient lighting, fruit flies in the chancel. All good and valid concerns that we do our best to address.

Two issues of special note.

The first is the installation of solar panels on a portion of the roof of Merrow Hall. This is a subject that had its genesis in the Environmental Committee — specifically, the desirability of reducing our carbon footprint. You may recall that Michael Barron made a very detailed presentation to the parish in July. He described financial and ecological advantages under a number of differing scenarios. One scenario involved direct investment by the church; another allowed a private group to fund the effort. The vestry decided that it would not invest, but that it was open to allowing a private group (a Limited Liability Partnership, or LLC) to procure and install a solar panel system that would produce a small percentage of our annual electrical consumption by the installation of solar panels using 25% of the roof of the Hall. While it is a small amount, it is a positive step in the right direction. The advantage to the church is the potential to purchase electricity at reduced rates for a portion of our need, and a solid expression of the parish's interest in working to

protect our environment. That effort by a private group is underway today. It is important for you to know that: (1) the parish is not financially exposed, (2) that there are guarantees to protect our property (specifically the integrity of our new roof), (3) that we will purchase electricity at a beneficial rate and (4) very well-qualified legal advice (pro bono) is in place with dedicated parish oversight to ensure protection of our interests.

Second, Otto Wolff is the chair of a recuperated Property Committee. His committee looks to the future to identify what our predictable requirements are — replacement of existing air handling units, installation of a sound system in the nave, more efficient windows in Merrow Hall. These are simply the costs of opening our doors.

Members of the committee are Stu Perry, Lorna Worley, Jean Reed, Kevin Sherlock, Sharon Steele, Jeff Solsby, Phil Smith, Michael Barron, Howell Medley and Frank Waskowicz (as Senior and Jr. Wardens). The committee has identified over \$100,000 of unavoidable or desirable expenditures which we must address at some point. The findings of the committee feed directly into our parish budget by describing what sort of capital reserve is prudent in order to ensure smooth and secure functioning of our physical plant into perpetuity.

Music Fund

In October, the Vestry voted to establish a permanent Music Fund to support the yearly budget in financing our music ministry.

Donations and gifts may be made to the fund at any time (checks should be payable to Grace Church with "Music Fund" listed on the memo line). This Fund will operate much like our other off budget "funds held for others" (these include Altar Guild, Flower Fund, Food Fund, etc.). The Rector, Senior Warden and Music Director will be responsible for all disbursements of funds.

The Fund's first requirement will be to help provide special brass instrumentalists for the Christmas Eve Festival Eucharists at 5:00 and

11:00 pm. Funding for this special music was not included in our 2010 budget. If you would like to make a

gift to the fund, please mail your check to the Church Office or speak to the Parish Administrator.

Care Package Changes *(Continued from page 8)*

Rate Priority Mail boxes (about the size of a bestseller hardback) that cost less (\$4.95 vs. \$10-12 for large boxes) and often arrive faster. We still have nearly 40 packages to mail, plus another 10 local college and grad students, so costs add up.

Our global Grace family includes parishioners deployed to Iraq and Afghanistan; others serving with their families in Beijing, Oman, Sri Lanka, Moscow and Germany; a Peace Corps volunteer in Togo, West Africa; and students in the UK, Japan and throughout the United States. It's great to stay in touch with all these friends and family, so please think about what you'd like to contribute: snacks, a small toy, or a check to help defray mailing costs. Questions, donations, volunteers...please contact Easter Thompson at easter.thompson@gracealex.org.

— Nancy Robinson

Family Fun Night



We Need Your Flower Donations!

Please **print** your name here: _____

It's time for Christmas Flower and Greens donations. The Altar guild invites you to help make Grace Church beautiful with seasonal decoration. If you wish to contribute to the Christmas decoration fund, please fill out the form below and enclose a donation of \$35. These forms may be dropped in the Sunday offering or sent directly to the church office. Please note 'Christmas Flower Fund' on the check memo line. The deadline for notices to be included in the Christmas flower Bulletin is Monday, December 6. Questions? Call Lisa Sprague, Altar Guild Flower Chair, at 703-837-9725.

Please circle one of the choices below and **print** the remainder of the message exactly the way you would like it to appear in the Christmas bulletin:

“In loving memory of” or **“In thanksgiving for”**

Given by (**print** the name or names of the donors exactly as you want them to appear). Same as above

Grace Episcopal Church
3601 Russell Road
Alexandria, Virginia 22305
703-549-1980

Funeral & Burial Instructions

(Please return a copy to Grace Church and keep a copy with your records.)

Date: _____ Date of Birth: _____
Full Name: _____ Telephone: _____
Address: _____

The person ultimately responsible for making plans for my funeral and burial is:
(Please include name, address, telephone number and relationship.)

I own a cemetery lot at: _____
Or, will likely be buried at: _____

I wish to be cremated and my ashes placed as follows:
(Please note, cremation does not affect the nature of the service or place of burial.)

The funeral home likely to be responsible for me is:

I have already made arrangements with the funeral home, as follows:

Subject to the wishes of my family, I wish to be given the following type of service:

Funeral (body present): _____
Memorial service (body not present): _____
Burial service: Rite I (BCP, p. 469): _____
Burial service: Rite II (BCP, p. 491): _____
Holy Eucharist: _____

Church:

_____ Church service with burial immediately following - for family and friends
_____ Church service with burial afterward - the latter for family only
_____ Entire service at the gravesite
_____ Other: _____

If it is possible, I would like the following clergy to officiate and/or assist at my service:

If my service is in the church, and necessitates the use of pallbearers, I would like the following persons to be invited by my family:

I would like my funeral service to include the following hymns:

Whether in church or at the graveside, please include some of the following Psalms and Lessons:

In lieu of flowers I would be grateful if my family would consider memorial gifts in my name to:

On my casket please use:

The Church's pall: _____ (Note that flowers are never placed over the pall)

The American flag: _____ (Customarily reserved for military personnel/veterans)

I am to be an organ donor, the particulars of which are known to, or recorded at:

Special requests to my church and clergy:

From the *Book of Common Prayer* (BCP, p. 445)

“...all persons (are) 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.”

_____ Please send me information for including the Church in my will.

Signed: _____