

Grace Notes

Newsletter of Grace Episcopal Church, Alexandria, Virginia

Rector's Reflections

Vacation

Jesus said to them, "Come away by yourselves...and rest a while..." (Mark 6:31)

Jesus and the disciples needed time away from their work, their ministry, to rest, to refresh and to prepare for the future. Vacation is a word that comes from the Latin verb meaning, "to be empty, to be free." I think the most obvious "vacation" Jesus shared with his closest disciples—Peter, James and John—we know as the mountaintop experience, the Transfiguration. (Mark 9:2-13)

We hear this story twice in the liturgical year; first on the last Sunday in Epiphany as we prepare for Lent. Clearly Jesus and the lead disciples needed a time to retreat and to prepare for going to Jerusalem. The Transfiguration affirms Jesus' call and reveals his glory. We pray that we would be "*strengthened to bear our cross, and changed into his likeness from glory to glory.*" (BCP, p. 165)

This special occasion was a feast day in the Eastern Church by the fourth century, before the West fixed the date of August 6 in the 15th century. How special that in the middle of the summer, when many of us will be on vacation, the Church calendar reminds us of Jesus' need for prayer and refreshment. The Collect for the day (BCP, p. 191) was first written for the 1892 BCP. We pray to be "*delivered from the disquietude of this world...*"

It seems strange for me to be looking forward to vacation since I've just started back to work in early June. By the time you read this I hope to be back "full-time." It has been wonderful to preside and preach at our liturgies and to meet with people and committees as we share the ministry of our parish.

The physical therapy sessions and exercises have helped to strengthen muscles and to restore some mobility to my neck. My head was held in two different braces for more than 15 weeks. I'm sure I'll need several more weeks for rehab and recovery. Yet I'm extremely optimistic and the doctor doesn't need to see me until the end of August!

I will be away on my annual vacation to Massachusetts for the first three weeks of August. I'll spend two Sundays serving St. Philip's Church in Mattapoisett, a summer chapel using the 1928 BCP where I've presided

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July / August 2014

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Worship Schedule

Sunday Schedule

Holy Eucharist Rite I 7:30 am
Child Care 9:45 am–11:30 am
Children’s Chapel..... 9:50 am-10:30 am
Choral Eucharist* 10:00 am
Holy Eucharist Rite II..... 5:00 pm

Weekday Schedule

Tuesdays, Rite II with healing ... 6:30 pm
Wednesdays, Rite I 7:00 am
Thursdays * 12:15 pm

*Alternating Rite I and Rite II weekly

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. The deadline for submitting copy is midnight on the 15th of the preceding month.

The next *Grace Notes* deadline is August 15, 2014 for the September 2014 issue. Articles should be submitted by e-mail to grace.notes@gracealex.org. All articles are subject to editing.

Grace Church’s newsletter team includes Amy Barron, Gary Carter, Kristine Hesse, June Huber, Lee Meeks, Teresa Preston, Sarah Schultz and Beth Wiggers.

Stewardship Taking It to the Next Level

Do you remember when you got your first job, saving some of those painfully tiny paychecks toward a goal—like a car or a new electric guitar—and it just seemed like you would never get there? Then one day, somehow that savings crept up, and wow, you made it!

Well, something like that on a grand scale is happening just beneath the surface at Grace. Even though it seems we don't talk about it much, the Grace Trust, established in 2000, has been slowly but steadily growing over these past years.



In fact, the trust has grown to more than \$462,000. While that seems like a lot, our vestry and trustees wisely structured the trust so that we would not start to use any interest income until it reached \$500,000. This rule, among others, assures that the trust can continue to build up and become a powerful, yet secure resource for growth in the future.

At the current balance, it's within our reach to fully fund the trust and begin to see interest income quite soon. Put another way, we could take the last step to that \$500,000 level if only 100 families or individuals gave about \$380 to the trust.

Of course, our pledges and other regular gifts keep our parish healthy and support all our mission and worship programs on a day-to-day and year-to-year basis. For me, giving to the trust was an opportunity to build a stronger connection to Grace's legacy in our community.

The trust is much more than a number on a balance sheet. It will be a powerful tool to fund all the creative, generous and amazing ministries we are all so proud of for many years to come.

If you would like more information about the Grace Trust, please email me any time at bill.malone@gracealex.org.

Bill Malone
Vestry Coordinator, Stewardship

and preached for more than 30 years. And I'll stay by the beach with my family in the home my mother built 30 years ago.

This will be our first summer without Mother being with us in a place her family first settled over 300 years ago. It will also be the first summer without the old cottage next door that my great grandfather built about 90 years ago. My cousin had it torn down so she could build her own new home.

Summers change and summers change us. Jesus and the disciples found strength to go to Jerusalem after their mountaintop experience. I hope and pray that the weeks ahead strengthen us, change us, refresh us and prepare us for the future.

*Grace, Peace, Love,
The Rev. Robert H. Malm*

A Word from Mother Elizabeth A Change of Pace

One thing I love about summer is that it is an opportunity for a change of pace. If you have just finished a school year, it's a time to relax from the rush of studies. If you have kids who have just finished a school year, the house may be a lot busier, but it's also a different kind of busy, with so many of the extracurricular activities running on lighter, or at least different, schedules.

Even if you are further removed from the end of the school year, and your work is continuing on straight through the summer, there is a different feel to these months; with people taking vacations or weekend trips, with the program year at Grace Church ending, and a shift to the summer worship schedule. There is a different feel to summer, a change of pace.

And I think it's a good time to think about the pace of our lives, and perhaps consider making adjustments. How can we make room for rest in our busy lives? How can we make room for family or friends? How can we make room for God?

Reflecting on our daily schedules can teach us a lot about our priorities—about what we choose to give our time to. There are many hours that we fill with things we have to do, whether or not they would be our first choices. But what about those other hours? How might you re-purpose them to reflect what you find most valuable and what you hold most dear? Might you save some for a special project? Or give them away to others—loved ones, or those in need? This season is an opportunity to try a different schedule, a different way of structuring your life, and a different set of values and priorities. And perhaps we may carry these on even when summer ends.

As you reflect, I commend to you a prayer found on page 825 of the Book of Common Prayer, a prayer "For the Good Use of Leisure":

O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. Amen.

I pray that you may find this season a time of refreshment, of joy, of reflection and of loving the goodness of God and His creation.

*In Christ,
Elizabeth Locher
Assistant for Parish Life and Family Ministries*

Music at Grace



As I write this message, I have just over a month until my final Sunday at Grace Church, which will be on July 20. I want to use this opportunity to thank you wholeheartedly for your support of the music ministry at Grace during my time as Director of Music. It has been a blessing to serve this parish, and I have learned a great deal as a musician. I have also gained invaluable experience in parish ministry that will serve me well as I prepare for ordained ministry.

Although my departure means a transition in the music program, it is also a chance for continuity and ongoing growth. I have every intention of helping my successor settle into the position of Director of Music with as much help as he or she wants. I hope that the transition will be seamless, and I have every confidence in the efforts and work of the music search committee under the leadership of Stephanie Reed.

Finally, I think it worthwhile to enumerate the many gifts with which Grace Church is blessed that will allow my successor to continue strengthening and growing the music ministry. People at Grace Church are passionate and care about this parish, which will be a great boon to the next Director of Music as he or she highlights and develops the fortes of the music program. The liturgy at Grace is beautifully executed and is directed in a heartfelt way towards God, as it should be. It is a music director's dream to work in such an environment, because then the music can effectively serve as a handmaid of the liturgy, all to the glory of God. The new Grace Church organ is a magnificent instrument and is extremely well suited to the needs of the music ministry. There are many talented musicians at Grace that already give generously of their time and talent to make music flourish. And the presence of a large number of children and youth (not to mention Grace Episcopal School) is a huge asset in forming a chorister program that will ultimately attract more participants from outside the parish and that will hopefully become a weekly presence at 9 am liturgies. I could go on and on.

There are innumerable things at Grace for which we should give thanks. I pray that God will continue to bless this parish as it seeks to share God's grace with the world.

*Thankfully In Christ,
Kyle Babin*

Haiti Micah Project Child Sponsorship

Thank you, Grace Church parishioners and friends! At the conclusion of the 2014 Haiti Micah Project Sponsor a Child event, we can report that our Church's commitment to the Haiti Micah children remains incredibly strong. Thanks to your generosity, Grace Church will not only sponsor all of our Haiti Micah children for another year, we will add children to our Church family!

Your contributions make it possible for the Haiti Micah Project to provide food, clothing, education and basic medical care for the poorest of the poor children in Mirebalais for an entire year. In other words, your generosity creates the possibility of a future for children where none existed. That is more than enough reason to continue what we are doing, but here's the rest of the story.

During our mission trip to Haiti, we spent time with several of these very children at the Haiti Micah home. The children we met were bright, curious, studious, fun, funny, language prodigies, sassy teenagers and future businessmen and women, doctors, nurses, and moms and dads. In other words, the Haiti Micah Project is raising children who will live normal lives, raise educated children, and ultimately change Haiti forever. I believe this to the core of my being, and I hope you do, too!

Thank you again for your continued caring and generosity.

The Haiti Micah Project Outreach and Mission Teams

Current Financial Status and Pledges

At the June meeting, the Vestry reviewed our pledge income and expenses for 2014 through May. We have a deficit for the year of \$17,747. This is the result of four months of below average pledge income. Here is a comparison of pledge income, February-May for the last four years:

<u>2014</u>	<u>2013</u>	<u>2012</u>	<u>2011</u>
\$229,835	\$261,414	\$289,619	\$260,324

So we are over \$30,000 below last year's rate of income. If this trend continues, the Vestry will have some hard choices to consider in the months ahead.

What can each parishioner do?

- Keep payment of pledges current, especially in the summer months during vacations and out of town travel.
- Increase pledge giving if circumstances and personal income have improved since making a commitment for 2014.
- Make a pledge, a specific commitment to pay weekly or monthly, if you haven't done so this year.
- Pick up your mid-year pledge record of giving in mid-July in the Church foyer and plan accordingly.

Round Out The End of Your Summer – Shrine Mont 2014



Since it's June, it's time to start thinking about Shrine Mont 2014. This year's theme is "My Cup Runneth Over," and the parish retreat will be held as usual the weekend after Labor Day, in this case September 5-7, 2014. If you are a regular, we hope that you can join us once again. If you've never had a chance to come or are new to the parish, we hope this year finds you in a position to make the trip.

Shrine Mont is in Orkney Springs, VA, an easy drive into the Shenandoah Valley. By all accounts, it's a wonderful weekend of rest, relaxation and reflection. It's a great time for fellowship; to enjoy the company of those you already know and to meet others in the parish.

Sign-up has begun and is being offered online through the Grace Church website or in-person registration during coffee hours. Payment can be made via credit card or check.

Shrine Mont wouldn't be possible without an army of volunteers. There is something for everyone, talk to Lisa or Howell Medley if you are interested. We have big jobs and small jobs, something sure to match all talents. Contact either of us at lisa.medley@gracealex.org or howell.medley@gracealex.org.

We hope to see you there.

*Howell and Lisa Medley
2014 Shrine Mont Coordinators*

From the Library

Looking for a good summer read? *The Choir* [PB T], by Joanna Trollope, will do the trick. In the precinct of Aldminster Cathedral, crisis looms. The urbane and worldly Dean wants nothing so much as to restore and beautify his beloved Cathedral—even if it means sacrificing the Choir School to pay for it. The Headmaster of the school is determined that nothing and no one should destroy the Choir. As the rift widens, many others find themselves caught in the schism including the organist, the Bishop and the mother of the leading chorister.

The library has an eclectic collection of about two hundred fiction books. Check out the listings in the *Looking For Something to Read?* binder in the library.

Ex Libris

Beating of the Breast

Have you ever seen someone striking his or her chest with a closed fist during the celebration of the Eucharist, and wondered what that means? I have, so now I can share what I learned about this optional gesture.

It is appropriate to make this gesture during some prayers where sin is admitted and mercy and forgiveness are requested. For example, during the Confession of Sins, the phrase “we are truly sorry and we humbly repent” may be accompanied by the movement of hitting the breast with the right fist. The gesture communicates acknowledgment of guilt and symbolic penance. In other words, the pain on the outside mimics the pain on the inside.

The act of "beating the breast" as an act of penance arises from an old Jewish practice as biblical evidence shows. Jeremiah 31:19 says, “After I strayed, I repented; after I came to understand, I beat my breast. I was ashamed and humiliated because I bore the disgrace of my youth.” It is also mentioned in Luke 18:9–14, when Jesus tells a parable to some people who trusted in themselves, that they were righteous and regarded others with contempt.

Two men went up to the temple to pray, one a Pharisee and the other a tax-collector. The Pharisee, standing by himself, was praying thus, “God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax-collector. I fast twice a week; I give a tenth of all my income.” But the tax-collector, standing far off, would not even look up to heaven, but was beating his breast and saying, “God, be merciful to me, a sinner!” I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted.

The gesture entered into the liturgy relatively late. It fell out of use by many Roman Catholics after Vatican II, but is still used today by anyone who wants to show inward contrition through an outward sign.

June Huber



FOOD PANTRY

In May, a Grace volunteer shared the distribution of food bags with someone he had not met before. In fact, this helper was not a parishioner; she attended another church, but got to know us as a Food Pantry recipient when she lost her job and her husband was working two part-time jobs, and bringing home small pay checks. She returned to help as a way of saying thanks to Grace. When the Food Pantry closed that day, our volunteer took her on a tour of the church. The Lord sends us his people to help in unexpected ways!

We order food for the Food Pantry about every 10-12 days. It comes on a heavy wooden pallet delivered by truck from the Capital Area Food Bank and is deposited in the hallway outside the Pantry. The delivery fee is \$45, as long as we order a minimum of 750 pounds of food items. The total cost for the June 11 delivery, paid by generous contributions from parishioners, was \$454.



A typical Food Pantry bag contains:

- Mac and cheese
- One-pound bag of rice
- Canned goods (a vegetable and a fruit)
- Beans, dried or canned
- Box of cereal
- Roll of toilet paper
- Vegetable oil (when available)

John and Khacki Berry

From the Parish Register

Baptisms

- ✚ Isabelle Lucille and Clare Elizabeth Doherty, daughters of Michelle and Tyler Doherty
- ✚ Alessandra Lila Nider, daughter of Kate and Steven Nider, sister of Isabella
- ✚ Charles Patrick Schanely, son of Brian and Katherine Schanely

Deaths

- ✚ Florence J. Binari, mother of Steven and Mark
- ✚ Enid Hyacinth Lewis-Flemming, aunt of Christine Lewis



July Birthdays

7/1	Helen Sweeney	7/13	Dawn St.John	7/20	Lauren Feeley
7/2	William Baird	7/14	Claire Eudy	7/20	Callan Henderson
7/2	Sherryl Dodd	7/14	Jeanie Kaufman	7/20	Reba Winstead
7/2	Scott Peterson	7/15	Lina Dobbs	7/21	Barrett Burkhalter
7/3	Billy Barr	7/16	Lois Kelso Hunt	7/21	Pegge Crepeau
7/3	Rhea Barr	7/16	Karlene Kelly	7/22	Carl Eckel
7/3	Charlotte Steffensen	7/16	Emily Reuther	7/22	Barry Rosman
7/3	Tad Wolcott	7/16	Chris Rugaber	7/23	Vance Allen
7/4	Jack Carle	7/17	Howell Medley	7/23	Pat Moore
7/5	Summer Jones	7/17	Georganna Murto	7/23	Tod Moore
7/6	Alexandra Falcon	7/18	Chrissie Crosby	7/24	Chris Caputo
7/6	Isabella Nider	7/18	Owen Dowell	7/24	James Haas
7/7	Kepler Rountree	7/18	Elliott Gabbert	7/24	Mike Jones
7/7	Skye Whitlow	7/18	Dorothy Gerber	7/25	Jean Reed
7/8	Mike Gentry	7/18	John Hall	7/26	Kyle Babin
7/8	Kirk McPike	7/18	David Murphy	7/26	Eliana Fair
7/9	Robert Schultz	7/18	Dorothy Gerber	7/26	Martha Mills
7/10	Will Barnes	7/18	John Hall	7/27	Chad Murchison
7/10	Cynthia Stanley	7/18	David Murphy	7/28	Julia McClung
7/10	Haywood Torrence	7/18	Thomas Pfeiffer	7/28	Jane Weaver
7/11	Gavin Carpenter	7/18	Ruth Schrott	7/29	William Reuther
7/11	Marvin Ely	7/18	Celia Schultz	7/30	Emma Imphong
7/12	Burrell Driscoll	7/18	Catherine Warner	7/30	Sally Schneider
7/12	Soma Fulwiler	7/19	Cleve Corlett	7/31	Sharon Hickok
7/12	Greg Hoppe	7/19	Mason Hendricks	7/31	Dylan Pianesi
7/13	Audrey Smith	7/19	Sara Kline	7/31	Stephanie Reed

August Birthdays

8/1	Spencer Foucart	8/16	Rocky Gillette
8/1	Emily Graves	8/17	Ana Hernandez
8/2	Taylor M. Beyreuthe	8/17	John Kendrick
8/2	Colin Enger	8/19	Dylan Eustace
8/2	Linda Grimes	8/20	Callen Dubsky
8/2	Heather Hurley	8/21	Sean Groves
8/2	Wendell Thomas	8/21	Aidan Smith
8/2	Julia Zeigler	8/21	Michael Smit
8/3	Grayson Glazier	8/21	Frank Waskowicz
8/3	Brooke Henry	8/21	Aidan White
8/3	Joanne Peters	8/22	Virginia Griffin
8/4	Ralph Lewis	8/22	Kate Nider
8/5	Kim Griffin	8/23	Keith Giacomo
8/5	Jan Spence	8/24	Heather Murphy
8/6	Ann-Colter Cheron	8/25	Neal Anderson
8/7	Mary-Jo Cooney	8/25	Hudson Chiow
8/7	Amanda Hungerford	8/25	David Hoppe
8/7	Jenna Payne	8/25	Evan Pfeiffer
8/8	Diana Jarrett	8/25	Mary Savino
8/8	Kimberly Reyes	8/26	Andrew Smith
8/8	Robert Schrott	8/26	Colin Stancil
8/9	Alexander Grimes	8/28	Emma Alvarenga
8/9	Erica McFarquhar	8/28	David Boris
8/9	Don Wills	8/29	Maggie Eckel
8/10	Jeff Solsby	8/29	Caroline Huebler
8/10	Victor Vassallo	8/30	John Green
8/12	Beverley Borgia	8/30	Stephen Lovell
8/13	Paul Winkel	8/31	Susan Hayduchok
8/15	Marc Cooper	8/31	Elizabeth Locher
8/15	Bill Cummings	8/31	Kathleen Paige
8/15	Cynthia Fors	8/31	Catalina Velasquez
8/15	Michelle Kozlak	8/31	Timothy Willard
8/15	Carl Seward		

Parish Staff

Robert Malm.....Rector
(rector@gracealex.org)
 Leslie Steffensen Assistant to the Rector
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 Beth WiggersOffice Administrator
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 Pedro Hernandez Sexton
 Chandler Whitman..... Seminarian
(chandler.whitman@gracealex.org)

Vestry

Class of 2014

Elizabeth Legere.....Sr. Warden
 John Berry School Board
 Erica McFarquhar..... Member at Large
 Kemp Williams.....Register
 Mai-Lan Smith..... Evangelism

Class of 2015

Eric Bonetti.....Jr. Warden
 Lisa Medley Youth
 Barbara Read Pastoral Care
 Mary Ann RyanOutreach
 Eric Waskowicz..... Education

Class of 2016

Jeffrey Chiow Fellowship
 Lina Dobbs Communications, La Gracia
 Bill Eckel..... Treasurer
 Bill Malone.....Stewardship
 Easter Thompson Worship

Alternate

Leo Ribeiro..... School Board, TNT

Non-Vestry Coordinators

Gary Carter Fellowship
 Mickey Craven Education
 Chad Eckles Worship
 Kristine Hesse..... Communications
 Rich Kelly..... Youth
 Cindy MacIntyre..... Evangelism
 Andrea Santos..... TNT
 Mike Smith Pastoral Care
 Tania Wilkes.....Outreach