

St. Mary's Whitechapel Episcopal Church
Trinity Episcopal Church
5940 White Chapel Road
Lancaster, VA 22503

March/
April
2020

The Good News

THOUGHTS FROM THE GARDEN

Beloved Communities of St. Mary's Whitechapel and Trinity Churches,

As I write this reflection, we are just one week into the season of Lent. Lent has traditionally been a time of fasting, giving something up for Lent, especially food items we love. This fasting allows us a tiny link, a connection to Jesus in his forty days in the wilderness, fasting and facing temptations. And, though I have given things up for Lent and found some spiritual growth in doing so, I now prefer a different fast, paired with feasting. No, I'm not talking about skipping breakfast and lunch, and then eating big every night at dinner!

I have found greater challenge, and connection with Jesus in the wilderness, and more contemplation in my spirit, if I fast and feast following the model created by an Episcopal bishop, The Right Reverend Arthur Lichtenberger. His call to fasting and feasting offered below perhaps provides more challenge, and more hope, than giving up chocolate!

May your Lenten season be filled with both new fasts and new feasts!

Megan



Dear God, help us to:

Fast from criticism, and feast on praise.

Fast from self-pity, and feast on joy.

Fast from ill-temper, and feast on peace.

Fast from resentment, and feast on contentment.

Fast from jealousy, and feast on love.

Fast from pride, and feast on humility.

Fast from selfishness, and feast on service.

Fast from fear, and feast on faith.

Amen.

meals on wheels

Trinity will need volunteers to cover April Meals on Wheels delivery. We will need four teams to cover all Mondays in April 2020. Contact Jane Dunaway at 804-435-0507.



Thank all of you for your cards and prayers during my recent hospitalization. It's wonderful to have so many caring friends and I believe that prayer does help the physical and mental process of healing. -Betty Thornton

Baptism of Rosina Valdez

2-16-20



2020 Community Lenten Services

Sponsored by
Lancaster County
Ministerial Association

Hosted by Kilmarnock
United Methodist Church

St. Mary's Whitechapel, Trinity, and Grace will be lunch hosts on Wednesday, March 25, 12:05 p.m. Please sign up in the parish hall or call the church office if you are able to help!

Line Dancing Class at St. Mary's Whitechapel



Ready, Set, *Think!*

The Episcopal Church offers a program called Education for Ministry (EfM). Begun in 1975 through The School of Theology at Sewanee, EfM provides a structure for individuals to gather weekly in their parishes for study, prayer, and reflection. Our churches pray each week at the end of the Eucharist, “And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord.” EfM gives participants a place where they can learn what it means to be effective ministers in the world by examining their own beliefs and their relationship to our culture and the tradition of our Christian faith.

Folks at Trinity and St. Mary’s have expressed interest in Adult Christian Formation and enthusiastically participated in opportunities that have been offered, so we’d like to know if Education for Ministry sounds interesting to you. An EfM group consists of six to 12 people and it becomes a community of learning that enriches every member. Susan Whitlow, a regular participant at Trinity, has volunteered to lead an EFM group for Trinity/SMWC. Trinity folks can share their wonderful experiences in groups lead/attended by Susan, and her so helpful introductions when she reads in worship.

Sewanee provides “textbooks” and study guides as well as training for a local mentor. Groups meet weekly for 36 weeks, usually from September through May, for about 2 hours per session. (Absences are allowed!) There is a fee of \$375, but that works out to a little over \$10 per week, or \$5 per hour. Scholarships are available.

To find out more, investigate www.efm.sewanee.edu and contact Susan Whitlow (susan.edmonds.whitlow@gmail.com; 804-370-5320 or 435-2549).

Trinity Treasures Yard Sale, Saturday, April 25th



Antiques * Housewares * Miscellaneous

Public Donations accepted in April—dates to come.

Questions? Call Judy Ripley 804-761-5007

Shrove Tuesday

Pancake Supper at Trinity



Megan Sabbatical in May

When Megan was called to be our Rector, she and the Vestries agreed she would have a three month sabbatical in her fifth year with SMWC and Trinity. Megan has been in discussion with both Vestries as March 1st began her fourth year. The Vestries and Megan agreed that a three month absence would be very hard on the churches, and very hard to find coverage for such a lengthy absence. Thus Megan proposed, and the Vestries agreed, that she will take three one-month sabbaticals in her fourth, fifth and sixth years of ministry with the churches.

An old friend of Megan and Tim offered them a free condo in Maine for the month of May 2020, and thus Megan will be on sabbatical May 4-June 2. The Rev. Kaki Swann and The Rev. Scott Krejci have agreed to cover three of the four Sundays, and will also provide emergency pastoral care. More details will follow as we get closer to May. Many thanks to all for working together to provide this time away for Megan and Tim.

Pastoral care notes from Megan

1. My cell phone number is the easiest way to reach me during the day, but I wanted to clarify that if you have a pastoral emergency in the night, and you need to be in touch with me, please call our house phone: 804-266-7551. My cell phone is not on at night.
2. I am changing my day off from Monday to Wednesday. I have found Mondays are good days to follow up from all that has happened at the churches on Sunday, and thus have ended up working several hours on my day off. I'm hoping Wednesday will work better as a day off!
3. Often folks at both churches will say to me: "I know you are so busy, but could we find a time to talk." Please know that pastoral care is at the heart of my ministry, and I always want to hear from you if you'd like a time to get together. Also, I'm glad to meet at the churches to talk, or at your home, but I also often meet folks at coffee shops, or to take walks together. Pastoral time can come in many forms, and I'm always glad to talk, and listen.

Mailed Copies of Bulletins: We are happy to mail or email bulletins to anyone who is unable to make it to church due to illness, age, or lack of transportation. If you know of anyone who would like to receive the bulletin, please contact Paula at the church office: 804-462-5908 or stmarys.whitechapel@gmail.com.

March Events

Wed., 3/4	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 3/5	7:45 AM	Men's Bible Study Breakfast	St. Mary's
Fri., 3/6	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Mon., 3/9	9:30 AM	Bumble Bees	Trinity
	10 AM	MMWG	St. Mary's
Tues., 3/10	9:30 AM	Great Decisions	St. Mary's
	6:30 PM	Vestry	Trinity
Wed., 3/11	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 3/12	11:30 AM	River Road Food Pantry	St. Mary's
Fri., 3/13	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Sat., 3/14	11 AM	Townsend Baptism	St. Mary's
Tues., 3/17	6 PM	Holy Knitting & Crocheting	Trinity
Wed., 3/18	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 3/19	7:45 AM	Men's Bible Study Breakfast	St. Mary's
Fri., 3/20	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Mon., 3/23	9:30 AM	Bumble Bees	Trinity
	10 AM	MMWG	St. Mary's
Tues., 3/24	9:30 AM	Great Decisions	St. Mary's
Wed., 3/25	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 3/26	9:15 AM	Vestry	St. Mary's
Fri., 3/27	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's

Holy Knitting and Crocheting 2020!

We meet on the 3rd
Tuesdays at 6pm at
Trinity, and all are
welcome!

Come and work on a
prayer shawl, or on a
project of your own.
And we teach
beginners so come
and join us!

**Our upcoming
meeting dates are:**

March 17

April 21



**Knit
Crochet
Pray**

PRAYER LISTS

St. Mary's Whitechapel

Nancy Brandon, Ron Okrasinski, Sally Flanigan, Alexa Frisbee, R. W. Courtney, Tammy, Dorsey Ficklin, Glenn Courtney, Terry Thompson, Wendy Burnett, Nora Pennell, Lin Greene, Jake Cobb, Dave Petersen, Dan Ficklin, Marie Beringer, Donna Alexander, Rose, Cecil Courtney, Mimi Chace, Donna Brayton, Hilda Courtney, Robert, Howard Hanchey, Jennifer Cassell Cole, Karen Woodruff, Roger Fortin, Wier Harman, Gina Adams, Brad Quillen, Jessica, Joanne and Michael.

Nursing Home Resident:
Lancashire - Mary Sue Courtney

Those in the Armed Forces:
Joshua Green, Aimee Budzinski, Mark Medina, Kathryn McCormack Akacem, Mehdi Akacem, Anderson Sale, Thomas Mackie, Pia Mackie, Tate Young and Spencer Fortin.

Trinity

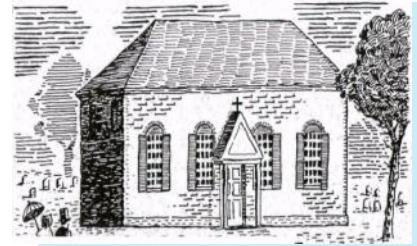
Janice Shanks, Sherri Carter, Terri, Nick Slaughter, Fran and Dick Davis, Sally Flanigan, R. W. Courtney, Frances Bush, Delford Walthall, Glenn Courtney, Barbara Nunnery, Keith Elswick, Fred Eddowes, Steve, Rick Bateman, Jenny Dunaway, Earline Tomlin Kelley, Ed Borer, Dean Haine, Donna Alexander, Mary and Karen Jackson, Cecil Courtney, Berkeley Kellum, Wendy Boswell, Preston Bryant, Craig Smith, Michael, Mel and Frances Ercelino, Hilda Courtney, Robert, Karen Woodruff, Joey Coker, Michael Dunaway, J.W. Boone, Brad Quillen, Ian Larmore, Brandon Dunaway.

Those in the Armed Forces:
Ward Gavin, Paul Price and Michael Stout.

April Events

Wed., 4/1	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 4/2	7:45 AM	Men's Bible Study Breakfast	St. Mary's
Fri., 4/3	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Tues., 4/7	9:30 AM	Great Decisions	St. Mary's
Wed., 4/8	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 4/9	11:30 AM	River Road Food Pantry	St. Mary's
Fri., 4/10	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Mon., 4/13	9:30 AM	Bumble Bees	Trinity
	10 AM	MMWG	St. Mary's
Tues., 4/14	9 AM	Garden Club of the NNK	St. Mary's
	6:30 PM	Vestry	Trinity
Wed., 4/15	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 4/16	7:45 AM	Men's Bible Study Breakfast	St. Mary's
Fri., 4/17	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Tues., 4/21	9:30 AM	Great Decisions	St. Mary's
	1 PM	NNK Garden Club Meeting	St. Mary's
	6 PM	Holy Knitting & Crocheting	Trinity
Wed., 4/22	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity
Thurs., 4/23	9:15 AM	Vestry	St. Mary's
Fri., 4/24	10 AM	Line Dancing	St. Mary's
	11 AM	Chair Yoga	St. Mary's
	12:30 PM	Book Club	St. Mary's
Sat., 4/25	8 AM	Trinity Treasures Yard Sale	Pavilion
Mon., 4/27	9:30 AM	Bumble Bees	Trinity
	10 AM	MMWG	St. Mary's
Wed., 4/29	6 PM	Al-Anon	Trinity
	8 PM	AA	Trinity

ST. MARY'S WHITECHAPEL VESTRY MEETING HIGHLIGHTS - JANUARY 2020



The meeting opened with prayer at 9:30 a.m. Mr. Ben Burton of Bay Design Group was invited to stay and present the work that has been completed on the potential site for the St. Mary's Whitechapel Auxiliary building.

Minutes, Cemetery and Financial Reports were approved. Items discussed included:

- The Annual Meeting will be held Sunday, January 19, at 11:15 a.m.
- Ash Wednesday is on February 26. The service at SMWC will be held at 12 noon.
- Resolutions from the Diocesan Convention: Rev. Limburg provided a print copy of two resolutions. One is about reducing use of single-use plastics and Styrofoam. The church will use up what we have and then move to paper or washable plates, utensils, and so on. The other resolution pertained to alcohol use. Mr. Pennell stated that the church will only provide alcoholic beverages at very special events, but that parishioners are allowed to provide their own.
- Rev. Limburg is taking some vacation time to go to Florida January 27-31.
- Visions and hope for the future of SMWC: There will be a joint SMWC and Trinity Vestry retreat on Saturday, February 22, from 9:00 to 12:00 at Campbell Memorial Presbyterian Church in Weems to discuss future planning.
- Newcomers: There have been increasing numbers of newcomers to SMWC.
- A motion was duly made, seconded and passed to move the 2020 Vestry meetings to the 4th Thursday at 9:00 a.m.
- Rev. Limburg shared some pastoral concerns.
- What is Up at Trinity: They have received a donation of a house near the church often referred to as the Hammack House. The owner wanted to donate and fully understood that one option would be to sell it. They have just started the process to figuring out what to do with it.
- Mr. Pennell will continue to provide a simplified financial report every month, rather than the more detailed Chesapeake Wealth Management's reports.
- Mr. Greene reported that the church door lock has been repaired at a cost of \$80.

TRINITY EPISCOPAL CHURCH VESTRY MEETING HIGHLIGHTS -



The meeting was called to order at 6:00pm with a prayer by Rev. Limburg.

Reports were approved. Other items discussed included:

- Rev. Limburg thanked Ms. Cammarata for her dedication as Sr. Warden for 2019. The Vestry approved the motion for Ms. Callaghan to be the Sr. Warden for the year 2020. A motion to re-elect Mr. Fred Ripley and Mr. Jock Chilton as Jr. Wardens' was also approved by the Vestry.
- Discussion followed regarding the Hammack House, possible maintenance and potential buyers.
- Rev. Limburg advised that a parishioner has offered to purchase a playground for Trinity. Trinity would be responsible for the "soft landing" areas and the fencing. Rev. Limburg has applied for a Mustard Seed Grant which could possibly come through in May. The Vestry voted to dedicate the proceeds from the Pancake Supper to the playground fund. Details were tabled for future discussion.
- In preparation for the upcoming Joint Vestry Retreat Rev. Limburg asked the Vestry to think of "one hope you have for Trinity in the next 10 years" and "one worry you have for Trinity in the next 10 years."
- Rev. Limburg has suggested that her upcoming sabbatical be planned as three one-month sabbaticals over the 4th, 5th and 6th year.
- The Vestry voted to no longer lend out the tables and chairs.
- Pastoral discussions followed.

St. Mary's Whitechapel

Office Hours: W & TH, 8am-1pm, F 8am-4pm

Closed Monday and Tuesday

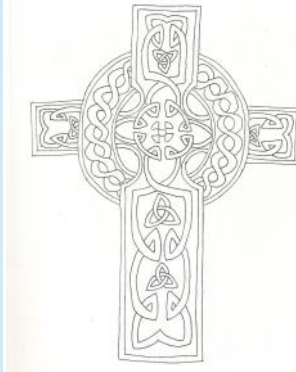
Please visit our website:

www.stmaryswhitechapel.org

Rector: The Rev. Megan Limburg
(804) 462-5908 Office
(804) 477-5515 Cell
Email: rectorstmtrin@gmail.com

Vestry 2020

Senior Warden	Bill Pennell
Junior Warden	Ernie Greene
Members	Pat Ficklin
	Richard Gill
	Connie Home
	Gloria Romaine
Register	Alison Towles



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Closed Monday and Tuesday

Please visit our website:

www.trinityva.org

Rector: The Rev. Megan Limburg
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(804) 477-5515 Cell
Email: rectorstmtrin@gmail.com

Vestry 2020

Senior Warden	Frances Callaghan
Junior Wardens	Jock Chilton
	Fred Ripley
Members	Chris Cammarata
	Jane Dunaway
	Stan James
Register	Carol Roscher

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PLEASE
PLACE
STAMP
HERE