

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

June/July/August 2018

The Good News

THOUGHTS FROM THE GARDEN

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

Our Book of Common Prayer includes a section called "Prayers and Thanksgivings" (beginning on page 814, if you want to check it out). This section contains beautiful, thoughtful prayers for all kinds of occasions, and can help us to find the words to express what is in our hearts as we pray. Some of the prayers are very old, while others were written for the 1979 Prayer Book.

The topics covered by these prayers and thanksgivings is surprisingly broad, ranging from prayers for our world including, "For Peace Among the Nations" and "For Sound Government," as well as far more personal prayers including, "For the Care of Children," "For Travelers," and "For the Victims of Addiction." And too there are prayers for our own contemplation, including "For Guidance" and "For Quiet Confidence."

One of my favorite prayers, among all of these possibilities, is entitled "For the Good Use of Leisure." This prayer was brought to my attention by the first church I attended and where I was baptized, Church of Our Saviour in Charlottesville. This prayer was printed on our bulletin cover as summer began. This beautiful prayer reminds us to notice the gifts of leisure, of rest, of relaxation. In a recent sermon I noted that taking sabbath, a day of rest each week, is not just a suggestion from God, it is a commandment! Our mortal bodies need to rest in body, mind, and spirit, and sabbath is a gift from God. I pray that this summer we can each remember the sabbath and keep it holy. Maybe this prayer will help us!



Summer blessings!
Megan

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.

NORTHERN NECK REGION, FORMERLY REGION II, OF THE DIOCESE OF VIRGINIA

Meeting May 20th at St. Mary's Fleeton



THE EPISCOPAL DIOCESE OF VIRGINIA

The Very Rev. Lucia Lloyd, rector of St. Stephen's Heathville and Dean of our Northern Neck Region, reported on the upcoming National Convention of the US Episcopal Church this summer. A few of the topics to be discussed are as follows:

- Revisions or additions to the Book of Common Prayer, if and where needed.
- The Hymnal: The consensus is that it will stay as it is with, perhaps, additional hymns in other publications.
- New marriage liturgies.
- Social issues, such as immigration, racism, harassment and exploitation.
- Deb Stafford, our guest speaker, a licensed instructor, talked about sex abuse prevention. Both clergy and some categories of lay workers are now required to attend classes concerning the treatment of adults or children or both.
- Concerning the joint Theological Education Fund held between our region and the Middle Peninsula Region (now the Upper Tidewater Region), it was decided to take the balance and divide it equally, each region having their own separate fund.

Be sure to check our bulletin boards for events going on at other churches in our region.

Note: Wed. September 26 at 6:15 P.M. is the new time for our yearly joint service at Grace Church Kilmarnock with the Upper Tidewater Region. The next meeting of the Northern Neck Region will be at North Farnham on Sept 16.

-Jane Fortin, Rep from St. Mary's Whitechapel

2018 Trinity Episcopal Hammack-Hayden Scholarship Fund

Scholarship Sunday will be held on August 12, 2018. Scholarships will be presented on that day during the regularly scheduled church service.

Potential scholarship recipients must submit an application; Applications must be emailed by July 12, 2018 or mailed showing a postmark no later than July 12, 2018.

Applications and cover letters are available in Townsend Hall, or from any Scholarship

Committee member: Jane Dunaway, Craig Giese or Sally Cornwell. Prior scholarship recipients will be sent the application and cover letter.

Applicants should have a personal or family relationship with Trinity Episcopal Church. They should also be enrolled in an accredited institution, pursuing a degree or professional certification related to their career goal.

The Hammack-Hayden Scholarship Fund

provides support and recognition to the student members of our church family. The annual scholarships rely solely on endowment income and designated gifts. Church members and friends of the congregation are encouraged to contribute to the program. These contributions may be designated to increase the endowment or to support funding for current year scholarships. Contributions may be made at any time during the year, but are especially appreciated on Scholarship Sunday.

350th Grounds Committee Improvements



Have something for the next The Good News?

If you would like to submit an item for the next The Good News publishing for September/October, please email Paula Brinser with your article by Thursday, Aug. 30th to: stmarys.whitechapel@aol.com



In preparation for the celebration of the 350th anniversary of the church, the St. Mary's Whitechapel Grounds Committee has made progress in carrying out some improvements. Members met recently and targeted some beds, trees and shrubs that needed attention, and lawn that needed a lot of help.

To date, Ernie Greene has tagged trees that are being reviewed for removal; Dorsey Ficklin has taken soil samples to prepare the ground for liming for grass seed; Marsha Sitnik, Joan Eremenko, and Mary Ann Olsen have planned and put in new plants in reinvigorated beds. Bob Woods and I received lots of garden objects from Jude Degen who has moved away; Lucy Hottle

purchased and donated hellebores, two flats of vinca minor, and baptista plants to the project. These plants are all in and if they don't rot, the recent rain is just what they need to establish roots at St. Mary's Whitechapel!

When the church clean-up day is re-scheduled we hope that some of you will be in town and can help with a few more improvements to the grounds. There is some established vinca up in the woods that we can put in the new bed at the Parish House, and the extant Solomon's Seal at the Memorial Garden needs to be distributed in a more appealing way.

Cheryl Budzinski has offered to buy a crape myrtle for the Memorial Garden when we can see what color will work. If you see anything else that moves you please let me know! That's all for now! -Marsha Sitnik

RIVER ROAD FOOD PANTRY

Prepared by Jannine C. Pennell



If you received the 2017 year end report from the Healthy Harvest Food Bank (formerly called The Northern Neck Food Bank), you've seen that

the need for food remains great in our area. There are 28 local food pantries in the six counties of the Northern Neck. In all areas of service, the 2017 numbers were up from 2016 as follows: pounds of food distributed - up 19%; number of people served - up 41%; pounds of fresh produce obtained from local farmers - up 94%.

As mentioned in previous articles, the need for food remains very real in our community. New families sign up every month. In May, we served

104 households or 297 individuals. We are spending more time trying to educate clients on how to use fresh produce. When available, we distribute fresh eggs provided by two very generous people with hobby chickens. We encourage healthy eating. We continue to do the work Jesus asked of us by feeding his sheep with food to nourish the body and care to nourish the soul.

On behalf of the River Road Food Pantry, I thank SMWC for the donation of \$566 collected from those who enjoyed the Spring Concert. It was a very generous offering and will be used to purchase food for those in need right here in our own backyard. Your caring love and support is very much appreciated.

If you have any questions or if you'd like to know more about the River Road Food Pantry, please contact Jannine Pennell, RRFPP Coordinator, on 804-462-5803 or jpennell766@aol.com.

Our Churches Learned of Opportunities for Ministry with Habitat



On April 29th Trinity and SMWC each welcomed a community speaker from Habitat for Humanity of Lancaster and Northumberland Counties. Bob Kammerer, Site Supervisor, spoke at Trinity, and Tommy Hemans, Executive Director spoke at SMWC.

Both men gave us a great overview of the work Habitat does in our counties to fulfill their mission of: "Working towards a world where everyone has a decent place to live".

Tommy and Bob also offered some opportunities for folks to volunteer with Habitat:

1. Habitat runs a Re-Store in Kilmarnock, and they are always looking for volunteers to help in the store and increase the hours they can be open.
2. Periodically Habitat hosts work groups from out of town, a college group comes each year from Villanova, a church group comes from Canada! Habitat welcomes help providing meals for these volunteers.
3. Bob works with volunteers each Tuesday and Thursday mornings 9am-12noon at the current house construction site in our area, and new volunteers are always needed and welcomed.

If you are interested in learning more about any of these volunteer opportunities, you can contact the Habitat office at 435-3461.

A portion of the proceeds from the Trinity Community Yard sale on June 30th will go to Habitat.

Meals on Wheels



Thank you so much to the 11 volunteers who represented Trinity Episcopal Church by delivering Meals on Wheels each Monday in April: Chris Cammarata, Spencer Cammarata and friend, Sally and Allen Cornwell, Elizabeth and Cliffe Harris, J. R. Roscher, Fillmore McNeal, Ellen Tracey, and Jane Dunaway. Trinity has agreed to support this ministry by delivering meals in April and November. We are always grateful for new volunteers.

Holy Knitting and Crocheting Group at Trinity!

Our Holy Knitting and Crocheting Group creates prayer shawls, prayer blankets and other handcrafted items, all to offer a tangible sign of God's love and our prayers to folks in need.

As items are created they will be blessed during Sunday services at the altar at Trinity and then offered to individuals in our church community, the wider community, and beyond, who are going through challenging times and are in need of prayer.

Our next meetings will be Thursday, June 28th, Thursday, July 26th, and Thursday, August 30th at 6pm in Townsend Hall at Trinity.

All are welcome, including beginners; we will help you get started!



**Knit
Crochet
Pray**

PRAYER LISTS

St. Mary's Whitechapel

Torrence Harman, Hilda Courtney, Hortense Boyd, Robert Figurance, Josh Miragliotta, Robert, Dennis Saunders, Lisa Fortin, Howard Hanchey, Jennifer Cassell Cole, Karen Woodruff, Roger Fortin, Wier Harman, Anne Rau, Donna, Gina Adams, Helen Kizer, Mary Snyder, Brad Quillen, Trish Fillingham, Pat Dennis, Joanne Young.

Commonwealth Assisted Living:
Margaret F. Ransone

Lancashire: Sue Courtney

RWC: Sis Ransone

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

Trinity

Robert Jones, Preston Bryant, Mary Gregg, Buddy Keyser, Craig Smith, Torrence Harman, Rachel Taft, Michael, Mel and Frances Ercelino, Hilda Courtney, Jenny Dunaway, Irene Walker, Barbara Whittington, Robert, Josh Miragliotta, Rylie Goltart and her family, Linda Hall, Karen Woodruff, Betsy, Donna, Katie Valinotti, Joey Coker, Michael Dunaway, Dodie Jones, Cookie Minno, Whit Walden, J.W. Boone, Brad Quillen, Ian Larmore, Brandon Dunaway.

Those in the Armed Forces: Paul Price, Kevin Hargrove, Emya Seldon.

Mailed Copies of Bulletins

We are happy to mail our Sunday 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 and a copy of the sermon either by mail or email, please contact Paula at the church office. 804-462-5908

Upcoming Events

Sunday, June 3rd	Family Sermon Sunday	Trinity
Thursday, June 7th	Men's Bible Study Breakfast	St. Mary's
Friday, June 8th	Book Club	St. Mary's
Saturday, June 9th	Choir Practice	St. Mary's
Sunday, June 10th	Bell Dedication	St. Mary's
Monday, June 11th	Bumble Bees	Trinity
	MMWG	St. Mary's
Tuesday, June 12th	Vestry Meeting	Trinity
Thursday, June 14th	River Road Food Pantry	St. Mary's
Friday, June 15th	Book Club	St. Mary's
Sunday, June 17th	Father's Day	
Monday, June 18th	Vestry Meeting	St. Mary's
Thursday, June 21st	Men's Bible Study Breakfast	St. Mary's
Saturday, June 23rd	Choir Practice	St. Mary's
Monday, June 25th	Bumble Bees	Trinity
	MMWG	St. Mary's
Thursday, June 28th	Holy Knitting and Crocheting	Trinity
Friday, June 29th	Book Club	St. Mary's
Saturday, June 30th	Community Yard Sale	Trinity
Sunday, July 1st	Family Sermon Sunday	Trinity
Wednesday, July 4th	Independence Day	
Thursday, July 5th	Men's Bible Study Breakfast	St. Mary's
Friday, July 6th	Book Club	St. Mary's
Saturday, July 7th	Choir Practice	St. Mary's
Monday, July 9th	Bumble Bees	Trinity
Thursday, July 12th	River Road Food Pantry	St. Mary's
Friday, July 13th	Book Club	St. Mary's
Sunday, July 15th	Scholarship Sunday	St. Mary's
Monday, July 16th	Vestry Meeting	St. Mary's
Thursday, July 19th	Men's Bible Study Breakfast	St. Mary's
Friday, July 20th	Book Club	St. Mary's
Saturday, July 21st	Choir Practice	St. Mary's
Monday, July 23rd	Bumble Bees	Trinity
	MMWG	St. Mary's
Thursday, July 26th	Holy Knitting and Crocheting	Trinity
Friday, July 27th	Book Club	St. Mary's

Save the Dates!

Joint service for Trinity and SMWC!

On Sunday, September 30th SMWC and Trinity will come together and hold one service at 10am. Trinity volunteered to host this first effort at a joint service.

We will welcome our next community speaker at this service, Mark Kleinschmidt, president and CEO of Healthy Harvest Food Bank (formerly NN Food Bank). Invite friends to join us, and hope to see you there!

Christmas Treasures

St. Mary's Whitechapel, Saturday, December 1st

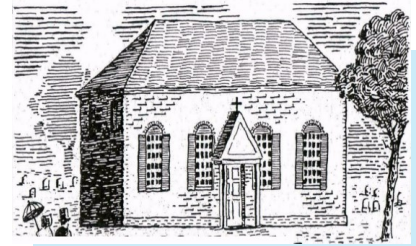
ST. MARY'S WHITECHAPEL VESTRY MEETING HIGHLIGHTS— APRIL 2018

St. Mary's Vestry met on April 16, 2018.

The Vestry approved the minutes and reports.

Items discussed included:

- Habitat Speakers: On April 29, speakers from Habitat for Humanity will speak about their program.
- Concerts: April 29 at 2:00, the Ebenezer Men's Chorus will give a concert at SMWC. Donations will be accepted for the River Road Food Pantry.
- Christian Formation Opportunities: Rev. Limburg is planning to offer a walking and discussion program centered on a book entitled *Walk in a Relaxed Manner* by Joyce Rupp.
- Joint Services: Rev. Limburg would like to have periodic joint services involving both Trinity and SMWC. She would like to plan the first one in September at 10:00 with a speaker from Healthy Harvest Food Bank.
- Search Committee Work for Diocese: There will be a meeting on May 4 to discuss applications for the Bishop position.
- Pastoral: Rev. Limburg reviewed some ongoing concerns. She is still hoping to develop a "care team" and is looking for an appropriate text to use in training.
- What is Up at Trinity: Trinity is planning a fundraiser for Special Olympics in August.
- Calendar: The bell dedication will be part of the service either on June 10 or 17. Marsha Sitnik is working on a plaque explaining where the bell came from and its connection to the Ewell family.



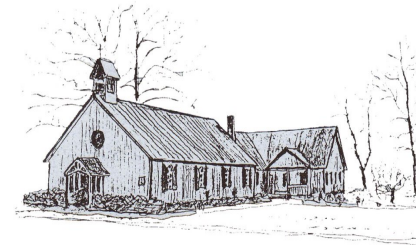
TRINITY EPISCOPAL CHURCH VESTRY MEETING MINUTES—MAY 2018

Your Vestry met Tuesday, May 15th @ 6:30pm.

The Vestry approved the previous months Register's Report and the Treasurer's Report.

Items discussed-

- The Vestry is looking to remove the landline phone at Trinity. The phone is never used as most everyone has their cellphone. More discussions to follow.
- The Vestry voted to extend a portion of the proceeds from the yard sale to the Healthy Harvest Food Bank and Habitat for Humanity.
- A joint Sunday service with SMWC will be hosted by Trinity on September 30th @ 10:00.
- Homecoming has been cancelled.
- "What's happening @ SMWC?"- They are planning a bell dedication and starting to make plans for a kitchen refreshment.



St. Mary's Whitechapel

Office Hours: T,W, TH 9 AM. to 2 PM

Closed Monday and Friday

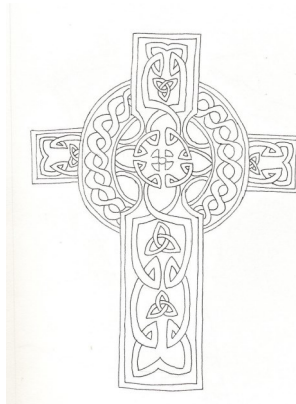
Please visit our website:

www.stmaryswhitechapel.org

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

Vestry 2018

Senior Warden	Bob Woods
Junior Warden	Ernie Greene
Members	Jack Blaine Cheryl Budzinski Bill Pennell Betty Thornton
Register	Alison Towles



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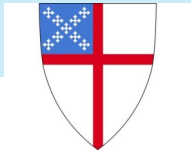
www.trinityva.org

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

Vestry 2018

Senior Warden	Frances Callaghan
Junior Warden	J.R. Roscher
Members	Chris Cammarata Jock Chilton Jay Davenport Craig Giese
Register	Carol Roscher

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



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