

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

September/
October
2019

The Good News

THOUGHTS FROM THE GARDEN

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

I must admit, I'm a fan of church signs, specifically the messages on them. I'll even drive out of my way, just to check out the new message on a favorite sign!

Some messages go for what might be diplomatically called, the tough love version of Christianity:
"You think this summer is hot? Try hell!"

Others offer interesting messages, but they are too long! I find myself scratching my head trying to get the meaning from only reading half of the words. I love the ones with a good sense of humor. A current favorite is on Route 360 heading to Richmond:

"God's garden:
Lettuce pray.
Squash gossip.
Turnip at church."

Speaking of "Turnip at church", another sign announced recently:
"Back to Church Sunday September 8"

I did not know we got the summer off! Seriously, I guess this church was encouraging folks who had wandered off in the warm months, to head to church as the seasons change, not a bad invitation for all of us. On the opposite side of this nice invitation though was a story I was told recently about a



friend whose sister missed church once, and received a call from that church's "Church Attendance Manager," a role unknown to this woman until she received the call, asking why she had missed church the week before! Needless to say, this was the last time she attended that church!

At St. Mary's Whitechapel and Trinity we have an "always welcome, always needed" policy of attendance, but never pressure to be in the pew. I believe that being in church is totally up to the individual, and feeling pressured will not help you to attend, and more likely will run you off. So as

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Fourth Annual Barbecue Dinner and Concert for Special Olympics Area 28



Well Friday, August 16, 2019 proved to be another hot and humid day, but that sure didn't stop over 140 people from attending the 4th Annual Barbecue Dinner and Concert to raise funds for Area 28! WOW! What a great evening it turned out to be. Each year it gets bigger and bigger!

Everyone seemed to be enjoying dinner and making their own sundae for dessert! Southern Grace again provided such wonderful and inspirational music for us all to enjoy!

Many thanks to all that took part in this fun Trinity event, from setting up tables, decorating tables, adding more tables and chairs, manning the buffet table and entrance table, cleaning up and putting everything away!! This just could not have happened without your help. I hope you all have as much fun as I do with this event!!

This year we had three athletes join us and we were very pleased to see them. One of them actually did some fundraising before the dinner and presented us with \$175.00 that he had raised!!

We raised over \$2,500.00 and money keeps coming in! All the funds raised will go directly to Area 28 to help with uniforms, equipment and travel expenses to and from their events. There is no cost to the athlete to participate in their events- this is all made possible by everyone's generosity with our fundraising. Thank you, thank you, thank you!

Southern Grace is very excited about coming back next year-they love this event and playing in our pavilion - so plans are already underway for 2020. Please save the third Friday in August and we will do this again.

Thank you everyone for your support.

Carol Roscher and Area 28.

Chair Yoga Class

Fridays at 11 a.m.
September and October are **FREE!**

Chair Yoga is a very gentle form of yoga designed to improve mobility and confidence by developing strength, coordination and Balance.

Instructor Jenny Landry of Serenity Yoga is a certified personal trainer and Pilates instructor.

Join us in the parish hall at St. Mary's!!

Recorded Sermons Available on Trinityva.org

Did you know that we are now including sermons recorded during Sunday morning services at Trinity Church on the website? Here's how to find them:

- Go to **Trinityva.org**
- Near the top of the page (just under the white horizontal line) click on **Sermons and Bulletins**.
- A list of recorded dates appears under the **Sermons** heading. Simply click on the one you would like to hear.

River Road Food Pantry

“At the end of the day it’s not about what you have or even what you’ve accomplished... it’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back.”

– Denzel Washington



Thank you for your untiring support of the River Road Food Pantry. Many give time, many give food, and many give money to make the pantry work each month. Without this support, the pantry simply couldn't continue. The five supporting churches, St. Mary's, Trinity, Corrottoman Baptist, Queen Esther Baptist and Hartswell Baptist, continue to provide the financial foundation. Gifts that we receive from Bethel and Emmanuel United Methodist Churches, events and individuals, allow us to do extra for our clients - to buy more food and to purchase holiday gift certificates. This generosity continues to lift up folks in our community to make it a better place for all of us.

Since the beginning of 2019, we have served approximately 90 families a month (over 300 individuals). In the past couple of months, we've seen an increase in the number of new families coming through our doors. This means that the need for food is still very real. Thankfully, we are able to provide needed food each month along with a smile and kind word of support to those in need.

If you've come to a recent pantry, you may have noticed our volunteers wearing both the original blue t-shirts and the newer green t-shirts. We've had so many new volunteers this year that we had to order more t-shirts! What a wonderful "problem" to have!! Our wonderful volunteers cheerfully show up each month to lend the muscle needed to actually get the food to our neighbors! The volunteer support that we receive is both generous and humbling. And our clients benefit from having the kindest, most cheerful volunteers who make everyone feel welcome and wanted.

Things on the horizon....Bill Pennell is still working on the plans for a separate River Road Food Pantry building that (fingers crossed) will be located at the far end of the parking lot by the fields. We've passed the first grant hurdle for a site feasibility study. I'm not sure what comes next or the timeline, but I'm happy that Bill is able to handle all of this so competently!

The next thing we'll be looking for is donations to purchase holiday gift certificates for our clients. Typically we purchase \$20 certificates from Tri Star Supermarket to allow clients to obtain extras for holiday meals - things like turkeys, butter, etc. that we don't provide. We distribute the gift certificates at the November pantry - which is only two months away!! So if you're looking for end of year charitable tax deductions, please consider the River Road Food Pantry!

Thank you again for your support. Know that you have lifted up and made better the lives of many of your neighbors by "giving back" so generously.

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

(continued from front cover)

we start the autumn season know that you are welcome, and needed, at St. Mary's and Trinity, and missed when you can not be here!

And I encourage you to remember, as you look at your schedule each week, that as sister churches, you can attend 9:30am at Trinity or 11:15am at SMWC, whatever works for your calendar on that particular Sunday. All are welcome at both services!

Note too that Trinity will have two Saturday evening services this fall to enjoy the cool breezes in the Pavilion and to gather for a community supper. These more informal services will be Saturdays, September 21st and October 19th. Most of all, know you are welcome; join us!

Autumn blessings,
Megan



350th Fall Celebration!

On Saturday September 28th at 4pm
St. Mary's will host our final 350th event,
a program called "Colonial Libations"
followed by a Pig Roast
and festive meal!
Call the church office if you'd like to attend.

"Guys Stuff" Sale! Free spaces available at the sale!

J. R. Roscher and Tim Limburg needed to clean out their garages, and thus the Trinity "Guys Stuff" Sale was born!

The sale will be Saturday, September 28th, 8am -12noon in the Pavilion. Several spots are available to join them, each spot 10x10 and with a table. Spots are free to Trinity and St. Mary's Whitechapel folks; guys and gals welcome! A donation to Trinity of 10% of your profits would be most appreciated!

Call the church office ASAP if you're interested in selling your stuff! 804-462-5908



Questions? See Tim, J. R. or Megan.

What is "guys stuff?"

- Boat stuff
- Car Stuff
- Tools stuff
- Motorcycle stuff
- Yard stuff
- Electronics stuff
- Camping stuff

September Events

Mon., 9/2	Sign Language	Trinity
Tues., 9/3	AA	St. Mary's
Wed., 9/4	Al-Anon	Trinity
	AA	Trinity
Thurs., 9/5	Men's Bible Study Breakfast	St. Mary's
Fri., 9/6	Chair Yoga, Book Club	St. Mary's
	AA	Trinity
Mon., 9/9	Bumble Bees, Sign Language	Trinity
	MMWG	St. Mary's
Tues., 9/10	Vestry	Trinity
	AA	St. Mary's
Wed., 9/11	Al-Anon	Trinity
	AA	Trinity
Thurs., 9/12	River Road Food Pantry	St. Mary's
Fri., 9/13	Chair Yoga, Book Club	St. Mary's
	AA	Trinity
Sat., 9/14	Alateen Sponsor Workshop	Trinity
Mon., 9/16	Sign Language	Trinity
Tues., 9/17	AA	St. Mary's
Wed., 9/18	Al-Anon	Trinity
	AA	Trinity
Thurs., 9/19	Men's Bible Study Breakfast, Vestry	St. Mary's
Fri., 9/20	Chair Yoga, Book Club	St. Mary's
	AA	Trinity
Sat., 9/21	Saturday Night Service	Trinity
Mon., 9/23	Bumble Bees, Sign Language	Trinity
	MMWG	St. Mary's
Tues., 9/24	Holy Knitting & Crocheting	Trinity
	AA	St. Mary's
Wed., 9/25	Al-Anon	Trinity
	AA	Trinity
Fri., 9/27	Chair Yoga, Book Club	St. Mary's
	AA	Trinity
Sat., 9/28	Guys' Stuff Yard Sale	Trinity
	350th Fall Celebration	St. Mary's
Mon., 9/30	Sign Language	Trinity

Holy Knitting and Crocheting Group at Trinity!

In the past year and a half, the Holy Knitting and Crocheting Group has given more than **70** prayer shawls and blankets to folks in our churches, our local community and far beyond!

These shawls and blankets, blessed at the Trinity altar every few months, provide comfort, hope and a sense of God's love to those in need, those coping with illnesses or surgeries, those going through major life transitions, and anyone who needs to feel enfolded in God's love.

We gather on Tuesdays at Trinity once a month, at 6pm. All are welcome and we have taught lots of beginners! Please join us for the fellowship and ministry!

Upcoming Holy Knitting and Crocheting dates:

September 24th
October 29th



**Knit
Crochet
Pray**

PRAYER LISTS

St. Mary's Whitechapel

Tammy, Dorsey Ficklin, Glenn Courtney, Terry Thompson, Wendy Burnett, Nora Pennell, Lin Greene, Diana Skurh, Jake Cobb, Dave Petersen, Hack Dean, 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: Aimee Budzinski, Tensley Clowser, Mark Medina, Kathryn McCormack Akacem, Mehdi Akacem, Anderson Sale, Thomas Mackie, Pia Mackie, Tate Young and Spencer Fortin.

Trinity

Frances Bush, Doris Gill, Delford Walthall, Glenn Courtney, Tom Long, Barbara Nunnery, Fred Eddowes, J. R. Roscher, Steve, Rick Bateman, Jenny Dunaway, Andy Rowland, Earline Tomlin Kelley, Ed Borer, Dean Haine, Donna Alexander, Mary and Karen Jackson, Cecil Courtney, Berkeley Kellum, Wendy Boswell, Robert Jones, 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.

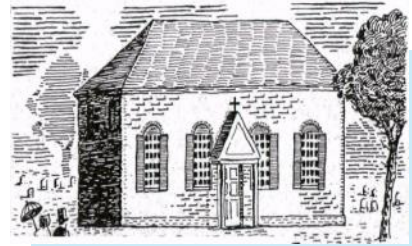
Those in the Armed Forces: Paul Price and Michael Stout.

October Events

Tues., 10/1	Northern Neck Kennel Club AA	Trinity St. Mary's
Wed., 10/2	Al-Anon AA	Trinity Trinity
Thurs., 10/3	Men's Bible Study Breakfast	St. Mary's
Fri., 10/4	Chair Yoga, Book Club AA	St. Mary's Trinity
Mon., 10/7	NN Kennel Club, Sign Language	Trinity
Tues., 10/8	NN Kennel Club, Vestry AA	Trinity St. Mary's
Wed., 10/9	Al-Anon AA	Trinity Trinity
Thurs., 10/10	River Road Food Pantry	St. Mary's
Fri., 10/11	Chair Yoga, Book Club AA	St. Mary's Trinity
Mon., 10/14	Bumble Bees, NNKC, Sign Lang. MMWG	Trinity St. Mary's
Tues., 10/15	NN Kennel Club AA	Trinity St. Mary's
Wed., 10/16	Al-Anon AA	Trinity Trinity
Thurs., 10/17	Men's Bible Study, Vestry Dodie Jones Memorial Service	St. Mary's Trinity
Fri., 10/18	Chair Yoga, Book Club AA	St. Mary's Trinity
Sat., 10/19	Saturday Night Service	Trinity
Mon., 10/21	NN Kennel Club	Trinity
Tues., 10/22	NN Kennel Club	Trinity
Wed., 10/23	RILL Program Al-Anon, AA	St. Mary's Trinity Trinity
Fri., 10/25	AA Book Club	Trinity St. Mary's
Sun., 10/27	Fall Concert	St. Mary's
Mon., 10/28	Bumble Bees, NNKC MMWG	Trinity St. Mary's
Tues., 10/29	NNKC, Holy Knitting & Crocheting AA	Trinity St. Mary's
Wed., 10/30	RILL Program Al-Anon AA	St. Mary's Trinity Trinity

ST. MARY'S WHITECHAPEL VESTRY MEETING HIGHLIGHTS—JUNE 2019

A meeting was held on June 20th. Marsha Sitnik was present to discuss the Fall Event for SMWC's 350th Celebration to be held on September 28. Following this discussion, Minutes and reports were approved.



Items discussed included:

- Chair Yoga: Classes will begin on September 6th at 11:00 a.m. and will be held every week through November. Classes will continue beyond November if there is sufficient interest.
- Pastoral Care: Dr. Limburg reported on pastoral needs and visits in the parish.
- What's Up at Trinity: The Community Yard Sale will take place from 8:30 am-12 noon on Saturday, June 22. A Special Olympics fundraiser is scheduled for August 16.
- Calendar: A graveside service for Trish Fillingham will be held at 11a.m. on Wednesday, June 26.
- There will be no Vestry meeting in July.
- A covered dish supper and showing of the King James movie will be held on Friday, July 26, 6pm.
- The Baytones will provide music at the service on Sunday, August 11.
- Mr. Pennell stated there would be no Men's Breakfast meetings and no Christian Education programs in July and August.
- Mr. Pennell said that in lieu of a Vestry retreat, he is purchasing Vestry Handbooks to inform members of their roles and responsibilities, and requested that these handbooks be returned when terms are completed so they can be re-issued to incoming members.
- Mr. Pennell is working on the duPont small grant process for the food pantry building.
- Fall Concert: Mrs. Romaine announced that Patsy and the Country Classics will perform at 2pm on October 27.
- The meeting adjourned with prayer at 11:00 a.m.

TRINITY EPISCOPAL CHURCH VESTRY MEETING MINUTES - AUGUST 2019

A meeting was held on August 13th. Following approval of the minutes from July and the Treasurer's Report, items discussed included:



- Judy Ripley joined the Vestry meeting to discuss future yard sales.
- Rev. Limburg reported on her meeting with Sheriff McCranie.
- The Guys Yard sale is September 28th.
- "What's Happening @ SMWC?"-They are forming a chair Yoga class.
- Ms. Cammarata advised donations are being received in memory of Dodie Jones and specified for the ECW fund. The ECW is no longer active and the Vestry voted to put the donations received into the General Fund.
- The Vestry also voted to cancel the Ham & Oyster Dinner for this year and will be revisited in February 2020.
- The Junior Wardens are checking on estimates for floor refinishing.
- The Audit for 2018 has been received and approved.
- The meeting was adjourned at 9:00pm with a prayer by Rev. Limburg.

St. Mary's Whitechapel

Office Hours: W, TH, F 8:30 am-2:30 pm

Closed Monday and Tuesday

Please visit our website:

www.stmaryswhitechapel.org

Rector: The Rev. Megan Limburg

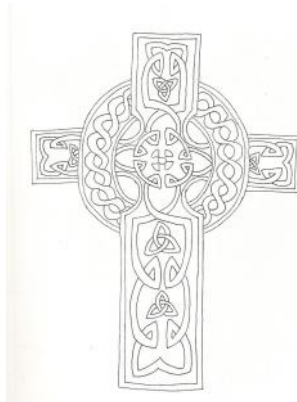
(804) 462-5908 Office

(804) 477-5515 Cell

Email: rectorstmtrin@gmail.com

Vestry 2019

Senior Warden	Bill Pennell
Junior Warden	Ernie Greene
Members	Pat Ficklin
	Connie Horne
	Gloria Romaine
	Betty Thornton
Register	Alison Towles



Trinity Episcopal Church

Office Hours: W, TH, F 8:30 am-2:30 pm

Closed Monday and Tuesday

Please visit our website:

www.trinityva.org

Rector: The Rev. Megan Limburg

(804) 462-5908 Office

(804) 477-5515 Cell

Email: rectorstmtrin@gmail.com

Vestry 2019

Senior Warden	Chris Cammarata
Junior Wardens	Jock Chilton
	Fred Ripley
Members	Jay Davenport
	Craig Giese
	Stan James
Register	Carol Roscher

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PLEASE
PLACE
STAMP
HERE