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### The Lenten Prayer of St. Ephrem the Syrian

O Lord and Master of my life, keep from me the spirit of indifference and discouragement, lust of power and idle chatter.

Instead, grant to me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love.

O Lord and King, grant me the grace to be aware of my sins and not to judge my brother; for You are blessed now and ever and forever. Amen.

#### **Lent Program**

Our annual adult education program during Lent will take place in the Undercroft on Monday evenings (February 27 and March 6, 13, 20, and 27). This year, Fr. John is offering Back to Basics, a five-week survey of the history, theology, worship, and governance of the Episcopal Church, situating us within the larger Christian tradition; in addition to being of general interest as a refresher about who we are as Episcopalians, this introduction is recommended for any adults who are considering becoming members of Christ Church through Confirmation or Reception. We will begin with a light meal of soup and bread at 6:30 pm, with the study going from 7:00 to 8:00.

#### **Kings Grant Eucharist**

Covid permitting, Fr. John celebrates Eucharist in the chapel at Kings Grant on the first Thursday of each month at 1:30 pm. The next services will be on March 2 and April 6 (Maundy Thursday).

#### **Public Theology – March 8**

Public Theology meets on Wednesday, March 8, at Mountain Valley Brewing (4220 Mountain Valley Rd, Axton). We begin with socializing and food around 6:00, with the discussion going from 7:00 to 8:00.

#### **Daylight Saving Begins March 12**

Daylight Saving Time begins on March 12; please remember to spring your clocks ahead Saturday night so you don't miss the 10:30 service (and 9:30 Bible Study) on Sunday.

#### **Men's Club**

On March 15, the revived Men's Club of Christ Church will meet in the Undercroft with a Social Hour beginning at 5:30 pm and Dinner at 6:30. After eating, we will discuss our hopes for the group: timing and frequency of meetings, what sorts of programming might be of interest, and volunteers for dinner preparations. Cost is \$15; please RSVP to the Church office by signing up online under 'Volunteers' email at [christchurchmvl@gmail.com](mailto:christchurchmvl@gmail.com) or 276-632-2896, so we can prepare enough food.

#### **Loaves & Fishes - March 29**

Loaves & Fishes (which often involves bread, but rarely fish) is our free community meal, served in the Undercroft from 5:00 to 5:45 pm on the last Wednesday of each month. Andy and Tara Williams have assumed responsibility for planning and organizing the meals; volunteers are always needed to help with preparing, serving, and cleaning up. We also try to have fruit and other desserts available, and donations of either may be brought to the Office or Undercroft in the days leading up to each meal. We have resumed our prior custom of serving dine-in only, with leftovers distributed as takeout only at the end of the meal.

### **Nursery Open; Volunteers Wanted**

The Nursery (located off the Undercroft) is now open during the 10:30 service on Sunday mornings for children [up to 6 years old]. Following Safe Church guidelines, in order to keep it open, we must have two adults present who aren't related to each other. We are presently staffing entirely with parents and volunteers; please talk to Hank or Deborah if you are interested in volunteering. Note that all volunteers must have either taken Safe Church training (provided several times each year by the Diocese) within the last three years or be willing to take the training when it is next offered. If you have a trusted sitter who might be interested in being hired as our regular nursery attendant, please give their contact information to Deborah. We are in need for the following volunteers during March: **March 12 - 1 adult OR 1 youth; March 19 - 1 adult OR 1 youth; March 26 - 1 adult.**

### **Grace Network**

Our Grace Network Assignments for **March: Beef Stew (15-20 oz.)** For the month of March: **dish detergent, deodorant, laundry detergent.** As a Church family, we have committed to helping Grace Network with stocking their food pantry for those in need. Please remember to pick up our assigned item the next time you visit the grocery store. You can bring your items to the Church office OR put them in the little red wagon in the Narthex.

### **Donate to The Bishop's Dollar Fund**

This year during the season of Lent, Bishop Bourlakas extends his annual invitation to reflect on our discipleship in Jesus' name. As you walk the way of the cross through the forty days of Lent, we encourage generous support of The Bishop's Dollar Fund to continue to address a variety of initiatives and needs throughout the diocese that would not be available through our annual program budget. You may send donations online at [www.dioswva.org](http://www.dioswva.org) or mail a check to the Diocesan Office **made payable to the Episcopal Diocese of Southwestern Virginia with "Bishop's Dollar" in the memo line to: Attn: Bishop's Dollar Fund, PO Box 2279, Roanoke, VA 24009.**

### **Fr. John's Hours and Contact Info**

My cell phone and email are 571-232-1294 and [johndavidadams85@gmail.com](mailto:johndavidadams85@gmail.com). God having not gifted me with the ability to read minds, please email, text, or call me if you are sick, having surgery, or otherwise in need of prayer or a visit; I am also happy to just chat or get together socially. My normal work week runs Sunday through Thursday, though I will gladly make appointments and visits not only on those days but others as needed. If you don't want to make an appointment but just want to drop in, I keep office hours at the Ground Floor on Tuesdays from 9:00 to 10:30 am and in my office at the Parish House on Wednesdays from 2:30 to 4:00 pm (I'm also happy to chat should you catch me at other times, but I try to keep those office hours clear of commitments that would render me otherwise unavailable).

### **Holy Week**

Holy Week is April 2-8; as is our tradition, there will be services each evening Monday through Saturday. The full schedule will be published mid-March.

### **Easter Flower Memorials**

**If you wish to give Easter lilies as a memorial or "in thanksgiving for" friends and family members, please complete the form below and mail it to the church office or put it in the collection plate along with your check. The cost is **\$13.00 EACH** - Checks should be made payable to Christ Episcopal Church OR CEC, with 'Easter Flowers' on the check memo line. **Deadline to order is Friday, March 31<sup>st</sup>.** *Thank you!***

## **March Server Schedule**

- March 5 – Anne Gardner, reader; Nancy Spilman, Tom Webster chalice; Pete Scouras, acolyte; Kyle Trent, Rebin Titus, Bob Weatherall, ushers; Pat Russell, camera operator; Jay Dickens, Pat Russell, counters; Lyndsay Titus, Emily Hylton, nursery attendants
- March 12 –Trippi Penn, reader; Beverly Lyle, John Swezey, chalicers; Tyler Johnson, acolyte; Ben Beeler, Gus Barber, Mike Hodges, ushers; Natalie Coleman, camera operator; Jay Dickens, Pat Walmsley Counters; Emily Hylton nursery attendant **(need 1 adult or 1 youth)**
- March 19 – Susan Critz, reader; Rives Coleman, Dawn Stone, chalicers; Baylie Coleman, Catherine Maxwell, acolytes; Bruce Mazurek, Jay Dickens, Hank Long, ushers; Andy Williams, camera operator; Jay Dickens, Pat Walmsley, counters; Lyndsay Titus, nursery attendant **(need 1 adult OR 1 youth)**
- March 26 – Bob Bushnell, reader; Natalie Coleman, Jay Dickens, chalicers; Claire Warner Coleman, Elizabeth Maxwell, acolytes; Ben Lewis, John Swezey, Trippi Penn, ushers; Pat Russell, camera operator; Jay Dickens, Pat Russell, counters; Catherine Maxwell, nursery attendant **(need 1 adult)**
- Altar Guild Team #1** - Beth Sibbick, Stuart Webster, Alexandra O'Hare, LaRue Powers, Jane Thomasson, Beth Cahill, Susan Critz (flower substitute)