



Grace Notes

The Newsletter of Grace Episcopal Church, P.O. Box 18, Casanova, Virginia 20139 (540) 788-4419 July/August 2009



Dear Ones at Grace,

If you listen to the news, they say we are turning the corner or at least have stopped the downhill slide on the recession we are facing as a nation. Let us hope and pray for just such a thing to occur. Bailout packages may be a good thing for those who are eligible, but there are no bailout packages for churches or any other "non-profit" group. Donations from supporters and income from investments and endowments keep them afloat. In times like these, donations from supporters tend to drop off and so there is greater dependence on investment and endowment income.

Grace Church has no such endowments or investments to fall back on to cover any shortfall so we are entirely dependent upon donations and ultimately dependent upon God. Our current financial situation is less than desirable and this is true for many churches. Though we are holding expenses down as much as possible, we are in need of a financial boost. Current giving is running behind projected amounts

RECTOR'S REFLECTIONS

pledged and we are hoping that anyone who may be running behind will be able to bring their pledge up to date soon.

Giving statements through May will be given/sent out in late June so everyone can assess where they are in their giving. If you have a question about where you are regarding your pledge or giving status, please contact the Treasurer, Judy Ball, (540-788-4035) and find out what you need to know. If you are up to date, thank you. If you are not, please make every effort to bring your pledge up to date as soon as possible.

There is a story which is supposedly simple, literal truth. It illustrates where many churches, are at this time. It is the story of a farmer who one day went happily and with great joy in his heart to report to his wife and family that their best cow had given birth to twin calves, one red and one white.

And he said, "You know I have suddenly had a feeling and impulse that we must dedicate one of these calves to the Lord.

We will bring them up together, and when the time comes we will sell one and keep the proceeds, and we will sell the other and give the proceeds to the Lord's work."

His wife asked him which he was going to dedicate to the Lord. "There is no need to bother about that now," he replied, "we will treat them both in the same way, and when the time comes we will do as I say." And off he went. In a few months the man entered his kitchen looking very miserable and unhappy. When his wife asked him what was troubling him, he answered, "I have bad news to give you. The Lord's calf is dead." "But," she said, "you had not decided which was to be the Lord's calf." "Oh yes," he said; "I had always decided it was to be the white one, and it is the white one that has died. The Lord's calf is dead."

The source of this story writes, "We may laugh at that story, but God forbid that we should be laughing at ourselves. It is always the Lord's calf that dies. When money becomes difficult, the first thing we economize on is our contribution to God's work." Let this not be so with us.

Let me end by saying, let us all pray for financial provision for Grace Church. God is perfectly capable of providing for His Church. His primary means of doing so is through the members of His Church –

which is us. And yet it never hurts to pray for God's help in such matters and is actually recommended in Holy Faithfully and hopefully,
Jim+

TREASURER'S REPORT MAY 2009

Income for the month of May was \$11,149.95; expenses totaled \$9,352.28, resulting in income for the month of \$1,797.67. This income was reserved at the end of the month for payment of the real estate taxes on Redlands of \$1,653.00 due on June 5. Our year-to-date income is \$56,970.23 (budget - \$55,558.00) and expenses are \$57,460.52 (budget - \$55,330.45), resulting in a year to date deficit of \$490.29.

Please continue to pray for Grace Church that it will grow spiritually, financially and numerically. If anyone has any questions regarding this report or any financial matter, please feel free to contact me.
Judy Ball

Summary of Jim's ministry in May of 2009:

In May I made 2 home visits, 3 hospital visits met with 2 people in my office and had 2 "other" visits by phone or some other place. I served as preacher and celebrant at St. Andrew's, Ada one Sunday afternoon and attended the Region 13 Clericus. I served as 23rd Battalion Chaplain with the VA Defense Force (VDF)

Scripture. Who knows whether or not God may have some sort of "bailout package" waiting for

on Friday May 1 during the Apple Blossom Festival in Winchester and visited one of my soldiers in Fairfax Hospital who was injured at the ABF on May 2. On May 31st I was moved up the chain of command and now serve as the Black Horse Brigade Chaplain. During May I was away 12 days due to attendance at the Spring Clergy Conference, son Matt's wedding and continuing education as well as missing 3 days due to illness.

Convalescent leave

The Rector will be having foot surgery on July 24 and will be on convalescent leave for approximately two weeks, missing Sundays July 26 and August 2 and the weeks following them.

Renovating Your Temple America's Biggest Health Threats (Steer clear of these five sneaky fat traps.)

Excerpts from Fitness Magazine

1. The Culprit: Your couch!

The Fix: Work in some activity whenever you can. While waiting for dinner to cook, hold cans of vegetables and perform biceps curls. In a slight lunge position, open your mail while you sink into a lunge and lift up. While waiting for laundry to wash or dry, do a modified push up using your

us if we will but ask. So let us ask.

countertop. While you watch TV, perform triceps extensions by using your arms to lift your body slightly off the chair and back down. Do these three times a day, everyday.

2. The Culprit: Your snacks!

The Fix: Eat! Chances are you'll eat whatever is easily available when it comes time to grab a snack. Keep healthy food with you at all times. For example, a banana, healthy snack bar, carrots, or small packs of raisins or nuts are excellent treats to stave off hunger. Keep these healthy options in your house and make sure to take one with you whenever you go out, to prevent you from indulging in a fattening snack.

3. The Culprit: Your job!

The Fix: Computers have taken over, hence causing us to sit for hours without getting up, whether we are employed outside the home, working at home, or retired. Take a 5-minute break every hour and move! Then, go for a glass of water before returning to the desk. Note: A brisk 15-minute walk during the afternoon will burn an extra 95 calories (keep it brisk!)

4. The Culprit: Your alarm clock!

The Fix: The sleepier you are, the more you'll eat, because your body thinks the extra calories will

help it overcome exhaustion. Additionally, your willpower will be weaker when you are tired. Aim for seven to

The Fix: If you are in fact, worried about the economic condition, exercise and eat well! Exercise has been proven to relieve stress and eating fresh foods, rather than processed, is healthier and will cost less.

Church Projects That Need Attention

Contact Person:
Art Payne 788-4056

- 1. Trim shrubs and clean around church building.**
- 2. Clean gutters – church and Sunday school.**
- 3. Sunday School – power wash/brush/wash north side of building; power wash stairs & platforms; repair carpenter bee damage.**
- 4. Wash fence and paint if necessary.**
- 5. Wash windows - church and Sunday School.**
- 6. Parish Hall – Pick up sticks on property and roof of building. General clean up/wash windows.**
- 7. Cemetery grounds – weed and clean the Memorial Garden and flower beds. Divide the giant hosta at entrance of the church and replant the divided hostas.**

If you would like to work on any of the above projects, please feel free to work individually, with a friend,

eight hours of sleep every night – plan it and stick to it no matter what else you might be doing!

or as a small group. If everyone would donate an hour of time, we'd probably be surprised at how quickly these projects could be completed.

**Don't let this summer go to waste (waist)!
No more excuses, get moving!**

MONDAYS and WEDNESDAYS at 5:30pm. We have a dedicated group who meets at the Parish Hall and walks a mile. Only 20 minutes and look at what you will have accomplished! It makes you feel good, and you'll look good, too.

TUESDAYS at 6 pm - Cardio/Weight Training/Stretching. Kathy Gregory leads this class that meets at the Parish Hall. Bring your own weights and mat and be prepared to work out to music. Whatever your fitness level, this is the class for you. The older we become, the more important it is to do weight bearing exercises to keep our bones healthy! So don't delay, see you Tuesday, and bring a friend!!!!

**Vestry Meeting Synopsis
June 8, 2009**

Submitted by the Senior Warden

5.The Culprit: Your bank account!

Highlights:

Poor cash flow has created an urgent concern regarding the ability to meet current church expenses. Pledge statements will be supplied to parishioners to assist all with keeping pledges up-to-date.

Many repairs and maintenance items need to be accomplished at the Church, Family Center, and Parish Hall. Current cash flow will not permit the jobs to be hired; therefore, the Jr. Warden will prepare a list of projects for eventual e-mailing in an effort to recruit helpers for these jobs.

Pictures of the LINUS Project quilt work have been posted to the church website.

Fr. Jim will be on vacation (July 3 – 16), and recovering from foot surgery (July 24 – two weeks) and is pursuing substitute clergy for effected Sundays.

Effective April 15, 2009, the new trustees of the parish were officially recorded with the county. The new trustees are Jimmy Walton, Barbara Gouldthorpe, and Melba Hendrix. Stepping down are Alice Jane Childs and Becky Warren.

Nursery care during church services has not been well-utilized, but will continue through the summer.

September 13th is set for the annual community picnic. It will take place at Child's Field.

Grace Church's representation in the Fauquier Guide con-

tinues for another year, but with a smaller ad.

The scheduled Healing Service offered at 5 pm on the last Sunday of the month is still taking place. The service has been inadvertently omitted from some recent public notices.

Decisions: Authorize website administrator (in conjunction with Fr. Jim) discretion on selecting a new web hosting service - by the end of June.

July 2009

* = Birthday #Anniversary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 *Jonathab Cirillo	2	3 *Ricky Perreault	4 INDEPENDENCE DAY
5 Worship 9:00	6	7 #Jim & Dale Cirillo	8 11:00 AM Senior Center	9 Ruritan Dinner 7:30 *Jim Chipps	10	11 #Jim & Kate Chipps
12 Worship 9:00 *Pat Warren	13	14	15 11:00 AM Senior Center	16	17	18
19 Worship 9:00	20	21	22 11:00 AM Senior Center	23 *Tommy Perreault	24	25
26 Worship 9:00 Healing Service 5:00 pm *Judy Shipe *Greg Huddleston	27	28 *Mary McIntire *Dora Borland	29 11:00 AM Senior Center *Barbara Jacobs	30	31 *Jack Perry	

HAPPY BIRTHDAY TO:

7/1 Jonathan Cirillo
 7/3 Ricky Perreault
 7/9 Jim Chipps
 7/12 Pat Warren
 7/23 Tommy Perreault
 7/26 Judy Shipe &
 Greg Huddleston
 7/28 Mary McIntire &
 Dora Borland
 7/29 Barbara Jacobs
 7/31 Jack Perry

HAPPY ANNIVERSARY TO:

7/7 Jim & Dale Cirillo
 7/11 Jim & Kate Chipps

August 2009

*Birthday

#

Anniversary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Worship 9:00	3 #Ancel & Melba Hendri	4 *Ken Martin	5 11:00AM Senior Center	6	7 *Joshua Warren #Art & Sue Payne	8
9 Worship 9:00	10 7:00 Vestry Meeting	11	12 11:00 AM Senior Center	13 *Emily Jacobs	14 *Martha Graham	15 <i>Grace Notes deadline</i> *Mildred Riddell
16 Worship 9:00 *Mary Neal	17 *Jeffery Shipe	18	19 Senior Center 11:00 a.m.	20 *Doris Pearson	21	22
23 Worship 9:00	24	25	26 Senior Center 11:00 a.m.	27	28 *Dale Cirillo *Conway Shipe #Conway & Judy Shipe	29
30 Worship 9:00 Healing Service 5:00 pm	31 *Nathan Butler *Ancel Hendrix					

HAPPY BIRTHDAY TO:

Aug 4 Ken Martin
 Aug 7 Joshua Warren
 Aug 13 Emily Jacobs
 Aug 14 Martha Graham
 Aug 15 Mildred Riddell

Aug 16
 Aug 17
 Aug 20
 Aug 28
 Aug 31

Mary Neal
 Jeffery Shipe
 Doris Pearson
 Dale Cirillo & Conway Shipe
 Nathan Butler &

HAPPY ANNIVERSARY TO:

Aug 3 Ancel & Melba Hendrix
 Aug 7 Art & Sue Payne
 Aug 28 Conway & Judy Shipe

Grace Church Serving Schedule -- July/August 2009

Date	Svc	Day	Lessons	Lector	Acolyte	Altar	Coffee Hosts
Jul 5	HE 9:00	Pent 5	Psalm 48 2 Samuel 5:1-5, 9-10	2 Corinthians 12:2-12 Mark 6:1-13	Linda Swann	Madell Day	Mignonne Spellmeyer Judy Ball & Barbara Whitbred

Jul 12	HE 9:00	Pent 6	Psalm 24 2 Samuel 6:1-5, 12b-19	Ephesians 1:3-14 Mark 6:14-29	Rick Anderson	Madell Day.	Betsy Anderson	Melba & Ancel Hendrix
Jul 19	HE 9:00	Pent 7	Psalm 89:20-37 2 Samuel 7:1-14a	Ephesians 2:11-22 Mark 6:30-34, 53-56	Judy Ball	Medall Day	Carol Coshorn	Mary Neal & Sue Blentine
Jul 26	HE 9:00	Pent 8	Psalm 14 2 Samuel 11:1-15	Ephesians 3:14-21 John 6:1-21	Dee Garrett	Madell Day	Barbara Jacobs	Judy Shipe & Sharon Woodward
Aug 2	HE 9:00	Pent 9	Psalm 51:1-13 2 Samuel 11:26—12:13a	Ephesians 4:1-16 John 6:24-35	Betsy Anderson	Jack Perry	Charlotte Perry	Karen & Jimmy Walton
Aug 9	HE 9:00	Pent 10	Psalm 130 2 Samuel 18:5-9, 15, 31-33	Ephesians 4:25—5:2 John 6:35, 41-51	B. Gould- thorpe	Jack Perry	Mignonne Spellmeyr	Charlotte & Jack Perry
Aug 16	HE 9:00	Pent 11	Psalm 111 1 Kings 2:10-12; 3:3-14	Ephesians 5:15-20 John 6:51-58	Linda Swann	Madell Day	Betsy Anderson	Barbara McLeod & Greg McLeod
Aug 23	HE 9:00	Pent 12	Psalm 84 1 Kings 8:1, 6, 10-11, 22-30, 41-43	Ephesians 6:10-20 John 6:56-69	Rick Anderson	Jack Perry	Carol Goshorn	Mignonne Spellmeyer & Dee Garrett
Aug 30	HE 9:00 Heal 5 pm	Pent 13	Psalm 45:1-2, 7-7 Song of Solomon 2:8-13	James 1:17-27 Mark 7:1-8, 14-15, 21- 23	Dee Garrett	Jack Perry	Barbara Jacobs	Judy Ball & Barbara Whitbred
Sep 6	HE 9:00	Pent 14	Psalm 123 Isaiah 35:4-7a	James 2:1-16 Mark 7L27-37	Judy Ball	Jack Perry	Charlotte Perry	Melba & Ancel Jendrix

GRACE EPISCOPAL CHURCH

The Rev. James Cirillo, Rector

P.O. Box 18

Casanova, VA 20139

(540) 788-4419

Website: gracechurchcasanova.org

Non-Profit Organization PAID Casanova, VA 20139 Permit No. 1

Services every Sunday at Grace Church on Route 602 in Casanova at 9:00 AM, followed by a coffee fellowship and Sunday School for all ages in the Family Center near the church.
