



# THE GOOD NEWS OF CHRIST AND GRACE

JUNE 2010

## CONGRATULATIONS TO OUR GRADUATES

### HIGH SCHOOL

**Kari Capecci** is graduating from St. Gertrude High School and will attend Richard Bland College.

**Katy Cash** is graduating from Prince George High School and will attend Virginia Tech.

**Taylor Jones** is graduating from Prince George High School and will attend Virginia Commonwealth University.

**Jeremy Newman** is graduating from Prince George High School and will attend Old Dominion University's Engineering Program. He received the Prestigious ODU Blue & Silver Merit Scholarship.

**Scott Bristow** is graduating from Prince George High School and will attend Virginia Tech.

**Matthew Little** is graduating from Prince George High School and will attend Longwood University.

**Bobby Holden** is graduating from Prince George High School and will attend the University of Virginia.

**Buddy Donnelly** is graduating from Thomas Dale High School and will attend Virginia Commonwealth University.

**Elizabeth Walsh** is graduating from Prince George High School and will attend Mississippi University.

**Michael Howerton**, grandson of **Helen Howerton**, is graduating from Matoaca High School and will attend James Madison University on a baseball scholarship.

### COLLEGE

**Sara Seward** graduated from Mary Baldwin with a Master's degree in Education.

**Heather Jones** graduated from Richard Bland College with an Associate degree in Science.

**David Talmage** graduated from the University of Virginia with a dual Bachelor's degree in Psychology and Sociology.

**Brian Howerton**, grandson of **Helen Howerton**, graduated from Liberty University with a Bachelor of Science degree in Worship and Music.

**Walter Dance**, grandson of Betty Halleck, graduated from Virginia Commonwealth University with a Bachelor's degree in Accounting.

**John Teschner** graduated from Georgia College and State University with a Master's of Fine Arts degree in Writing.

**William Park Lemmond, III**, graduated with university honors and three honorary keys from Virginia Commonwealth University.

**Ryan Walker, Claire Brill's** son, graduated from Radford University with a Master's degree in School Administration.

**Chad Krouse** graduated from the School of Theology, Sewanee, Tennessee.

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Martha Merritt's

### FOOD OF THE MONTH:

Canned goods, rice, pasta and  
canned meats

Sunday Services

at Christ and Grace Church

8:00 a.m. Holy Communion

9:30 Christian Education

for all ages

10:30 Holy Communion

Nursery during 10:30 church

### SUMMER SUNDAY WORSHIP SCHEDULE

Beginning June 6 through September 5.

8:00 a.m. Holy Communion (Traditional)

9:00 a.m. Adult Christian Education (study of the gospels.)

10:00 a.m. Holy Communion (with music and children's message)

*Nursery during 10:00 church*



**FROM THE RECTOR**

I read recently about a woman who was learning what is called Centering Prayer. It is a form of contemplative prayer in which one seeks inner silence so God can have access to one's heart and mind. After thirty minutes, she confessed to her mentor that she totally failed. A thousand thoughts raced through her mind to distract her. The wise mentor responded that she certainly didn't fail. She had a thousand chances to abandon her thoughts and turn once again to God.

The spiritual life is a continuous series of attempts to offer ourselves to God's service and greater purposes. A prayer I recite from memory every morning before I put my feet on the floor comes from Psalm 51 and the Prayer Book on page 137.

Open my lips, O Lord, and my mouth shall proclaim your praise. Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from your presence and take not your Holy Spirit from me.

Give me the joy of your saving help again and sustain me with your bountiful Spirit.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Saying these words each morning is no guarantee that I won't stray from God's ways like a lost sheep, but it heads me in the right direction. Many more times during each day I'd do well to reorient myself and ask to be guided on right pathways.

Disciples of Jesus require the discipline of returning over and over again to God, seeking the divine will and allowing the Holy Spirit to lead us into all truth. In this new season of Pentecost, may we all call upon the Spirit of God more and more to fashion our lives to be instruments of peace, love and joy.

Faithfully,

**SUMMER ADULT SUNDAY SCHOOL 9:00 A.M.**

June 6 – September 5 *Jesus and the Gospels*

Each Sunday, Professor Luke Timothy Johnson of Emory University will present a 30-minute lecture on DVD beginning with Matthew's gospel and continuing with Luke's and John's gospels. A 15-minute discussion will follow each lecture. Join us when you can.

**PLANNED GIVING**

We are pleased to announce that **Bud Syme** has agreed to chair the Planned Giving committee. A new plaque to commemorate named endowments will soon be placed on the wall in the hallway outside the side entrance to the church. Those listed include: the **T. P. and Kippy Roper** Music Fund, the **Rev. Dr. Edwin R. Carter**

Theological Education Fund, the **J. T. Morriss V** Maintenance Fund for the Christ and Grace Memorial Garden, the **Kathie Elder**

Christmas Fund, the **Flora Wilcox Berkeley** Youth Fund, the **Robin Kirkpatrick** Christmas Fund and the **Howard and Louise Robertson** Education Fund. A plaque for the **Schwartz Family** Maintenance Fund for the Memorial Garden is located outside near the garden entrance.

Named Endowment Funds must be for a minimum of \$10,000. Interest on the gift up to 5 percent is used each year for the funds' stated purposes. We are grateful for the family members and friends who have made these funds available.

**A TEA-RIFIC SUCCESS!**

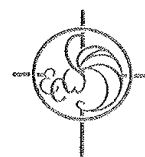
The ECW Tea held on Saturday May 15th was a wonderful afternoon full of fun, delicious tea, food, good company, and a relaxing time being ladies. Our 78 guests enjoyed themselves and are looking forward to next year's event! (YES, we WILL have another next year!)

I'd like to thank many people for their help making this a reality -- **Marigene Little** for being a "secret" adviser and helper, **Claire Brill** and **Nancy Rawlings** for all their hard work and creativity with planning and organizing, favors, volunteers and project minutiae. The talented Table Hostesses **Molly Sammler**, **Ann Riggs**, **Maureen McClure**, **Sonyia Elder**, **Beryl Lemmond**, Marigene and Claire. The Refreshments Committee **Beryl** and **Sally Seward**, their kitchen volunteers such as **Liz**, **Hannah** and **Katie Richardson**, and the numerous people who made food, and of course **James Harris** who makes every event a breeze! Our wonderful Servers **Tommie**, **Kailey**, **Jake** and **Brett Elder**, **Ronnie Elder**, **Cyrus Kirkpatrick**, **David Teschner** and **Matt Little**. We will DEFINITELY be calling on the men again to serve at the tea -- the women loved it! **Lexie Ellis**, Marigene and Kailey for helping with the door prizes. Maureen for Publicity.

There are many businesses to thank for the generous donations to our door prizes, too numerous to list here. Please see the list in the Parish Hall. I also want to thank **Highland United Methodist Church** for letting us borrow round tables -- lifesavers you are! Another shout-out to **Tommie Elder and his "crew"** for the hard work of getting the tables, setting them up and then taking them back! And thanks to the many other people who helped with this event – everything from giving prize items or monetary donations to getting the event together.

And lastly I want to thank all of you who bought a ticket and brought friends and relatives on Saturday. You made this Tea a success! Thank you for coming and I look forward to seeing you and even MORE of your friends at next year's event!

Blessings, **Samantha Ellis**, ECW Tea Chair



**ECW UPDATE**

**Samantha Ellis**, ECW's Ways and Means Chairperson, organized the ECW Ladies Tea Saturday afternoon, May 15. It was a wonderful afternoon full of fun, delicious tea, food, good company, and a relaxing time for ladies and young growing ladies. The ECW Board thanks Samantha for her creative endeavor and leadership for a MOST SUCCESSFUL event and a new fund raiser for ECW's outreach. Thank you, Samantha, for everything you did. Amazing, truly amazing!

Also, the board wishes to extend their appreciation to each who participated at the ECW Ladies Tea, in front and behind the scene, and to the ECW women who generously gave food and time to support the outreach ministries.

**Katherine Patterson**, president

**ECW COOKBOOK - TWO FOR ONE SALE \$15.00**

Come by the Parish Hall display.

## CLAIRE'S CORNER

Awesome is defined as an emotion of mingled reverence and wonder which has the power to inspire reverence. I want you to know that the Sunday School teachers at Christ and Grace are awesome! I hope you know that already, but I feel the need to emphasize their untiring dedication, all with years of service. I have tried to figure up the number of hours given to this ministry. Typically there are 32 Sundays in a teaching year. We have 13 teachers, so in just one year, they spend 410 hours in the classroom. That doesn't count preparation. Then if you multiply that by the number of years they have taught, most at least 8 years, some closer to 14, then the time dedicated to our children is none other than AWESOME!

In addition to the time spent, the amount of love that pours out from them is apparent when you walk into their classrooms. No wonder the emotion of reverence and wonder emerges! I believe the Holy Spirit is alive and well in our Sunday School staff, and I am inspired by their dedication. Our teaching staff includes: Preschool through 5<sup>th</sup> grades: **Molly Sammler, Meredith Matthews, Michelle Abraham, Kathy Talmage, Jill Donnelly, Samantha Ellis and Marigene Little.** Confirmation: **Andy Gates and Betsy Moore;** 6<sup>th</sup> Grade through Senior High: **Sonya and Tommie Elder, Jeff Geisz, Kemper and Beegee Brinkley.**

## NEW PART-TIME SEXTON

**Michael Penna** has been hired to work a few hours a week to help keep our facilities clean. Michael was custodian for Walnut Hill Baptist Church before it closed its doors. Please welcome Michael when you see him on Wednesday or Thursday afternoons.

## NURSE'S NOTES

Well, I think the saying this year should be more like, "May showers bring a warmer/drier June!" Hope the mold isn't causing too much havoc to everyone's allergies this year. As summer comes this month, I want to address some important summer issues. In addition to information here, please check the bulletin board in the Parish Hall for further details and other topics.

Of course summer brings longer days and more time spent outside working, gardening and playing. Protecting skin is important; however, many people forget the need to protect EYES! The UV rays of the sun can damage eyes and eventually affect vision. One of these effects is cataracts, which is the leading cause of reduced vision in the U.S. in people over 60. As it is with skin exposure, the UV dose at noon can be as much as 10 times higher than three hours earlier or later. Protect your eyes with sunglasses that say they block at least 99% of UV rays. These do NOT have to be expensive, and be sure to protect the eyes of children as well. These effects are cumulative.

Lightning is another spring/summer issue. Although it is not really medical, it can turn into a medical situation quickly. During the past 30 years, lightning has killed an average of 58 people per year. Lightning INJURIES, however, average about 300 per year, and hundreds suffer permanent neurological disabilities. So, (1) If you can hear thunder, know you are within striking distance. (2) Coaches, camp counselors and other adults MUST stop activities at the first roar of thunder and get to a large building or enclosed vehicle. (3) Inside, stay off corded phones, computers or other electrical equipment. Also, do not bathe or shower during a thunder storm. Don't return outside until 30 minutes has passed without thunder. (4) Know that lightning-strike victims DO NOT carry an electrical charge and ARE SAFE to touch. Often, the person may

## EYC — FLAMINGOS

*Graduation is only a concept. In real life every day you graduate. Graduation is a process that goes on until the last day of your life. If you can grasp that, you'll make a difference.* ~Arie Pencovici

As always, I am emotional this time of year. The Youth Service on Mother's Day is the culmination of a year's worth of emotions stored up waiting for an outlet. As I watched and listened to Katy, Kari, Bobby, Scott, Taylor, Matt and Elizabeth, God's love and peace was amplified. Their humor, insight, compassion and dedication will brighten the darkest place. Each one of the seniors holds a special place in my heart that will ache when they leave. Yet I realized as Elizabeth, Hannah, Hayden, and the other youth shared their gifts during the service, that I can rejoice in a new year to come. Thank you for allowing me the privilege of walking with your children as they journey in their faith. Namaste,

Sonya

*Wherever you go, go with all your heart.* ~Confucius

## EYC Happenings

June 4 EYC Fund Raiser (Gotta Dance Recital Concessions)

June 27-July 2 Appalachian Mission trip

July 30- August 1 Jr. High Gleaning trip

experience a cardiac arrest; start CPR immediately if this is the case and call 9-1-1. An AED is a great tool in this case. With 25 million cloud-to-ground lightning flashes a year, remember "When Thunder Roars, Go Indoors!"

And finally, a topic so vital, H2O SMARTS!! I have lots on this topic on the bulletin board but these are my top ten tips this month: 1. DO learn to swim and teach children EARLY. 2. DO take a friend along. However, a two-buddy system is the most ideal. 3. DO swim in supervised areas, especially if you're not a strong swimmer. Obey signs and warnings. 4. DO know your limits. Watch out for "too tired, too cold, too much sun." Of course, alcohol, sun, and water DO NOT MIX WELL!! 5. Do stay alert to currents. They can change quickly. If you get caught in a strong current, don't fight it. Swim parallel to the shore until you pass through it. If at the river, keep your feet up to prevent getting caught under branches or rocks. Near piers, jetties, small dams and docks, the current gets unpredictable and could knock you around. Watch for signs of rip currents (water is a weird color, really choppy, foamy or filled with "debris"). 6. DO keep an eye on the weather. 7. DON'T mess around in the water. Pushing or dunking can get easily out of hand. 8. DO wear a life jacket when boating, jet skiing, water skiing, rafting or fishing. 9. DON'T dive into shallow water. If you don't know how deep the water is, don't dive. 10. DON'T float where you can't swim. Be aware of where you are in relation the shore or the deep end.

Enjoy the summer and call me at 863-2289 or e-mail me at [rayzdoc@gmail.com](mailto:rayzdoc@gmail.com) should you have any questions/suggestions. Be safe and well! "*I have indeed received much joy and encouragement from your love.*" Philemon 7  
Jackie Capecci, Parish Nurse

**DID YOU KNOW?**

**Harry Smith** is one of sixteen young people chosen for Style Weekly's 16 Under 16 Program. "Every year, Style Weekly's 16 Under 16 Program reveals Richmond's most talented kids whose devotion to academics, community service and leadership put them in a league apart from their peers."

**YOUR GENEROSITY HELPS OTHERS**

Kitty Reed, our bookkeeper, reports that the Holy Week offering totaled \$346.00. This has been sent to the Anglican Church in Jerusalem and the Middle East. They operate schools and hospitals as well as churches.

**THE CHILDREN'S MITE BOXES** totaled \$122.00.

Episcopal Relief and Development was the glad recipient of these funds to help children all around the world. Our children are learning the joys of giving.

**VIRGINIA THEOLOGICAL SEMINARY** in Alexandria received the Easter offering. That total was a whopping \$1,580.00 this year. Both Boston and David attended this prestigious institution of higher learning and spiritual formation.

**FIRST WEDNESDAY POTLUCK SUPPER** is this Wednesday, June 2 at 6:00 p.m. Please come and bring a friend.

**BOOK STUDY CONTINUES**

For those who have been reading The Not So Big Life, by Sarah Susanka, and for those who would like to join our group discussion regarding this book, please note that we will meet again on Monday, June 14<sup>th</sup> at 10:30 a.m. Chapter seven will be the focus of this session, *Improving the Quality of What You Have*. During the weeks until that time, please continue practicing your exercises for chapter 5 (pages 104-105 & chapter 6, pages 123-125). We will decide as a group on June 14<sup>th</sup> if (and when) we will continue our group meetings during the summer.

**ST. STEPHEN'S EPISCOPAL CHURCH** proudly presents its **2010 SUMMER CONCERT SERIES** featuring:

**Sunday, June 5, 5:00 p.m.**  
Louise Toppin, Soprano featuring John O'Brien, Piano

**Sunday, June 13, 4:00 p.m.**  
The Whiteman Family

**Saturday, July 10, 4:00 p.m.**  
Rick Elliott

**Saturday, July 24, 4:00 p.m.**  
CT & Friends

**Sunday, August 8, 4:00 p.m.**  
Oak Street A.M.E. Zion Gospel choir

**Sunday, August 22, 4:00 p.m.**  
Mission of the Holy Spirit Choir

**Friday, September 17, 7:00 p.m.**  
"A Night of Jazz"

Subscription tickets (to all seven concerts), \$70; Individual concert tickets, \$12 each; "A Night of Jazz," \$15 each. Tickets are available in advance by contacting the St. Stephen's church office at 733-6228.

**VACATION BIBLE SCHOOL  
HIGH SEAS EXPEDITION**



**July 19-23, 9:30 – Noon at Christ and Grace**  
Time is drawing near to make final orders for supplies for this year's VBS. If you haven't already registered your children, please do so by June 18 so we can make final preparations for staff and supplies. You may call the church office at 733-7202 or contact **Meredith Matthews** at [3mmatthews@gmail.com](mailto:3mmatthews@gmail.com). Children, grandchildren, friends and neighbors, ages 3-12, are all welcome to attend.

**Staff**  
**The Rev. David H. Teschner, Rector**  
**Claire Brill, Lay Assistant**  
**Sonyia Elder, Youth Coordinator**  
**Ryan Hebert, Music Director**  
**Laura Craig, Parish Secretary**  
**Beryl Lemmond, Kitchen Coordinator**  
**Kitty Reed, Bookkeeper**  
**Contact the Church**  
**Phone: 804-733-7202**  
**Fax: 804-861-1521**  
**Web site: christandgrace.us**  
**Summer Office Hours**  
**Monday - Thursday, 9-4 p.m.**  
**Friday 9-12 p.m.**  
*The Church News is published monthly, Sept.—June. Deadline is the 20th.*

**Christ and Grace Church**  
1545 South Sycamore St.  
Petersburg, VA 23805

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# June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 4:00 p.m. <i>Mrs. Thompson</i> <i>Piano Rehearsal</i>	<i>2</i> 6:00 p.m. <i>Potluck Supper</i>	<i>3</i>	<i>4</i> 7:30 p.m. <i>Mrs.</i> <i>Thompson Piano</i> <i>Recital</i>	<i>5</i>
<i>6</i> SUMMER SUNDAY WORSHIP SCHEDULE begins	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i> 11:30 a.m. <i>UDC</i> <i>Luncheon</i>
<i>13</i>	<i>14</i> 10:30 a.m. <i>Book</i> <i>Study</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i> 6:30 p.m. <i>Vestry</i> <i>Meeting</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>
<i>27</i> Youth Mission Trip 6/27 - 7/2	<i>28</i>	<i>29</i>	<i>30</i>			