

**On the Calendar and Coming up**

**Sunday, March 25<sup>th</sup>**

8:15 AM— Holy Eucharist  
9:30 AM—Adult Forum  
10:15 AM—Sunday School  
10:30 AM— Holy Eucharist  
12:00 PM—Lunch Bunch going to  
**Nick’s Roman Terrace** in Westland Shopping Center

**Youth Book N Bake Sale featuring ‘Soup’**

**Monday, March 26<sup>th</sup>**

11:00—AM—Book Club  
7:00— PM —JRRingers!  
7:00 PM—Handbell Rehearsal

**Tuesday, March 27<sup>th</sup>**

12:00 noon—Men’s Bible Class & bag lunch  
7:00 PM—Sit N Stitch gathering

**Wednesday, March 28<sup>th</sup>**

12:00 noon —Holy Eucharist with healing Prayers  
**Lenten Program here**  
5:45 PM—Light Supper  
6:30 PM—Lenten program  
7:15PM—Compline

**Thursday, March 29<sup>th</sup>**

9:30 AM—Lamb’s Basket Volunteers (Clients)  
7:00 PM—Chancel Choir Rehearsal

**Saturday, March 31<sup>st</sup>**

8:30 AM—Outreach Feeding Program—**Red Team** Paul Dolci (team leader-330-0698), Carl Burley, Carol Burley, Connie Neal, Charlotte & Ray Lovelace, Shirley Hughson, Diana Stone

**Sunday, April 1<sup>st</sup> Palm Sunday**

8:15 AM— Holy Eucharist  
9:30 AM—No Adult Forum  
10:15 AM—Sunday School  
10:30 AM— Holy Eucharist

**Adult Forum:** This Sunday and next Sunday we will complete our series on *Living Lent with Mary*. We have used the model of Mary to talk about faith, grace, and discipleship and the conversations have been rich, indeed. We will not have Adult Forum on Palm Sunday or Easter Sunday, but will resume on April 15<sup>th</sup> with a presentation on the election of a new Suffragan Bishop—what a suffragan bishop is, who the candidates are, and so on—since on April 21<sup>st</sup>, Mary+ and Herb Williams, our diocesan council rep, will be going to the election up in Fredericksburg. We meet each Sunday at 9:30 AM in the parlor.

**We are planning baptisms for Easter.** If you are ready to take this next step in your faith journey or if you would like your infant or child to be baptized at that time, please let Mary+ know.

**Men’s Bible Study:** Tuesday, March 27<sup>th</sup> @ noon. Bring a bag lunch and your Bible.

**If you find pages missing** in your prayer book or hymnal—please give it to one of the ushers. We will need to replace some prayer books & hymnals in the near future and will accept any donation for this project. You may want to do this as a memorial for a loved one or in thanksgiving for someone special.

**We need you to sign up for Coffee Hour.** All you need to bring is some cookies and make the coffee and Kool-aid. We all enjoy this time of fellowship but it does take all of us to help with this ministry! It’s not up to the hostess to provide this service every Sunday!

**Attendance, March 18, 2012**  
**8:15 am: 18 10:30 am: 95**

**Looking for a Lift:** our parishioner Lydia Callaway is in need of rides to and from church on Sunday for the 10:30 AM service. She lives very near the church at Putney and Impala, so it should be easy for any of us to give her a lift. There is a sign-up sheet on the bulletin board outside the nursery if you are able to help out our friend.

**Shrine Mont Yard Sale**—Doing some Spring Cleaning? Need to get rid of some slightly used, unbroken stuff? Well, the Shrine Mont Committee Yard Sale will be in the Spring this year—**Saturday, April 28th** from 8:00 AM to Noon. Please bring your items to the parish hall and make sure it is marked for the yard sale. Let one of the committee members know if you need a large item picked up. Children’s clothes are acceptable.

**Save the Date:** Once again, we’ll be forming a group to go to the Flying Squirrels ballgame on Faith and Family night—**Saturday, June 2**. This year, we will go for slightly more expensive tickets (\$10.00 each as opposed to \$5.00 last year) so we don’t have to climb up to the highest reaches of the stadium to get to our seats. We had 70+ people last year—let’s see if we can bring even more folks, not just our own parishioners, but friends and extended family. It should be, well, nutzy!

**Want to go to brunch?** Today after the 10:30 AM service, the ‘Brunch Group’ will be going to lunch **Nick’s Roman Terrace**, Westland Shopping Center. If you are interested in going, contact **Jeannie Riddick**, 264-0935 or call **Lucy** in the office, 266-2503.

**Easter Flowers or Banner Fund:** Time to get your order in for Easter Flower or give to the Banner Fund—cost is \$15.00. Please be sure to include both your name and the names of those you want to remember.

**You are invited:** The next monthly ecumenical Lakeside LARCUM Lectionary study will be at our Lady of Lourdes Church on Tuesday, March 27<sup>th</sup> @ 7:15 PM in the Fisher Memorial Library. Anyone interest in intentional ecumenical Bible study, especially as regards the LARCUM Covenant; or, those with spouse, friends or family of different faith traditions are invited to attend. Questions? Call **Bob Rolfes** (OLL) or **Jane Rolfes** (Christ Lutheran), 756-6054.

**If you know of anyone in need of clothing** please tell them that Our Lady of Lourdes, located at 8200 Woodman Road is open to the public on Tuesdays from 9:30—11:00 AM. Please call Joan at 262-7317 for more information.

**News for the April Newsletter is due, Monday, March 26<sup>th</sup>!**

**COMMUNICATION CARD**

March 25, 2012

Our Communication Card is for **all people at The Church of the Epiphany** so that you can share your thoughts and prayers, and request information.

If you are new, please complete the opposite side so we also have your contact information.

**I’d like more information about an upcoming event or program**

**I am RSVPing or signing up for:**

**I am interested in learning more about how to be part of the following ministries or programs:**

- |   |  |
|---|--|
| <input type="checkbox"/> Music          | <input type="checkbox"/> Greeters      |
| <input type="checkbox"/> Altar Guild    | <input type="checkbox"/> Pastoral Care |
| <input type="checkbox"/> Office help    | <input type="checkbox"/> Readers       |
| <input type="checkbox"/> Christian Ed   | <input type="checkbox"/> Prayer Team   |
| <input type="checkbox"/> Outreach       | <input type="checkbox"/> _____         |
| <input type="checkbox"/> Ushers         |  |
| <input type="checkbox"/> Chalice Bearer |  |

**Prayer Requests / Comments**

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## COMMUNICATION CARD

March 25, 2012

Welcome! You have blessed us with your presence. Please tell us how we can best serve you by completing the Communication Card.

Please place in the offering basket, hand it to an usher, or place on the table in the vestibule.

- I'm looking for a church home
- I'd like to speak with a clergy member
- I'm ready to become a member
- I'm just visiting today

Name & Address  Please update

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Phone \_\_\_\_\_

Email \_\_\_\_\_

Children's names and ages

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Please give me more information about:

- Children's / Youth Programs
- Social events
- Outreach opportunities
- Classes and Small Group Studies
- Baptism or Confirmation
- How I can get involved

How did you hear about Epiphany?

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(over)

## FOR YOUR PRAYERS

**For the church:** We pray for the church of the Epiphany the Episcopal Diocese of Virginia, the Episcopal Church (USA), and the Anglican Communion, for all clergy and laypeople, and those whom we will welcome today.



**In The Anglican Cycle of Prayer we pray for:** The Church of Ireland

**In The Diocesan Cycle of Prayer we pray for:** Christ Church, Charlottesville; Good Shepherd, Burke; Grace & Holy Trinity, Richmond; St. Paul's, Ivy.

**In the Metro Richmond Cycle of Prayer we pray for** health care in Metropolitan Richmond: For clinics, medical personnel, and institutions that serve persons who are uninsured or underinsured.

**In the Lakeside Churches Cycle of Prayer we pray for:** Christ Lutheran, Rev. Eric Moehring & Rev. Kristin Hunsinger, Pastors.

**Prayers for those expecting a child:** Matt & Leslie Guyer

**Prayers for our Service Men and Women:** Matt Guyer, David Hoffert, Daniel Keefe, Patrick Lineberry, Caitlin Mitchell, Bryan Murphy, Michael Stone, Billy Tucker, Andrew Smith, Ryan Casey, and Chris Tuck.

**Prayers for Healing, Wholeness, Comfort, Guidance, and Safe Travel:** Carol Burley, Dave Van Valkenburg, Carl Burley, Ray Hampton, Jean Craver, Peggy Adleman, Sarah Jenkins, Dottie Strabley, Marian Noe, Sue Rasmussen, Lynne Eppes, Dot Hudson, Bea Byrd, Mary Ruder, Roseanne Stockwell, Ruth Williams, Juliet Wynne, Kathryn Cook—friend of Connie Neal, John Renner — friend of Dot Hudson & Carol York, Katie Phillips—friend of Kristin Carver, Gloria Jones—mother of Kim White, Rebecca Miller—friend of Marietta Spring, Leah & Terri—friends of Aggie Gallagher, Dorothy Hoffecker— aunt of Diana Stone, Donna Dumas—friend of Sarah Jenkins, the extended Kenyi family in Sudan, Jay—husband of Jill Mitchell, Rona Fisher—friend of Jessica Ruder, Lisa Binmoeller—friend of Diane Major, Mary Stockdell—daughter-in-law of Susan Josenhans, Heather—friend of Melissa Durrer, Stuart & Jean Swink—sister & brother-in-law of Irene Morris, Jeniffer Sodill—friend of Karen Holden, Ethel Eule—friend of Ann Poates, Kent Jenkins—brother of Sarah Jenkins, Maya Fitts—granddaughter of Ron & Paula Fitts, Aubrey Phillips—friend of Bob & Kathy Jimerson, The Rev. Charles Poindexter, Selethia Ann Riley—niece of Ann Schaefer, Shirley & Gary Peper—sister & brother-in-law of Lucy Whitlock.

**Prayers for the departed:**

**We pray for all these and those who have asked for prayers in confidence.**

### CHURCH OF THE EPIPHANY

Today's Ministers

#### Weekly Worship

**Sundays at 8:15 a.m.** (meditative service)

**& 10:30 a.m.** (with choir)

**Wednesday at noon: Holy Eucharist with Healing Prayers and Laying On of Hands**

#### Contact info:

8000 Hermitage Road  
804-266-2503

Web: [www.epiphanyepiscopal.com](http://www.epiphanyepiscopal.com)

**The Very Rev. Mary Brennan Thorpe,**  
Rector

[mary@epiphanyepiscopal.com](mailto:mary@epiphanyepiscopal.com)

#### 8:15 Holy Eucharist

**Usher:** Chuck Strabley

**Reader:** Gray Corbett

**Chalicer:** Gray Corbett

#### 10:30 Holy Eucharist

**Ushers:** Tillie Freeze, Lucy Whitlock, Frosine Corbett, Diane Durrer

**Acolyte:** Stark Gallagher, Ava Whittlesey, Camille Wood, Sara Lassiter

**Readers:** Brian White, Jeri Townley

**Prayer Leader:** Ann Schaefer

**Chalicer:** Ann Schaefer, Herb Williams

**Vestry Greeters:** Brian White, Ann Henderson

**Altar Guild:** Joyce Melton, Karen Holden, Carol York

**Nursery:** Ann Poates, Caroline Couturier

**Coffee Hour:** Corbetts & Middle School

**Counters**—Wayne & Lucy Whitlock



## The Church of the Epiphany

**ANNOUNCEMENTS**  
**The Fifth Sunday in Lent**  
**March 25, 2012**

Welcome—we are glad you are here! Know that whoever you are, and where ever you are in your spiritual journey, you have a place here. If you are new, or haven't yet given us your contact information, please complete the attached communication card and place it in the plate so that you can learn more about Epiphany's community.

**Nursery care is available from 10:15-11:45 a.m.**

### From Mary's Desk:

For this week, I'd suggest you consider fasting as a Lenten discipline. Fasting may take many forms. The most obvious one is fasting from food – those of you who cannot due to medical conditions are ruled out of that one – but it is worthy of consideration for those who are healthy.

Think about what the purpose of a fast is: to abstain from food or drink or both to discipline one's appetites. It is an ancient spiritual practice, one that "mortifies the body," getting it under control. Of course, if you stop eating so as to get closer to God and all you do is think about how miserable you are, you're not getting your appetite under control, you're simply realizing how out of control you are. Think of that passage from Matthew 6:16: "when you fast, do not look somber like the hypocrites do, for they disfigure their faces to show that they are fasting." In other words, keep your fasting between you and God, not to look like you're really pious to other people.

There are other kinds of fasting as well. A friend chooses to fast from FaceBook during Lent, electing to spend more time in prayer and in God's work rather than simply checking on all the latest gossip from her circle of buddies. Another friend fasts from desserts, giving her waistline a break and making time to do some devotional reading. Another fasts from Starbucks coffee drinks, instead giving the money he would have spent on those caramel macchiatos to charity.

The idea is simple: take away something that gets in the way of being closer to God. Make the thing that you take away something that you enjoy. The purpose is not to make you miserable, it is to make you free of the attachment to something that distracts you from God. It can be food. It can be FaceBook. It can be beer. It can be "Angry Birds."

This week, this season, try stepping away from that which is not life-giving to make more room for the One who is.

Blessings

Mary+