

The Anchor



Grace & Holy Trinity Episcopal Church

Dear Fellow Pilgrims on the Way,

Lent 2013



It may be odd (even perverse!) but I have always liked the season of Lent. I grew up in a church that took Lent seriously. There were additional activities at my church during the week for fellowship, worship and education. I went from an early age and I suppose it was the fellowship over dinner I enjoyed the most. When I entered my teenaged years I was even able to help with some of the planning. One year on Good Friday, my friends and I rigged up a great sound system in the church and treated the whole congregation to the original recording of "Jesus Christ Superstar". (Yes...it had just come out, so I am talking about ancient history here.) Also, as I aged, I used Lent as a time to take on new disciplines that were designed to help me grow stronger as a person and in the faith. I remember one year in high school I decided to fast every Friday. The one Friday that sticks in my mind is the one where our pre-orders of Krispy Kreme donuts arrived right at lunch time on a Friday in Lent. So, I had a dozen donuts, by my side and discovered the power of temptation!

I do think it is nice to have a time each year where we can press the reset button. We can try again (if past attempts were unsuccessful) or take on something entirely new. But the point is, Lent is an opportunity to establish new and helpful habits of the heart...habits that can bring us closer to God, to others and to our own truest selves.

So, here are some suggestions for Lent and they are based on our mission statement.

- 1) Strong discipleship – take on a personal discipline that is designed to connect you with your faith in a new way. It can be built around prayer, Bible reading, service projects, fasting or any other spiritual discipline.
- 2) Build strong community – Come to the three mid-week events which will be held at St. Mark's Church at 520 North Boulevard on February 20, 27 and on March 6. Evening prayer is at 6:00 p.m. and dinner begins at 6:30 p.m. Following dinner we will have a discussion of Desmond Tutu's book "God Has a Dream: A Vision of Hope for Our Time". On the final day we'll see a video featuring Bishop Tutu.
- 3) Serve God and the world God has made
 - ❖ Come to church each Sunday having read the Scriptures assigned for that day. Use those Scriptures in your daily prayers the week before you come to worship. Also, be sure to participate in the services of Holy Week (see inside).
 - ❖ Undertake a new act of mercy this Lent, reaching out to provide care for someone who is hurting. This could take any number of forms, from a feeding ministry to writing cards to the sick to tutoring at a school.
 - ❖ Undertake a new act of justice this Lent. Find a way to help change the structures of society in a positive way. For instance, rather than working only to shelter the homeless, find out why people are homeless in the first place and work to address the cause. The philosophy here is "An ounce of prevention is worth a pound of cure."
 - ❖ Commit one act of evangelism this Lent. Tell someone why you love God, why you love your church and invite them to join you.

I hope these suggestions are helpful. The Rev. Michael Cadaret and I are happy to talk with you further about Lenten disciplines. May you greet the Sunday of the Resurrection refreshed and renewed.

In Christ,

Grace & Holy Trinity Church - Contact info

**The Anchor is the official newsletter of
Grace & Holy Trinity Episcopal Church, a
parish in the Episcopal Diocese of Virginia.**

Contact Us
Main number: (804) 359-5628.

The Rev. Bollin M. Millner, Jr.
Rector
E-mail: bmillner@ghtc.org - Extension 17

The Rev. Michael Cadaret
Assistant for Service, Campus Ministry and Pastoral Care.
E-mail: michael@ghtc.org - Extension 13

Carolyn Moomaw Chilton
Assistant for Evangelism and Stewardship
E-mail: carolyn@ghtc.org - Extension 16

Mary Cay Kollmansperger
Assistant for Children's, Youth and Family Ministries
E-mail: marycay@ghtc.org - Extension 15

Dr. Elizabeth Melcher Davis
Assistant for Music Ministries
E-mail: emelcherdavis@ghtc.org - Extension 18

Judy F. Miller
Financial Secretary/Parish House Manager
E-mail: jmiller@ghtc.org - Extension 14

Valérie I. Aussanaire
Administrative Secretary
E-mail: vaussanaire@ghtc.org - Extension 23

Barbara Hobson-Simpson
Receptionist
E-mail: barbara@ghtc.org - Extension 10

James E. Fleming
Sexton
E-mail: jfleming@ghtc.org

Tina Roberts
Sexton
E-mail: tina@ghtc.org

Vestry

Edward Hutton Starr, Jr.
Senior Warden

Suzanne Y. Williams
Junior Warden

2013 Vestry
Edward Catesby Beck
Donald Paulding Irwin
Jean Louise DeShazo
Shelli Clemens Lord
Edward Hutton Starr, Jr.

2014 Vestry
David M. Abbott
John Davenport Blackwell, Jr.
Dan McNamara
Eugene Shelburn Smithson, III
Suzanne Y. Williams

2015 Vestry
Kathleen Bishop-Pevsner
Suzanne S. Davenport
Kathy Colwell Hill
F. Nicholas Sollog III
Sara Jo Williams

**At Grace & Holy Trinity Church
we strive to do three things:**

We build strong disciples.

We build a strong church community.

We serve God and the world God has made.

We are committed to helping individuals become better disciples of Christ Jesus and we believe in the power of community. We also believe that we exist not just for ourselves, but for God and for God's world. We live out this mission through a variety of ministries represented by the acronym SWEPPS: Service, Worship, Education, Evangelism, Pastoral Care, Parish Life and Stewardship. You can learn more about these ministries in the newsletter or on the web at www.ghtc.org.

Grace and Holy Trinity Church Legacy Society

A Legacy Society has been formed to promote legacy or planned giving to Grace and Holy Trinity Church. These terms refer to gifts made from assets accumulated during one's lifetime rather than drawn on current income. Usually these gifts are part of an overall estate plan. The Legacy Society was launched at our Annual Meeting on February 3rd. It is being chaired by Nancy Trego and Brad Davenport. It works in cooperation with our Endowment Fund Trustees.

We currently have twenty-nine members of our Legacy Society. If you have remembered Grace and Holy Trinity Church in your estate planning, and have not heard from us please contact Carolyn Chilton in the church office. We would love to know that you have made this gift to the future of our church.

Nancy Trego tells this story:

When my oldest son was a toddler, my parents kept him for a week-end so that my husband and I could go away alone together. We all had a ball. My husband, Geoff and I were already planning our next get-away when my mom laid down some ground rules.

"We can't wait to keep the baby again," she said, "but we won't keep him again until you two have made your wills. You need to specify who will take care of him if something should happen to the two of you." But that wasn't all. "You also need to create a legacy that tells your child something about you," she said. "Write out your most treasured beliefs or make bequests to your church and other charities that show him what matters to you." Because we were so anxious to secure week-end babysitting, we did make wills in our early thirties. Since then I've taken Mom's advice to heart. I've updated my plans as life changed, but I've always included a percentage of my estate for my church and a few favorite charities.



Grace and Holy Trinity Church is an important part of Nancy's life and she has remembered Grace and Holy Trinity Church in her estate plans. You too can express your love and gratitude to God for this Christian community, show your loved ones what matters to you, and create a legacy of love far into the future. Remembering Grace and Holy Trinity Church in your estate plans is easy. Talk to Bo Millner, Carolyn Chilton, Nancy Trego, Brad Davenport or Kinloch Nelson for details.

2013 Pledge Update

As of January 22, 2013, we have received \$796,061 in 2013 pledges. This has been pledged by 251 people or families. Of these 2013 pledges, 100 have increased their pledge over their 2012 amount. We have 18 new pledges. The Vestry is most grateful to everyone who has pledged. Thank you! If you have not yet pledged, your participation is needed. The Vestry is still hoping to hear from everyone. Of those who pledged last year, 20 have not yet pledged for 2013. If you have questions the Rev. Bo Millner or Carolyn Chilton would welcome the opportunity to speak with you.



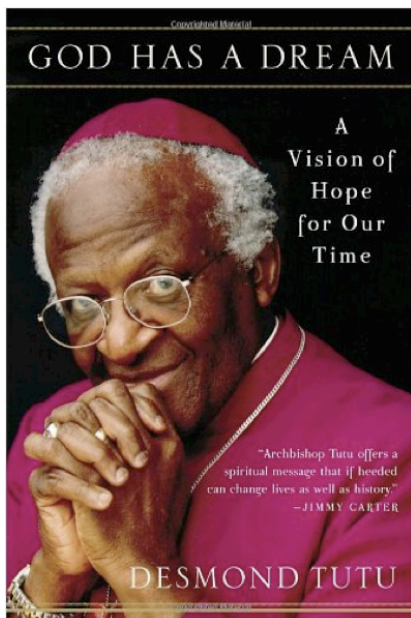
Generations
of generosity



Feasibility Study: Parish Hall Renovation

Over the past two years, our parish has defined a vision for GHTC, assessed facility needs, and discussed potential projects and their costs. Having completed this two-year period of discernment, it is now time to test the congregation's support for the vision and building improvements that were identified. In partnership with Andi Tilmann of the Episcopal Church Foundation, we will embark on a Feasibility Study to invite dialogue that will direct our decisions regarding a possible capital campaign.

In late February, parishioners will receive a tentative case statement that outlines the proposed building renovations and their costs. Through interviews and questionnaires, parishioners will have an opportunity to voice their opinion on the proposed renovation plans and indicate their inclination to financially support the building improvements. Parish feedback will help gauge support for the plans and guide us in setting realistic financial goals.



Mid-Week Lenten Opportunity

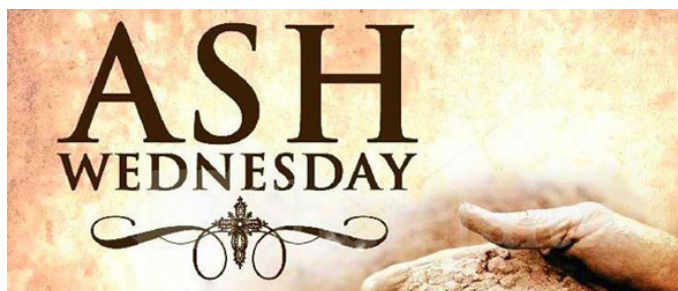
Feb 20, 27 and March 6 at 6:00 p.m.

Sponsored by GHTC, St. Mark's and St. Andrew's Episcopal Churches.

Please purchase a copy of Desmond Tutu's book, "God Has a Dream: A Vision of Hope for Our Time" and read it in preparation for our Lenten discussion group. The book is only 130 pages long, but very moving. Then come to St. Mark's at 520 North Boulevard on Wednesday February 20, 27 and on March 6 at 6:00 p.m. We'll have Evening Prayer, dinner and then discussion. On the third evening, we'll view a talk by Bishop Tutu. Members of St. Andrew's are also participating so it will be wonderful to share fellowship not only with our brothers and sisters at GHTC but from other congregations. There is plenty of parking behind St. Mark's. Child care is available.

Ash Wednesday is February 13

We'll have services on that day at 7:30 a.m., 12:15 p.m. and at 7:30 p.m. Also, as a part of our evangelism, we are hoping to offer "Ashes to Go." We will go out on the street in front of the church and offer the imposition of ashes. If you'd like to help with that effort, please contact Carolyn Chilton.



Holy Week

Holy Week begins with Palm Sunday on March 24. On Monday, Tuesday and Wednesday (March 25, 26, 27) we'll offer the Holy Eucharist at 7:45 a.m. On Thursday March 28 we will offer the Liturgy for Maundy Thursday beginning at 7:00 p.m. This powerful service ends with the stripping of the altar. On Good Friday we will offer the Liturgy of the Day at 12:15 p.m. This will be followed by Stations of the Cross. If you can't come to services on Good Friday during the day you are encouraged to attend services at St. Mark's church that evening. Also, the Great Vigil of Easter will be offered at St. Mark's on Saturday, March 30.



Understanding Lent

Before we begin the season of Lent on Ash Wednesday (February 13th this year), the Church celebrates **Shrove Tuesday** - the day before Ash Wednesday. On this day it was the custom to use up all milk, eggs, and fat in a household since these were not allowed in the strict fasting of Lent. Doing this meant that Shrove Tuesday foods became very rich, and the day has often been known by the name "Fat Tuesday." Such feasting developed in part to prepare body and spirit for the long fast and in part to use up the foods that could not be stored during Lent. Popular foods to have on Shrove Tuesday are doughnuts and pancakes.

Another name for Shrove Tuesday day is Carnival meaning "*farewell to meat*". Medieval Christians developed carnivals to celebrate one last time before the Lenten fast. We will celebrate Shrove Tuesday here at GHTC on Tuesday evening, February 12th with a pancake supper at 6:00 p.m.

The name Shrove Tuesday is derived from a different custom: that of confessing sins (being shriven) in order to begin the spiritual battle of Lent renewed by an awareness of God's power and mercy.

Lent comes from the Anglo-Saxon word *lencton* meaning the time of year when the days grow long.

The season begins with Ash Wednesday and ends with the Easter Triduum that includes Maundy Thursday through Easter Sunday. Because Lent is determined by the movable date of Easter Day, the dates are different each year. Do you know an easy way to find these dates for any year? (Hint: look in the Prayer Book!)

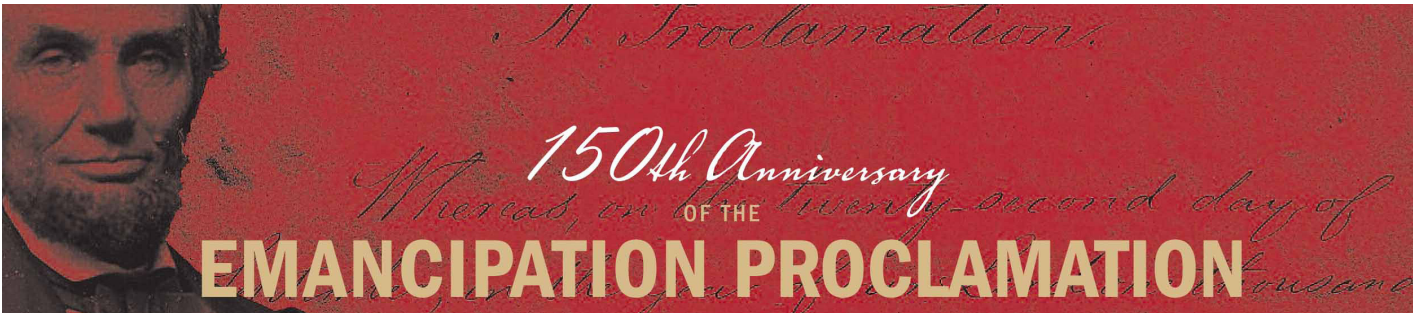
Lent is forty days long excluding Sundays. Since every Sunday is a "little Easter" celebrating the resurrection, Sundays remain feast days even during the solemn Lenten season. The five Lenten Sundays are followed by the Sunday of the Passion (Palm Sunday), which ushers in Holy Week.

In the early church, Lent was the time of preparation for the Easter baptism of converts to the faith. Persons, called catechumens, who were to receive the sacrament of "new birth," were expected to fast and prepare during these weeks. The Bible readings appointed for the five Sunday in Lent provide a short course in the meaning of baptism.

Symbols and Traditions of Lent:

- Color: purple for penitence and royalty, or rough linen or a similar material, unbleached, raw, plain, and austere, to reflect the mood of Lent. This is based upon the sackcloth of Old Testament mourning.
- Ashes - these are prepared from the previous year's palms used on Palm Sunday. The ashes symbolize our mortality and sorrow for our sins. The people of the Hebrew scriptures put ashes on their foreheads as a sign of penitence.
- Alleluias, joyful canticles, the Gloria in excelsis are omitted from worship and replaced with songs and responses that are more in keeping with Lent's contemplative mood.
- Vestments and hangings are more austere. Flowers are omitted from the altar.

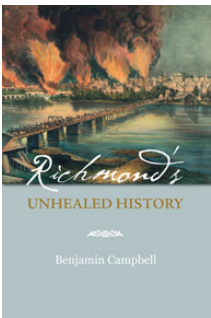
Lent provides wonderful opportunities to invite friends and neighbors to church and our Lenten events. How can your personal Lenten journey open you to inviting family and friends to join you? What programs are we offering that would be particularly appealing to newcomers?



Events Marking the Commemoration of the 150th Anniversary of the Emancipation Proclamation

We have several upcoming events in recognition of this 150th anniversary, and we invite everyone to join one or more of them.

We will attend the worship service, "From Repentance to Hope: A Service of Remembrance, Celebration and Witness" of the 150th anniversary on Saturday, February 16th at St. George's Episcopal Church in Fredericksburg. You can read more about this service by visiting the news pages of the diocesan website: www.thediocese.net.



The Monday night book group will meet at Richmond Hill on Monday, February 25th. There is worship at 5:30 p.m., dinner at 6:30 p.m. and then we will meet for conversation with the Rev. Ben Campbell, author of "Richmond's Unhealed History". You can learn more about Richmond Hill by visiting their website www.richmondhillva.org For more information please contact Kathy Colwell Hill or Carolyn Chilton, carolyn@ghtc.org.

GHTC Fall Retreat in the Mountains: Put it on your calendar NOW!

Our fall Parish Weekend at Shrine Mont will be October 4-6. This fun weekend offers time for fellowship, relaxation, family time, alone time and time in the mountains in the fall! Will and Jean Hershey are the coordinators for 2013. Put the date on your calendar and watch for more details!



New Yoga Class beginning at GHTC May 7th

Bring your yoga mat or towel and loose clothes for the new Thursday morning yoga class here at GHTC. The class will meet from 10:00-11:00 a.m. The leader is Andrea Bleck Smith and she teaches from the Himalayan tradition, with all classes focusing on skeletal alignment and breath awareness. Classes are kept to 15 or fewer so students can receive personal alignment suggestions and assistance as is needed. Each class ends with a brief relaxation to balance the body and its systems. To register contact Andrea at ablecksmith@yahoo.com The cost is \$54 for six weeks/sessions or \$10/per session on a drop in basis. Parking is available in the alley between the church and the Landmark Theatre on a first-come first-served basis.

The History of our Stained Glass Windows: Do you know anything about these families?

Donald Traser, a member here, is working on a book for us about our stained glass windows. This will include information on the families connected to each window –the donors, who it is in memory of, families, etc. He has two windows where he cannot locate any family information. Can you help? We need information on:

- Caroline Matilda McCaw. This is the window on the interior wall, second from the front, woman with a large cross (probably depicting St. Helena, the mother of Constantine).
- Caroline Baptiste Fisher. This is the window on the outside (alley) wall, fifth from the front, woman and child (St. Anne and Mary as a child). One of Ms. Fisher’s daughters was Sarah J. Fisher, who married George Schoen. The floral window in the chapel is also in her memory and the chapel reredos memorializes both of them.

If you can help please contact Donald at drtraser@verizon.net or 644-0888 or Carolyn Chilton in the church office. Thank you!

“Come to the Waters”

A Lenten Quiet Day

Lenten Quiet Day is open to all adults!

Thursday, March 21st 9:30 a.m. - 4:00 p.m. at Roslyn Center 8727 River Road.

Holy Scripture is filled with imagery of refreshing waters that restore parched lands and parched souls. In the holy season of Lent, we will pause to rest beside still waters, to find refreshment in running waters, and to wade into turbulent waters—all in order to draw closer to God.

Dress comfortably. Bring your Bible. Bring your journal or notebook and pen. Bring a friend or two as we take this Lenten journey together. Lunch, snacks, and Eucharist are included in our day together. Men are welcome to attend. Contact Bryan Roth for more information 540-373-9126 or email brynroth@cox.net.

The Rt. Rev. Susan E. Goff

The Rt. Rev. Susan E. Goff is bishop suffragan of the Diocese of Virginia. She first joined the Bishop’s staff as Canon to the Ordinary in January 2010, overseeing the day-to-day operations of various Episcopal ministries, including discernment and ordination processes for the diocese; misconduct prevention and responses; the Title IV ecclesiastical discipline canons; and the transition process for clergy and congregations.

ECW gathering at GHTC February 12

Join the Episcopal Church Women on Tuesday, February 12th in the parish hall at 10:30 for an inspiring program.

Patsy Butler, well known local singer (she opens the tree lighting at the Jefferson annually), will sing with us and share her photos and experience from Israel.

Plan to stay for a delicious lunch and fellowship.

Heaven, Hell or Hollywood?

Two classes on the Christian understanding of death and dying and how to make plans that benefit you, your family, and your legacy.

Sunday morning Adult Forum: February 17 and 24 at 10:00 a.m. in the Library

In her book, *Let Us Bless the Lord: Meditations on the Daily Office*, author Barbara Cawthorne Crafton writes:

We've all got to go sometime. None of us are getting out of here alive. Many, many people think it's in very poor taste to mention that fact; that it's morbid to think about it. Many, many people truly feel that the best way to go through life is never to think about death. *It'll just depress me*, they tell themselves. *Best to put it out of my mind.*

I just haven't found that to be the case. I have found, rather, that thinking about the end of my life makes me want to use the time I have left to the fullest. That it makes me think of heaven and what it must be like, of my purpose here on earth. That it reminds me of those I have loved who have gone before me, and of the great blessing they were in my life, greater blessings than I ever realized while they still lived. Thinking of death helps me value life. And it helps me not to be afraid.

American life is all about insulating ourselves from our mortality...we must flit from one thing to another, never allowing ourselves to come to a gentle stop and ponder exactly where we are and where we want to go...Silence makes us nervous because of what we might hear.

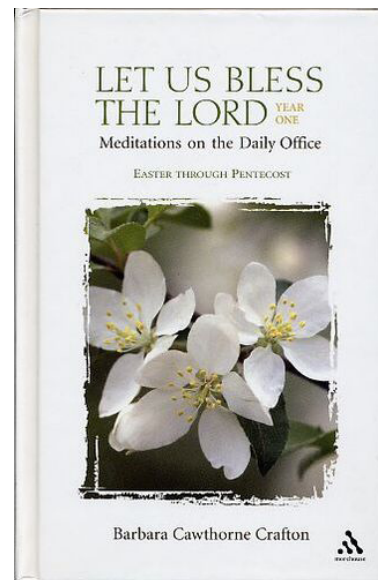
What we might hear is the voice of God. *Don't be afraid. I am here, and I will stay with you until it is time for you to come to me, and that will be a wonderful thing.*

These classes will be led by Bo Millner, Carolyn Chilton and Fielding Williams. You will receive materials to help you with end-of-life planning as well as be engaged in discussion on living and dying in the Christian tradition.

The Sunday Adult Forum Schedule:

On February 17th and 24th the Sunday Adult Forum will be *"Heaven, Hell or Hollywood: Making Plans for the End of Life."* Have you made a will? In any given year, over 50% of us have not yet done so. Have you thought about your funeral or the funeral of loved ones? What kind of legacy do you want to leave? These two classes will discuss living and dying in a Christian understanding, how to plan a funeral, how to write a will, and how to leave a legacy.

In March the Sunday Adult Forum will be "Discerning Your Spiritual Gifts". God gives each one of us the Spirit and this Spirit equips us to do God's work. This series of classes, led by Carolyn Chilton, Michael Cadaret and Bo Millner, will delve into the biblical background of spiritual gifts as well as help us develop tools to discern our own gifts.



Education & Youth Events

Lock-in

Reminder: on March 22-23 we will have a LOCK IN from 7pm Friday night to 8 am Saturday morning. Our RSVP deadline is March 10 – be sure to mark your calendars early! Plans so far include laser tag along with great food, fun and fellowship. For more information contact Mary Cay Kollmansperger, marycay@ghtc.org.

Confirmation

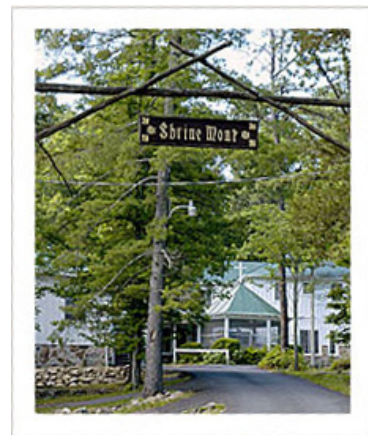
This year's visit from Bishop Johnston for 9th grade Confirmation is scheduled for May 5 at GHTC's 11 a.m. service. 9th graders: please send Mary Cay Kollmansperger, at marycay@ghtc.org, your birth date (day, month, and year) and your full name (first, middle and last name).

Senior High Weekend at Shrine Mont

On April 5-7 all 9th-12th graders are invited to the annual Senior High Weekend at Shrine Mont. Please register by Monday, March 18th. Please contact Mary Cay Kollmansperger for registration details, marycay@ghtc.org.

Youth Pilgrimage Part Two!

Thank you all so much for your support of our Youth Pilgrimage to Liverpool and London last summer. It was a terrific success, thanks in large part to the support our group received from Grace and Holy Trinity and its parishioners. Plans are now forming for the second half of this Pilgrimage experience as we get ready to host the Youth from the Diocese of Liverpool here in Richmond, August 4-11. **All 9th -12th graders are invited to participate in the second half of this exchange!** Please be on the lookout for details about information and planning meetings for everyone interested. Contact Mary Cay Kollmansperger, marycay@ghtc.org, for more information.



Children and Families

Families

Beginning on Sunday, February 10, we will have a Lent and Holy Week packet available for families at GHTC. Included will be ideas for recognizing Lent and preparing for Holy Week at home. In addition, we'd like to invite any adults considering communion for their children, to attend a special class called *Come to the Table: Worship and Communion with Your Children*, on February 24 during the education hour. For more information, please contact Mary Cay Kollmansperger, marycay@ghtc.org.

Children

It is so rewarding to teach our engaged and curious GHTC children, who bring lots of enthusiasm for God's word to church each Sunday! Their interest in the stories and ways that they can be applied to life today is a testament to our GHTC families, along with our congregations' support of our Children's Ministries programs. Interested in getting more involved? Please contact Mary Cay Kollmansperger at marycay@ghtc.org.

Prayer Shawls

We have a number of prayer shawls available. Please contact Betsy Featherstone if there is someone with whom you'd like to share one of our beautiful shawls.



The Pastoral Care Team

Under the leadership of Sara Jo Williams the Pastoral Care Team is developing a program entitled: "Living without Fear: Faithful Responses to Life Transitions". This program promises to be very helpful to a number of parishioners and indeed, people outside GHTC as well. Watch the church publications for more as the plans develop.

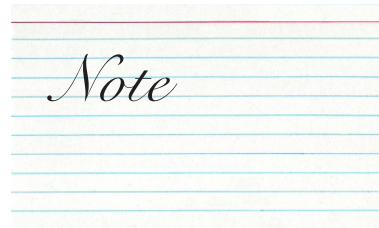
Lay Eucharistic Ministers (LEMs)

So far Jennifer Gregory, Aisha Michel and Dawn McNamara have been trained to be LEMs. Several others have expressed an interest. Those who have been trained are awaiting being licensed by the Bishop. Once that is done, they will be able to take communion from a Sunday service out to members who are not able to come to church. "We are all one, because we share one Bread and one Cup."



Notecards are Available at Church

So that you can take one and write a personal note to someone who was remembered in the prayers for that day. Deciding to do this would make a great Lenten discipline!



Campus Ministry

Campus Ministry Shrove Tuesday

Join Campus Ministry on Tuesday February 12 at 6:00 p.m. for our annual pancake dinner in the parish hall. We will also hold a silent auction featuring goodies and services from our Campus Ministry Members.



Mission Trip to Belize

Many of you know of our wonderful mission trips to Belize we do each year. This spring, Campus Ministry will be making this same trip and hopes to bring a small piece of Grace and Holy Trinity to our friends abroad. Now through February 24, Campus Ministry will have a station set up in the parish hall with supplies to make prayer flags, to be given to our brothers and sisters in Belize. We invite any who wish to make a prayer flag to take some time between the services and throughout the week to stop by the station and create a prayer flag to add to our collective gift.



*Grace & Holy Trinity
Episcopal Church*

8 North Laurel Street
Richmond, VA 23220

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
RICHMOND, VA
PERMIT NO. 455

ADDRESS SERVICE REQUESTED

The Anchor is published seasonally by Grace & Holy Trinity Episcopal Church

Issue: 2013 Phone 804.359 5628 Fax 804.353 2348 www.ghtc.org

IN LOVE WITH MUSIC CONCERT

Saturday, February 9. 4:00 p.m.

There will be an *In Love with Music* concert on Saturday, February 9 at 4:00 p.m. This annual concert in its seventh season will be offered in cooperation with Lyric Opera Virginia. This event will feature Anne O'Byrne, soprano and Ben Kwak, tenor, as well as Fran Coleman, soprano, Bekah Hughes Davis, contralto, and Chase Peak, bass. Accompanists will be Meghan Gomen, harpist, George Pugh, Joseph Walsh, and Elizabeth Martin, piano. The church's own vocal ensemble, The Grace Notes, will also be featured. The musicians will present traditional and much-loved arias and duets from light opera, opera, and musicals celebrating love in its many forms. There will be a reception following the concert hosted by the Music Ministry Team. Please invite your family and friends to this wonderful and popular concert on our series!

Lyric
OPERA
VIRGINIA

