

Genesis

Dear Friends,

The longer I live, the more I realize that life is about transition and change. Just as each year has its seasons, so do the lives we have been given by God. It seems to me that we have two choices. We can either fight change to the bitter end, spending our days constantly on the defense. Or we can choose to see these changes and transitions as part of the divine plan, trusting that God is in our midst and will lead us ultimately to our joyful resurrection.

I believe that this reality also applies to the life of our congregation. As I have written to you before, the church today has much in common with the earliest Christian communities. Under the guidance of the Holy Spirit, those communities were prayerfully trying to discern who they were and what they believed about Jesus and his Good News. They were often attacked for their beliefs and there was real risk when they gathered for worship. It was an era of difficult transition but God was always with them to see them through.

Likewise in our own day and age, the world is in great flux. The importance of organized religion is being seriously questioned and by some dismissed. So, is this a time to go on the defensive, trying to maintain the workings of the church as it was fifty years ago? Or do we seek God in the midst of this change, trying to discern what the Holy Spirit is up to in the process of renewing the Body of Christ at work in the world today? Do we try and survive as we once were? Or do we seek to thrive in the midst of this time of transition in the presence of the living and eternal God?

On October 2nd, we gather for the Annual Meeting of our congregation. This is our opportunity to gather as the church to ask the necessary questions about who we are and what we are about. It is our opportunity to discuss new possibilities and to consider renewed ways and means to engage one another, and the world around us, with God's salvation revealed in the love of Jesus, who is Christ the Lord. Your presence at the meeting, and your prayers for our congregation, are very much requested.

Faithfully in Christ,

The Rev. Rob Banse



**The Blessing of the
Animals
Sunday, Oct 2, 3
pm, Outdoor Chap-
el
Bring your furry
and not-so-furry
friends**

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October Calendar ...insert

UPCOMING EVENTS

- Oct. 2: Annual Meeting-one service at 9:30 a.m.
- Oct. 2: Blessing of the Animals at 3:00 p.m.
- Oct 10: Start pf Pilgrim: A Course for the Christian Journey, 7 pm Peard House
- Oct 15: Men's Breakfast and Bible Study, 8-10a
- Oct 15: Youth Canoe Trip, 10:30a
- Oct 28-29: Vestry Retreat,

ANNUAL MEETING AND ELECTIONS

Our Annual Meeting & Election will be held on Sunday, October 2, 2016.

There will be one service at 9:30 a.m.

The Annual Meeting will follow the Service.

Standing for Election are:

- Scott Abeel
- Sanford Diday
- James “Jim” Hoecker
- Joe Markus
- Bruce Smart
- Elizabeth Troye Plaskitt
- Martha Williamson

Election FAQ's

Can I vote by proxy?

No: “The Voting shall be by ballot in person and unless otherwise provided by the meeting, a majority of the votes cast shall be necessary to a choice. There shall be no voting by proxy.” ~**Diocesan Canon 11.5**

Who is eligible to vote?

“All adult communicants in good standing, registered in the particular Church in which they offer to vote, shall be entitled to vote at the election of Vestry members.” ~**Diocesan Canon 11.5**

What exactly does Canon 11.5 mean?

Adults are anyone age 16 & older. Communicant in good standing means that for the previous year you have been faithful in corporate worship, unless for good cause prevented, and have been faithful in working, praying, and giving for the spread of the Kingdom of God. ~**Constitution & Canon I.17.3** To be registered means that your baptism date is recorded in the Parish Register.

What do I do if I don't see my name on the voting roster?

If your name is NOT listed and you think it should be, please contact the church office by phone 540-592-3343 or e-mail the Parish Administrator, Phil Mohr at pmohr@trinityuppserville.org.

S.O.M.E. News "Blessed are the poor in spirit: for theirs is the kingdom of Heaven." (Matthew c. 5, v. 3)

It was a mighty sanctified mission to SOME for September 2016. Joining us in the kitchen to chop vegetables was The Rev. Rob Banse. And in DC, we were gifted with the presence of The Rev. Deacon Rachel Rickenbaker along with her husband, The Rev. Deacon James Rickenbaker.

These players were a strong foundation to a most successful feeding as many others gave of their time and skill both at Trinity and in the SOME dining room where over 400 guests were served a well balanced meal of fish, tartar sauce, rice casserole, green beans, coleslaw, fresh bread, cookies, cake, brownies and milk.

In the kitchen with Rob were: Richard Taylor, Ellen Hall, Stephanie Knapp, Nicky Perry, Ann Macleod, Robin Keys, and Edie Smart.



The DC group, besides Rachel and James, included: Robin Keys, Ken Knapp, Jim Gemmer, Carol Miller, Gina Hammond, Maggie New, and Bob Appenzeller.

Worth mentioning are Ken, Jim and Bob's SOME kitchen skills. This power trio operates seamlessly together under not all together perfect conditions. They manage to get the fish, rice and green beans cooked to perfection to meet the scheduling demands of a busy lunch service.

Additionally, several trays of prepared food, including savory barbeque, were shared by parishioner Mimi Abel-Smith. We appreciate Mimi for thinking of us when she found herself with an abundance of leftovers. In fact, we are happy to come pick up any great quantities of food that can be frozen for later use by SOME or perhaps donated to our Food Closet. As an example, Foxcroft School and The Hill School, often bake an abundance of brownies in the spirit of volunteerism and freeze them for later use at SOME.

Our bounty of sweets and breads came from many sources, including Bunny Schick, Barbara Augenblick, Jackie Eldridge, Gina Hammond, Jennifer Youngman, and Nicky Perry. Thank you each and every one of you for all the love and deliciousness you put into your contributions.

As smoothly as our operation went, we were lamenting that two of our most important helpers, Tommy Breeden and Sara Sisk, were unable to participate due to health reasons. We are praying for a speedy recovery for both. Also missing in DC was our venerable leader Ann MacLeod who was giving of her time for another important cause.



In the dining room, many stories were exchanged about grandchildren, the Book of Revelation and Armageddon, cowboy boots and the Washington Redskins.

For our final SOME service of 2016, we will cook in Cox Hall on Thursday, Nov. 17 at 7:30 am and travel to DC the next morning, Friday, Nov. 18 at 8:30 am. Rumor has it we are going to step it up a notch for this Thanksgiving week eve meal with a menu of fried chicken, mashed potatoes, gravy, green beans, and cornbread. Please consider joining us. Contact Ann MacLeod for further details at 540-592-3313.

Cherry Blossom Walk

Trinity Outreach takes many forms. Sometimes we show our support by granting financial resources to worthy organizations who apply to the Outreach Committee for assistance. Sometimes we also have the opportunity to use our hands and feet to help our brothers and sisters in need.

The Cherry Blossom Breast Cancer Foundation has, for years, partnered with Trinity to help local women in their battle with breast cancer. On Sunday, October 16th we will have the opportunity to express our support for the annual fundraising walk/run of the Cherry Blossom Breast Cancer Foundation. (CBBCF). The walk begins at 1 PM at Foxcroft School. There will also be a timed 10K run, and a Pooch Prance for pets. Registration can take place on the day of the walk at Foxcroft, or online by visiting the website www.cherryblossombreastcancerfoundation.org.



Our Deacon, Rachel Rickenbaker, plans to drive the Trinity van to the event with youth group participants. For more information about the event please contact Betsy Crenshaw or Stephanie Knapp.

Thank you in advance for your support of the Cherry Blossom Breast Cancer Foundation.



Mammograms Available

What: Mammograms for Women 40+

Where: Trinity Episcopal Church, 9108 John S. Mosby Hwy, Upperville, VA South Parking Lot

When: Saturday, October 22nd 10AM-4PM appointment recommended, call Betsy 540-592-3343; walk-ins accepted

Why: early detection saves lives

Cherry Blossom Breast Cancer Foundation (CBBCF) is a Middleburg based nonprofit organization, formed in 2007, whose mission is to raise and locally award funds for Breast Cancer detection, treatment, education, and research into the elimination of the disease. To learn more please visit www.cherryblossombreastcancerfoundation.org

The **Novant Health Mobile mammography unit** is one of the local projects that CBBCF has generously funded in fulfillment of its arm of mission focused on detection of breast cancer.

Other important information for those seeking a mammogram from the Novant Health Mobile Mammography unit are:

- Women with insurance should bring their insurance card to their appointment on the mobile unit.
- Novant Health UVA Health System has grant dollars that will support screenings for those without insurance.
- Women must be aged 40 or older.
- Women should not have had a mammogram in the previous 12 months.
- The van is used for preventative screening, so women with a past history of breast cancer will be directed to an alternate program for more appropriate care.
- Women should be free of any breast cancer symptoms. Women with symptoms will be guided to a program for more appropriate care.
- Women must have a doctor with whom to follow up.

VESTRY NOTES

Our Vestry last met on Wednesday, September 21st for its monthly meeting. The minutes for the meeting will be filed and available for your review. We celebrated the dedicated service of the outgoing Vestry members- all of whom wore big smiles! We thank them for their hard work and for the many hours of extra time spent at Trinity over the past three years. Our new Parish Administrator, Phil Mohr, was in attendance, much to the pleasure of all. Vestry made a decision to give both Rachel and Phil a seat and voice at Vestry which means they can contribute, but not vote. This level of coordination will help all of us communicate and engage more effectively.

At the September meeting, our Treasurer presented the financial summary for the year. While our cash position was still down mostly due to the normal summer slump, we anticipate it will recover with year-end pledge payments and our final endowment draw. We reviewed the draft of the annual audit report. All was in order and the report was approved. We are again thankful to be able to report that we received two more pledges- thanks be to God! The number of pledges is now 163 with a new total of \$556,602.

Other business included updates to our new Vestry candidate list. We eagerly anticipate our annual meeting and the election of four new Vestry members. We already have our first retreat scheduled for the last weekend in October where we will start working on new goals for the upcoming year. One of those goals will, no doubt, revolve around the future use of Gulick House. Vestry has determined to develop a way that we can use Gulick House in our ministerial efforts rather than move back in to the rental business. Exactly how we do that will be a challenge that we look forward to working on. If you have any ideas in that regard, please let any Vestry member know.

Stable Tour for 2017 continues to be an agenda item at almost every Vestry gathering. We do not yet have a volunteer to lead this event. Our plan is to gather our former Stable Tour leaders together to discuss ideas, options and how we can make this weekend a success and one that continues to support our diverse and expanding missions.

I reported on the status of our annual Vestry goals last month; not a lot of which has changed since. We do anticipate the launch of our new website - hopefully sometime this month. Phil is getting coordination going with our web administrator and finalizing the information to be presented. We will also be launching additional social media presence in order to enhance our visibility across the many available platforms.

Vestry held our final planning retreat for the year at the end of August. The time was well spent continuing our work on the current goals and trying to set the stage for continued success into the next year. We started developing our Stewardship plans for next year, discussed several building repairs and the ever present issue of resource availability, and we received an update from Rachel on youth and family ministry. Of course, we spent a fair amount of time preparing for the Annual meeting which may have occurred before you read this. If that's the case, hopefully you were in attendance, were able to cast your vote for new Vestry, and shared our enthusiasm for the coming year. We continue to thank you all for your prayers, support and assistance in our work.

In faith,
Jim Gemmer, Senior Warden

Let's Hit The River!

On October 15th, all kids in grades 4 and up will be invited to a day on the Shenandoah River. We will gather at Trinity Church in the morning (approximately 10:30am) and will drive together a few miles down the road to the river, where we will spend the day canoeing. We will share lunch together later in the day and should be back to the church around 5:30pm.

No canoeing experience necessary—we will be taught how to paddle and will be provided with life jackets. **RSVP necessary** to Rachel Rickenbaker by October 9th! This should be a fun way to welcome in the fall season and hang out with friends, old and new!



Adult Forums in October

October 2, 2016 – Annual Meeting and Vestry Elections

October 9, 2016 – No Forum

October 16, 23 & 30, 2016— The First Heretics: A Study of the Book of Acts

Two thousand years on from when the book was first written, we think of the Book of Acts as a straightforward description of how the Gospel message of Jesus Christ was spread throughout the near east, but for the Jews living in Jerusalem and throughout the Diaspora, everything about this new message was controversial and frightening. Among other things, they were asked to believe that a heretic Rabbi who had preached peace with one's enemies - and had been executed in humiliating fashion by the state - was in fact alive and the Messiah they had been told to expect; that one could commune directly with God without the need for the temple; that violating dietary laws, co-mingling with the gentiles and ignoring the Abrahamic covenant of circumcision was now acceptable, even though they had lost two kingdoms by ignoring the Mosaic law before; and finally, that the converted chief persecutor of this fledging sect was now asserting that salvation came from faith alone. And yet, somehow, in 300 years, this tiny Jesus sect went from 11 frightened men in an upper room to the conversion of a Roman Emperor. We do hope that you will join us as we study this incredible formation story, which will be in three parts:

1) Who's in charge? 2) We believe what?? 3) The end of Christian nationalism (no, really)

“Pilgrim: A Course for the Christian Journey”

**Monday evenings, Starting Oct 10th, 7:00-8:00pm,
Peard House Living Room**

The Church Publishing Company has just produced a discipleship program known as *Pilgrim*. *Pilgrim* is a teaching and discipleship resource that helps inquirers and new Christians explore what it means to travel through life with Christ. It offers an approach of participation, not persuasion. Following the practice of the ancient disciplines of biblical reflection and prayer, with quotes from the Christian tradition throughout the ages, *Pilgrim* assumes little or no knowledge of the Christian Faith. Each course offers six sessions, each that combine a simple prayer, reflection on a biblical selection using *lectio divina*, an article by a modern writer, and reflection questions.



We will begin with Course I, Turning to Christ. : What do Christians believe? This is the question explored as the questions that are asked at Holy Baptism are discussed. We begin by looking at whom Jesus was; why did people want to spend time with him so long ago and why do we promise to turn to Christ and follow him today? This is followed by learning what Christians believe about God, Jesus Christ as the Son of God, the Holy Spirit, and the Baptismal Covenant. Persons interested in attending should let the Rector know so sufficient materials can be ordered.

**Men's Bible Study, 3rd Saturday of the month, 9:00-10:00am, Cox Hall
The Gospel of Matthew, Began Saturday September 17th**

A wonderful group has been meeting for over a year now on the 3rd Saturday of the month at 8:00am for breakfast and conversation. During that time, we have decided to add a Bible study to the morning. We are now studying the Good News about Jesus as written by Matthew. Matthew's Gospel will be the focal point on Sunday mornings during the coming year, so this will give us the opportunity to get a head start. Please bring your favorite Bible to this discussion.

Meet Our New Parish Administrator

Phil Mohr joined our staff on September 19 as our new Parish Administrator. Phil comes to us from Sterling United Methodist Church, where he served as Church Ministries Administrator for 5 years. Prior to that role, Phil was Director of Youth Ministries at Sterling UMC for 7 years. Phil and his family moved to Sterling in 2004 from Ann Arbor, Michigan, where he served as Director of Youth Ministries for 6 years while completing his schooling.

Phil grew up in Vienna, Virginia. After high school he studied civil engineering at the University of Virginia, where he received his bachelor's degree. He then earned his master's and doctorate degrees in Civil Engineering from the University of Michigan. While he was completing his studies, the Lord called Phil into local church ministry, and he has been active in church vocation ever since.

Phil is married to the love of his life, Teresa, a Winchester native. Teresa, a social worker by degree, currently works as a substitute teacher in the Loudoun County Public Schools. They have two sons, Daniel (15) and Eric (10). Daniel plays and referees soccer, and plays percussion in the high school band. Eric is an avid baseball player.



Phil is excited to share in ministry with the people of Trinity Church. He is looking forward to learning all about Trinity's ministries, and to doing everything he can to help Trinity excel in the work of Christ in our world. Phil has a special passion for missions and service, as he believes the faith we profess is lived out in acts of love and service in Christ's name.

Phil would be delighted to greet you in the church office, so feel free to stop in and say hello. Phil's email address is: pmohr@trinityuppperiville.org.

DID YOU KNOW?

Little known facts about Trinity Episcopal Church – Upperville, VA

During the ministry of Rev. Richard T. C. Peard, the Trinity Church Thrift Shop was established as a community outreach project for the greater Upperville Community. For many years, the Mary D. Neville Guild held an annual fundraiser, "The Trinity Rummage Sale". While it raised a modest amount of funds, it became obvious the needs of the community were greater than the money generated. It was suggested that Trinity host a "thrift store" and this was developed into a separate entity to the church and made up of members and non-members of Trinity. Aably lead by the late "BeBe" Bauer, numerous volunteers enthusiastically came together to receive, sort, price and sell gently used clothing and accessories for very modest prices every Saturday morning in the church basement.

After a number of years operating in the church basement and dealing with the poor lighting and steep steps into and out of the shop, it was decided to move the Thrift Shop to another location. No one seemed to agree on the best location and interest waned. In 2005, a group came together to revitalize the Thrift Shop and move it to the Keith House just east of the church.

Then Hurricane Katrina hit the Gulf coast. Bebe Bauer's daughter, Susan Richards, came up with the brilliant idea to send most of the remaining clothing to a distribution center in the Gulf Coast area. This proved to be a two-fold blessing. All the clothing was put to good use almost immediately and the newly re-organized shop would have a fresh start.

To this day, every Saturday, volunteers are selling slightly used items for very reasonable prices and the value is three-fold:

- Local people have a place to give used clothing instead of just throwing it away.
- Local people can purchase reasonably priced, good clothing and accessories.
- Money raised from these sales help local people in the community with necessities; i.e. heating bills, rent, prescriptions, et cetera.

Thanks to the foresight of a few people and the continuing hard work of many; we have a wonderful ongoing outreach project benefiting the local area.

From the Assistant Rector

Dear People of Trinity Church,

It is hard to believe we are beginning the fall season. The temperatures are slowly changing over and the beauty of the autumn is starting to appear. I am looking forward to being at Trinity during such a beautiful time of the year, and thanks be to God for His glorious creation!

We continue in our Lectionary cycle with the Gospel of Luke, which has presented some tough, but great passages for us this summer. One of my favorite Gospel passages is coming up in October, from Luke Chapter 15.

“The apostles said to the Lord, ‘Increase our faith!’ The Lord replied, ‘If you had faith the size of a mustard seed, you could say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it would obey you.’”

If you have seen a mustard seed, you know how tiny they are! Jesus used this example to show how even a small bit of faith can be transformed into incredible things with God’s help! In a time that can often feel discouraging, as we continue to hear stories of fearful and tragic things taking place in our own communities and around the world, it is more important than ever to hold onto faith in Jesus Christ. There are signs of hope springing around us, even as we live amidst the difficulties of this world.

We can witness to our faith and hope in Jesus through our own community. We kicked off the year with an intergenerational event, the DC United soccer match on September 24th. We had 40 people, adults and children, attending, and we had a blast! Our SOME ministry is continuing to reach people in need, and this past month, I was able to witness and join in the amazing work of so many hands in feeding our neighbors in the DC area. The next event will take place on November 18th and could always use new volunteers! We have new Sunday school teachers and classrooms to help grow our Sunday School program, and we’re looking for new ways to reach people of all ages and experiences. What are some ways you may be able to grow deeper in the Christian faith? What are other signs of “mulberry trees being moved” in our community?

Thanks be to God for His presence with us throughout our lives, in everything we experience. If we have even a small bit of faith, imagine the amazing things that could continue to take place here at Trinity and even beyond!

God’s peace,

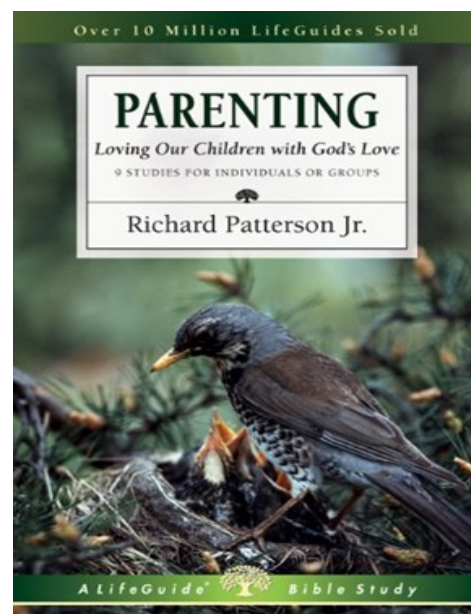


The Rev. Deacon Rachel Rickenbaker

Christian Parenting Group!

The newly-formed Christian Parenting group is now meeting from 9:30—10:15 am in the Peard House Living Room. It is intended to be a safe space for parents and grandparents to discuss the joys and struggles in raising children in the Christian faith in the world today. We are using the resource *Parenting: Loving Our Children with God’s Love*, which provides a Bible passage around a certain topic and questions to prompt discussion. If you miss a week, it is okay--please come and join any time! We will meet in Peard House each week until Nov. 20th, minus Oct. 2nd, which is Annual Meeting. If interested or if you have any questions, please RSVP to Rachel at rrickenbaker@trinityupperville.org. Please RSVP, so we can know to order you a book!

Breakfast foods and coffee will be provided! Sunday School will take place during this time, so bring your kids and grandkids to Sunday School, and then gather for great conversation, study, and fellowship!





SERVING IN NOVEMBER

Altar Guild	Oct 20—Nov 23: Ellen Hall, Holly Bimba, Harriett Condon, Celeste Wheelwright, Martha Williamson Nov 24—Dec 28: Jolly deGive, Natalie Epstein, Jim Gable, Patty Jarvis, Pamela Wynfield			
	November 6 All Saints (transferred)	November 13 25 Pentecost	November 20 Last Pentecost	November 27 I Advent
Flower Guild	June Hambrick Jessica Diday Margaret Hilliard Jason Labrador Janet Noland, Marissa Hasser	Jimmy Hatcher Elizabeth Gore Barbara Sharp Ann Coles	Carolyn Smith Arla Lewis Linda Newton Mary MacDonnell Gretchen Zeltner Alix Coolidge Mark Thompson	Anne Coyner, Barbara Augenblick, Sally Fletcher Becky Hoecker Cindy Mullett Cathy Boswell
Memorial Flow- ers		Wanda and Foster Johann	John Levis	
Lectionary Readings	Daniel 7:1-3, 15-18 Psalm 149 Ephesians 1; 11-23 Luke 6:20-31	Malachi 4:1-2a Psalm 98 2 Thessalonians 3: 6-13 Luke 21: 5-19	Jeremiah 23: 1-6 Psalm 46 Colossians 1: 11-20 Luke 23: 33-43	Isaiah 2:1-5 Romans 13:11-14 Psalm 122 Matthew 24:36-44
8:00 a.m. Service: Holy Eucharist Rite I				
LEM	Jeff Millington	Cheri Martin	Beth Lamond	Carol Miller
Lector	Kelly Johnson	Lewis Martin	Cindy Thompson	Greg Ellison
Ushers	Nicky Perry	Debbie Gerbich Jeff Millington	Robert Bonnie John Miller	Sarah and Greg Ellison
Healing Ministry	Clyde Lamond			
Coffee Hour		Carol Miller		Lori Connelly-deFranco
10:30 a.m. Service Holy Eucharist Rite II				
LEM	Barbara Augenblick Ken Knapp	Michael Main Sabine Bibb	Sophie Coolidge Robbie Moore	Ed Moore Johanna Jackson
Lectors	Ginny Fluet Bucky Slater	Henry Long Page Gravely	TBD	Randy Mullett Jill Vogel
Ushers	Mac Hartley David Hartley Henry Chapman	Brett Bibb Barbara Augenblick Ray Ewing	TBD	Pamela Wynfield Ken Knapp Elizabeth Courts
Healing Ministry	Stephanie Knapp Michael Scholes	Ginny Fluet Melissa Neal	Joe Fluet Stephanie Knapp	Michael Scholes
Coffee Hour		Jessica and Sanford Diday		
If you are unable to serve on your scheduled day, please find someone with whom to trade. Please remember to notify the church office of any changes. Thank you.				



MUSICAL NOTES

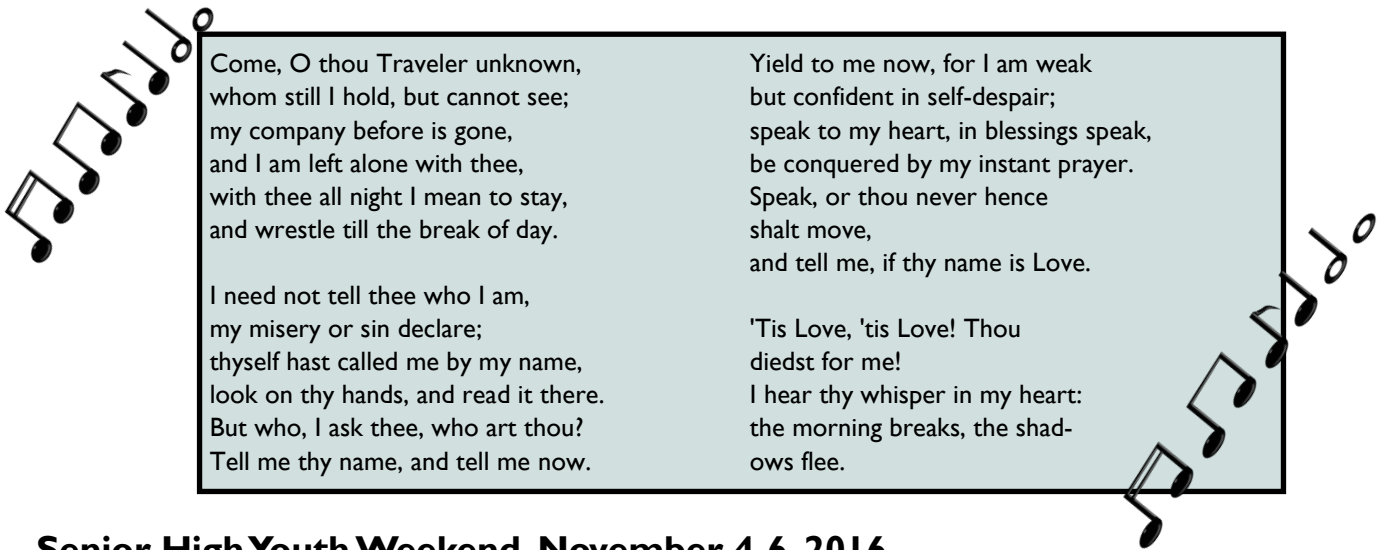
Mark your calendars now! On Sunday, October 16, we will sing the greatest hymn ever written.

First it is important to understand that while we think of hymns as the songs we sing in church, a hymn is actually just the text, a form of poetry with theological meaning. These religious poems may be set to many different tunes called chorales. The hymn "Wrestling Jacob", often called by its first line "Come, O thou traveler unknown" was written by Charles Wesley about the story from Genesis of Jacob wrestling with the angel and was first published in 1742. I will leave the explanation of the theological significance of both the story and the poem to our resident clergy but will attempt to reveal it's meaning by coupling it with beautiful music. On the Sunday where the lesson is appointed we will sing this poignant poem set to three different tunes. The first is the setting in our Hymnal 1982 which uses the tune *Vernon* first published by Joseph Funk right here in the Shenandoah Valley. During Communion we will use the same text set to the traditional Scottish tune *Candler* as found in the Methodist Hymnal. For the Offertory Anthem, the choir will sing yet another version set to a 20th century tune written by Erik Routley which does an exceptional job of capturing the drama of this ancient story.

Charles Wesley was the brother of John Wesley, Anglican priest and founder of Methodism. It is believed that Charles wrote over 6500 hymns in his lifetime and is arguably the greatest hymn writer of all time. If one were to argue this point it would probably be in favor of Isaac Watts, known as "the father of English Hymnody" and author of over 750 hymns in print, many of which are great classics. About this hymn, John Wesley quoted Dr. Watts as saying, "That single poem, 'Wrestling Jacob' was worth all the verses he himself had written".

And thus: the greatest hymn ever written.

Christian



<p>Come, O thou Traveler unknown, whom still I hold, but cannot see; my company before is gone, and I am left alone with thee, with thee all night I mean to stay, and wrestle till the break of day.</p>	<p>Yield to me now, for I am weak but confident in self-despair; speak to my heart, in blessings speak, be conquered by my instant prayer. Speak, or thou never hence shalt move, and tell me, if thy name is Love.</p>
<p>I need not tell thee who I am, my misery or sin declare; thyself hast called me by my name, look on thy hands, and read it there. But who, I ask thee, who art thou? Tell me thy name, and tell me now.</p>	<p>'Tis Love, 'tis Love! Thou diedst for me! I hear thy whisper in my heart: the morning breaks, the shadows flee.</p>

Senior High Youth Weekend, November 4-6, 2016 Shrine Mont Diocesan Conference Center, Orkney Springs, VA

Join senior high students and their adult leaders from throughout the Diocese at Shrine Mont and have a weekend of fun and fellowship while enjoying the opportunity to feel connected with something bigger than just your own youth group.

The Senior High weekend will consist of around 150 folks total and the youth represent the different types of churches in our diocese: old and young, large and small - you name it, and they're here. This is a wonderful opportunity for youth leaders to meet other people in the Diocese who are doing this same ministry for youth. It is also a time for high-schoolers from all over the Diocese to meet one another, worship and have fun together.

Cost is \$150. Scholarship aid is available. Please contact Rachel at rrickenbaker@trinityuppperville.org if interested.

Feed My Lambs

In John 21, Jesus asked Peter 3 times “Do you love me?” When Peter responded, “You know I do!”, Jesus’ reply was always “Feed My Lambs”, i.e. take care of the ones who love me. One of the ways that we follow this command is our coffee hour ministry. Literally, we feed God’s children every week, and we feed them exceedingly well! As Christians, we are all called by Jesus to this ministry. Many parishioners already create loving offerings for our nourishment and enjoyment every week.



However, we would like to improve the ministry in the following ways:

- Get people signed up in advance for EVERY week of the year so we don’t miss any Sundays.
- Enable teams of people to sign up so the work is lighter for everyone.
- Make it easier for new people to sign up for coffee hour with more experienced folks to show them around the kitchen.
- Make it easier to connect with others to share a coffee hour.
- Help us all to get to know each other better by working in groups.

In order to facilitate this, we are going to use Sign Up Genius, an online website that church members can use to sign up for a coffee hour team. The great thing about the new system is that it is easy to use and it sends out email reminders to everyone when it is your week for coffee hour. Teams can then communicate as needed about who’s bringing and doing what.

We have set up the Feed My Lambs calendar for the year in the Genius system and loaded in all the “standard” weeks that people or groups do on the same Sunday every year. The online calendar will show each week, 6 volunteer slots and the names of all volunteers who have currently signed up. So you can sign up your team that you like to work with, sign up on a new team that you’d like to get to know or sign up your whole family if you have enough volunteers already!

We will be sending out an invitation to each of you to enable you to sign up on Feed My Lambs. Please take a look at the schedule and add your name to available slots that are convenient for you. Each coffee hour has slots for teams of up to six people to help with food, serving and cleanup. Please consider helping with coffee hour once or twice per year. Feel free to form your own team or join an available group. After you have signed up, you will receive an email confirmation as well as a reminder from Sign Up Genius, and a phone call from Betsy Crenshaw as your date approaches.

Remember, more hands will make the job easy and enjoyable, and it is a great way to get to know others! Whenever anyone changes something on the calendar, the Administrator (that’s Betsy) will be notified and will print out a new calendar and put it on the wall in the Parish Hall. If you aren’t a computer person, you can still sign up on the wall in Cox Hall or call Betsy and she will sign you up.

Please sign up soon in order to get the date you want (note: You can always change or delete yourself anytime up until 2 weeks before your Sunday.)! If you have not gotten an invitation yet, please email Janie Banse at janiebanse@mac.com and she will send you one.

Trinity Episcopal Church

The Diocese of Virginia

The Rt. Rev. Shannon S. Johnston,

Bishop of Virginia

The Rt. Rev. Susan E. Goff,

Bishop Suffragan

The Rt. Rev. Edwin F. "Ted" Gulick Jr.,

Assistant Bishop

Clergy & Staff

The Rev. Robert L. Banse, Jr., Rector

Christian Myers, Director of Music Ministry

Richard McPherson, Organist

Phil Mohr, Parish Administrator

Betsy Crenshaw, Administrative Assistant

Angela Lake, Housekeeping

Tommy Breeden, Sexton

Officers & Vestry

Jim Gemmer, Senior Warden

Ellen Hall Junior Warden

Carol Miller, Treasurer

Jolly de Give, Registrar

Class of 2016

Bob Appenzeller, Joe Fluet
Marguerite Sweeny, Pamela Wynfield

Class of 2017

Barbara Conner, Susan Grayson

Jim Gemmer, Dan Murphy

Class of 2018

Ellen Hall, Mark Thompson,

Debra Latiolais, Matt Blunt



Break Out of Your Shell
Oyster Roast 2016
 To Benefit Piedmont Child Care Center
 Saturday, Nov 5, 2016

The Hill School
The Dornin Science Center
 1755 Halfway Road
 Middleburg, VA 20117

Oysters from the Northern Neck
Ham Down BBQ
Music by Troy and Paula Haag

Tickets
\$35 In Advance;
\$45 Week of the Event

Contact for Tickets
 PCCC@Piedmontchildcare.org
 (540)592-3908

All proceeds go to the
 John P. Lewis Scholarship Fund,
 a 501 C3 Organization

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