



**THE CHRIST CHURCH CHRONICLER**  
Christ Episcopal Church  
Spotsylvania, Virginia

**THE MISSION OF CHRIST CHURCH is to bring all persons to the saving knowledge of Jesus Christ through Word, Sacraments, and instruction, as taught through the Episcopal tradition, that all may know the joy and grace of faith.**

**December 2011**



***A Message from the Rector***

**Ministry Opportunity in Haiti**

Last January at our annual parish meeting I suggested that the vestry and parish consider a broader program of outreach. We do a wonderful job of responding to the needs of our immediate neighbors through the Food Pantry and the Thrift Shop. It seemed time to me to expand beyond the community of Spotsylvania. So I asked the vestry to consider entering into a “partner parish” relationship with a church in Haiti. The Haiti partner parish program, run by the Diocese of Haiti, and promoted by our Bishop already involved a number of Virginia parishes.

Well, it turns out that our friends at St. George’s in Fredericksburg have already entered into a partner parish relationship with a church in Haiti. They are partnered with Notre Dame d’Annonciation in Bolosse, Port au Prince. Their rector’s name is Father Jean Fils Chery. Carey Chirico, the Director of Outreach at St. George’s, recently made a presentation to the Regional council meeting, and invited churches to get involved in any way they want in helping to support the church in Haiti.

Haiti happens to be the largest diocese of the Episcopal Church. St. George’s involvement with Notre Dame d’Annonciation is through the Episcopal Church and the bishop of Haiti. All money goes to a diocesan bank account, in an American bank, and the rector has to make written request for the funds to his bishop including how the funds will be spent. He also has to make an accounting of all money spent. In other words, the government of Haiti is not involved in the transaction, and there is oversight and accountability.

Notre Dame d’Annonciation is located in one of the worst slums of Port au Prince. The needs of this parish are great. They also operate a school with 250 students. The students are fed while in school, and for many of them it is the only meal they get all day.

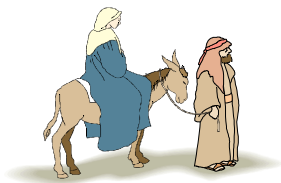
Carey Chirico will be here to make a presentation during the adult education time on December 11. She will tell us about the parish and the school in Haiti from her experience of visiting them several times. She will tell us some of the needs there, and how we can get involved to help. Please come to hear her presentation.

For most of the history of Christ Church, we have been a kind of “little sister” to St. George’s. It was their clergy who came out here to do the services, since Christ Church did not have full time clergy until the 1970s. This opportunity to get involved through the ministry of St. George’s to help fellow Episcopalians in Haiti seems like a fitting way to expand our involvement into overseas mission. I pray that God blesses this ministry.

## DECEMBER 2011 LAY MINISTERS SCHEDULE

Lector	Chalice Bearer	Acolytes	Ushers	Altar Guild	Nursery
<b><u>December 4</u></b>					
8:00 Dana Houck	David Lynch		Henry Howe	Williams Team	
10:30 Roy Smith	David Lynch Stephanie Smith	Shelby Kuhl Megan LeBlanc Matthew LeBlanc	Bill Palmer Tim Zafrano		Barbara Deal
<b><u>December 11</u></b>					
8:00 David Lynch	Ray Crafton		Bob Gere	DiRusso Team	
10:30 David Cain	Werner Wieland Kristi Gross	Jenna Phillips Allison Eagle Christopher Cronin	George Wyant Hank Mausolf		Erin Senters
<b><u>December 18</u></b>					
8:00 Shirley Pozzato	Harry Frank		Thom Smelter	Magin Team	
10:30 Anne Williams	Penny Knepp Judi O'Neill	Ruth Packard David Packard Aaron Packard	Denise Crigger Frank Carosella		Mykaila McWhirt
<b><u>December 24</u></b>					
5:00 PM (No Lector)	Linda Salisbury Joe Junod	Lindsey Bates Shelby Kuhl Megan LeBlanc Matthew LeBlanc	Tim Zafrano Frank Carosella	Wieland Team	
11:00 PM Ann Woolford	Jeff Massey Mark Walker	Hannah Clifford Hunter Clifford Colby Clifford	George Wyant Ron Magin	Williams Team	
<b><u>December 25</u></b>					
Noon Henry Howe	Ray Crafton		Robert Truslow		Nursery open but no staff available.

**You are responsible for finding your own replacement in the event that you cannot serve when scheduled. Notify parish office of replacements.**



# The Chronicler

December 2011

**Choir Director**

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[fmc@christchurchspotsy.com](mailto:fmc@christchurchspotsy.com)

**Vestry**

**Senior Warden** Joe Junod

**Junior Warden** Bill Butler

**Treasurer** Sarah Estes

**Asst. Treasurer** Mary Williams

**Register** Ann Woolford

**Vestry**

Danville Fourie

Judy Fristoe

Jim Kenkel

Josh LeBlanc

Tricia Smelter

Betsy Warne

Brad White



## Welcome Visitors!

Christ Church would like to extend a warm welcome to our visitors; Maria Stockli; David, Terri & Kyle Evers and Alley Lee. Christ Church welcomes you.

Farewell to A.G. Willis who transferred to St. Asaph's, Bowling Green, where The Reverend Bambi Willis is Rector.

## Annual Bishop Visit

The Rt. Rev. Edwin F. "Ted" Gulick, Jr., assistant bishop of the Diocese of Virginia will make the annual Episcopal visitation on Sunday, February 5, 2012. Bishop Gulick will preside at the 10:30 service, and celebrate confirmations and receptions.

## Annual Parish Meeting

Sunday, January 22<sup>nd</sup>, after the 10:30 service, we will convene our Annual Parish Meeting in the Great Hall. The 2012 budget will be presented. Elections for vestry members will be held. Following the meeting we will have a potluck luncheon. Please plan to attend.



# Happy Birthday!



- 02) Joshua Butler
- 04) Eddie Clarkin  
Tim Watts
- 06) Jacob McWhirt  
Pat Rooney
- 08) Allen Bareford  
Dominic Cronin  
Tate Mattive  
Hank Mausolf
- 09) Janice Kenkel

- 10) Tom Lake  
Wayne Knepp  
Jeff Massey
- 11) Oliver Carter
- 12) Buck Sutton
- 13) Susan Cambell  
Leo Herrin
- 14 Elizabeth Brown  
Melissa Barnes  
Mark Stockli  
Sara Turner

- 15) Michele Schiesser
- 17) Larry Gross
- 20) Marion Zimmermann
- 22) Tristan Crigger-Cox  
Gene DiRusso
- 27) Christopher Cronin
- 30) Robert Truslow  
Brad White

## Oh No!!

Happy belated birthday to Kristi DiFilippo, whose birthday was left off of the birthday list last month. Her birthday was November 12<sup>th</sup>. We hope you had a lovely birthday.



## Congratulations

Congratulations to Bill and Joan Palmer on the birth of their first great-grandchild! Liam Royce Fairchild was born to their granddaughter Sarah Carter on November 1. Mother and baby are doing well.

Also, congratulations to Josh and McKenzie Goldberg on the birth of their first daughter Rachel, on October 20<sup>th</sup>. Rachel has two older brothers, Ethan and Brady.

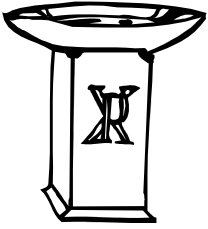


## CONDOLENCES

The Christ Church family offers its deepest sympathy to; the family of Claudia Sadlowe, who passed away on November 8<sup>th</sup>.

And also to John and Judy Fristoe on the recent death of Judy's mother, Margaret Wallace.

“May all the departed, by the mercy of God, rest in peace.”



## Baptisms

Owen Thomas Smelter, Logan Thomas Smelter, grandsons of Thom and Tricia Smelter; and Thomas Eldred Lee, IV baptized on November 13.

## Nursery Update Volunteers needed



The nursery is looking for volunteers for the 10:30 AM service. You can volunteer to become part of our regular nursery team or for a temporary time. We welcome anyone to join us, including teenagers looking for babysitting experience. For more information, please contact Suzi Zafrano at (540) 399-5058.

December 4th - Barbara Deal

December 11th - Erin Senters

December 18th - Mykaila McWhirt

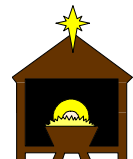
December 25th - the nursery will be open for use, however will not be staffed.

## Painting by Johnny Johnson

Mother and Child Painting by Johnny Johnson. This lovely painting was donated by Ruth Brancolini to the Frame Design shop, 2010 College Avenue, Fredericksburg, (540) 371-0567. Johnny Johnson is a well-known artist in the Fredericksburg area as well as a former art teacher at James Monroe High School. All proceeds from this sale will be donated to Christ Church. Stop by and check it out!

## A Bit of Episcopal Humor

Mary and Joseph arrive at the Inn in Bethlehem and the Innkeeper tells Joseph “there’s no room here.” Joseph replies, “But my wife’s pregnant, Sir!” “That’s not my fault,” the Innkeeper says. “It’s not my fault, either!” replies Joseph.



## Family Ministry Corner

Jenny LeBlanc, Family Ministry Coordinator



Wow! It's hard to believe that it's time to think about Christmas, I am still recovering from our Thanksgiving holiday. I blinked and now I am surrounded by Christmas. Everywhere I go I'm overwhelmed by someone trying to sell me something that I "can't live without, it's the perfect gift". I can't even turn the TV on without an advertisement telling me about "the sale of the season". Unfortunately, sometimes it feels as if Christmas has become a holiday centered on "the gimmies" instead of the birth of Jesus.

To some degree we all fall into the trap, the commercialism of Christmas. We fall into it by mistake. We want to get something special for our loved ones, we want to make the season magical for our kids, or we do things because it's become a family tradition. All of these things are good and I'm not about to tell you to stop. I love giving gifts even more than receiving them and there is nothing better than seeing my kids faces light up! We have many family traditions that it just wouldn't feel like Christmas if we didn't do them. Yet, I do feel like over the years we have become too focused on the material things of Christmas and it's time to refocus on what is really important.

Christmas is supposed to be about remembering and celebrating the birth of Jesus. What better way to celebrate him than to remember those around us? Not just the people we are friends with, but those we do not know. There are so many people in need and it is so easy to do something to help. You could volunteer to help put together the Food Pantry Christmas Baskets, work in a soup kitchen for an afternoon, or help your kids pick out and donate toys, clothes and other necessities. It could even be as simple as writing a Christmas card to a wounded soldier or going caroling to share your Christmas cheer with those who feel they have none.

There are so many ways to care for those around us and most of them are so simple that you won't even realize that you are making a difference in their lives. God has blessed each of us in so many ways that I think we should all commit to give Him a gift for Christmas and that is to bless someone else. If God loves us so much that he gave his only son for us shouldn't we be willing to do something for those around us in celebration of Him?

# Advent & Christmas Schedule

## November 27, First Sunday of Advent

- 8:00 AM Holy Eucharist Rite I \*David Lynch preaching
- 9:15 AM Christian Education
- 10:30 AM Holy Eucharist Rite II\*  
Children's Chapel

## December 3, Saturday

- 1:00 PM Spotsylvania Holiday Parade

## December 4, Second Sunday of Advent

- 8:00 AM Holy Eucharist Rite I
- 9:15 AM Christian Education
- 10:30 AM Holy Eucharist Rite II--visit from St. Nicholas
- 4:45 PM Courthouse Christmas Luminary  
Christ Church Choir singing

## December 11, Third Sunday of Advent

- 8:00 AM Holy Eucharist Rite I
- 9:15 AM Christian Education
- 10:30 AM Holy Eucharist Rite II  
Children's Chapel
- Christmas Caroling after church

## December 17, Saturday

- 10 to noon Distribution of Xmas Baskets
- 10:00-12:00 Christmas Pageant Rehearsal (part of party)
- 10:00-3:00 Christmas Party for kids

## December 18, Fourth Sunday of Advent

- 8:00 AM Holy Eucharist Rite I \*David Lynch preaching
- 9:15 AM Christian Education
- 10:30 AM Holy Eucharist Rite II\*  
Children's Chapel
- 11:45 AM Greening of the Church

## December 24, Christmas Eve

- 4:30 PM Carol Sing-a-long
- 5:00 PM Holy Eucharist Rite II with pageant
- 10:30 PM Choral Prelude
- 11:00 PM Holy Eucharist Rite I

## December 25, Christmas Day

- 12:00 PM Holy Eucharist Rite I

## January 1, First Sunday after Christmas

- 8:00 AM Holy Eucharist Rite I
- 10:30 AM Lessons & Carols w/ Eucharist





## **The Spotsylvania Christmas Parade is Back!**



The 34<sup>th</sup> Spotsylvania Christmas Parade will be held next Saturday, December 3<sup>rd</sup>. It will begin at 1:00 PM at the Spotsylvania Middle School, pass Christ Church and end at the new Spotsylvania Courthouse Village (just off of Brock Road). The Episcopal Church Men will be selling hotdogs, hamburgers, hot chocolate, coffee and more. The Luminary will be held the following day, December 4<sup>th</sup>, at 4:45 PM in front of the historic Spotsylvania Courthouse. Parks and Recreation is organizing this event and plans to have many musical and church groups participating. Please “save the date(s)” and join fellow church members and fellow Spotsylvanians for this annual holiday celebration.

### **Courthouse Christmas Luminary**

The Christ Church Choir will be a part of the annual Courthouse Christmas Luminary on Sunday, Dec 4<sup>th</sup> at 4:45. Several churches have been invited to participate in this caroling concert on the lawn of the old courthouse. Boy Scouts will light luminaria surrounding the lawn and the old courthouse bell signals the beginning of the concert. So bundle up, bring a friend or two and become a part of this Spotsylvania tradition.

### **Vestry Candidates**

At the Annual Parish Meeting on January 22<sup>nd</sup>, we will elect new members to the vestry, the parish’s governing board. There are three regular three-year terms to be filled, and one unexpired one-year term. To run for vestry you must be an adult (16 years old), confirmed communicant in good standing – meaning that you are regular in attendance and in working, praying, and giving for the spread of the Kingdom of God. Speak to Father Packard or a current vestry member if you have questions. Candidate forms are available in the back of the church and at the Communications Center.

### **Christ Church October Finance Report: Expenses Way Down**

Total expenses in September were down \$7,000 to budget, or 19% - despite spending \$2,000 on electrical repairs at the thrift shop. For the year, expenses are down 9% to budget, or \$32,750. Also, in October, we received \$15,563 in pledge income, 96% of what was pledged. For the year, we have received \$153,665 in pledge income, 95% of what was pledged. Total income for the month was \$24,280, compared to a budget of \$30,341. For the year, total income is 1% above budget.



## Christmas Card Campaign

Every year after I have sent out Christmas cards to all of my friends and family it seems like I always have just one or two extra cards left over. I think that I will keep and use them, but they usually get put in a small box and packed away to use next year. Then when next year rolls around, I forget about them and buy new ones. This year we are going to use them! The youth are starting a Christmas Card Campaign! We will be making Christmas cards for the wounded soldiers at Walter Reed National Military Medical Center and we are asking you to join us in our campaign. Our goal is to send one card to represent each family of Christ Church. Please use your extra cards to send your love and thanks to our recovering soldiers. Over the next several weeks we will have a wrapped Christmas box at coffee hour to collect your cards. Please write "Wounded Warrior" care of "Walter Reed Medical Center" on your envelope and just drop it in. No postage needed, Mary Kovach will hand deliver them to Walter Reed. Thank you for helping us reach our goal and for remembering our soldiers who have given so much for us. Merry Christmas!

### Thanks!



Many thanks to everyone who helped make the Harvest Festival such a great success on October 30<sup>th</sup>, especially all those who organized, decorated, brought food, submitted a pie or a pumpkin for one of the contests, and helped clean up. The youth presented a very scary Haunted Classroom. Mark Walker provided the music. A VERY SPECIAL thanks to Lydia Pozzato for once again leading this event.

### More Episcopal Humor

A member of the Methodist church hadn't been to church in a long time, and the minister called on him to find out why.

"Reverend," the man said, my clothes are shabby, and I am ashamed to go."

So, the minister got a new suit of clothes for him. But the next Sunday the man still didn't show. Somewhat peeved, the minister paid him another visit. He found the man sitting on the front porch all dressed up.

"What's the matter, Ed?" he asked. "I expected to see you today in church."

"Well, I'll tell you, Reverend," Ed said. "When I put on these new clothes, I looked so prosperous, I thought I ought to go to the Episcopal church instead!"

## Episcopal Church Women Spreading Christmas Cheer



Once again the ECW will be heading out to sing and deliver handmade ornaments to the residents of Wilburn Gardens Nursing Home. On December 13th they will meet at O'Charlie's for lunch at 12:00 and then head over to the nursing home to spread Christmas Cheer. Come and join this Christmas tradition! If you have any questions please contact Debbie Garland at (540) 898-8732.

### **Book Group**

The Book Group will break for the Christmas holidays and resume February 6, 2012. Other dates are March 5<sup>th</sup> and May 7<sup>th</sup>. Look for topics and future dates in our church Announcements and the January Chronicler. Have a safe and wonderful holiday!

### **The Brotherhood of St. Andrew**

The Brotherhood of St. Andrew Saturday meetings include fellowship over breakfast, a brief Bible study and prayer. All members of the parish are invited. Because of the holidays, the only December date the group will meet is December 10<sup>th</sup> in the Great Hall, 8 - 9 AM. Contact Ray Crafton at (540) 785-7840 for more information.

### **Weather Alert**

When there is snow on Sunday, we expect everyone to use his or her best judgment about attempting to attend worship services. When in doubt as to whether services have been cancelled, you may check out the parish web page or [www.Fredericksburg.com](http://www.Fredericksburg.com). Also listen to the following FM radio stations: 93.3 WFLS, 95.9 WGRQ, 96.9 WWUZ, 99.3 WYSK, 104.5 WGRX.



### **Calendars for Sale**

Many orders have been received for the photo wall calendars that feature Christ Church and other historic parishes in Virginia. If you are interested in purchasing one or more, please let Judy Fristoe know. They will make a wonderful gift for friends and family, or a keepsake for parishioners.



## Christmas Caroling

Mark your calendar! The youth invite you to join them as they go caroling on December 11<sup>th</sup> after the 10:30 service, to some of our homebound friends and family. Bring a bag lunch; we will gather in the Great Hall, have lunch and then head out to make a joyful noise and spread some good cheer! Everyone is welcome to attend and we are hoping for a large group! Make sure you dress warmly and come ready to sing! For planning purposes, please sign-up at the Communications Center; however, you can sign up as late as the day of the event. If you have any questions please contact Jenny LeBlanc at 582-5033 or [fmc@christchurchspotsy.com](mailto:fmc@christchurchspotsy.com) or Kris Clifford at [kristine.clifford214@gmail.com](mailto:kristine.clifford214@gmail.com).

## Sunlight Garden Club

The Sunlight Garden won't meet again until April 2012. Meanwhile, if you wish information about the club, contact Shirley Main at (540) 373-1230 or Sue Ann Thomas, (540) 891-7458.



## Yoga for Food



Enjoy an hour of yoga and support the Christmas food baskets by donating non-perishable goods for your lesson. Choose Monday, Dec. 12<sup>th</sup> or Wednesday, Dec. 14<sup>th</sup>. The group meets at 8:30 AM Monday and Wednesday in the Great Hall of ASH. A class will not be held on Wednesday, December 21st. Come join us in the new year, yoga will absolutely give you more vitality. Contact Missie @ [missiejarman@hughes.net](mailto:missiejarman@hughes.net) or (540) 582-8831.



## Ballroom Dancing

Get your dancing shoes ready! The next two dates in All Saints Hall for Ballroom Dancing, is Saturday, January 14<sup>th</sup> and 28<sup>th</sup>. Price is \$20 per couple. This is a chance to dance all the classic steps-waltz, rumba, fox trot, etc. Contact Linda Conlin at 891-4297 for more details or just show up.

## HOLIDAY FOOD BASKET PROGRAM



The Holiday Food Basket Program is a special outreach by our Food Pantry to provide a turkey with all the trimmings to those in need in our local community. These baskets will be distributed on Saturday, December 17<sup>th</sup>, 10 AM to noon.

Your donations to purchase the turkeys are essential! Please leave your contribution in the collection plate in one of our “Holiday Basket Donation” envelopes that you will find the back of the church.

We are also accepting non-perishable foods that would be part of a holiday meal such as boxed stuffing or canned cranberry sauce. These items can be brought to any Sunday Service or the Food Pantry. If brought to church, leave in the last pew of the church.

There is a sign-up sheet in All Saints Hall, if you would like to volunteer to pack and distribute the baskets. If you have any questions, please contact Jim or Janice Kenkel at [Kenkelje@comcast.net](mailto:Kenkelje@comcast.net) or Allen Bareford at (540) 845-1888 or [Abareford@fre.idc.virginia.gov](mailto:Abareford@fre.idc.virginia.gov)

*“It is more blessed to give than to receive.” - Jesus, in Acts 20:35*

### **Bonfire for Epiphany**



On the feast of the Epiphany, Friday, January 6, we will have a bonfire to burn all the Christmas greens. You are invited to come and bring your greens from home; Christmas trees, wreaths, garlands, etc. These trees need to be free of all decorations and no plastic trees or wreaths are allowed or accepted. We will gather at 6:00 PM on the flat area behind the parking lot, and get the fire started around 6:30. Hot beverages will be served. Prayers and holiday songs will be offered.

### **Fellowship Commission**



We need you to share yourself and your time hosting Fellowship on Sundays. Fellowship hour is a very important ministry as it gives us time to socialize once a week as a church family. You may dedicate your hosting time in memory, in honor or in celebration of a particular event. Talk to Bill Butler about hosting and then sign up at the Communication Center. Even once a month will help.

# HOW TO BE HAPPY NO MATTER WHAT

By Srikumar S. Rao



Many of us believe that happiness can somehow come only by great effort, and we spend a lifetime seeking it. But unending joy is actually closer to us than our own skin, and there is nothing we have to do or get or be to experience it. All we have to do is stop driving it away. And the principal way in which we drive happiness away is "if/then" thinking--believing that IF this happens, THEN I will be happy. The truth is you have everything it takes to be happy right now.

Here are 10 tips that will help you change your thinking about happiness and open wellsprings of motivation, resilience, and joy you never knew existed.

## **ACCEPT WHAT IS, and LEARN FROM IT**

Life is a university and you never graduate. Accept that whatever happens to you, no matter how terrible, is there to teach you.

Your job is to learn and do what you have to. It is not so difficult to move on if you focus on learning the lesson rather than lamenting your misfortune. It also does not mean you are callous or heartless. On the contrary, you will become much more caring and empathetic when you are not wallowing in your misery.

## **DON'T LABEL ANYTHING THAT HAPPENS TO YOU AS 'BAD'**

Look back at your life a year or two ago. Can you recall anything that happened to you that at the time you thought was terrible? Can you see now that it was not as bad as you supposed--and may actually have turned out to be "good"? Say your boss fired you and you got a severance package you thought was bad. But the company recently went bankrupt and your former colleagues lost their jobs and got no severance--and didn't even get reimbursed for their business expenses. You never really know if anything that happens to you is bad, but labeling it as such increases the probability that you will experience it that way. Don't do it.

## **DEFINE WHAT YOU DO BY ITS PURPOSE**

What do you say when someone asks you what you do? If you define it in functional terms like "I teach mathematics to middle-school students," then you are either burned out or will be soon. If your response is "I help our leaders of tomorrow appreciate the beauty of mathematics and show them the flights of lofty imagination that enabled great scientists to formulate breathtaking theorems," then each day is a blast. What is the ultimate good to society of what you do? That is what you pour your emotional energy into.

## **COMMIT INTENSELY AND JOYFULLY TO EVERYTHING YOU DO**

Do you feel bored and stuck in a rut? Is work drudgery? If so, you are spending far too much time bemoaning your fate and how the universe is not cooperating with your desires. Be present with and in your current situation. You will discover that there is more there than meets the eye. There are nuances that you were never aware of until you gave them the benefit of your full attention. When you do this, you have no time to be bored. Paradoxically, your work transforms itself in ways you could never conceive and propels you to greater fulfillment.

## **ACKNOWLEDGE MIRACLES**

Let's say you're all dressed up, it starts raining, and you don't have an umbrella. A cab pulls up right where you are to discharge a passenger and you take it. Do you describe what happened as a "coincidence"? If so, you have blown a powerful tool for bringing all manner of good into your life. Instead, recognize that what happened was a "miracle" and celebrate it as such. You allowed it to happen. The more you celebrate such "miracles," the more they will appear in your life. Maybe you will not be able to make a specific miracle happen – such as the 4:15 train coming 10 minutes late just so you can catch it – but you will be able to live a life where a steady stream of such miracles enriches your experience. (Continued)

## **LIKE ATTRACTS LIKE**

Do you know someone who is constantly complaining? Who finds fault with people and things all the time? Who sucks your energy and leaves you feeling drained? Do you want to hang around with him or her? Odds are that, sooner or later, you will want to move on. Now think about what kind of feelings you evoke in others. Consciously be sensitive to others and try to elevate their level of consciousness. Don't do this by being preachy and telling them that they "should" do this or that. Do it by raising your own level of energy and recognizing what's best in others. As you become imbued with this habit, the most marvelous, upbeat people will float into your life and elevate you even further.

## **BEING IS MORE IMPORTANT THAN DOING**

A man I know desperately wanted to become CEO and was ready to do what it took. [Family](#) was a distraction, and he resented the demands they placed on him. He attended his daughter's soccer games but spent most of the time making phone calls and replying to messages on his Blackberry. He thought he was being a good father until he overheard his daughter on the phone telling a friend, "My dad doesn't care about me – he just wants others to think he is a caring father. He sat through the whole game playing with his phone and didn't even notice I scored a goal." Who you are being will always show through sooner or later. Remember the Ralph Waldo Emerson quote: "*Who you are speaks so loudly I cannot hear what you are saying.*"

## **BOUNCE BACK**

A Daruma doll in Japanese Buddhist tradition has no arms or legs and is heavily weighted. Knock it over and it springs right back. You cannot keep it down. Keep that as a vision. As long as you are in the human predicament, stuff will happen to you. You cannot prevent getting knocked down. But you CAN get right back up again. And you do this by accepting what is and asking "Where do I go from here?" No complaints, no wailing, just a willingness to learn what can be learned and a readiness to then do what must be done.

## **CHANGE YOUR FOCUS**

Notice when you believe you are the center of the universe. No matter what happens, you only think in terms of what impact it has on you. But living predominantly in a "me-centered" world guarantees that you will experience dejection, anxiety, boredom, and all the things that make life unhappy. By contrast, consciously think in terms of being of service to others and your life will flower.

A professor who used to bemoan the "stupidity" of the students in his class decided to change his self-centered focus. He started being grateful to them because they worked as waitresses and bartenders to pay the tuition that paid his salary that maintained his [family](#). He began to see it as his task to get students to appreciate the beauty in his field, not theirs to provide him with intellectual stimulation. This led him to pay more attention to the design of his lectures. He won several teaching honors and was eventually offered a more rewarding position.

## **LET IT GO**

Watch a baby contentedly drinking his milk and take his bottle away. His face gets red, he screams, and there is no doubt that he is angry. Now give him his bottle back. In seconds he is back to his contented, gurgling self. He experiences his anger but then he lets it go! Our problem is that we don't let things go. We harbor resentments, slights, memories and mental junk from years or decades. Drop that mess. Let it go. That, by itself, leaves room for joy to manifest.

*Srikumar S. Rao, Ph.D., is the author of "Happiness at Work: Be Resilient, Motivated and Successful – No Matter What" (McGraw-Hill, 2010). Dr. Rao has taught his course on "Creativity and Personal Mastery" in many MBA programs, and is a former marketing executive. For more information and to order the book go to [www.srikumarsrao.com](http://www.srikumarsrao.com).*

*Submitted by Ruth Feltner*

# CHRISTMAS POINSETTIAS

Poinsettias of red and white will adorn the church again this Christmas season. If you wish to purchase one (or more) in memory of a loved one, in thanksgiving for life's many blessings, or for any reason, there are three ways to purchase. Each plant is \$10.00.

Place the order form (below) in the collection plate during any church service with your check attached.

Get a 3x5 card from the usher table at the back of the church. Print the necessary information and return the card, along with your check to Christ Church, or

Detach and mail the order form found on this page to Christ Church with your check.

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**(PLEASE PRINT ALL INFORMATION)**

**Your name (as you wish it to appear)**

**Message** \_\_\_\_\_

**Examples: Tom and Mary Smith in loving memory of his father, John Smith and her parents, William and Martha Smith**

Mailing address is : **Christ Church**  
**8951 Courthouse Rd**  
**Spotsylvania, VA 22553**

**Attn: Ruth Feltner**



We will be accepting orders up until Sunday, December 11, 2011



## **Children's Christmas Party and Pageant Practice**



Do you ever find yourself wishing you had more time before Christmas? What would you do with four uninterrupted hours the week before Christmas? You could finish your holiday shopping, wrap gifts, have a date with your loved one, or even just take a nap! Well, your wish is granted! On Saturday, December 17<sup>th</sup> from 10 am to 2 pm, Christ Church will host our annual Children's Christmas Party and Pageant Practice. Your children will have a great day filled with pageant practice, lunch, games, crafts and more! Sign-up sheets will be available at the communications center and in the Sunday School rooms after. The more the merrier so please don't forget to sign-up!! If you have any questions, or would like to volunteer, please contact Jenny LeBlanc.

(540) 582-5033 or [fmc@christchurchspotsy.com](mailto:fmc@christchurchspotsy.com)



## **Christ Church Thrift Shop**

**Open 10 AM to 4 PM**

(Tues. Thurs., Fri., or Sat.).

SPECIAL: Christ Church Thrift Shop will be open on Sunday, December 4th, from 9AM – 1PM for our parishioners so you can shop for that special gift or to help decorate your home for Christmas. I encourage each and every one of you to stop by on your way to church or as you are leaving, especially all of the folks that don't know what the shop has to offer. Parents and grandparents are encouraged to give their children and grandchildren a few dollars to go into the Thrift Shop to be a "secret Santa" and purchase inexpensive but nice gifts for family members. We continue to need more donations, particularly gently used furniture which is one of our best sellers. Thanks for all of you that have stepped up to volunteer your time. We appreciate all that you have done; without you we would not be able to continue to stay open. To become a volunteer or if you need help with a donation, contact Cheryl at (540) 972-1891 or Kelli or Mary

### **Choir on the Radio**

Listen to 95.9 FM WGRQ to hear our choir featured in their "Hometown Holiday Spotlight" where they have local groups performing music for the holidays. You can look online to see when they will be playing our song.

**DON'T FORGET \*Sunday morning worship schedule and Children's Church and Sunday school:** Two services 8:00 and 10:30, with Christian Education for all ages from 9:15 to 10:15.

**\*You have two opportunities to go Christmas caroling: with the youth after church on December 11<sup>th</sup>, and with the ECW on December 13<sup>th</sup>.**

**\*Episcopal Church Women** meet December 13th we will meet at O'Charlies for lunch at 12:00

**Episcopal Church Men** meet every 2<sup>nd</sup> Tuesday of the month at 6:30 PM in All Saints Hall.

**\*The Brotherhood of St. Andrew** will meet Saturday Dec. 10<sup>th</sup> in All Saints Hall.

**The Vestry** meets on the 2<sup>nd</sup> Thursday of the month at 7:00 PM in room 8, All Saints Hall.

**Sunday bulletin** announcements due by: **noon Wednesday**, call 582-5033.

**The Chronicler deadline** for submissions is **December 16<sup>th</sup>** for the **January 2012 Chronicler**.

Please send submissions (**preferably as a Word Document**) to **Mary Kovach, Chronicler Editor;**  
**trmary@comcast.net** or call **(540) 972-5405**.

**\*For further information see articles published in the Chronicler.**