



Eastern Shore Chapel Episcopal Church

Chapel Chimes

Virginia Beach, Virginia

September, 2010

Pentecost

Our Purpose

John 15:12-17

To Celebrate & Lift up the Love of God;
To Pray & Proclaim the Love of Christ;
To Receive & Send forth the Love
of the Holy Spirit.

Service Times

Sunday: 8, 9 & 11:30 a.m.

Weds. Holy Eucharist, 5:45 p.m.

Thurs. Morning Prayer, 7:30 a.m.

Thurs. Holy Eucharist, 9:00 a.m.

Event Calendar

September 6

Labor Day Holiday
Parish Office closed

September 9

Thursday Healing & Holy Eucharist
resumes, 9 a.m.

September 12

Return to regular service schedule
Christian Formation classes begin
Blessing of Backpacks, 9 a.m.
Chapel Pantry Soup Sale

September 15

Wednesday Dinner resumes
6:30 p.m.

Choir rehearsal resumes
7:15 p.m.

September 19

Congregational Meeting, 10:20 a.m.
Integrity Eucharist, 5 p.m.

Three Sunday Services & Church School Return on September 12

On Sunday, September 12th we will return to three services: 8, 9, and 11:30 a.m.

- 8:00 is Rite I Holy Eucharist with no music
- 9:00 is our primary Sunday service, Rite II Holy Eucharist with choir
- 11:30 is also Holy Eucharist, using *Enriching Our Worship* and featuring classical guitarist Dewey McGee and fellow parishioners

Adult parishioners are invited to the parish hall at 10:20 to hear from our priest-in-charge, the Rev. Julia Ashby and meet the new clergy, the Rev. James Medley and the Rev. Sue Crommelin.

The youth and children will go directly to their classes—don't worry, there will be lots of friendly faces to help everyone find their way to the classrooms.

Blessing of the Backpacks September 12

September means back to school and our annual Blessing of the Backpacks. Join us at the 9 a.m. service on Sunday, September 12 with your backpacks, book bags and briefcases and start the new school year off right.

Morning Prayer Every Thursday

Join us every Thursday morning, beginning September 2nd, from 7:30 to 8:30 a.m., for a casual service of Morning Prayer in the church narthex, followed by fellowship and discussion of the lectionary. Start your day in recognition of the blessings of the day and head out with a renewed attitude of gratitude. Lay led by Ted Smith, Russell Dyke, Christine Hebert and Lee Davis. There will be hot coffee and good fellowship.

Meet ESC's New Associate James Medley

Greetings and blessings to the saints at Eastern Shore Chapel in the name of our Lord Jesus Christ.

My name is James Medley and I am your new associate priest. I am married to the most wonderful person I know, my wife Frances, and together we have two sons. Our oldest, Daniel, is married and living in Richmond and our youngest, Robert, is with us in Virginia Beach. Before attending the Seminary of the Southwest in Austin, Texas, my family and I lived in Chesterfield and for almost twenty years I worked at Saxon Shoes in Richmond as a salesperson and manager. We attended Church of the Redeemer in Midlothian, which was our home parish while we were in seminary. Graduating in the spring of 2008, I was ordained to the diaconate February 1 of that year and to the priesthood August 1. I was ordained in the good company of Sue Crommelin-Dell, the new pastoral associate for ESC.

After graduation from seminary, I was called to serve as rector of All Saints' Church in South Hill, VA and, a year later, began to also serve Trinity Church in South Hill. Both are small churches where I learned much about the priesthood and myself. I will miss the two churches but I am excited to be coming to ESC and having the opportunity to work in a large parish in a metropolitan area. I start my duties at ESC on September 1, after taking a few weeks of vacation in which to move and settle into the area.

Both Frances and I are looking forward to exploring Virginia Beach. I have a little familiarity with the city, but only a little, from visiting my grandmother who lives in the Aragona Village area. We'll be renting a house in Stratford Chase off of Kempsville Road and I plan to put my GPS to good use. Feel free to suggest restaurants, stores, and any other areas of interest of which you think we should take advantage.

I look forward to meeting all of you when I arrive and, please, don't hesitate to introduce yourself as you see me wandering the halls of ESC. I am truly blessed to be joining you in your journey of faith and I join with Sue in giving thanks to God that your new Priest in Charge, the Rev. Julia Ashby, asked me also to become a member of her ministry team at ESC.

Your servant in Christ,
James+

Bless the future of ESC

through a gift from your will or estate. Contact Greg Gill at 496-9078 or GillGregR@aol.com.

Integrity Eucharist September 19

ESC opens its doors to host an Integrity Eucharist open to the entire Diocese on Sunday, September 19 at 5 p.m. If you haven't had the chance to attend one of these services, plan to join us. All are welcome! A reception follows the service.

Integrity will hold its next chapter meeting on September 28th. You don't need to be a member to attend—ALL are welcome! Integrity is a faithful witness of God's inclusive love to the Episcopal Church and the lesbian, gay, bisexual, and transgender community. Learn more at www.integrityvb.webs.com or email integrityvb@gmail.com.

Soup & Bread Sale September 12

Food Outreach Coordinator and chef extraordinaire Kay O'Reilly will be making and selling homemade soup, stew and bread to benefit the Chapel Pantry. Our next sale will be on Sunday, September 12. Choose from Roasted Vegetable Soup, Chicken Tortilla Soup, Tuscan White Bean & Tomato Soup, Vegetable Beef Soup and Brunswick Stew, all just \$7.50 a quart. Kay's Wheat Bread will also be available: small loaf \$2 and a large loaf \$3. To make sure you get your favorites, please pick up a pre-order form from the parish office or church narthex. Get your orders in early!

Visit ESC on the Web!



Visit us at
www.easternshorechapel.org
Updated weekly!

September Meeting Calendar

Schedule at press time. Subject to change.

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|---------|---|
| Sep. 2 | Youth Mentors, 7:30 p.m. |
| Sep. 7 | Buildings & Grounds Committee, 6 p.m.
Outreach Committee, 7 p.m. |
| Sep. 8 | Parish Day School Board, 10 a.m. |
| Sep. 13 | Youth Mentors, 7:30 p.m. |
| Sep. 14 | Finance Committee, 5:45 p.m. |
| Sep. 21 | Vestry, 6 p.m. |
| Sep. 28 | Planned Giving Committee, 7 p.m. |

Do You Like to Sew?

Wanted: A few people who enjoy sewing to help make Christmas pageant costumes for children. Pattern, fabrics and supplies will be provided. (Always willing to accept fabric and trimming if you have extra.) Commit to make one costume or more. Work at your own pace. (Due date: December 1) Contact Mary Lou Crifasi for more information (mcrifasi@easternshorechapel.org, 428-6763)

Bread Bakers Needed

The Altar Guild is looking for a few bread bakers to assist with the communion bread. Each baker is asked to bake about once every six weeks. The simple recipe is provided and you may bring the bread to church with you early on Sunday morning. Interested? contact Janice Lown at 430-2110.

Active, Retired, Reserve Military: ESC Wants You!

If you are a military member on active duty, retired, a reservist or just spent a few years in the service, **ESC wants you!** In November, for Veterans Day, as a way to honor our military members, we would like to display photos, bios and/or short stories of our parishioners who have served our country. Veterans, please start thinking about a significant moment in the military, that special friendship, a challenging tour of duty, or what has it meant to serve in the military. Parents of service members, I want to hear from you, too. The deadline for submitting picture and story or biography is September 15th but, the sooner you can turn it in to Susan Williams the better. Who are the military members that walk the halls, share in Communion, sit in the pews, and who are our deployed members? It is time for you to share your story. Please contact Susan Williams, 428-6763 or swilliams@easternshorechapel.org.



Parish Bookstore End of Summer Sale Going On NOW!

Don't miss the opportunity to purchase selected books and gifts at discounted prices!

Bookstore Hours:

Mon, Tue, Thu, Fri, 9:00 a.m. to 3:00 p.m.

Wednesday 9:00 a.m. to 7:00 p.m.

Saturday 9:00 a.m. to Noon

Sunday 8:30 a.m. to 9:00 a.m. & 10:20 to 11:20 a.m.

What Is A Mission Trip?

What exactly is a mission trip? I know that when I was younger, the words "missionary" and "mission trip" brought forth an image of Christians heading off into the dangerous world, far from our shores and converting the heathens. That image is still very popular today. When we traveled to Belize, we had a layover in the Miami airport and you could see bands of current day missionaries, heading off to the foreign lands with matching t-shirts and slogans that announce that they are saving lost souls for Christ. I was talking to my business partner about one of my mission trips to Belize and he told me that his church had sent a mission trip to Costa Rica and they had saved over 80 people. I hoped they reached their quota.

At Eastern Shore Chapel our vision of mission is to share ourselves as we work alongside those we visit. The key word here is "share." Jesus did not have quotas and he did not tell the disciples to go and tell people how to live. When we go on a mission trip from Eastern Shore Chapel, we live in community with those we visit. We share through our actions the command of Jesus to love our neighbor, as ourselves. Most importantly we learn how those we visit live and come to a better understanding of what it means to walk a mile in their shoes. And that is how transformation happens, one small step at a time, with humbleness and grace. And that to me is what a mission trip is all about, transformation.

Carter Sinclair

Upcoming Pastoral Care Committee Meetings

Transportation: Sept. 12th at 12:30 in the parlor.

Feed My Sheep: Sept. 17th 6:30 to 8:00 at Vicki Kirby's house. Call Vicki at 422-4401 to RSVP. Dinner provided

Acute Pastoral Care: Oct. 1st and 2nd retreat to Mathews.

Parish Friends: Oct. 5th, 6:30 to 8:00 p.m. at Ellen Gallup's house. Call Ellen Gallup or Pat Hunter to RSVP.

All are welcome to attend. If you would like more information about serving on a Pastoral Care Committee, contact Susan Williams @ 428-6763 or swilliams@easternshorechapel.org

ESC now has its own Facebook group! Questions? Contact Ann Turner, aturner@easternshorechapel.org.



Children's Choir Rehearsals Gear Up In September

Never sung in a choir? Thinking about joining? Already had some choir experience? Rehearsals for choristers ages 5 years and up begin on Wednesday, September 15, from 5:30 to 6:30 p.m. in the choir room. All are invited to join their families and friends for Wednesday Dinner in the Parish Hall from 6:30 to 7:15 p.m. Questions? Contact Liz Brown (496-8071, elizabethpbrown@cox.net) or Ellen Gallup (481-5897, bruce.gallup@verizon.net)

Stretching

I was recently reading an article on stretching. As most of us know, proper stretching is an important activity for our health because it can improve our flexibility and balance as well as reduce stress.

As I thought about stretching, I began to think about Eastern Shore Chapel and all the opportunities we have to stretch our heart, soul, mind and strength. Have you pulled up the Eastern Shore Chapel website lately at www.easternshorechapel.org and considered all the groups and activities available? It is truly amazing, with about fifty choices.

Take a minute and pull up the lists of activities and groups, but this time ponder how something on that list would be different from what you might usually attend. What might you add to your new ESC Fall routine as the weather finally cools down? What might be a little bit of a push, a bit of an effort, in other words, a STRETCH? Not the type of stretching where you keep adding on responsibilities, but the type of stretch that improves your health and well being by improving your flexibility and balance.

Christ teaches us to love the Lord our God with all our heart, soul, mind and strength (Mark 12:29-30). That is a tall order for most of us, but maybe if we try some new activities and get involved with new people we will find unexpected ways to love God. Stretch your **heart** by becoming a Stephen Minister or helping with the KAIROS ministry. Maybe the Taize service or Healing Ministry could stretch your **soul**? Stretch your **mind** by joining a book club or Bible study. And maybe you can stretch your **strength** while helping your neighbor by picking up the food for The Chapel Pantry or hammering nails in Belize. What would make you feel like you are being stretched? Teaching the youth, running for vestry, shelter cooking, getting involved with Integrity or Eucharistic ministry? Think about it. Remember, stretching is good for your health.

Ellen Deppe, Vestry

Thanks to Our Summer Crews!

Many thanks to everyone who helped to make Lemonade on the Lawn and Summer Breakfast another smashing success. What makes these summer traditions so special is the generosity of the folks who volunteer to shop, prepare, cook and serve. If you didn't get a chance to participate this year, there's always next summer. Sign up sheets will be posted in May. You'll be glad you did!

Needle Workers Needed

Baby Booties or bibs? The New Mom's Ministry has given out many gift bags over the past 2 years that have included the booties and bibs made by our gifted parishioners. The new mothers have loved the handcrafted bibs and booties received from their church. The inventory is now depleted and I am asking those of you who love to knit, crochet or do handwork to help build our baby inventory again. Please bring your handmade donations of booties or bibs to Susan Williams. Her office is located beyond the Parish Day School double doors, 2nd door on the left. Thank you!

PDS Ready For A BIG Year!

The Parish Day School is back in session. We have some new families and new staff members! We are working on our NAEYC re-accreditation and our Smart Beginnings QRIS Star Rating so we will have a challenging year. If you've never been in the Day School we would love to take you on a tour, just call 491-6130.

Wednesday Dinners in September

September 15

Oven Fried Chicken
Mashed Sweet Potatoes
Mixed Vegetables
Soup: Vegetable
Salad, Fruit, Dessert

September 22

Spaghetti with Marinara or Meat Sauce
Garlic Bread
Soup: Minestrone
Salad, Fruit, Dessert

September 29

Chicken Curry and Vegetables
Brown or White Basmati Rice
Soup: Hearty Tomato
Salad, Fruit, Dessert

**Wednesdays at
6:30 pm in the
parish hall**

No reservations required. Just come and have fun! \$5 per person, \$18 max per family.

Extending Our Reach: ESC Outreach Update

What a busy summer! Our mission trips to Holy Cross Anglican School in Belize and our companion parish St. Thomas were personally fulfilling and successful. The community garden experience at Nimmo United Methodist Church assisted our Chapel Pantry with fresh vegetables before the garden was done in by the heat.

The Chapel Pantry again had even higher numbers of people served in July: 262 families of 958 people, leaving us wondering if we'll reach a thousand people in August. So many new faces are coming and we're thankful we're able to keep up with the demand. But more needs to be done to address the increasing population of jobless and homeless in Virginia Beach. To that end, the Service & Communication sub-committee of the BEACH Community Partnership will be meeting at ESC on September 9 for discussions and planning. At least two representatives from our church will be attending, but all are welcome.

The Outreach Committee will be meeting on Tuesday, September 7, to begin planning Fall outreach programs. Also, at the Adult Forum on October 10, there will be a very informative meeting and discussion of current outreach programs at ESC. Plan to attend to see what ESC is doing to aid our community, our nation, and our world, and where you can fit into the picture.

Martha von Schmidt Pauli, *Outreach Chair*

Pilgrimage To A New World

The Diocese of Southern Virginia's Commission on Prayer and Healing sponsors a quarterly Saturday silent retreat at different locations around the Diocese. The series is called Saturdays with God and all are welcome to attend. Our opening retreat for the Fall will

be at historic St. Luke's Church in Isle of Wight County (near Smithfield), one of the nation's oldest churches. The church will provide us the ambience to explore our own Pilgrimage to a New World. In a series of meditations followed by silent time to walk the grounds and ending with a Eucharist, we will explore how we are open to God's new life for us. The retreat will be held on Saturday, September 18, 9:30 a.m. until noon with coffee and gathering time beginning at 9 a.m. To register or get more information, call the Rev. Gary Barker at 357-2826. *There is no cost for this event.*

PIN Ministry Needs Doctors & Nurses



PIN (People In Need) Ministry of Virginia Beach exists to provide food, clothing, shelter, and free medical care for people that are either homeless or

extremely poor. The ultimate focus is to help the homeless of Hampton Roads transform their lives by meeting them where they are and sharing a God that loves them and wants a relationship with them. Every Sunday night from 2:45 to 5:45 p.m., PIN provides a hot meal, clothing, hygiene supplies, and medical care. If you would like to help with our Sunday dinner please email Dallas Stamper at dallas.stamper@pinministry.org or visit www.pinministry.org.

Order Peanuts Soon!



Orders for peanuts may be called in to the church office (428-6763) beginning September 7, 2010 for the coming year. Our schedule for cooking includes each Monday from October 5 through December 15, 2010 and February 7 through May 16, 2011. You may order for any Monday after Labor Day. Think Christmas! We look forward to filling your orders. Help us to help others!

What is the Peanut Group Ministry?

The Peanut Group is a gathering of some 30 men and women who enjoy the fellowship of sitting around the table chatting, skinning peanuts, cooking the nuts, filling orders, and making money which is donated to worthy causes in the church, community, Diocese, or the nation. This group has been meeting for over 50 years and continues to donate about \$12,000 to worthy causes each spring. We will begin coming together again with a light brunch on August 25 in the Parish Hall at 9:30 am. Our program will contain ideas for the coming year and ways we can improve our program. If you are interested, plan to join us. All are welcome.

Join us at Wednesday Dinner!



**Wednesdays at 6:30 pm in
the parish hall.**

Join us at 6:30 Wednesday evenings. No reservations required. Just come and have fun! \$5 per person, \$18 max per family.

Stewardship & Cake

I have just recently returned from The Episcopal Network of Stewardship (TENS) conference in Indianapolis. Mary Lou Crifasi also joined me on this trip as a staff representative for ESC. It was a phenomenal, spirit-filled time with excellent program speakers and workshops. We both will be sharing more with you in the next several months as we have time to put into practice what we learned.

While there we were reminded repeatedly of how abundantly blessed we all are. We are blessed so that in turn we may bless others. Unfortunately, we often behave as if we live in a mode of scarcity because marketing tells us we do not have enough, and we need to buy more. Once again, we are called to remember all we have comes from God. In response, God asks that we be thoughtful stewards/caretakers of all that is God's and has been given to us.

In the Episcopal Church, the recognized standard of giving is the tithe. I will admit to being a proportionate giver working towards a tithe, that is giving ten percent back to the church. I will also admit to not always giving back the first fruits of my labor, but trying to 'scrape' together my proportionate piece and then try to rationalize getting behind in my pledge. Recently I had an image that I shared with the stewardship committee and I want to share with you. My image was of God baking for me my very favorite cake and giving it to just me to eat. It is more than a cupcake. It is a cake of such proportion that I never could or should eat it all by myself. Therefore, my first thought is to share it with others, which is a good and proper thing. In my imagining, it occurred to me that I had some choices. I could share with all others around me, and then somewhere towards the end of the cake I should offer God a piece since it had been a gift from God. The problem with that is there is not much left of the cake and there are starting to be many crumbs. Alternatively, I can remember that I would not have a cake at all without God, say thank you to God, and offer God the first piece. In this second image, for me, God gets a fair share, and I still have more than enough cake for me. Now I can hear some of you saying that I did not have to do any labor to create the cake. However, if God

Giving Thanks For Nancy Wood & Larry Smith

The Rev. Julia and Dr. Chan Ashby have made a contribution to The Chapel Pantry in thanksgiving for the generous ways Deacon Nancy Wood and Dr. Larry Smith have supported, without compensation, our liturgies during the summer of 2010. Others are encouraged to contribute to The Chapel Pantry in their honor as well. Beyond that, cards and notes would be a nice way to thank them for their efforts on our behalf.

had given me all the ingredients to make the cake the image still works.

Please prayerfully consider the cake or the ingredients that God so freely shares with you. Remember how good it feels to share that first piece of cake. When I have remembered to share first with God, I have discovered there really is enough to go around. I too will work harder at remembering.

Susan Jones, Stewardship Chair

Friday Women's Book Group

The Friday Women's noon book study will meet on September 17th to discuss *Gilead* by Marilynne Robinson. Attendance at our August gathering was low due to summer schedules and the group wanted further discussion of this beautiful book. We will discuss *Ishmael* by Daniel Quinn on September 24th. Please contact Christina Wyman if you need any further information, cwyman@easternshorechapel.org or 428-6763.

Fall Mum Sale Benefits J2A Pilgrimage

The crisp, clear days of autumn are almost upon us. If you're like me, autumn doesn't officially arrive until I put out my mums. Plan now to order your fall beauties from our J2A group. Members of J2A will be taking paid orders for fall mums each Sunday from September 20th through October 4th. Mums will be delivered to the church on Saturday, October 9th for pickup. Proceeds from the sale will help defer the cost of the J2A Pilgrimage trip next summer. Watch your bulletins or call Janice Lown at 430-2110 for more information.

Taize Service Every Wednesday

Our 5:45 p.m. Wednesday service is a Taize service of Holy Eucharist. Homilies will remain as they have always been, short reflections or interactive dialogues. The length of the service, 35-45 minutes, is perfect for youth and busy adults, single or married, working or retired or stay-at-home parents. In addition, the Wednesday Eucharist serves those among us who always, or occasionally, must work on Sunday mornings. You are welcome on a regular basis or may drop in on those weeks you know you will miss Sunday services. Once we return to our fall schedule (beginning September 12th), the Wednesday service will be followed by a delicious, nutritious dinner served in the parish hall from 6:30 to 7:15 p.m.

Pledge Income Status

Through July 2010 ESC's actual pledge income is \$553,448, compared to a budgeted amount of \$559,734. This difference is small, but pledge income for June and July is \$21,105 under budget. If you have missed any recent pledge payments, please try to bring your pledge up to date. Thank you for your continued support of Eastern Shore Chapel.

Dave Dustin, Treasurer

Top 8 Reasons To Attend Sunday School

Reason #1: To be with your friends.

Sunday School is a great place to meet new people and share time with old friends. Over the years your friendships will deepen and grow.

Reason #2: To be in a place that encourages you to ask questions and share ideas.

None of us – teachers, clergy, mentors or students - have all the answers to those puzzling theological questions. But Sunday School is a safe place to explore our faith, exchange knowledge and share our thoughts about God and the Bible.

Reason #3: It's a great family activity!

Sunday School at Eastern Shore Chapel offers programs for people age 3 through adult. There is something for everyone. Parents are the most important role models in the faith development of their children. So parents—set a good example for your children, show them by example what to do—come to Sunday school.

Reason #4: Free coffee and snacks.

All participants of Sunday School receive nourishment for the body, mind and spirit!

Reason #5: To learn about the Bible.

In Sunday School, people of all ages hear sacred stories from our Holy Scripture. These stories have been foundational in our faith for millennia. By focusing on these stories in a group we can develop a greater understanding of how the Bible applies to our lives today.

Reason #6: Attending Sunday school teaches us to live in community.

God created us to live in community. Sunday school is a great way for children and adults to learn to live and work together in a community of faith and also in the world. Being together in Sunday school provides each one of us the opportunity to practice living in community together, to be respectful of differing opinions, and to learn to live together in a world of great diversity.

Reason #7: Attending Sunday school helps us keep our baptismal covenant.

At every service of Baptism we promise to “continue in the apostles’ teaching and fellowship, in the breaking of bread, and in the prayers”. The apostles teaching and fellowship includes study in community. This is something we say we will do when we respond “I will with God’s help.”

Reason #8: Attending Sunday school pleases God

God loves us and wants to be with us. Come build a relationship with God. Sunday school helps us to grow in our faith, learn God’s will, and be part of the mission of Christ’s church—whether you are 3 or 103, Sunday school is for you.

Sunday School at ESC begins on September 12. Registration forms are available on the church web site, in the narthex or offices.

Vacation Bible School Helps Children Grow in God

As I write this article we are in the midst of our VBS week. Eighty-five children are having a great time as we explore the parable of the sower and learn how God is with us even during the challenges in our lives. Music, story, games and activities are reinforcing the lessons we learn each day. We are growing in faith and hoping to change the world.

We are also learning how to be better stewards of God’s creation by recycling, reusing and reducing. Thanks to everyone who donated materials for us to reuse and recycle. I have never seen so many cardboard tubes and flower pots! Thank you so much for your support.

Another opportunity to recycle: We have an abundance of cardboard tubes. Now we are collecting Pringles cans with lids. (Needed by September 19.)

Mary Lou Crifasi

ESC Fall Schedule Changes

On Sunday, Sep. 12 our regular service schedule resumes: Sunday services at 8, 9 & 11:30 a.m. & Christian Formation classes resume, 10:20 a.m.

Parish office closed Sep. 6 for Labor Day
Regular office hours return on Sep. 7:
Monday through Friday, 9 a.m. to 5 p.m.

Thursday Morning Prayer begins Sep. 2, 7:30 a.m.

Thursday 9 a.m. Eucharist & Healing Service
Resumes on Sep. 9

Choir rehearsals & Wednesday Dinner resume
on Wednesday, Sep. 15

CHAPEL CHIMES IS PUBLISHED MONTHLY BY:
Eastern Shore Chapel Episcopal Church
2020 Laskin Road, Virginia Beach, VA 23454
(757) 428-6763 Fax (757) 437-8461
After-hours pastoral emergencies: 428-6763

www.easternshorechapel.org

The Rev. Julia Ashby, *Priest-in-Charge*
jashby@easternshorechapel.org

Ann Turner, *Communications Coordinator*
aturner@easternshorechapel.org

Deborah Quam, *Assoc. for Adult Christian Education*
dquam@easternshorechapel.org

Mary Lou Critasi, *Dir. Of Christian Formation for
Children, Youth & Young Adults*
mcrifasi@easternshorechapel.org

Bryan T. Mitnaul, *Director of Music*
bmitnaul@easternshorechapel.org

Christina Wyman, *Parish Administrator*
cwyman@easternshorechapel.org

Mary Camp, *Finance Director*
mcamp@easternshorechapel.org

Susan Williams, *Pastoral Care Assistant*
swilliams@easternshorechapel.org

Linda Ekberg, *Parish Secretary*
lekberg@easternshorechapel.org

Kay O'Reilly, *Hospitality & Food Outreach Coordinator*
koreilly@eastenshorechapel.org

Parish Bookstore 425-0114
books@easternshorechapel.org

Parish Day School 491-6130
pds@easternshorechapel.org

Eastern Shore Chapel Cemetery 422-1287
escemetery@verizon.net

NEXT CHAPEL CHIMES DEADLINE: September 15

Send items to: aturner@easternshorechapel.org
Please limit submissions to 500 words or less.

EASTERN SHORE CHAPEL
2020 LASKIN ROAD
VIRGINIA BEACH, VA 23454-4208
(757) 428-6763

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