

The E-pistle

The eNewsletter for Eastern Shore Chapel

August 30, 2018

ESC Mission Statement:

To love all as Christ loves us, and to share the light of God through worship, service, and ministry



God looks at the
HEART

1. Dear Friends,

Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. *Amen.*

PREACHING SCHEDULE:

8:00 a.m. & 10:15 a.m.

Sunday, September 2 - The Reverend Cameron Randle
Sunday, September 9 - The Reverend Julia Messer

MID-WEEK SCHEDULE:

Tuesdays 5:00 p.m. Choristers Rehearsal, Choir Room (begins September 11)
6:00 p.m. Handbells Rehearsal, Church (begins September 11)

Wednesdays 5:45 p.m. Holy Eucharist, Chapel
6:00 p.m. Musicianship Class, Choir Room (begins September 12)
6:30 p.m. Wednesday Night Dinner, Parish Hall (begins September 5)
7:15 p.m. Adult Choir Practice, Choir Room (begins September 5)

Thursdays 7:30 a.m. Thursday Morning Peace & Bible Study, Narthex

Thursdays, September 6 & 13, 10:00 a.m. Summer Bible Study of Mark (Chapter 14 & 15, 16), Parish Hall



Wednesday Dinners begin again on September 5!

Everyone is welcome at Wednesday Dinner. Bring your neighbors, friends and your whole family for a great meal, made from scratch. There is always an entrée, a vegetarian soup, plus salad, fresh fruit and bread - something for everyone. Any proceeds beyond expenses go to the Chapel Pantry food budget. Dinner is every Wednesday from 6:30-7:15 p.m. in the parish hall. No reservations needed, just come and enjoy!

September 5: Grilled Lemon Rosemary Chicken, Herb Roasted Potatoes, Mixed Vegetables, Summer Corn Chowder, Salad, Fruit, Bread.

September 12: Baked Pasta with Italian Sausage & Roasted Vegetables, Garlic Bread, Tuscan White Bean Soup, Salad, Fruit, Bread.

Cheaper than Therapy.

Join the Choir

What's in it for me and my children?
How will singing in a choir enhance our lives?

For Adults:

Singing in choir:

- Is a great way to meet new friends and feel part of a group.
- Is therapeutic, a time to put aside the other pressures and concerns of the day.
- Creates beauty, and an aesthetic experience.
- Provides musical memories that can comfort in difficult situations.
- Gives members a sense of self-worth and pride.
- Teaches healthy posture and breathing techniques.
- Develops habits of better enunciation in everyday speech.
- Conveys that character and attitude make a significant contribution to any group.
- Enhances the church's ministry by adding beauty and aesthetic depth to worship.
- Provides an anchor for regular church participation when it is so easy to get distracted.

For Children and Youth:

Singing in choir

- Helps children and youth feel a part of a group and make new friends.
- Helps children and youth develop better speech habits (a cell phone concern).
- Helps children and youth learn about poise under pressure.
- Teaches a sense of responsibility and how to be an asset to a team.
- Teaches that excellent results require effort and concentration.
- Develops children's sense of culture and sophistication.
- Provides the foundation for a lifetime of enjoyment in and of music.
- Is the first step in encouraging children and youth to become future supporters of the Arts.
- Provides an artistic balance for children and youth.
- Becomes an effective vehicle for teaching Christian faith through the texts of anthems, chants, and hymns.
- Can become a college "hook" in the application process, conveying well-balanced experiences and education.

Please know!

Strong church choir programs will:

Enhance all worship services and significant celebrations with musical leadership and beauty.

Become an extension of almost every facet of the church, a catalyst for excitement and promotion by finding some way of supporting all important causes.

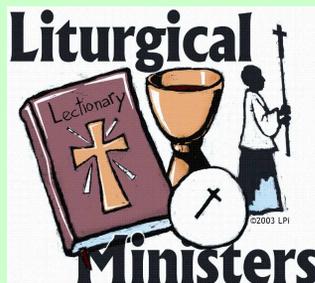
Be a significant source of public relations and development for the church, spreading good will and creating a positive image to the community.

Draw in relatives and friends into the walls of the church, where support and relationships with church might be nurtured

CONTACT Dr. Martin Sunderland, 757-428-6763 or msunderland@easternshorechapel.org, for more information.



from the front
of the choir



ATTENTION EUCHARISTIC MINISTERS AND LECTORS

The EM and Lector schedules for next quarter (October 7-December 20) will be drafted soon. If you know of any conflicts you may have during this period, please notify Rita Waldeck in the Parish Office, 757-428-6763, or Laura Frank Sale, 757-839-499 or laurafrank@cox.net by **Monday, September 10**.

If you are an EM and have served for three years and would like to renew your service, please notify Rita immediately. We also welcome and encourage newcomers as well as all members to join us. Many who chalice feel a special closeness to Christ as they offer the cup of wine to their ESC family. We are low in volunteers and could really use your help. A training session will be made available for all EMs this fall. If Eucharistic Ministry is something you might wish to experience, or if you are interested in being a Lector, contact the office or Laura Frank.

TRAINING FOR YOUTH ACOLYTES

ages 12-18 will be **Sunday, September 9** at 11:30 a.m. in the parish hall. Call Susan Buchanan (757-481-2595) or Ellen Gallup (757-481-5897) for more information.

*UPCOMING EVENTS:

The Peanut Group will begin cooking again on October 1. Orders may be placed beginning September 4 by calling the parish office, 757-428-6763. The last day for cooking is May 13, 2019, so plan ahead and place your orders **AFTER LABOR DAY!**



Our next Friday men's breakfast will be Friday, September 7 at 7:30 a.m. in the parish hall.

Join us for a good breakfast, fellowship & fun Bible Study.

Adult Forum and Sunday School for all ages begins September 16!

Sunday School Teachers are still needed. A training session will be held **Sunday, September 9**, at 9:00 a.m. in the parlor. Contact Emily Bruch if interested in helping with this impactful ministry!



**AROUND THE DIOCESE, COMMUNITY,
AND THE WORLD**



A Prayer for the Military

Lord, we thank You for the men and women that protect this nation.

As they protect us, we pray that You will protect them. You know where they will be today and we pray that You will be there with them to guide them through whatever challenges and trials they face.

Amen

A Prayer for Government Leaders

God of power and might, wisdom and justice, through you authority is rightly administered, laws are enacted, and judgment is decreed. Assist with your spirit of counsel and fortitude the President and other government leaders of these United States. May they always seek the ways of righteousness, justice and mercy. Grant that they may be enabled by your powerful protection to lead our country with honesty and integrity.

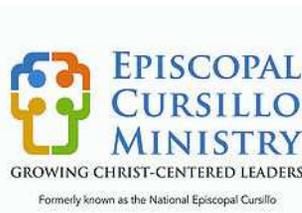
We ask this through Christ our Lord. Amen

PRAY for godly wisdom for the many leaders of the world, understanding that the nation whose God is the Lord is blessed! **PRAY** for leaders around the world to seek Him and allow themselves to be used by Him to maintain justice and righteousness in their respective positions and nations. **PRAY** especially for those men and women who have been called into leadership roles with their military. **PRAY** that they give God first place in their lives and seek Him for wisdom in making difficult decisions that affect the lives of so many people. **PRAY** that by their godly lives and leadership, they will affect many for the Kingdom, within their command.

"So may the words of my mouth, my meditation-thoughts, and every movement of my heart be always pure and pleasing, acceptable before your eyes, my only Redeemer, my Protector-God."

Psalm 19:14 (TPT)

<https://crumilitary.org/>



Cursillo Co-Ed Weekend, September 27-30, Chanco on the James

The next Cursillo Weekend will be September 27-30 at Chanco on the James in Surry. Linda Tandy is the rector for this weekend. Cursillo is Spanish for "Short Course." For us, it's a short course in Christianity. The movement was started many years ago in an effort to help young Christian men grow closer to Christ. Today, there are Cursillo movements all over the world. On the three day

weekend, candidates learn how to grow as leaders in their communities and in their own personal journey with Jesus.

Applications are available in the parish office. For more information see Rev. Julia or check out the site:

<http://www.cursillodiosova.org/>

We can help in a small but important way with the new Housing Resource Center

which is opening soon to serve the homeless of Virginia Beach. It will have everything needed to get people started on employment, housing and integration into society. We are collecting money for laundry hampers! [A small basket will be available this Sunday for any and all donations.](#) Every little bit is important when we serve God's children.

**SPARE
Change**



Almoner's Account makes a big difference in someone's life!

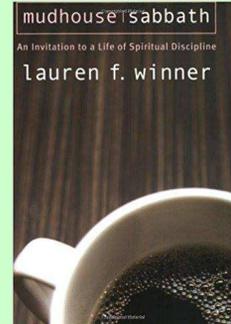
Did you know that the loose collection on the 1st Sunday of every month is used to fund the Almoner's account. The Almoner's account is the fund that the office pulls from when someone comes into our office to ask for financial help (i.e. for rent or gas). This Sunday please be generous so that we can help our fellow brothers and sisters when they are in financial need. Thank you!

THE PARISH BOOK STORE

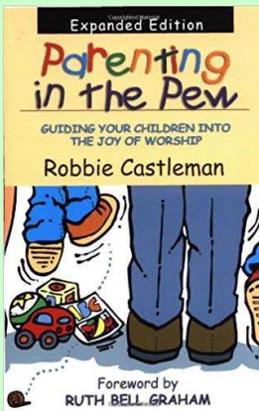


Thanks to all who supported the Parish Book Store's outreach project of supplying bilingual books to Dos Santos on the Eastern Shore. Through your generosity, we donated **135** books! Well done!

The Parish Book Store's Book Group will read and discuss Lauren Winner's *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline* on September 30 in the parlor at 11:30 a.m. The book is available now in the Parish Book Store. Join us! But do your homework...which of the 11 Jewish spiritual practices Winner writes about do you find relevant to your own life? We welcome all (even if you don't do your homework).



As the school year, and Sunday School year, begins, how will you help your children to grow spiritually? The Parish Book Store offers *Parenting in the Pew: Guiding Your Children into the Joy of Worship*, *Growing Compassionate Kids: Helping Kids See Beyond Their Backyard*, and *Let Us Pray: A Little Kid's Guide to the Eucharist* among our titles. Come in and peruse our shelves. You might find something for yourself, as well!



Parish Book Store



Support the Parish Book Store. All profit made by the book store is used to support seminarians and deacons in our diocese.

Hours:

M - F - 9:00 A.M. - 3:00 P.M.

Sat - 9:00 A.M. - 12:00 P.M.

Sundays between worship services

Parish Office
Parish Book Store

Eastern Shore Chapel

Parish Day School
Chapel Pantry

2020 Laskin Road
Virginia Beach, VA 23454
ph. 428-6763

Parish Book Store * (757) 425-0114 * books@easternshorechapel.org
Visit the Parish Book Store online at parishbookstore.blogspot.com

The next edition of the E-pistle newsletter will be published on September 15th. Articles and photos should be submitted to the office by 5:00 p.m. on September 10th to be included in the E-pistle. Thank you!



If you enjoy working with infants and toddlers, our nursery is looking for you! The hours are Sundays from 8:45 a.m. - 11:30 a.m. and the pay is \$10/hour. Safe Church Certification is required. Please contact the Parish Administrator at 757-428-6763.

Quick Links

[Our website](#)
[Our Facebook page](#)
[Camp Chanco](#)
[Diocese of Southern VA](#)
[Episcopal Church](#)

About the E-pistle

Welcome to the weekly e-mail newsletter for Eastern Shore Chapel. It is published every Friday. We hope this publication provides you with helpful information about upcoming events and topics of concern to our parish. If you would like to contribute information, please contact Rita Waldeck, rwaldeck@easternshorechapel.org. The deadline is noon on Wednesday.