



Sixth and Main Streets
Clarksburg

The Good News Weekly

September 14, 2014

www.christchurch1853.com



721 Hall Street
Bridgeport

Week at a Glance

Monday: **Staff Meeting** at 3:00 p.m.

Tuesday: **Youth Choir** at 5:15 p.m.
Thankful Tuesday Dinner at 6:00 p.m.

Wednesday: **Bible Study** at 10:30 a.m.

Thursday: **Yoga/Meditation Class** at 8:30 a.m.
Maplewood at 3:00 p.m.

Friday: **Art Show** submission deadline.

Sunday: **Voice Choir** at 9:00 a.m.
Worship at Christ Church at 9:30 a.m.
Coffee in the parlor at 10:30
Christian Education at 10:45 a.m.
Art Show Opening from 2:00 to 5:00 p.m.
Deanery Meeting at 2:30
Worship at St. Barnabas at 5:30

Spaghetti Dinner Today

A Special Olympics spaghetti dinner
is being served today between
11:30 a.m. and 4:30 p.m.
in the auditorium.

Tickets are: \$8.00 for 11 years and older
\$5.00 for 10 years and younger

Thankful Tuesday

All are invited to enjoy the fellowship dinner at 6:00
in the auditorium. Jane Wade is the chef this week.

Backpack Blessings

Today we will be packing backpacks
immediately following Sunday School in the Parish Hall.

Many hands make this assembly line
operation a short job. Please stop in and fill a
few backpacks.



Serving Ministries for September 21, 2014

9:30 a.m. at Christ Church

Chalicerist / Lector: Guy Gage
Ushers / Greeters: Bill and Dee Trimbach
Crucifer: Thomas Flowers
Altar Guild: Ann Kennedy and Jeanne Smith

10:45 a.m. Christian Education

Children: Anne West
Teens: Misty Richardson
Adults: Guy, Ashley, and/or Luke

5:30 p.m. at St. Barnabas

Lector / Chalicerist: Doyle Sickles
Altar Guild: Beth Sickles
Usher / Greeter: Nancy Cotten

... knowing, living, and sharing the Good News of Jesus Christ.

Connecting with Creation

Now is the time to submit you entries.
You can get a submission form online at
www.christchurch1853.com
or call 304-622-3694.

Submission deadline is September 19.

Details:

- Each individual is permitted 2 submissions at no cost.
- The Church Arts Committee will approve each piece for submission.
- You need to sign a liability statement.
- The Art show will be open to the public at specific times from Sept. 21 through Oct. 5.
- A \$200 prize will be awarded to "Best in the Show " determined by votes from the public who come to see the show.
- Children under 14 may submit work for display that will be judged by the Arts Committee and awarded ribbons.
- Artists are permitted to offer their work for sale during the show.

Starting This Week

Starting September 18, Valarie Dunlevy will be offering a yoga/meditation class every Thursday morning at 8:30 in the auditorium. All are welcome, and you can bring your friends. The class is free of charge.

She will be using a form of exercise called Qigong. According to research online, "Qigong practice reduces stress, improves your total well-being, and simply feels wonderful."

Some who practice this form of exercise report relief from:

- * Neck, shoulder, knee, and lower back pain
- * Migraine headaches and sinus conditions
- * Spinal problems
- * Weight problems
- * Stress, anxiety, and depression
- * Circulation problems
- * Fatigue and lack of energy
- * Panic attacks and more.

Vestry Highlights

By Nancy Cotten, Clerk of the Vestry

At the September 8 vestry meeting some important events in the life of our church were discussed and dates have been set. You need to put these on you calendar.

- November 9 will be **Pledge Sunday**. There will be a combined service at 9:30 at Christ Church for both the 9:30 and 5:30 congregations. Special presentations will be made about our budget. The vestry is planning a brunch following the service.
- December 14 will be the **Annual Parish Meeting**. This will also be a combined service at 9:30 at Christ Church for both the 9:30 and 5:30 congregations. More details will be announced later.

In other business, the vestry approved a request of \$25,000 from the Endowment Fund to meet operating expenses for the remainder of this year.

Bob Steptoe, Lyle Blake, and one other person to be named will be serving on the nominating committee to fill three, three year terms on the vestry. They will also be seeking nominations for the one year terms as deanery representatives and delegates to convention in 2015 and their alternates.