



Crossings

Church of the Holy Cross
2455 Gallows Road
Dunn Loring VA 22027
703.698.6991

Sharing the Transforming Power of God's Love

February/March 2012

State of the Parish Address Feb. 12, 10 a.m.—Two Services Only: 9 & 11 a.m.

On Sunday, February 12, at 10 a.m. in the sanctuary, you are invited to Holy Cross' Annual Meeting, or "State of the Parish Address." Come hear about how God is calling us as a church community to live out the Gospel in northern Virginia and beyond. We will focus on our missional goals of providing hospitality and "sanctuary" for all; deepening faith; offering beautiful worship; and serving the community. The rector's clergy renewal program/sabbatical, and the accompanying program for the church, will also be discussed in detail.

We will also celebrate and give thanks for the faithful leadership of those coming off of the Vestry—Dave Stahl (senior warden), Cassie Rosado, and Gary Williams—and for Gary Johnson's remarkable ten-year service as the Vestry's register and clerk. Annual reports will be available for pickup, with a full accounting of our mission, budget, challenges, and opportunities. This Sunday there will be two services only, at 9 a.m. and 11 a.m.



Angels Aware Christmas Pageant on December 18, 2011. See more photos on page 4

Sunday Worship Schedule

Adjustment:

8, 9, & 11 a.m.

After helpful feedback from parishioners, vestry members, and staff members, the consensus is to hold our three Sunday morning worship services at 8 a.m., 9 a.m., and 11 a.m.

The reasons for the adjustment is to allow time for the robust and growing opportunities for adult education, youth education, children's choir, adult choir, and fellowship over a good cup of coffee. All these opportunities have developed since we first moved to three services in September of 2010, and we have sought to respond to these new ministries as gracefully as we can.

We move to this amended schedule on **the first Sunday of Lent, February 26, 2012**. If you have any questions about the services or schedule, please feel free to contact the rector, the Rev. Wes Smedley, or the wardens, Stuart Hales and Doug Gehley.

Reclaiming Time: An Invitation to a Holy Lent

The Benedictine monastery in Watertown, South Dakota where I worked one summer in my twenties practiced a strange way of keeping time in a day. Their motto since the sixth century when Benedict wrote his now classic *Rule of Saint Benedict* was “*ora et labora*,” prayer and work. So we woke up early to pray. Then we got into the work: tending the garden, feeding the sheep on the property, hauling hay and lumber, preparing lessons for the summer camp offered to local children.

Just as it felt like things were getting done, it was time for noonday prayers. No wiggle room allowed—when the bells rang, you dropped what you were doing and hustled into chapel. Then lunch, dishes, and back to work. But again, just as things were starting to come to completion, the bells for evening prayers rang out. And again, no wiggle room or “just one more minute” or “I’ll be right there”—the Benedictine sisters ran a tight ship.

The rigidity of time for prayer, time for work, time for eating, and time for rest felt so foreign to me, and so restrictive, for most of the summer. But when I returned to the non-monastic world, I missed the discipline and the structure that kept my life bound to God, bound to my community, and bound to meaningful work. I found myself adrift at sea with no boundaries marking time, and with cultural assumptions for “normal” uses of time that no longer fit my normal. Ironically, without the structure of *ora et labora* marking my days and weeks, I found myself accom-

plishing less, and easily distracted from the things I knew were most important.

The motto of our culture is “There’s not enough time.” So stores are open longer, cell phones and laptops last longer between charges, work emails can be checked anytime and anywhere. The priorities inherent in this system are commerce—so we can fit more buying and consuming in our busy schedules (outlet malls were open at midnight on Black Friday this year instead of the usual 4 a.m.); technology—so we can ride the information highway ad infinitum without stopping for gas; and work—so we can always be plugged in.

What’s missing in the frantic anxiety to fit in all these things that some voice inside or outside our head has told us is so crucial are the following:

- 1) time for relationships—like with your spouse or child or friend;
- 2) time for rest and renewal in your own body and soul;
- 3) time for connection with God in worship and prayer;
- 4) time to make a difference in someone else’s life.

You can spend a lifetime trying to satisfy the gods of commerce, technology, and work. The insidious brilliance of these gods is that they never satisfy—they always leave you feeling empty and hungry inside.

This Lent I invite you to “eat, pray, and learn” about how to reclaim time through observing Sabbath practices. Come to the Communion table and instead of seeing wafers and wine, catch a glimpse of a great sumptuous feast for every person, nation, tribe and people—and for you. Get full on

a freedom meal: freedom from whatever Pharaoh imprisons you, whatever Egypt holds you captive.

To receive food from God’s table is to know God’s desire for your joy and health and freedom from all that binds you.

This Lent, I invite you to take time for prayer. It doesn’t matter whether it’s in the church or not, doesn’t matter what time of day or night. Just set aside a few quiet minutes and lift up yourself to God, lift up your family, lift up someone who’s ill, lift up someone you think is out to get you, lift up something or someone you read about in the newspaper. Amazing things happen when we pray.

This Lent I invite you to learn. Come on Wednesday evenings if you can to learn about how to incorporate Sabbath practices in your life that give balance, health, peace, and nourishment for the body and soul. Pick up the reading packet in the Upper Room and use it as a devotional by your bedside through this season. If you want a book, try *The Sabbath World: Glimpses of a Different Order of Time* by Judith Shulevitz. Make an appointment with one of the clergy to talk about what your body and soul need most in this season of your life.

This is not really my invitation to reclaim time; nor is it my invitation to a feast of health and joy. I’m just forwarding God’s invitation: to you and the whole creation.

Faithfully,
Wes



Lent 2012 Adult Classes: Eat, Pray, Learn—Practicing the Subversive Sabbath

This year, journey through Lent with your church community by coming to eat, pray, and learn on four Wednesday evenings in Lent: February 29, March 14, March 21, and March 28.

Eat: Dinner is served at 7 p.m.;

Pray: Evening prayers are offered at the conclusion of each session (8:30 p.m.);

Learn: Come hear visiting scholars and Holy Cross' own clergy and lay leaders speak on practicing Sabbath as a way to reclaim time, take rest, renew relationships, and resist the culture's idols of work, technology, and commerce. One session will be devoted to the rector's upcoming sabbatical program, "Feasting on Health and Joy: A Sabbath Discipline."

Guest speakers include Rabbi Jack Moline, Visiting Professor at Virginia Theological Seminary and rabbi of Agudas Achim Congregation in Alexandria, VA; The Rev. Ben Campbell, Episcopal priest and Pastoral Director of Richmond Hill, an urban retreat center in Richmond, VA; Mary Morreale, Director of Music Ministries at Holy Cross, organist, composer, and music therapist; and The Rev. Wes

Smedley, rector of Holy Cross.

Registration is essential. To sign up, please call or email the church office: office@holycrossepiscope.org, maude.hales@holycrossepiscope.org, or 703.698.6991. Reading packets will be available in the Upper Room for pickup.

Clergy—and Parish—Renewal Program

As you may have heard by now, Holy Cross and Rev. Smedley have been the recipients of a wonderful grant from the Lilly Endowment as part of their Clergy Renewal Program. The theme for the sabbatical is, "Feasting on Health and Joy: A Sabbath Discipline." The Endowment awards grants to congregations that offer a program for the renewal of their priest and, at the same time, give the congregations themselves an opportunity to better themselves as vital places of worship and mission.

The concept of clergy sabbaticals is one that has a long history in the church and it provides benefits to the congregation as well as clergy. The sabbatical will support Wes' ongoing ministry by giving him time for rest, spiritual renewal and education. The church community will also have the opportunity for rest, spiritual renewal and education during Wes' time away through a number of special programs such as nutritional

counseling and yoga classes that will be offered to all. It will be a time for us to come together as a group and strengthen the bonds between us.

For the sabbatical to be effective, a significant amount of preparatory work needs to be undertaken. A planning committee, chaired by Kate Howarth, has been formed to assist with the logistics and operational aspects that will need to be in place to fully support the congregation and Wes during his absence. Additionally, a program committee is being assembled to work on details of the congregational offerings that will be made available. During the next couple of months you will see new and updated information about the renewal program and there is an exciting Lenten series planned which will address topics of health, joy and renewal (see article on this page). We hope all members will be able to participate in one or more of the program offerings and will support Wes and his family during this exciting period.

If you have any questions about this exciting time or suggestions for activities or programs, please feel free to contact one of the committee members: Kathy Asegaf, the Rev. Bob Becker, Doug Gehley, Maude Hales, Kate Howarth, Ron Parnell, Dave Stahl, Claudia Tielking, and the Rev. Joie Weiher.

Diocese of Virginia The Rt. Rev. Shannon Johnston The Rt. Rev. David C. Jones The Rt. Rev. Edwin F. "Ted" Gulick Jr.	Holy Cross Clergy The Rev. Wes Smedley Rector The Rev. Joie Cleo Weiher Assistant Rector The Rev. Bob Becker Assisting Priest	Staff Mary Morreale Director of Music Ministries Maude Hales Director of Communications Ron Parnell Parish Coordinator Lori Poli Bookkeeper Charo Guzman Sexton	Vestry Stuart Hales Senior Warden Doug Gehley Junior Warden Cynthia Anthony Inreach John Burns Worship Support Janice Carroll Facilities Tim Gustafson Finance Megan Hoskins Children's Education	Kate Howarth Outreach/Mission Carl Kemp Fellowship Jonathan Quander Stewardship Ann Sibold Adult Education Susan Watson Welcoming Jennifer Santley Treasurer Angie Purdy Register
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“Angels Aware” a Joyous Celebration

The children of Holy Cross, under the direction of Mary Morreale and Amber Koenig, presented the congregation with a new perspective on the Christmas story with their performance of “Angels Aware.” The Nativity story was told from the point of view of angels.

The cast put in an extraordinary amount of work, and it showed in this outstanding musical. Our Holy Cross youth were truly exceptional in their parts, making this pageant one that will be remembered for years to come.

Thanks to the many parent volunteers who helped out to make the production a success, and a special thanks to Mary Morreale and Amber Koenig for inspiring the children to share their gifts of singing and acting with the entire congregation.



Adult Forum at a Glance

Join us any Sunday at 10:00 a.m. in the Parish Hall for presentations and discussion.

Feb. 26	How do we deal with grief?	Diana Rooney
Mar 4	How do we forgive others?	John Straub
Mar 11	Sabbath: Rector's Sabbatical	Wes Smedley
Mar 18	Sabbath: Our own refreshment	Kathy Alsegaf
Apr. 1	Palm Sunday—no program	
Apr. 8	Easter—no program	
Apr. 15	Lessons about God from Titanic	Josh Hostler
Apr. 22	Stations of the Resurrection	Mary Hinkle
Apr. 29	New music for the church?	Randy Latimer
May 6	How to reflect theologically	Carla Powe
May 13	The Gospel of Judas	Cynthia Anthony
May 20	The Jesus Prayer	

Music News

Special events:

The Main Street Brass Quartet will be participating at the 11 a.m. service on February 26 and at 9 and 11 a.m. on Easter.

Children's Choir for age 3 through Grade 5 rehearses weekly at 10 a.m.

Please join our intergenerational **Family Choir** on February 12. Meet at 8:50, sing for the 9 a.m. service and by your participation encourage our children and youth to offer special music in worship.

Feb/March Schedule for Children's Choir and Family Choir:

Feb. 12	All Children and Family Choir Rehearsal 8:50, return to worship and sing for Offertory No rehearsal following the 9 a.m. service
Feb. 19	Rehearsal 10-10:45 a.m.
Feb. 26	Rehearsal 10-10:45 a.m.
Mar. 4	Rehearsal 10-10:45 a.m.
Mar. 11	Rehearsal 10-10:45 a.m.
Mar. 18	Children's Choir Rehearsal 8:50, return to worship and sing for Offertory No rehearsal following the 9 a.m. service
Mar. 25	Rehearsal 10-10:45 a.m.

Join the Adult Choir to sing special music for Lent and Easter!

Rehearsals are Thursday nights 7:30- 9 p.m. You are all welcome to participate.

Book Study: *The Wisdom Jesus*

Each Wednesday morning at 11:00 a.m. You are invited to come share your thoughts and explore the rich text of the Bible or other influential books in a casual setting. Join us on any Wednesday. We are currently discussing *The Wisdom Jesus: Transforming Heart and Mind—A New Perspective on Christ and His Message*. No sign-up is needed; just show up when you can. Newcomers are always welcome. Contact the church office for more information.



Bible study is a wonderful opportunity to hear God's Word and explore how it fits into our lives today.

Holy Cross Goes to the Ball Game

Save the date: Friday, April 20
Holy Cross baseball fans and their friends are invited to go watch the Washington Nationals take on the Florida Marlins. Tickets are \$22. Sign up in the Narthex by March 4. Contact the church office to find out more.



Ash Wednesday Services

On Wednesday, February 22—Ash Wednesday and the beginning of the season of Lent—there will be Holy Eucharist services with optional imposition of ashes at 7:00 a.m., 12 Noon, and 7:30 p.m. Please join us for any or all of these services to make a start to this beautiful holy season.



Holy Cross, this service is public and intended for all residents, workers, and passersby in our surrounding Dunn Loring, Tyson's Corner, Merrifield, Vienna, and Falls Church community.

Bishop Visits Holy Cross on March 7

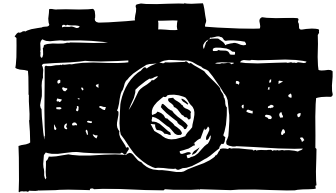
On Wednesday, March 7, at 7 p.m., Bishop Ted Gulick visits Holy Cross to preach, celebrate the Holy Eucharist, and offer the rites of Holy Baptism, Confirmation, Reception into the Episcopal Church, and Reaffirmation of Christian faith and life.

If you would like to be baptized or to receive the laying on of hands with prayers by an Episcopal bishop—or if you have any questions about these rites, please contact any of the clergy in the church office: Wes Smedley, Joie Weiher, or Bob Becker.

OWLs Luncheon March 1

Please join the HC OWLs (Older, Wiser, Laughing Souls) on Thursday, March 1st at 11:30 a.m. for a brown bag lunch, followed by a session from one of our Holy Cross photographers, Jim Cassatt. Jim will show us some of his work and give tips on taking better pictures. If you would like extra help, please bring your camera and camera instructions.

Drinks & cookies will be provided. Peanut butter sandwiches will be available.



Wednesday Noon Eucharist

Every Wednesday, Holy Cross offers a brief service of Holy Eucharist at 12 noon. This worship service is intended for the mid-week lunch break, as a way to stay grounded amidst the busyness of life. As with all services at

Holy Week and Easter at Holy Cross

Palm Sunday April 1	8:00, 9:00, & 11:00 a.m.	Liturgy of the Palms, the Passion, and the Holy Eucharist with donkey processional and petting zoo before 9 and 10:45 services
Wednesday, April 4	12:00 noon	Holy Eucharist
Maundy Thursday April 5	6:30 p.m. 7:30 p.m.	Agape Parish Potluck—Offerings are traditionally meat, cheese and grains in the tradition of the Middle East and Mediterranean The Liturgy Commemorating the Institution of the Lord's Supper and the Stripping of the Altar
Good Friday April 6	12:00 - 3:00 p.m. 7:30 p.m.	Liturgy for Good Friday, Stations of the Cross, Prayers for Healing and Forgiveness The Liturgy for Good Friday
Saturday, April 7	7:30 p.m.	The Great Vigil of Easter, beginning with the kindling of the Paschal fire in the outside chapel, concluding with the first Eucharist of Easter
Easter Sunday April 8	8:00 a.m. 9:00 a.m. 11:00 a.m.	The Festive Eucharist for the Feast of the Resurrection The Festive Eucharist for the Feast of the Resurrection Choral Festive Eucharist for the Feast of the Resurrection



Youth Group

The Easter Bunny Needs You!

Sunday, March 11, we will make Easter baskets for children we have adopted for the holidays and stuff eggs for our church egg hunt on Easter. We'll go to the dollar store to buy items for the baskets (please bring \$10 to contribute) then return to the church for lunch and watch a movie or listen to music while we work. If we have enough parent drivers, the group can go shop immediately following formation hour.

Ski/Snow Tubing Trip

All youth 6th-12th grade are invited to join in the fun either skiing or snow tubing on Saturday, Feb. 18. Please contact the Rev. Joie Weiher (joie.weiher@holycrossepiscopal.org) to sign up.

St. Nicholas made a visit at the 5:00 p.m. Christmas service.

**Happy Birthday
in February**

Fortune Okoh	Larry Pugh
Lisa Eaton	Kathryn Stahl
Brianna Elder	Joan Wyman
Brooke Mattis	Alex Kardis
Brayden Strait	Gary Johnson
Jack Hales	Rim Yi
Sandi Voskian	Caroline Hoskins
Evan Bascug	Jodi Kittle
Sarah Lennertz	Hitomi Comstock
Sean Williams	Wade Hinkle
Rick Melrose	Andrew Strait
Daisy Torla	

**Happy Birthday
in March**

Christine Rubeiz	George Craig
Ric Fiore	Susan Hurt
Laura Mattis	Rita Sesay
Brittany Hacker	Carol Tsou
Jennifer Santley	Karen Baker
Hanna Truax	Larry Mendenhall
Yuri Kerrins	Cheryl Elder
Sarah Nicholson	Jean Robinson
Sara Williams	Robin Yi
Ralph Flinchbaugh	Jo Belser
Connie Burgess	Blain Buckley
James Mazur	Karen Drenkard



If your name is missing here,
please contact the office at 703.698.6991
or office@holycrossepiscopal.org

Crossings is published monthly. If you have items to include in upcoming issues, please contact Maude Hales at news@HolyCrossEpiscopal.org. or 703.698.6991. Items may be edited for content and length. Deadline for the April 2012 issue: Thursday, March 15.

Sunday School Teaching Schedule

<i>Date</i>	<i>class</i>	<i>Storyteller/Teacher</i>	<i>Greeter/Shepherd</i>
Feb. 12		Kate Hayes	Hayes Family
Joint Session on Baptism			
Feb. 19			
No Sunday School due to Children's Choir			
Feb. 26	PreK-K	Helen Smith	Jesse Weiher
	1st-2nd	Lee Bruner	Chris Schaeffer
Mar. 4	PreK-K	Lee Bruner	Darlene Parker
	1st-2nd	Susan Irick-Hacker	Brittany Hacker
Mar. 11	PreK-K	Jonathan Quander	Jennifer Santley
	1st-2nd	Helen Smith	Darlene Parker
Mar. 18			
No Sunday School due to Children's Choir			
Mar. 25	PreK-K	Helen Smith	Kathryn Mendenhall
	1st-2nd	Jonathan Quander	Jesse Weiher
April 1	Palm Sunday, no Sunday School		
April 8	Easter, no Sunday School		

Christian Formation for Youth Teaching Schedule

<i>Date</i>	<i>class</i>	<i>Teacher/Leader</i>
Feb. 19	Loving your enemies	Pam Nicholson
Feb. 26	Loving your Neighbor	Pam Nicholson
Mar. 4	Divorce	Cassie Rosado
Mar. 11	Changes in Relationships	Cassie Rosado
Mar. 18	Dedicating yourself to God	Cassie Rosado
Mar. 25	Death	Cassie Rosado
Apr. 1	Gossip	Stuart Hales
Apr. 8	Easter, no formation class	Stuart Hales
Apr. 15	Lying	Stuart Hales
Apr. 22	Cheating	Stuart Hales
Apr. 29	Stealing	Stuart Hales
May 6	Becoming an adult	Nancy Colfax
May 13	Life goals	Nancy Colfax
May 20	Making a difference	Nancy Colfax
May 27	no formation class	

Holy Cross to Host Hypothermia Shelter

Holy Cross will open its doors and hearts to our homeless neighbors in the chill of winter by acting as a host shelter for one week beginning February 19. Working with FACETS, we will provide healthy meals, a warm place to sleep, and hospitality to those who might otherwise sleep on the streets in the cold of winter.

Ways to help:

- **Help set up tables** for one or more nights;
- **Sit with guests after dinner**, share some conversation for one or more nights;

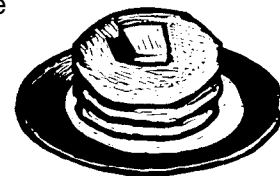
- **Stay overnight** and help supervise for one or more nights (requires a willingness to stay awake through part of the night/next morning)
- Help **prepare and/or serve breakfast** one morning: coffee setup, etc.
- **Prepare bag lunches** for guests to take each morning.
- **Help fund a guest's dinner:** \$5 pays for one guest to have dinner; \$35 pays for one guest to have dinner for the week (checks made payable to The Episcopal Church of the Holy Cross)

Visit www.mysignup.com/hcypothermia2012 to sign up or contact the parish office at 703.698.6991.

Pancake Supper for Hypothermia Guests

We will not have our usual congregational Shrove Tuesday Pancake supper this year. We have a unique opportunity for hospitality and service that day as we host the hypothermia shelter.

Many thanks to the youth and their families who signed up to cook and serve pancakes to the men and women who will be our guests for the



hypothermia shelter. Dinner will be served from 6-7 p.m. Please arrive around 5 to help prepare. If you have an electric griddle, please bring it!

Cooking for the Homeless

On the second Tuesday of every month, Holy Cross provides a nutritious meal and loving care to Safe Haven clients. On Feb. 14 and Mar. 13 at 6:30 p.m., please join fellow parishioners to prepare a healthy, hearty meal for our neighbors in need. Learn a new recipe, meet some new people, and share God's love with the world. Contact the church office to learn more.



Tanzania Mission Trip

On February 17, 10 members of Holy Cross will journey to Dar es Salaam in Tanzania for a 10-day mission trip to the Buguruni Anglican Health Centre to work with staff and to help repair and paint the health center. They will also visit the Anglican primary school next to the health center. At the invitation of the Anglican Archbishop, The Most Rev. Valentine Mokiwa, the group also will visit a small village and learn more about the unique needs of those who live in remote regions of Tanzania.

The Archbishop also has extended an invitation to our Rector, the Rev. Wes Smedley, to preach at the English speaking service at the Anglican Cathedral in Dar es Salaam.

Members of our parish, especially

young people, are invited to participate in this mission by bringing hats of all sorts and descriptions to Hat Sunday, February 12th. The hats will be distributed to about 70 children enrolled in the AIDS orphan program. The hats will be blessed at both services and given to our missionaries to take with them.

In the meantime, your prayers are asked for their safe travel and for the work they will be doing to support the patients and staff at the health center. The group is: Patty Gallatin, Penny Kardis, Alex Kardis, Dave Kerrins, Susan McIntosh, Linda Powell (a friend and coworker of Susan), Scott Mendenhall, Gene Reynolds, the Rev. Bob Becker, and the Rev. Wes Smedley. The trip will be led by Henry and Priscilla Ziegler, who are members of our parish and medical missionaries with the Diocese of Dar es Salaam.

Church of the Holy Cross

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www.HolyCrossEpiscopal.org

Please join us for worship:

Sundays

8:00 a.m. Holy Eucharist

9:00 a.m. Holy Eucharist
with music and
Sunday School

10:45 a.m. Holy Eucharist
with music and
Children's Story Time

Wednesdays

Noon Holy Eucharist

Fridays

10:30 a.m. Holy Eucharist
at Iliff Nursing and
Rehabilitation Center

February/March Highlights

Every Wednesday

Wednesday Noon Eucharist, in the Nave

Sunday, Feb. 12

Annual Meeting, 2 services: 9:00 and 11:00 a.m.

Tuesday, Feb. 14

Cooking for the Homeless, 6:30 p.m. in the kitchen

Feb. 17-28

Tanzania Mission Trip

Feb. 19-26

Hypothermia Shelter program, 5:00 p.m.-7:00 a.m.
each day

Wednesday, Feb. 22

Ash Wednesday, services at 7:00 a.m., 12 noon, and
7:30 p.m.

Sunday, Feb. 26

**Service schedule changes to 8:00, 9:00 and
11:00 a.m.**

Wednesday, Feb. 29

Lenten Education, *Eat, Pray, Learn*, 7:00 p.m. in the
Parish Hall

Thursday, Mar. 1

OWLs luncheon, 11:30 a.m. in the Upper Room

Wednesday, Mar. 7

Bishop Gulick visits, Holy Eucharist 7:00 p.m.

Wednesday, Mar. 14

Lenten Education, *Eat, Pray, Learn*, 7:00 p.m. in the
Parish Hall

Wednesday, Mar. 21

Lenten Education, *Eat, Pray, Learn*, 7:00 p.m. in the
Parish Hall

*Whoever you are, and wherever you find yourself on the journey of faith, you are welcome here
as you are to receive the blessings of God so freely given, of new and unending life in Christ.*

ADDRESS SERVICE REQUESTED

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