Journey in Mission

Members of Grace Episcopal Church, Radford—and a few of their friends—took a missionary trip to Belize during the first half of July. This is the second time the parish has sponsored such a trip; the first was in 2010. Some members of the group were revisiting a familiar place, while for others this was their first experience of Belize. News and pictures of their experiences were posted on a blog, and since their return more and more has been added. Find some amazing pictures of new friends and the work accomplished, as well as some heartfelt thoughts on their journey, at [http://tagbelize.wordpress.com/](http://tagbelize.wordpress.com/).

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Upper left: While in Corozal, Belize, the youth group presented a four-part puppet play, which they had presented to Radford VBS participants, about Joseph and his coat of many colors. This picture shows most of the thirty-five travelers.

Lower left and above: Members of Grace, Radford, work to refurbish and improve existing structures.

“Around the Diocese and Beyond” continues on page 8
The Rt. Rev. Neff Powell  
Bishop  
npowell@dioswva.org  
extension 116

Lynn Robertson  
Bishop's Secretary  
Data Resources Manager  
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extension 117

M--F; 9--5

Alan Boyce  
Canon for Administration  
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extension 115

M-F; 8-4

The Rev. Gene Anderson  
Diocesan Transition Minister (DTM)  
ganderson@dioswva.org  
extension 122

Wednesday; 9-1  
Gene may also be reached at 540-776-9096.

Aimee Bostwick  
Diocesan Youth Coordinator  
abostwick@dioswva.org  
extension 121

M--F most mornings at Evans House, most afternoons from home. Aimee works many night and weekend hours with youth wherever they are located.

Jim Robertson  
Accounts Payable and Procurement Coordinating Volunteer  
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extension 120  
Jim volunteers his time for this service, and consequently he sets his own hours.

Bill Lindsay  
Program Coordinator for Planned Giving, Disaster Preparedness, and Grant Applications  
blindsay@dioswva.org  
extension 110  
Bill has retired, and his hours are his own. Fortunately, he still shares some of them with us.

The Rev. John Heck  
Director of Phoebe Needles Center, Inc.  
johnhheck@gmail.com  
800-848-1677

Anita Boyd  
Director of Grace House  
grchse@yahoo.com  
276-395-6588

The Rev. Deacon Kathy Chase  
Title IV Intake Officer  
Intakeofficer@dioswva.org  
434-946-7374  
This service is performed outside Evans House.

The Rev. Dr. Bob Copenhaver  
Chaplain to Retired Clergy, Spouses, and Survivors; Retired Clergy Insurance Contact  
avpiper@aol.com  
540-556-8307  
Bob serves in this role for love and a small stipend.

The Rev. Becky Crites  
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Maile Armstrong  
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Nick Moga  
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Dena Lee  
United Thank Offering Coordinator  
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Kate Garcia  
Parish Services Coordinator  
kgarcia@dioswva.org  
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- The Bishop Marmion Resource Center (BMRC) is open M--F, from 9 AM to 5 PM at Evans House. Materials may be previewed and checked out online at BMRC-online.org for pick-up or mailing. Contact Kate Garcia for assistance.
- Connections is a monthly diocesan publication connecting those who serve in similar or related leadership positions with the Evans House staff and with each other. Those who receive it are asked to share it with others in their congregations. Please send submissions for publication to Kate Garcia by the 15th of the preceding month.
Dear Friends in Christ,

September is a busy season, a season of new beginnings, transitions, and excitement in our churches. September is typically the opening of Sunday School. Whether you have one or more than one hundred students, it is exciting when Sunday School begins. Let us not forget that Christian formation is a life-long journey and is not limited to children nor to Sunday morning. Some of you have weekday, after school, or evening Christian formation offerings.

The “program year” of the church often revolves around the secular calendar of the school year, with activities picking up after Labor Day. Parish leadership often begins working diligently on the Every Member Canvass, discussing the theology and spirituality of money.

As bishop I feel a quickening in the life of the diocese. The level of excitement and business in the congregations during my visitation noticeably picks up in September. The pace at Evans House picks up—planning for Annual Council, preparing for Fall Mission Days, planning for youth events, folk asking about and checking out resources for Christian Formation and Stewardship from the Bishop Marmion Resource Center.

In our homes and in our communities the school year has begun. Children are out waiting on street corners for buses. Fall sports have started. Some, especially college-age students, have headed off to their schools, many leaving home for the first time.

In addition to our fine diocesan-funded higher education ministries, often referred to as Canterbury Clubs, many of our churches find that visiting students will drop in to look for a church “home away from home.” Be prepared to truly welcome and embrace these students, as with all strangers, enfolding them into the life of your congregation.

In the Prayers of the People I hope you have already or will soon have special prayers for those who teach and those who learn. In addition, I have designated Sunday, September 30, as Higher Education Sunday throughout the diocese. I don’t think there is a congregation in this diocese that doesn’t have a school nearby, or a child, grandchild, or godchild attending school somewhere.

Enjoy and revel in the vitality of the fall beginnings and transitions. You all remain in my constant prayers of thanksgiving and intercession.

Grace and Peace,
Remembering Prayer

"Prayer is the main thing, especially when we get too busy doing ‘important work’."—Alan Boyce
Canon for Administration

I found the prayer that begins this column as a bookmark on Mom’s desk at home, just before her funeral service.

To you, it may be one of many sweet and lovely prayers. But to me it means everything, and it gives me the credibility to testify to you firsthand that prayer works!

I know prayer works because in all of these years I have been granted health and blessings fair and friends and happiness in things great and small, and I have known God’s loving care for as long as I can remember.

Whenever I have doubted my blessings and happiness, my faith and hope were restored pretty quickly. Now I know why! Mom was praying this prayer every day.

I share it with you in the hopes that you and I will not lose sight that prayer is the main thing, especially when we get too busy doing “important work.” As we know, prayer IS the important work—quite often! It doesn’t hurt to be reminded and to know that prayer works.

My mom died in June of this year. My dad died in May of 2010. My big brother and I are now orphans, so to speak. It is all bittersweet.

I was raised in the Methodist Church where I was active in youth events and scouting. Mom and Dad were both active in their home church for as long as I knew them. And they were a prayerful couple. They were married for 63 years and spent a lot of time together on the back porch at home just looking at the beautiful West Virginia mountains and talking about their sons. My brother and I gave them plenty to pray about over the years.

I Said a Prayer for YOU Today

I said a prayer for you today
And I know God must have heard.
I felt the answer in my heart
Although He spoke not a word.
I didn’t ask for wealth and fame
(I knew you wouldn’t mind).
I asked for priceless treasures rare
Of a more lasting kind.
I prayed that He’d be near you
At the start of each new day
To grant you health and blessings fair,
And friends to share your way.
I asked for happiness for you
in all things great and small.
But that you’d know His loving care
I prayed for most of all.

My mom died in June of this year. My dad died in May of 2010. My big brother and I are now orphans, so to speak. It is all bittersweet.

I was raised in the Methodist Church where I was active in youth events and scouting. Mom and Dad were both active in their home church for as long as I knew them. And they were a prayerful couple. They were married for 63 years and spent a lot of time together on the back porch at home just looking at the beautiful West Virginia mountains and talking about their sons. My brother and I gave them plenty to pray about over the years.
Last month I wrote about cholesterol: what it is, where it comes from, and what the normal values are. This month, I will talk about some ways to lower cholesterol and body fats. Be sure to talk with your medical provider and find out what your target cholesterol, LDL/HDL and triglyceride levels should be. Although there are guidelines for these levels (Connections, August 2012), your provider may want to set different goals for you.

The following are ways to lower cholesterol:

- **Medications**
  This is the only “fast fix” way to lower cholesterol. There are several different categories of cholesterol-lowering medications:
  - Statins—such as Simvastatin
  - Niacin
  - Bile acid resins—such as Questran/Cholestyramine
  - Fibrates—such as Lopid/Gemfibrozil

- **Physical activity**
  Even moderate exercise such as brisk walking can help to raise HDL by as much as 10%. The recommended goal is 30-60 minutes per day most days of the week. A good start is the “10,000 Steps a Day” program.

- **Nutritional changes**
  --Limit saturated fats (those that are solid at room temperature, found in red meats and dairy products) and exchange them for “healthy” fats such as olive oil or canola oil, nuts (especially almonds and walnuts), and plant stanol spreads such as Benechol or Smart Balance. Less than 10% of your daily fat intake should be in the form of saturated fats. Exchange red meat for fish at least 2 times a week to increase your intake of omega-3 fatty acids. Good sources are salmon, mackerel, and herring.
  --Avoid trans fats, found in commercially prepared cookies, crackers, and fast food. Government regulations allow foods to be labeled “trans fat free” as long as they contain less than 0.5gms of trans fat per serving, but if you eat several servings of these foods, your trans fat intake can add up quickly. Look for the chemical name for trans fat-- “partially hydrogenated oil”--in the list of ingredients.
  --Eat more fiber, found in fresh fruits and vegetables, whole grains (such as bran, oats, and barley), and psyllium-containing fiber products.
  - Moderate alcohol intake is considered to be one drink per day for women or two drinks per day for men. If you do not currently drink alcohol, it is not advised that you begin to do so.
  - If you smoke, quit. There are several good programs available to help you do this.
  - Always talk with your medical provider before starting any nutritional supplements, even over-the-counter vitamins and minerals. The following supplements may help lower cholesterol or adjust HDL/LDL levels:
    - Green tea
    - Fish oil (do not take if you are taking anti-coagulant meds)
    - Red yeast rice

Lowering your cholesterol can be hard work, but it will be worth it if it helps to protect your heart and give you more time to enjoy God’s beautiful earth and your loved ones.
Despite the sad misfortunes at Grace House this year, I am proud to say the summer work camps have been going strong. It has been a very productive summer and a major blessing for several of the families in the area. Workgroups have done repairs ranging from replacing decaying boards on a porch to basically rebuilding kitchens and bathrooms. While the workgroups have worked hard, there is never enough time to get all the projects done, and as the weather beats or blows on many of our residents, the needs increase. I am thankful to God that there are still people with loving hearts and willingness to help those in need. I truly believe there are blessings laid up in store for them.

At least twelve groups have visited Grace House this year already, and five more are scheduled from the end of August through mid-October. Through the dedication and compassion of those coming to Grace House for the sole purpose of “offering labor to a neighbor,” several families here in the Appalachian Mountains will have the comfort of knowing they will be a little warmer and drier this winter.

Each year, I am amazed with the groups that come in. It never fails for individuals in the group to give the testimony of coming here to minister unto the needy, but find that they are the ones ministered to by the families they have come to help. The faith of families in this area is astonishing, as they know they have to rely on God to supply their needs, because sometimes that is all they know to do.

We are now heading into the rebuilding phase for the bunkhouses. Within the next week, we hope to finalize the contractor and get the building started. Projected time of rebuilding has been estimated at three months, and we are getting excited. I would like to thank all those who have prayed, called, and made contributions to help with the rebuilding and restoration of the contents. The picture on this page reflects our thoughts for so much that God has blessed us with. So many say, how can you be so positive in such travesty, but I have to say, “God has a purpose and plan and there is nothing we can do but know God is in control.”

This picture was taken in the rubble, during clean-up, by one of the work campers who came to help on one of the clean-up days. As she was going through her pictures, later in the evening, she came across these words on a piece of paper on the ground. Again, this reminds us to “give thanks.”

We would like to invite more groups to come to Grace House and experience the beauty and splendor of the mountains while helping those in need.

The 2013 calendar is filling up, so anyone interested in scheduling a work group should call (276-395-6588) as soon as they can and get their group penciled in and request more information on the process and all the sight-seeing experiences available in this area.
The Virginia Council of Churches has been at the forefront of support for Federal Recognition for six of Virginia's Native Tribes. The Virginia tribes have been working on recognition for twelve years. Your support is needed to help Senators Webb and Warner get H.R. 783, The Thomasina E. Jordan Indian Tribes of Virginia Federal Recognition Act of 2011, to the floor before the end of the year.

Why this is important

Federal recognition for the Tribes places Virginia's tribes on equal footing with the 566 Tribes already recognized. Recognition also makes the Virginia Tribes and Tribal members eligible for a number of federal health and educational programs. It also would allow the Virginia Tribes the ability to request return and burial with dignity the many skeletal remains of their ancestors housed in the Smithsonian Institution and other museums. Without federal recognition this is not allowed under current federal law.

The reason we are asking Congress to make this decision has to do with past policy of Virginia. The Racial Integrity Act of 1924, stated that there were only two races, white and colored. Because the Virginia Tribes were not permitted to list their race as Native American, the difficulty and costs of producing the requisite detailed records to meet administrative burden of the Office of Federal Acknowledgement is considered to be prohibitive. In addition to the destruction of records by our Commonwealth, five of the six courthouses that held the vast majority of the records that of Virginia Tribes would need to document their history were destroyed in the Civil War. Despite these obstacles the Commonwealth of Virginia has officially recognized these Tribes since 1983.

If you are in support of this much needed recognition, please contact your member of congress and urge their support in this matter.

Road Trip Possibility! The Dalai Lama To Visit Charlottesville

The Foundation for American Heritage Voices, the Tibetan Association of Charlottesville, the UMA Institute for Tibetan Studies, and the City of Charlottesville are hosting Tenzin Gyatso, His Holiness the 14th Dalai Lama of Tibet, on Thursday, October 11, 2012. The spiritual leader of Tibetan Buddhism and winner of the 1989 Nobel Peace Prize will speak at two events on Charlottesville's Historic Downtown Mall, and the content of his lectures will draw on the overarching theme of "Compassion as a Global Remedy."

The first event will be a panel discussion entitled “Compassionate Care in 21st Century Medicine" at the Paramount Theatre. Former Charlottesville Mayor and City Councilperson Dr. David Brown will moderate the discussion with His Holiness and a distinguished panel of medical professionals. The second event will be a public speaking engagement that will focus on the Dalai Lama’s recent publication, "Beyond Religion: Ethics for a Whole World" at the nTelos Wireless Pavilion. Charlottesville Mayor Satyendra Singh Huja will present His Holiness with a proclamation and a key to the City in recognition of his contributions to peace, nonviolence, human rights and religious understanding.

**Around the Diocese and Beyond**

continued from page 1

- Aimee Bostwick has returned to the diocesan office, resuming the position of diocesan Youth Coordinator. She would like to visit as many parishes as possible. Please contact her at Evans House (abostwick@dioswva.org; 540-342-6797; 800-DIO-SWVA) to schedule a Sunday for your diocesan Youth Coordinator to meet with your youth and youth leaders. Aimee is looking forward to becoming reacquainted with everyone!

- Remember that the diocesan Prayer Calendar is not just a printed booklet. It is also available online at www.dioswva.org/ministries/prayer_calendar.html. Corrections and additions to the Calendar are made in bold italics in the text that follows the "Dear Friends" letter. Additions or substitutions are underlined. The location of deletions is indicated with square brackets. Consult the online Prayer Calendar for the most accurate version of the prayers designated for each week of the year.

- Parish audits were due August 31. Remember that this report is required in order for your parish's delegation to be seated at next January's Annual Council. Check out the chart on pages 16 and 17 to see if your parish still needs to return this form.

- Governor McDonnell Declares September 29, 2012, a Day of Service in Virginia. Day To Serve will bring together interfaith groups to combat hunger in Virginia, Maryland, West Virginia and Washington, D.C. Citizens can submit "Day To Serve" events and find ways to help at http://www.daytoserve.org. Governor McDonnell joined Maryland Governor Martin O'Malley, West Virginia Governor Earl Ray Tomblin, D.C. Mayor Vincent Gray, the Church of Jesus Christ of Latter-day Saints and members of the interfaith community in declaring September 29, 2012, a "Day of Service" in Virginia. The regional effort will bring together members of the faith and non-profit community, Virginia's food banks and engaged citizens to collect food donations and assist those in need.

- The West Virginia Institute for Spirituality in Charleston, WV, has announced three upcoming workshops. They are:
  --When Grief Gets Complicated: Making It Through the Impasse-Saturday, September 15
  --The Enneagram for Professional Helpers-Friday, October 12
  --The Spirituality of Story-Saturday, October 13

For details, phone the Institute at (304) 345-0926 or visit (www.wvinstituteforspirituality.org).

- The Rev. Dr. Young Jin Cho, superintendent of the Arlington District in the Virginia Conference, was elected the first Korean-American bishop in the Southeastern Jurisdiction on the 29th ballot, receiving 287 votes out of 432 valid ballots cast. He will serve the Virginia Conference as bishop for the next four years. Cho, who was endorsed by the Virginia Conference, is known for his deep spirituality and his commitment to church growth and planting new churches. The delegation put his name forward because he is a deeply spiritual leader who has continually anchored his life in prayer. Welcome, Bishop Cho!
Be Prepared and Act Without Delay: The Importance of Planning for Disasters

When a disaster happens, having a plan in place means that church leaders don’t need to waste precious time wondering about correct procedure. They can simply act.

In 2005, the Diocese of Southwestern Virginia implemented a program to assist its parishes in dealing with a range of disasters. Bill Lindsay, the Disaster Preparedness Coordinator for the diocese, took his post at the inception of the program. His background includes experience with the Federal Emergency Management Agency (FEMA), which meant he was easily able to source helpful material and put systems in place.

“Quite a bit was happening: 9/11 was fresh in our minds and Hurricane Katrina had just hit,” Bill says. Then, when the Virginia Tech shooting occurred in 2007, efforts to have plans in place in case of disaster redoubled.

How do you set up a plan?

Bill recommends that church leaders appoint an individual or a group of parishioners who are able to put the disaster response plan into action—or to recruit other folks to do it.

The diocese has held workshops at its annual diocesan Council, and Bill sends out information through diocesan publications to help parish leaders to kick-start their planning. An official diocesan Disaster Plan has been disseminated to all parishes.

Features of the diocesan Disaster Plan include information about the life cycle of a disaster; plan organization, which describes the role of clergy, vestry, and staff in managing an emergency; several appendices of useful information about partnering with other organizations; and some small disaster scenario plans.

The Diocese of Southwestern Virginia has generalized scenarios in place. Bill says, “We try to cover everything, but very often the unexpected hits the hardest. By generalizing the scenarios, we cover a wider number of possibilities.”

What are some generalized disaster preparedness tips?

Emergency supplies should be checked frequently and kept fully stocked. A battery-operated radio with extra batteries is one emergency supply no parish should neglect to purchase and store.

Computer files should be regularly backed up and stored off-site, and individual staff members should also keep up-to-date copies of their important files on flash drives or discs in case of the need for sudden evacuation.

Staff members should make sure they have contact information for clergy and other staff—including email addresses and home and mobile phone numbers—accessible at all times.

What’s the key to a good plan?

Bill says communication is the single most important factor in disaster preparedness. “People naturally gravitate to the church in times of disaster,” he says. That’s why the diocese’s plan incorporates both the parish and the surrounding communities into its strategy. In the case of recent natural disasters, Bill has seen parish groups help victims get in touch with state agencies and other non-profit organizations for aid. The church acted as a point of contact for information.

For more information about the Diocese of Southwestern Virginia’s disaster preparedness program, contact Bill Lindsay at 800-DIO-SWVA or BLindsay@dioswva.org.

Reprinted from The Good Steward www.cpg.org
Recipients of the Annual St. Nicholas Day Appeal

Every fall, Bishop Powell invites the diocese to participate in the Bishop’s Annual St Nicholas Day Appeal on December 6. Each year, one grant, funded by these donations, is awarded--typically in the range of $15,000-$20,000.

The Mission Committee of the Executive Board considers applications from ministries and organizations to be the recipient of this grant. By design, our diocese alternates between choosing a project from inside the diocese one year and choosing a project outside the diocese the following year. The grant for 2012 will be awarded to a project within our diocese.

To be considered as a recipient for this grant, organizations or ministries must apply to the Mission Committee of Executive Board by September 10, 2012.

Past grants have been used to:

- provide electricity to the Marc Nikkel School in the Sudanese Diocese of Bor (2005)
- support funding for a shelter for battered women in Altavista (2006)
- assist in renovating the guest house in Juba, Sudan (2007)
- help build a warehouse in Lynchburg to store meals used by Stop Hunger Now (2008)
- build a handicapped accessible labyrinth and a ramp for wheelchairs and scooters to a floating dock for people with disabilities and their caregivers at Sophia House (2009)
- partially fund a project at the Rescue Mission of Roanoke to serve homeless males not in need of hospitalization and yet too sick to be in the general shelter, and for men and women waiting to enter the residential recovery program. (2010)
- contribute to the fund for the rebuilding of the cathedral in the Diocese of Haiti (2011)

Criteria for Grant Requests:

Continuing and emerging ministry needs may be funded by a grant. Applications may be submitted multiple years, but preference is given for first time applications or new aspects of continuing ministry. There is no application form. To apply, send a letter to the Mission Committee of Executive Board explaining your organization or ministry. The following information must be included:

- name and contact information for the organization or ministry
- description of the organization or ministry
- statement of the request to be funded
- contact information for the governing board of the organization or ministry

Carole Shriver (St. John's, Waynesboro) will lead a trip to Scotland next summer.

"History, Culture, & Spirituality in Scotland"

June 28—July 7, 2013

This trip is an educational program designed for the Shenandoah Valley Travel Club - 15035A.

Contact Carole for complete information: caroleshriver@hotmail.com
**Risk Management:**
**Copper Theft Can Happen at Churches**

The threat of copper theft has increased substantially, and many churches aren’t aware of the risk it poses. Not only is it burdensome to deal with the after-effects of having copper stolen, it’s expensive.

“It never crossed my mind.”

The Rev. Stephen Craft, rector of St. Philip’s Episcopal Church in New Orleans, knows first-hand the headache that comes from copper theft. His parish was a victim of copper theft--twice in two weeks. All told, thieves stole copper out of three air conditioning units, from the church buildings and from the school building.

“It never crossed my mind,” Father Craft says. Although he had heard many stories about copper being stolen from houses being rebuilt after Hurricane Katrina, he didn’t consider that churches would be affected.

Church employees discovered the theft after the air conditioner in the office stopped working. The school had to be closed for almost a week because it was too hot for students to attend.

“This kind of theft is bizarre to me. Thieves get so little money and have to steal from so many people,” says Father Craft. “They got a couple hundred dollars’ worth of copper, but it cost us ten thousand dollars in damage.”

After the theft, he and other church leaders arranged to install fencing around the air conditioner units and, at night, blocked the circular driveway that allows access to the rear of the church.

**Manage the Risk of Copper Theft**

The risk management team at the Church Insurance Agency Corporation has put together recommendations to prevent copper theft. Father Craft’s strategy of installing fencing around air conditioning units is among those tips. Other ideas include:

- Installing deterrents: Motion sensor lights, surveillance equipment, burglar alarm systems, and tamper resistant hardware will make a thief think twice about stealing copper.
- Disguise copper: PVC piping can be used as an overlay to convince thieves there’s no copper to steal.
- Replace copper where possible: If you have copper gutters, replace them with galvanized steel or a similar material. Copper ground bars on electrical equipment can also be replaced with a tinned version.
- Request police patrols: If your property is secluded, it can seem like an easy target to thieves. Police patrols help thwart unwanted trespassing that can lead to stolen copper.

**It Could Happen to You**

It’s a lot less expensive to manage the risk around copper theft than it is to deal with the fallout. Taking a few steps toward mitigating risk could discourage thieves and give you peace of mind.

--Reprinted from The Good Steward, cpg.org

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**Canoe Trips are coming to a nearby river in your Convocation in 2012!**

River Adventure Program is bringing a canoe trip to you!

**September 15**
The Augusta Convocation

**October 6**
The New River Convocation

(Watch for a Roanoke Convocation river adventure in 2013!)

Cost: $10 per person or $30 maximum for a family.

Trips are open to anyone in the diocese--families, individuals, and friends are welcome.

Participants under age 14 must be accompanied by a parent or guardian. Teens 14--17 may attend with parent permission.

To register or to learn more about the opportunity to safely experience God’s creation in the wilderness through the River Adventure Program, contact Maile Armstrong, RAP Coordinator at 540-947-5016 or mailearmstrong@verizon.net.
All around our diocese, youth and youth leaders were busy this summer with the Bradford Youth Exchange, fun parish events, and life-changing mission trips in service of others. Three of those mission trips are described here—more stories and first-hand experiences are welcome!

Remember to mark your calendars and register for:

--Happening #5, Friday, Sept. 21-23 at St. John's, Roanoke.
--Youthworker's Retreat, Oct. 12-14 at Phoebe Needles Conference Center
--Fall Youth Event (FYE), Nov. 16-18 at Phoebe Needles Conference Center

Mission Trip to Grace House by St. John's, Roanoke, Youth

Evans Schmedtj, of St. John's, Roanoke, writes:

Before signing up for St. John's mission trip to Grace House in Wise County, I was warned that my comfort zone would be stretched. Wise County and the surrounding area is one of the most impoverished regions in Virginia. Hidden in the deep valleys and rounded peaks of the Appalachian Mountains, the inhabitants of the area are all that remains of a once thriving coal town. Today unemployment in Wise County is staggering.

Our mission was to send twenty-one youth and eleven adults for one week into the heart of the problem. Grace House, where we stayed during our trip, is an Episcopal center that provides lodging and work sites to visitors wishing to help the community. Our large group was split into four teams, each working at a different site. Throughout the week, we rebuilt floors, painted walls and renovated homes vastly different from anything we had ever seen.

The challenges and distractions we faced were numerous from the start. Coal dust, sprained ankles, domesticated deer, time constraints and black mold were just a few. Despite the warning, I was shocked by the countless obstacles and different way of life we experienced. In spite of their economic hardships, the people we met were extremely cheerful, fun to be around and positive. Throughout the week, our group became more and more motivated as we made new friends and got to know old ones better. By the end of the trip, all of the challenges we faced melted away and in their place were many good memories, new friendships and fun times with God.

As a group we bawled, laughed, and worked hard together. The best part of the experience is that now I have thirty-two great new friends to greet at church every Sunday.

Overall, the most important lesson I will take away from this trip is that God loves to throw us curve balls. He deliberately challenges us in the full knowledge that he has given us the skills to achieve our goals, and with his guidance, we can end up with more than we ever could have wished for.
My name is Ida McMillan-Zapf and I am a youth from Christ Episcopal Church, Roanoke. This is my experience of AYM (Asheville Youth Mission). Who would have thought that just one week could change someone’s life, forever?

Before AYM, I considered myself the average teenage girl. In love with Justin Bieber, enveloped in my social life, and stressed about high school, I was the normal fifteen-year-old girl. After AYM, all these trifles became small and insignificant. I had matured into a young woman and my faith had never been stronger.

Being part of AYM opened my eyes and heart to the suffering and poverty that surrounds us every day. I was able to understand "these people" better—they are just like us, but they haven't been given the same opportunities as most of us living out of poverty. They are people of all different ethnicities, backgrounds, and families, but all suffering from the same problem – homelessness. Imagine having just what you can carry on your back, relying on organizations like AYM to help provide everyday necessities and maybe a hot meal.

These were the people that I met and worked with—the best people in the world.

Without them, my relationship with God wouldn't have grown, my youth group wouldn't have become closer, and I wouldn't have decided to do mission work after I graduate from high school. I can never thank these people enough. They got me to where I am now, and I wouldn't want to be anywhere else. Like Justin says, "Never say Never" and ALWAYS "Believe" because you can be anyone and do anything when your faith comes from God.

Junior EYC of St. John's, Lynchburg, Root, Root, Roots for the Hillcats!

On August 12, the Hillcats didn't win but that didn't put a damper on the JREYC’s summer outing. At 5:30 PM, a group of fifteen youth assembled in a skybox at Calvin Falwell Field before the game began, enjoying an ice-breaker game, corndogs, and cracker jacks. A good time was had by all. The youth would like to thank John and Nancy Richards for chaperoning, as well as Stewart Langley for providing the spectacular venue.

Team Salter Path—St. John's, Lynchburg, Youth Enjoy Mission Trip

This August, eighteen JREYC youth and five chaperones packed into two twelve-passenger vans and headed to the North Carolina Coast. As is tradition, the group stayed at the Trinity Center, an Episcopal camp, conference, and retreat center.

Continued on page 14
Here the youth enjoyed the beach, the basketball court, the camp fires, the delicious food, and most of all the fantastic setting.

On this mission trip, the enthusiastic middle school youth served at Hope Mission Soup Kitchen. They were given the assignment to not only serve and clean but to get to know one person's story whom they had helped. Next, the youth transported and assembled bags of oyster shells to create a barrier around Jones Island for the NC Coastal Federation. Unfortunately, the third service activity with the NC Coastal Reserve was cancelled due to rain; however, this gave us the unexpected opportunity to stop at Duke and have a picnic lunch and tour the beautiful Duke University Chapel.

Some of the most moving aspects of the trip were the spiritual discussions led by the Reverends Todd and Diane Vie. During this time, the youth engaged in sharing and listening to one another's experiences. On the last evening, an intimate Eucharist was celebrated in the quaint chapel that is at the retreat center. This concluded a wonderful trip of faith formation, mission service, and relationship building.

What a blessing for me to be with this amazing group! We will share a mission trip presentation at the Adult Formation class at St. John’s, Lynchburg, on Sunday, September 9--come and join us!

- Meghan Crowther
Assistant for Youth Ministry
St. John's, Lynchburg

“This mission trip helped me connect with Jesus and other people as well as feeling good about myself.”

--Will Johnson

“I liked getting closer with people I did not know very well and meeting people who were at the soup kitchen who are a lot less fortunate than any of us.”

--Amanda Vie

Attendees on this trip were: Duncan Batt, Audrey Billard, Sydney Courville, Carter Cundiff, Lucas Dendy, Elizabeth Edmunds, Nora Florio, Alison Fox, Will Johnson, Jack and Jaime Keeler, Regan Kinder, Mitch McMahon, Charlie McVeigh, Lauren Peake, Hannah Schindler, Peyton Tompkins, and Amanda Vie.

“On our mission trip, we not only got to help others and the environment, but we also got to be friends with the other kids on the trip to.”

--Regan Kinder

A special thank you from the youth of St. John’s, Lynchburg, to Nicolle Cundiff and Cabell Crowther for their leadership, dedication, and inspiration!
SPONSOR-A-DAY

To support diocesan ministries, consider sponsoring a day out of the year that has special meaning to you. Each sponsorship is a $200 donation to diocesan ministry. You can give the donation in honor or in memory of a birthday, anniversary, death, or other occasion. (This donation is in addition to your annual voluntary pledged giving to your parish.)

Parishes and small groups are also encouraged to consider sponsoring a day.

Date I/we wish to sponsor: ______/_____/______
Amount enclosed: ________________
Please mark your check "Sponsor-A-Day: month/day/year"
Person making donation: ________________________________

Telephone: ( ) ________________________________
Address: _____________________________________

Occasion: ______________________________________
In Celebration of: ________________________________
In Honor of: ____________________________________
In Memory of: __________________________________

If you wish to sponsor the same day each year, please fill out a new form each year.
May we acknowledge this gift in the diocesan publication Connections?

☐ Yes  ☐ No

Thank you for your donation to our Sponsor-A-Day Campaign.

Return this form to:
Sponsor-A-Day Campaign
PO Box 2279
Roanoke VA 24009

• April 19: Kathy Slavin in celebration of the 20th anniversary of being received into the Episcopal Church at St. John’s, Wytheville
• June 5: Frank and Kathy Slavin in celebration of the 1st birthday of their grandson, August William Slavin
• July 15: an anonymous donor in celebration of the summer camp program at Phoebe Needles
• August 3: Ellen Bouton in memory of her parents on their wedding anniversary
• October 3: Jim and Nancy Henry in celebration of Nancy’s birthday from cancer
• October 18: Holly Hodges in celebration of the Feast of St. Luke
• November 21: Dennis Case

Sponsor-A-Day pledges are used to support diocesan ministries.
Bold lettering indicates new pledges.
**Received Reports**

A big THANK YOU to all parishes who have already returned diocesan paperwork due in 2012 to the diocesan office. Check the chart to see who you are! (Chart reflects materials received by the fifteenth of each month.) Parishes in need of copies can find them in the Diocesan Paperwork notebook.

For more information or other assistance, contact L.Robertson@dioswva.org or call 1-800-DIO-SWVA.

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Clergy Supply

The following clergy have indicated availability for supply work in our diocese. Please contact kgarcia@dioswva.org with changes.

Additions and changes are italicized.

Anderson, Gene
5631 Warwood Drive
Roanoke, 24018
(540) 776-9096

Bowen, Roger
324 Sherwood Avenue
Staunton 24401
(540) 292-6423

Busch, Glenn
3024 Cardinal Place
Lynchburg 24503
(434) 384-8673

Copenhaver, Bob
50 Draper Place
Daleville, VA 24083
(540) 556-8307

Crewdson, Robert
6 Miley Ct.
Lexington, 24450
(540) 464-1543

Furgerson, John
11 Whitmore St.
Lexington 24450
(540) 464-1244

Furlow, Mark
3812 Faculty Dr.
Lynchburg, VA 24501
(859) 321-9244

Robert Gilman
414 Boys’ Home Road
Covington, VA 24426
(281) 900-8839

Glover, John
14449 S. Eastside Hwy.
Grottoes 24441
(540) 249-1402

Hershbell, Jackson
274 Still House Drive
Lexington 24450
(540) 464-4641

Johnson, Ronald N.
320 Dudley Creek Road
Hardy, VA 24101
(540) 719-2316

Jones, Richard
1902 Jamestown Road
Alexandria 22308
(703) 823-3186

Lane, John D.
307 Rainbow Dr
Staunton VA 24401
(540) 885-5842

Laycock, Brad
2725 Wilshire Ave., SW
Roanoke, VA 24015
(540) 765-4889

Litzenburg, Thomas
316 S. Jefferson St.
Lexington 24450
(540) 463-5885

Lloyd, B.
3202 Matthews Lane
Blacksburg 24060
(540) 552-5372

Mannschreck, Mary Lou
PO Box 757
Tazewell, VA 24630
(276) 979-4225

McNeer, Conrad
490 North Court Street, #6
Abingdon, VA 24210
(276) 628-7817

Moore, Matthew
1824 King College Road, Apt. D-5
Bristol, TN 37620
(423) 217-0950

Morrison, Robert D.
119 Briarwood St.
Lynchburg, VA 24503
(434) 384-0019

Parrish, William
3708 Manton Dr.
Lynchburg 24503
(434) 384-9758

Payden-Travers, Christine
1711 Link Road
Lynchburg 24503
(434) 384-4744

Pruitt, George
1246 Summit Ave.
Roanoke 24015
(540) 342-7229

Saarinen, Martin
595 Mountain View Dr.
Wytheville, VA 24382
(276) 625-0325

Sinclair, Roderick
1123 Courtyard Rd.
Charlottesville 22903
(434) 244-3507

Smith, Harmon
2228 Karen Dr.
Salem 24153
(540) 389-5205

Spruhan, Judy
720 Diamond Road
Salem, VA 24153
(540) 389-1913

Clergy Supply Rates: The diocesan standard for Sunday Supply as Guest Celebrant and/or Guest Preaching is $150 for one service; $200 for two services; $250 for three services. The diocesan standard for Assisting is $100 for one service; $150 for two services, $200 for three services. The diocesan standard for Guest Retired Bishops confirming is $175.

All amounts are plus $.55 per mile, effective January 1, 2012. The cost of any meals and/or lodging involved is to be negotiated with the vestry.
Bishop's Visitations and Sunday Schedule

Bishop Powell visits every parish in the diocese over the course of fourteen months. July 14, 2013 will be his final visitation. Our new bishop’s visitations will begin July 21, 2013.

October 2012
07 St. Paul’s, Bear Mountain
14 St. Mark’s, Fincastle
21 Christ, Pulaski
28 R.E. Lee Memorial, Lexington

November 2012
04 Emmanuel, Bristol
11 Christ, Roanoke
18 St. Paul’s, Salem
25 Thanksgiving

December 2012
02 St. Mark’s, Clifford; St. Luke’s, Pedlar Mills
09 Trinity, Staunton
16 St. Stephen’s, Forest
23 Christmas vacation
30 Christmas vacation

January 2013
06 Trinity, RockyMount
13 St. John’s, Bedford
20 Christ, Blacksburg
27 Council

February 2013
03 Trinity, Buchanan
10 Ascension, Amherst
17 St. John’s, Waynesboro
24 St. James’, Roanoke

March 2013
03 Walkabouts
10 House of Bishops
17 St. Peter’s, Callaway
23 Peace in the Valley, Nellysford
24 Grace, Massies Mill
31 Christ, Marion
St. Paul’s, Saltville

April 2013
07 Good Shepherd, Galax
14 St. Luke’s, Hot Springs
21 St. John’s, Roanoke
28 St. Thomas’, Christiansburg

May 2013
05 St. Thomas’, Abingdon
12 Reserved
19 Grace, Lynchburg
26 Memorial Day

June 2013
02 St. John’s, Lynchburg
09 St. Peter’s, Altavista
16 Emmanuel, Covington
23 St. Andrew’s, Clifton Forge
30 Tazewell Cluster

July 2013
07 Reserved
14 Good Shepherd, Blue Grass (Bp. Powell’s final visitation)
21 St. Elizabeth’s, Roanoke (the new bishop’s first visitation)
28 St. Thomas’, Bedford County
St. John’s, Glasgow

August 2013
04 St. Mark’s, St. Paul
All Saints, Norton
11 St. Paul’s, Martinsville
18 St. John’s, Wytheville
25 Christ, Big Stone Gap

September 2013
01 Labor Day
08 Trinity, Lynchburg
15 Christ, Buena Vista
22 House of Bishops
29 St. Paul’s, Lynchburg

October 2013
06 Trinity, Richlands
13 Christ, Martinsville
20 St. Paul’s, Bear Mountain
27 Emmanuel, Staunton

November 2013
03 Grace, Radford
10 Trinity, Moneta
17 Good Shepherd, Folly Mills
24 Thanksgiving

Looking Ahead at Evans House

October
07 Lynchburg Convocation
12-14 Youth Workers’ Retreat
14 Roanoke Convocation
16 Retired Clergy Luncheon
18 Dispatch of Business
21 New River Convocation
27 Deacons’ Day at Evans House
28 Augusta Convocation
29 Commission on Ministry

November
01 Fall Clergy Day
03 Executive Board
04 Abingdon Convocation
10 Treasurers’ & Stewardship Day
22 Thanksgiving
22–23 Evans House closed

For more information on Convocation meetings, see page 5.
When the pagan Anglo-Saxons invaded England, they drove the native Celtic inhabitants north into Scotland and west into Ireland, Wales, and Cornwall. The Anglo-Saxons were subsequently converted to Christianity by Celtic missionaries from the north and west, and Roman and Gallic missionaries from the south and east. As a result, they ended up with two different "flavors" of Christianity. The difference was expressed mainly in the form of a disagreement about the proper method for calculating the date of Easter. In 663, a council was called to settle the dispute, the Synod of Whitby. It decided in favor of the Roman or continental way of doing things.

Soon after, the Archbishop of Canterbury died. The English elected a successor and sent him to Rome to be consecrated by the Pope, but he died before the consecration took place. The Pope chose a man to fill the vacancy, consecrating 65-year-old Theodore of Tarsus, a learned monk from the East. This surprising choice turned out to be a very good one. Theodore was (as Bede put it in his Ecclesiastical History) "the first archbishop whom all the English obeyed." Theodore filled the vacant bishoprics and in 672 presided over the first council of the entire English Church at Hertford. He established definite territorial boundaries for the various dioceses and founded new dioceses where needed. He found the Church of England an unorganized missionary body, but he left it a fully ordered province of the universal Church. The body of canon law drawn up under his supervision, and his structure of dioceses and parishes, survived the turmoil of the sixteenth and seventeenth centuries and are substantially intact today.

He founded a school at Canterbury that trained Christians from both the Celtic and the Roman traditions, and did much to unite the two groups. The school taught Bible, theology and sacred studies, Latin and Greek (Bede alleges that some of the students knew these languages as well as they knew English), poetry, astronomy, and calendar calculation (of some importance for political reasons, as stated above). Theodore died September 19, 690, at the age of 88.