

*News
from the
Mountain Top*
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April 2023



*Good
Shepherd
Episcopal
Church*

Praying Through Winter, by *Martha Clark*

"The fruit and the purpose of prayer is to be "oned" with God in all things." ~*Julian of Norwich*

Many thanks to all who participated in our three monthly Saturday morning *Praying Through Winter* gatherings. It was a joy for me to share what I have learned from my prayer teachers and faith communities over the years. I hope that you can step into the Easter season feeling stretched, uplifted, closer to God and neighbor, and ready to take new prayer practices into the Spring and Summer.

To 'pray with your whole being!' ...body, mind, heart, spirit... is always the invitation as we deepen our relationship with all that is holy; as we enter that intimate space with the One "to whom all hearts are open, all desires known, and from whom no secrets are hid."

This winter, we explored more of what it means to pray with our bodies, beyond words, through symbolic worship gestures of praise and adoration as well movement and physical poses that express our most deeply felt intentions. We learned the Body Prayer attributed to the Christian mystic, Julian of Norwich. We practiced simple asanas (poses) of Prayerful Yoga. We ended with a wonderful practice of Qi Gong led by Penni Tidwell.

We coupled movement prayer with an introduction to other ancient forms of monastic and contemplative prayer practices: Centering Prayer, Lectio Divina, Taize chanting, and Labyrinth walking. All these forms of prayer help lead to the sacred center within each of us, where we can find rest and renewal and foster communion with God.

For those who would like to continue (or perhaps begin) practicing the gestures of Julian's Body Prayer, comprised of four poses and intentions, here is a simple outline to follow:

The first pose, **Await**, is a posture of receiving, held with cupped hands extended at the waist to receive the presence of God.

The second pose, **Allow**, is a posture of opening, reaching up with the hands open to the coming of God's presence.

The third pose, **Accept**, takes in whatever comes, standing with hands cupped at the heart, head bowed.

The final posture, **Attend**, is assumed with hands extended and palms open in willingness to act on what has been given.

Meet Anne from FISH of Clarke County, by *Judy Hall*



Anne is the driving force behind the new FISH Community Table truck that is coming to Good Shepherd on the first Saturday of each month to hand out boxes of food to anyone who is hungry. Her goal is to feed all those in Pine Grove and Shenandoah Retreat who are food insecure. This month we will be knocking on doors and handing out fliers about the FISH services and home delivery efforts.

When you get one of these fliers, please **stop and think** about your neighbors and friends. Let Anne and FISH know about anyone in your area who may not be able to drive or call for help. Please be a good neighbor and help them contact Anne at 540-955-1823. *With resources like FISH, there is no reason why anyone in our community should be going hungry.*

Bishop Harris to visit Good Shepherd, *from DOV website and Good Shepherd staff*

The Rt. Rev'd Gayle Elizabeth Harris, newly appointed Assistant Bishop of the Diocese of Virginia, will celebrate Holy Eucharist at Good Shepherd for the Third Sunday of Easter, April 23, at our 11 a.m. service.



Please come meet Bishop Harris at Good Shepherd Church on April 23 at our 11 a.m. service. And join us for a Luncheon reception afterwards.

"Joyfully, I look forward to joining with you in the proclamation of the Gospel of love and reconciliation in the Diocese of Virginia and beyond" Bishop Harris says in a greeting to the people of the diocese. "I pray that our ministry together in the name of Jesus, continues to empower us to be God's agents of healing and transformation in our own lives, and in the world."

Parish Family News *by Judy Hall*

Congratulations to Trey Taylor (Lois Tapscott's great-great nephew) and Keyshlee Weir on the birth of their son, Easton Dax Taylor on Feb. 28. At birth Easton weighed 7lbs 7oz. and was 20.75 inches long.

Easton is so important to our church family because he is Lois' great-great-great nephew. Trey was baptized at Good Shepherd and as a boy would often follow Lois to church when she was doing Senior Warden chores. He has a natural ear for music and was always playing the piano to entertain himself and the rest of us as we worked around the church.



Trey and Keyshlee met while Trey was serving as a Clarke County Sheriff Deputy and Keyshlee was in the Sheriff Department's communications staff. Trey is still in law enforcement, but has now become a Virginia State Trooper. Trey and Keyshlee live in Clarke County, and almost every time I'm at the church with Lois, Trey calls his "Ya" to check up on her.

Congratulations Lois. We can tell that Easton has made you very, very happy.

Congratulations to Josette Keelor on her new professional faculty position of Content Producer with James Madison University's Content Marketing Department. I must say it is intimidating to interview and write a story about a seasoned, professional reporter. It's obvious that she is very excited about this new job.

At JMU, Josette is bringing her newspaper skills of writing, reporting, editing, and proofreading to a new environment. She'll be working on *Madison* magazine, the *Madison* app, and the JMU website. One of the main differences is that she has more time to work on stories and proof magazine pages than she had at a daily newspaper. Recently, her team has been working on the Spring/Summer edition of the magazine, which they will distribute around campus and to families and alumni in May. The magazine also publishes in the fall and winter, and Josette will spend much of the summer working on the fall edition – writing feature stories, editing stories submitted by colleagues and students, and proofing pages.

Josette is one of five main people who edit JMU's stories, including two student editorial assistants; but many other staff members contribute to the process through photography and graphic design. Each magazine page goes through several reviews before the team will release the Spring/Summer edition. JMU's editors use The Associated Press Stylebook in addition to a smaller JMU stylebook, which both offer guidance on how to edit stories, headlines, and photo cutlines for punctuation, capitalization, grammar, and clarity.



Josette is enjoying working in a university atmosphere. Even though her office is downtown and off campus, she visits the campus often. In the coming weeks, Josette will be involved in selecting the new interns for this summer and next year. This is a great opportunity for students to learn job skills that will prepare them for their careers, and, in fact, many of Josette's coworkers are JMU alumni.

Like many white collar professionals, Josette is returning to the office after working from home the last three years. Currently her drive from Berryville to Harrisonburg is an hour and 20 minutes, but she can still work from home two days a week and has been reducing her drive, where possible, by staying with friends closer to Harrisonburg one night a week or renting the occasional Airbnb. Josette is finding constructive things to do during the beautiful drive, like listening to podcasts, books, or music, and has plans to try learning a new language.

Creation Care Corner: Update on the Prayer and Meditation Garden, *by Cindy Ingram*

The last of the bushes and trees have been planted as well as the Allegheny Spurge which, once established, will line the pathways with beautiful white flowers. The next steps will be to finish the container wall for the pollinator garden, complete the stone pathways, and to do the herbaceous plantings. Our first batch of herbaceous plants will likely be put in the ground the afternoon of April 22, the day of the native plant sale in Leesburg.

If you are interested in helping plant this first batch of herbaceous plants, please contact Cindy at cndyningram@cs.com, she would love to have your help! Please stay tuned for future workdays and especially for information about our fall dedication of the prayer and meditation garden to God's service!



Native Plant Sale
Saturday, April 22, 2023
9:00 am - 3:00 pm



Morven Park
17195 Southern Planter Ln., Leesburg
(main parking lot)
www.loudounwildlife.org/events

Flowering the Church, *by Judy Hall*



Thank you to all the ladies who helped with the Easter Flowering of the Church. We had lots of flowers and lots of fun. Lois was scouting the yards of her neighbors and family to find daffodils, redbud, and dogwood all Holy Week. We were so lucky that the warm sun showed up on Friday to open the budding trees along the Blue Ridge. Kelly and Catherine get the prize for the most window arrangements. Each one was unique and beautiful. Penni,

who claimed not to know anything about flowers, created an amazing arrangement in an antique beverage cooler. Martha showed up with armloads of redbud before running off to write her Easter homily. Thank you to all who donated flowers, bushes, trees, and time to make our small church a beautiful spot for Easter.



Vestry Notes, *from the Good Shepherd vestry*

The Vestry at Good Shepherd is the core community for conducting church business. All members provide input into the spiritual and financial health of the parish. Josette has resigned from the vestry after serving several years. Ray Ewing has agreed to step into the vacancy. Thank you Josette for your service and Ray for your new service.

This year the vestry voted to participate in the 101st Annual Good Friday Offering of the Episcopal Church to support Anglican ministries in the Province of Jerusalem and the Middle East. We have asked our parishioners to give to this effort when there is so much religious and political strife, anger, and unrest in the region. Please submit your donations to Good Shepherd Church designating on the memo line or cash envelope the "Church in Jerusalem". These will be collected from Good Friday through the 23rd of April, the Third Sunday of Easter. Good Shepherd will match up to \$500 of these offerings.

We came with joy to meet our Lord, *by Tim Hall*



From Palm Sunday through The Day of Resurrection, Good Shepherd was filled with the Holy Spirit as we worshiped together, inside and out. Holy Week began outside in the chilly and blustery, but bright, morning waving palms and hearing of Jesus' triumphant entry into Jerusalem. After Rev Deb's sermon, Cindy, Bryan, Josette, Eileen, Ron, Lee, and Penni brought the Passion Gospel from Matthew to life in their dramatic reading.

We continued on Maundy Thursday with a delicious sacred supper in the parish hall followed by Rev Martha's homily, foot washing, and communion in the sanctuary. With Psalms and Taize chants, the altar was stripped and the lights were extinguished to end the service as we followed Jesus to the garden and prepared for his betrayal, suffering, and death.

On Good Friday we gathered to walk the outdoor Stations of the Cross, from our patio to the Calvary cross, before joining in the Solemn Liturgy of the Passion in the darkening sanctuary. Were you there when they crucified our Lord? Were you witness to all Jesus did for us, and continues to do, for our forgiveness? Join us, for we know, as Christians, that's not the end of the story...

We welcomed that happy Easter morning with glorious hymns of victory and salvation in a church beautifully flowered for spring... for rebirth! We were blessed with both Deb and Martha to celebrate the resurrection, we experienced powerful preaching, and we even had a visit from two Easter bunnies, including Martha's exploding egg trick! Happy Easter! Alleluia, Christ is risen! The Lord is risen indeed, Alleluia!



Church Calendar – *All are welcome at our services!*

SAT Apr. 22, after 3 p.m. – Prayer Garden herbaceous planting

SUN Apr. 23, 11 a.m. – The Third Sunday of Easter: Holy Eucharist with Bishop Gayle Elizabeth Harris

WED Apr. 26, 9 a.m. – FISH Food Collection donations due in Narthex for month of April delivery

SUN Apr. 30, 11 a.m. – The Fourth Sunday of Easter: Healing and Holy Eucharist with the Rev. Martha Clark

SAT May 6, 9 to 11 a.m. – FISH Community Table: Social and food distribution

SUN May 7, 11 a.m. – The Fifth Sunday of Easter: Morning Prayer with Cindy Ingram

SUN May 14, 11 a.m. – The Sixth Sunday of Easter: Holy Eucharist with Rev. Deb Rutter

SUN May 21, 11 a.m. – The Seventh Sunday of Easter: Holy Eucharist with Rev. Martha Clark

SUN May 28, 11 a.m. – The Day of Pentecost–Whitsunday: Holy Eucharist with Rev. Rob Banse

Join by Zoom, at our website, www.goodshepherdbluemont.org, and click the link on the home page.

Outreach



AA meets at Good Shepherd every Saturday night at 8:30 pm, in person or by Zoom. Drop in or contact: <https://aavirginia.org/meetings> and search for Bluemont.



FISH of Clarke County (36 E. Main St., Berryville) The FISH clothing store and food pantry are open 8 a.m. to 10 a.m. Tuesdays and Wednesdays. Visitors should wear face masks. Anyone not able to stop by when FISH is open may contact FISH at 540-955-1823 or via email at fishfoodpantry@comcast.net to schedule no-contact delivery.

Any questions or concerns? We would love to hear from you by email, phone, or in-person:

office@goodshepherdbluemont.org * 540-252-5825 * 27 Good Shepherd Road, Bluemont, VA 20135