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Subject: News from the Mountain Top

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News from the Mountain Top July 2022

The 228th annual convention of the Diocese of Virginia will be Nov. 17-19 at the Crystal Gateway Marriott Hotel, 1700 S. Eads St., Arlington, VA 22202. For more information, visit thediocese.net

Parish News

Covenantal Giving Meeting

Vestry Treasurer Cindy Ingram and vestry member Josette Keelor represented Good Shepherd at the Diocesan Covenantal Giving Meeting in Warrenton on June 18 where they heard about some exciting efforts other churches in the diocese are taking on. The diocese also discussed its new program for assessing how much churches should contribute to the diocese on a yearly basis.

'Just Because It's July'

Our "Just Because It's July" community outreach event will be Saturday, July 23. We'll be serving free grilled chicken and hot dogs along with sides and free ice cream sundaes from 4 to 7 p.m. Please contact Tim Hall at timhall0054@gmail.com if you can help.

Prayer & Meditation Garden

Our Prayer and Meditation Garden has moved into the next phase: design and project definition. Stakes and green flagging tape in the woods above the church now mark the garden's location. Clearing is planned for later this month, followed by building of retaining walls, soil preparation, and laying out pathways.

For more details on the garden plans, see our application for the Peter J. Lee grant on the Good Shepherd website. If you would like to help, contact Cindy Ingram at CndyIngram@cs.com or Tim Hall at FacilityMgr@goodshepherdbluemont.org.

Coming This Fall



Meditation Walks at Cool Springs

This fall, Good Shepherd will launch a series of monthly meditation walks at Cool Springs Battlefield (The Shenandoah University River Campus) at 1400 Parker Lane, Bluemont.

Walking meditation is a practice of bringing body and mind together peacefully.

It's a mindfulness exercise that combines the physical activity of walking with the focused mindfulness of meditation.

Not just a simple stroll in the park, it's usually done more slowly than normal walks and involves either coordination with breathing or special focusing practices.

As we walk mindfully and reverently on the earth, we will generate the energies of mindfulness, peace, gratitude, and compassion in body and mind.

Sept. 10 - Walking with a Word

An introduction to walking meditation with a focus on mindful walking and breathing. We'll include a blessing mantra or sacred word for positive, prayerful thoughts.

Oct. 8 - Walking with a Friend

You are invited to bring a companion (furry or otherwise) to join you on this meditation walk. Our focus will be on the natural world around us and the gifts of friendship. In honor of St. Francis, at the end of our walk we will offer a blessing of the animals and people present.

Nov. 12 - Walking with a Thankful Heart

Our meditation walk this month will center us in the practice of acknowledging and appreciating the blessings and gifts of our lives as we walk.

Dec. 10 - Walking Towards Peace

As seasons change and the weather gets colder, so often does our mood. How do we walk through the busyness of the holidays with the stress and "blues" that sometimes accompany the season? Let us walk together towards peace in our hearts and in the life of

our world.

The walks, led by Rev. Martha Clark, will take place at 10 a.m. on the second Saturday of each month and last up to an hour including an introduction and a blessing. We will meet at the pavilion next to the parking lot. So far we've scheduled for September through December. After that, we will assess if the walks will remain on a monthly basis or if we'll switch things up. More details will be on our website closer to the first walk date. Hope you can join us!

Our Facility

If **your small group** would like to meet at Good Shepherd, send an email to **office@goodshepherdblueмонт.org** and Lois Tapscott or Judy Hall will be glad to talk to you. We would love to share this space with you for regular meetings or special events.

Our Community

July 10 — Fundraiser for Blue Ridge VFD at Horseshoe Curve Restaurant, 1 to 5:30 p.m.

July 16 — Blood Drive at Blue Ridge VFD, 8 a.m. to noon

Aug 6 — Ice Cream Social at Duncan Memorial UMC, 4 to 7 p.m.

Aug 14 — Wickliffe Church Homecoming MP Service, 11 a.m., potluck picnic immediately following (no service at Good Shepherd)

+++ CALENDAR +++

SUN July 10, 11 a.m. -- The fifth Sunday after Pentecost, Trinity Sunday: Holy Eucharist with the Rev. Martha Clark

SAT July 16, 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN July 17, 11 a.m. -- The sixth Sunday after Pentecost: Morning Prayer with Cindy Ingram

SAT July 23, 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN July 24, 11 a.m. -- The seventh Sunday after Pentecost: Holy Eucharist with the Rev. Martha Clark

SAT July 30 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN July 31, 11 a.m. -- The eighth Sunday after Pentecost: Holy Eucharist and Healing with the Rev. Debbie Rutter

All are welcome at our services!

To join via Zoom, go to our website at **goodshepherdblueмонт.thediocese.net/default.asp** and click the link on the home page.

For more information about Alcoholics Anonymous, go to aa.org.



Giving

FISH

We continue to collect donations for FISH to help the needy in our midst in Clarke County. They are especially in need of paper products. In June, we donated 72 pounds of canned and dry foods, fresh produce, and some paper products.

Checks may be dropped in the offering plate or mailed to
Good Shepherd Episcopal Church
P.O. Box 324, Bluemont, VA 20135

Thank you for your generous support.

Any questions or concerns

We would love to hear from you.
office@goodshepherdblueмонт.org

*Good Shepherd Episcopal Church
27 Good Shepherd Rd., PO Box 324,
Bluemont, VA 20135
Ph. 540-252-5825*

For more info visit
<http://www.goodshepherdblueмонт.org>
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Church of Good Shepherd | 27 Good Shepherd Rd, Bluemont, VA 20135

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