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News from the Mountain Top August 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



'Just Because It's July'

On a very hot evening on July 23, the congregation of Good Shepherd hosted a free community cookout. The approximately 40 attendees enjoyed chicken and hot dogs grilled by David Carter with three kettle cookers going on the patio along with baked beans and coleslaw donated by parishioners and ice cream sundaes.



The food was served from the air-conditioned basement of the parish hall. Diners could eat upstairs in the parish hall to escape the heat or outside under a large tent with fans blowing while they listened to acoustic music performed by Dan Cawood.

Although it was a free event, our church provided information about our Community Prayer and Meditation Garden, which was just beginning development, and also welcomed donations. We are pleased to announce that our generous friends donated \$378 to give the project fundraising a great start!



Prayer & Meditation Garden

Our Prayer and Meditation Garden has seen a lot of progress this summer as parishioners have cleared space for the garden, mapped out where plants and other elements will go, and started laying down borders and pathways. We also removed a tree and pruned overhanging branches.

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 Up

Congregational Discernment Meeting

On Saturday, Aug. 27, from 9 to 11 a.m., we will meet at the parish hall for a congregational discernment meeting with the Rev. Cynthia McKenna, rector at Trinity Episcopal, Fredericksburg, and one of four Diocese of Virginia facilitators for Congregational Development.

Mother Cynthia is a graduate of the College for Congregational Development, is quite inspirational, and enjoys exploring with congregations' myriad aspects of church health.

The College for Congregational Development uses various lenses to look at congregations of all sizes. Mother Cynthia's goal for the visit is to begin a conversation about who we are as a congregation and start to articulate strengths using a lens or two.

We will have a light continental breakfast, so please come hungry for both food and discernment of God's will for us and our little mountain church!

Afterward, please join us for our **Parish & Garden Work Day at noon**. Volunteers needed!



Meditation Walks

Join us at 10 a.m. on Sept. 10 for the first of four monthly meditation walks that we'll hold 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@goodshepherdbluemont.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

Aug. 27, 2 p.m. — Summer's End Cruise-In car show of vintage and classic cars and trucks in downtown Berryville. Rain date is Aug. 28.

Sept. 17 and 18 from 10 a.m. to 5 p.m. — 52nd Bluemont Fair. Admission is \$10. Children 9 and younger get in free. Free parking. No pets allowed.

+++ CALENDAR +++

SUN Aug. 21, 11 a.m. -- The 11th Sunday after Pentecost: Holy Eucharist with the Rev. Deborah Rutter

SAT Aug. 27 10 a.m. -- Congregational Discernment Meeting at the Parish Hall

SAT Aug. 27 noon -- Parish and Garden Work Day

SAT Aug. 27 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN Aug. 28, 11 a.m. -- The 12th Sunday after Pentecost: Holy Eucharist with the Rev.

Martha Clark

SAT Sept. 03, 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN Sept. 04, 11 a.m. -- The 13th Sunday after Pentecost: Morning Prayer with Josette Keelor

SAT Sept. 10, 10 a.m. -- Meditation Walk at Cool Spring Battlefield

SAT Sept. 10, 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN Sept. 11, 11 a.m. -- The 14th Sunday after Pentecost: Holy Eucharist with the Rev. Martha Clark

SAT Sept. 17, 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN Sept. 18, 11 a.m. -- The 15th Sunday after Pentecost: Holy Eucharist with the Rev. Deborah Rutter

SAT Sept. 24 8:30 p.m. -- AA Meeting, in person or via Zoom

SUN Sept. 25, 11 a.m. -- The 16th Sunday after Pentecost: Morning Prayer with Tim Hall

All are welcome at our services!

To join via Zoom, go to our website at goodshepherdbluemont.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 July, we donated 36 pounds of food, including canned goods and leftover hot dogs, buns, and chips from our July 23 community outreach, as well as diapers and personal hygiene 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@goodshepherdbluemont.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.goodshepherdbluemont.org>
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Church of Good Shepherd | 27 Good Shepherd Rd, Bluemont, VA 20135

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