
The Episcopale News

Cople Episcopal Parish
May 2009

Founded 1664
www.copleparish.org

Westmoreland County, Virginia
Vol. XII No. 4

Rector's Reflection

Happy Easter to one and all! We have sung and continue to sing our Alleluias this Easter season giving praise and thanks to God for the love made manifest in Jesus Christ. We have heard the stories of his crucifixion and his resurrection through which we are given great hope in our own resurrection from death. This was certainly brought home clearly to me as I celebrated the lives of three people during Holy Week and Easter Week.

This, following our Lenten Programs dealing with the considerations of end of life decisions, magnified my own thoughts about what our Christian beliefs are about life and death. When I go to speak with family members as we plan for the celebration of life, I explain that our service of remembrance (labeled in the *Book of Common Prayer* as "Burial of the Dead") is an Easter service. In fact, I often point out that there is a page devoted to explaining this (p. 507) and nothing else is on this page. It states:

The liturgy for the dead is an Easter liturgy. It finds all its meaning in the resurrection. Because Jesus was raised from the dead, we, too, shall be raised.

The liturgy, therefore, is characterized by joy, in the certainty that "neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

This joy, however, does not make human grief unchristian. The very love we have for each other in Christ brings deep sorrow when we are parted by death. Jesus himself wept at the grave of his friend. So, while we rejoice that one we love has entered into the nearer presence of our Lord, we sorrow in sympathy with those who mourn.

For me, it is comforting that the church, through the prayer book, acknowledges the grief that is so real in the loss of a loved one . . . even as we acknowledge our hope in the resurrection. The Rev. Hal White, who spoke at two of our Lenten evening programs, recently sent me some additional comments about grieving which he and the Rev. Karen Woodruff have worked on together. They point out that there are as many ways to

respond to grief as there are people, but they offer the following suggestions:

1) **Write.** If there are things you are learning about the person who died, try to write them down. If you find keeping a journal is possible, it will help you in many ways. Try to write a little daily. Arrange pictures or objects around you to reflect your feelings. And even one sentence scribbled on a page may be a deep joy. When able, write about the best of times and the worst of times. Tell your loved one the interesting things you are doing. Share your feelings (sad, mad, bad, glad; stunned, shocked, bewildered).

2) **Meet.** Socialize regularly. Find some people you enjoy with similar experiences and get together periodically to support and encourage one another. Make specific plans to visit family and friends at times which are particularly difficult for you like anniversaries, birthdays, holidays.

3) **Read.** Notice what kind of things you are attracted to read. It may be very different from before your grief. If you are seeking spiritual reading, a spiritual director or counselor or minister might help you develop a beginning list. Develop the habit of setting a regular reading time. Consider joining a book study group.

4) **Exercise.** Daily exercise of your choice is one of the healthiest things you can do for yourself. Walking, yoga, treadmills, weight machines at the YMCA, working in the yard are but a few. This is one of the best ways to deal with depression and grieving.

5) **Eat well.** We all know we should eat healthy food, but in grief that can seem unimportant. Arranging to eat with others can take lots of energy, but it can be life-saving. Eat healthily and regularly. Even when you are not hungry, putting nutritious food in your stomach gives you the fuel and strength to get up and go out. And yet, eating too much on a regular basis can have just the opposite effect.

6) **Compassion.** Your capacity to care for others may be deepened by your grief. Doing something for someone in need is a great elixir for those times when we are feeling down and depressed. Find a non-profit organization with values parallel to yours and explore doing some volunteer work for them. Help a friend in need and they will be a friend indeed.

These are some suggestions which may help. Hal goes on to say that "Whatever may seem like a good plan or item on a list toward healing may be emotionally impossible the next day or

even hour. The grieving process is made up of lots of minute attempts to 'understand' grief."

There are many feelings which pile on one who is grieving. Some we expect, others surprise us. Hal and Karen identify and define the following:

Sadness: the ache of remembering their absence.

Lonely: life is so empty without him.

Happiness: memories of the good times.

Afraid: will it happen to others I love?

Anger: why did this happen to me? To them?

Fear: will it happen to me?

Confusion: I still don't believe it happened!

Relief: I am glad it's over...so painful.

Jealousy: I feel cheated when I see others.

Hope: someday I will be untied.

Guilt: if only I had done this or that.

Frustration: so many unanswered questions, unfulfilled plans.

Hal adds, "We grieve for what was, what never was, what now can never be. **Tasks in grief:** Think about what is gone, what is left and what is now possible. **Think of grief as a journey:** Be aware that you can hit a pothole, run out of gas, get stalled, lose your way, and even, with another loss, have to start all over. This trip happens many times in our lives."

Another question often asked is "**Why do I feel so apart from my spirit?**" Hal and Karen suggest, "A spiritual component to grief is either growing closer to our spiritual roots or feeling estranged, searching for new meanings in our spiritual journey. Many feel a sense of loss of their spiritual footing and beliefs during grief. Joy, our most spiritual of feelings, seems absent. The essence of our joy is still a part of us, but we are often unable to access it during our grieving. In time, with work, it will return."

Another thing I encourage families to do after the death of a loved one is share their stories with one another. This, for many, revives the essence of the person so those taking part in the sharing can enjoy a new relationship with loved ones - both those here on earth and those whom the church calls "the saints triumphant."

And now I share a prayer which came to me from a cousin. The author is unknown to me. It is called "The Prayer of Life".

Teach us, O Lord, not to hold onto life too tightly.

Teach us to hold it lightly, not carelessly, but lightly, easily.

Teach us to take it as a gift, to enjoy and cherish while we have it,

And to let it go gracefully and thankfully when the time comes.

The gift is great, but the Giver is greater still.

You, O God, are the giver and in you is the life that never dies. Amen

Easter Blessings to each of you,

Kaki

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• **UTO SPRING INGATHERING** •

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• Cople Parish will have its ingathering for •

• the United Thank Offering on Sunday •

• May 3rd at both services. You may put •

• your envelopes in the plate that Sunday •

• or mail it to Barbara Davison, Cople •

• Parish, UTO, Box 110, Hague, VA 22469. •

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UNITED THANK OFFERING INGATHERING –MAY 3

The United Thank Offering of the Episcopal Church is over 100 years old. The concept of dropping coins in your "blue box" at home simultaneously offering a thanksgiving prayer for each of your blessings has been integral to Episcopal Church families for generations. What began as a mission of the Episcopal Church Women in 1889 is now a mission of the entire church family.

Each year there are two ingatherings of your coins and dollars, one in May and one in November. The May UTO ingathering will be during the church services in Cople Parish on May 3. You will find a blue envelope included in with this newsletter for you to empty the contents of your blue box into and bring to the services. Many people change their coins into bills or checks and this is helpful to the treasurer. Remember every penny is important to this mission.

Over three million dollars in grants are given throughout the Protestant Episcopal Church of America each year. Many are right here in the Diocese of Virginia., the most recent one being:

Fredericksburg
NEW VISION CARE TRANSITION HOME--- \$19,877.00

To expand the staff for a program dealing with reintegration issues for women leaving prison; part of the prison and jail ministry of the diocese.

It may seem that in these difficult times of war, recession, and all the miseries we can sight in a minute that there is little for which to be thankful. But if we look around with a grateful heart and push down our jaundiced eyes, we will see what beautiful blessings God has given to us.

"Daily thanks improves daily life."

Cople Parish and Kaki's Sabbatical

Several people have asked about this up-coming Sabbatical. It will be for Kaki a time of rest, study, and reflection. Cople Parish will have a period of three months with different clergy visiting to celebrate and preach at Sunday services. A time for you to hear new voices sharing in interpretation of the Word of God and in Holy Communion. For each of us, it will be what we make of it.

For Kaki, as we began to plan for her time away, we realized that the economy and the Parish's budget were not prospering. So from the beginning we were looking to practical and meaningful ways to afford the time. As it happened, funding did not work out as planned and the two seminary courses she planned were put aside. One of the planned courses was on clergy wellness and the other on Celtic spirituality. In her final planning, however, she will get some of each of these - just not in a classroom setting.

The first three weeks she will be in Maine. The first week is rest and reconnecting - a "down" time of changing gears and letting go of priestly roles. The second week she will spend on an island of the coast of Maine in a secluded cottage. Here she plans to spend time in reflection with books by J. Philip Newell, specifically *The Book of Creation*, *Christ of the Celts - The Healing of Creation*, and *Listening for the Heartbeat of God*. Additionally, she will have with her to read, if time allows, *The Furious Longing of God*, by Brennan Manning. The third week will include a visit to another part of Maine where she hopes to spend some time sight-seeing, some experiencing a mission to islanders of the area, and possibly a day to visit old friends.

The next three weeks will be spent back in Virginia in a spectacular and inexpensive location where she will do some reading and study. Some of the books for this portion will be *The Courage to Teach*, by Parker Palmer, *How to Know God*, by Deepak Chopra, and *The Bible and the New York Times*, by Flemming Rutledge, and *The Good Book* by Peter Gomes. She hopes to meet with her spiritual director during this time to share and work through insights and challenges she may have encountered in her study and reflection. Books by Madeleine L'Engle will also be in her library as she travels as well as *The Shack* by William Paul Young which was recently reviewed by Starr Morrow in the "EpisCople News".

At the end of July, the Swanns will head to western New York State to a place called Chautauqua. During the summer, the Chautauqua Institute offers programs at which well known experts in various fields come for seven days of programs, speeches, classes, and entertainment.

Each week has a title which reflects the topic for the week. The two we will attend are entitled "What Makes Us Moral" and "Imagine...". Among the well known speakers are Elie Wiesel, Nobel Peace Prize winner and author of *Night*; the Rev. Tony Campolo, founder of the Evangelical Association for Promotion of Education; Sister Joan Chittister, OSB, spiritual leader and author of numerous books; and P.W. Singer, author of *Wired for*

War. The Chatauqua Institute also offers daily worship, musical and dance performances of a wide variety and also theater presentations. I am assured there is space for "down" time as well. Also while in New York we will visit the Finger Lakes and the Corning Glass factory in Corning, New York.

The last three weeks we will be on vacation in our cottage. There are some books in the bag for that time too...books some of you have offered and encouraged Kaki to read. There may be some sightings of one or both the Swanns from time to time - but this is time away and Kaki will not be covering or communicating with Cople Parish, the office or clergy supply. More about that next month.

History and Architecture of the Colonial Church Program at Ameslee Hall - June 11 and June 18

A two-session course on the History and Architecture of the Colonial Church will be taught by Robert Teagle, Education Director and Curator of Historic Christ Church on Thursdays June 11 and June 18. The Northern Neck of Virginia Historical Society and Cople Parish will host this educational event which is being held from 10AM through noon those days in June. It is free and open to the public, but we request registration in advance. Please call Steve Walker at 472-3291.

ST. JAMES FESTIVAL CHOIR SPRING CONCERT will be performed May 10, 2009 at 4 PM. Selections are Vivaldi's "Gloria", H. H. C Parry's "A Blest Pair of Sirens", and "Five Mystical Songs" by Ralph Vaughan Williams. A great way to spend Mothers' Day! Come find at least five familiar faces in the choir.

REMINDER:

The Diocesan Spring Open Board Meeting of the Episcopal Church Women will be held at Grace Episcopal Church, Kilmarnock on Thursday, May 21st. You are invited to come to hear and see how your support has helped many dreams come true ! The theme " Catching Our Dreams: Preserving Oral Traditions" will enhance knowledge about Virginia Native American Ministries. Guest speaker is Nellie Adkins who is Consultant on Virginia Native Americans and Native American Ministry Coordinator for the Diocese of Virginia. Also featured will be Jackson Field Home for Girls, St. Andrew's School, Bromley Mission School for Girls and ECW displays. Registration is at 8:30 AM with the meeting being held from 9:30 Am- 2:00 PM. Eucharist will be celebrated following lunch. The cost - \$20.00 includes lunch.

Volunteer Corner

SYDNOR FAMILY BEGINS RACE WITH GREAT START

The Sydnor Family started their "Relay for Life" in the battle to help stamp out cancer by creating funds for research, with their barbeque lunch and bake sale - netting almost \$1,700!

Thank you, Cople Parish members, for your continued support of our project.

Join us for the Relay for Life - We would love to have you walk with us during the relay on May 16th! See any member of the Sydnor family for more details!

If you would like to make a donation, make your check out to The American Cancer Society and mail to Sydnor, Inc. 1559 Old Yeocomico Road, Kinsale, VA 22488

MAY IS MEALS ON WHEELS month for Cople Parish. Ginny Skord is calling for a few good men and women to deliver meals on Fridays of May. Please call Ginny if you are able to help: 472-3290.

COPLE PARISH VESTRY seeks two persons to serve as co-chairs for "Special Events" ... preferably one from the 9 AM service and one from the 11 AM service. "Special Events" includes receptions for Homecoming, Blessing of the Fleet, Bishop Visitations, and Lenten Programs. For more information, please speak to a Vestry member.

From the Parish Register:

Burials

Lydia Velma Clark Chatham

Dorthea Mclsaac Bradley

Mary Frances Thrift Sydnor

Return of The Barn Sale

The 2009 barn sale committee of the ECW met on April 7th. We began with a prayer for better weather this year. We are hoping for a tornado- and hurricane-free event in 2009.

The date of the sale has been set for Saturday, September 12th.

For those of you beginning your spring cleaning, it's time to find a box and start putting aside those things you've decided you can live without. Household items, sporting goods, appliances, linens, holiday décor, toys, pictures, furniture, guy stuff, and clothing (clean and in good condition) are all welcome donations.

Sue Ferrett & Sue Green have agreed to manage the very popular Garden Spot tent again this year, so now is also a good time to pot some plants for them to sell as you move outdoors and begin your spring gardening.

If you know friends or neighbors who are moving or downsizing, and need a home for excess possessions, please suggest the Cople Parish Barn Sale to them. We receive lots of merchandise each year in this way.

All of the money we raise from our sale is donated to good causes, and the sale itself provides our neighbors with things they need to live, so it is a form of outreach from Cople Parish to our community. Every year we have many customers who express their appreciation for the wonderful bargains they get at the barn sale.

Drop-off dates for sale merchandise are Tuesday August 25th, Wednesday August 26th, Tuesday September 1st, Wednesday September 2nd, and Thursday September 3rd at the Parish House, between the hours of 10AM and 2PM each day. We have curbside drop-off and will help you unload. Plant donations can be made on September 8th and 9th.

If you have items that need to be donated earlier, please call Janice Woolley at 529-7841. We have a limited amount

of space to accept early donations, but specific arrangements need to be made. Please do not bring things to the parish house and leave them without making prior arrangements.

Thank you for the support you have given to this event in the past, and for your continuing support as we begin the work of Barn Sale '09.

Janice Woolley

Help Needed

The Northern Neck Free Health Clinic is awaiting the printing of its newsletter which should arrive the first week of May and then it will be ready to mail.

Depending upon the time it is received we'll be needing help with the mailing either Monday, Tuesday, Thursday, or Friday, May 4, 5, 7, or 8.

Please call Hugh or Shelby Fillingane who will have the final information (804-472-9329). They plan to start about 9:30 AM at the Hague Parish House.

The previous times of preparation for mailing here at the Parish House, the group has had a terrific day of fellowship and fun. Please offer your help for this terrific project which is helpful for the Northern Neck Free Clinic! What a marvelous program this is for the communiity. Professionals give up their time - let's help, too!

HOSPICE Needs Volunteers

Who is a Hospice Volunteer? A person willing and able to devote time to serving the needs of individuals with life-limiting illnesses, and to help their families at this difficult time.

If this direct patient care is not something you would prefer to do, there are other ways which will be beneficial such as office work or special events and fund-raising projects. A Spring Volunteer Class will be held at the Warsaw Office, Saturday, May 2nd and Saturday May 9th beginning at 9:30 AM. Lunch will be provided. Please call Jane Scates at 804-333-0084 for more information.

SPOT- LIGHT ON...

How can one spotlight find so many places to target? In Cople Parish that's an easy question. There are so many persons upon whom it could finally halt! The hard question here is that it just has to keep rotating and finally make a choice - and from so many from whom to choose, as always decisions are difficult.

If I'm not mistaken, the spotlight couldn't stay in one spot too long because the person upon whom it was trying to beam this month is so active in so many facets of the Parish and community that it had to move quickly in order to keep focus upon her.

Since she, with her husband, joined our parish family she has become a "Jill of all Jobs" - many times enlisting her husband as the "Jack" whom we treasure as well. We haven't seen much, if anything, she can't do - or at least is willing to tackle! (Most often she travels down the field successfully and makes a score.) Often we have grown to take it for granted that she will be there when we get in a tight spot. Perhaps we even take advantage of her willingness to be on tap without realizing it because she makes her position seem no trouble at all.

She's an acolyte; she's a crucifer; she's a teacher; she's an usher; she's a member of the altar guild; she's a visitor to the ill and shut-in; she's a fixer-upper; she's a secretary; she's a planner and organizer - etc., etc.! Good grief, I'm finding it hard to find a place to stop so some etceteras will have to suffice.

She became an acolyte as soon as it became evident that the list at St. James had diminished! Now, she has become the teacher for our newer acolytes as they join us. It's hard to say "no" to this gal who has been a recruiter as well. Need a crucifer for a funeral - a wedding?

We know who to ask! Which Church? Even though her acts are most visible at St. James, it doesn't matter! It's all Cople Parish. Hmmm - it's time to feed the crew of devoted medical persons at the Free Clinic in Kilmarnock! Salad, entree, or dessert? Any one is ok with her! Organize donors for Lenten supper? You've probably seen her prepare for Sunday morning feasts, bus, serve, cook, greet --just about any time the church doors are open - th'ar she is - unobtrusively setting about doing whatever she sees. That peripheral vision of hers catches everything before the blink of an eye. Perhaps some coaches could take pointers from her!

Her sense of humor brightens our lives! It's clever and quick and often softens awkward moments. That's quite an attribute; turning what might be a bit of a lemon into a garnish which enlivens the spirit of conviviality!

Her interests are many and varied. She's an avid reader. She enjoys crafts which one might find perhaps in gold and burgundy. She sews beautifully but in measuring we find she has a fixation on "yards!"

She's compassionate to all, including animals; she volunteers working to save abandoned animals which might never have had a life. But wait! Indulge this writer a few seconds with a personal addition. Above and beyond, I'd say. This thoughtful young lady revved up her SUV and drove us to prison! Yep, that's right; to Lunenburg Correctional Center where we were given instructions to park in a certain area, leave purses, personal items, lock the vehicle securely, and enter the building with only car keys. We were led to an area where we were thoroughly checked -- might I say frisked! When satisfied, we were escorted by a guard

through one door into an area with a high fence topped with barbed wire - a buzzer was heard and a gate opened to another such area, until we reached the final door of access. And why did she do all of this? So that we could pick up a new member of our family - a black lab mix which had been spared being euthanized by Save Our Shelter Pen Pals and obedience trained by inmates; a gift that keeps on giving.

One could say she is loyal and an extreme optimist which is contagious! The latter is most prevalent when the Red Skins are not at the top of their game. Her answering machine always ends with, "And we still love our Red Skins!"

Even when her team fails in an opportunity, Courtney Walker is one of our stellar players and scores a winning touchdown in the hearts and spirit of our Cople Parish Team!

April

Birthdays

May 3 Dave Benton
May 5 Betty Mae Hayes
May 6 John Sydnor
May 7 Charles Reamy
May 8 Charles Tayloe Griffith
May 9 Jaqueline Heard
May 10 Andrea Hall
May 11 Jeanie Sullivan
May 12 Diana Davis
May 13 Mark Farino, Aldra Lloyd
May 15 Mary Walker
May 16 Lucy Massey Headley
May 19 Gayle Harding
May 21 Leslie Jenkins
May 26 Barbara Fairfax
May 31 Susan Saunders

Anniversaries

May 1 Barbara & Marshall Davison
May 6 Rosemary & Mike Mahan
May 13 Wendy Herdman & Dick Lahey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9 am HC St. James Spring UTO Ingathering 11am HC Yeocomico Spring UTO Ingathering	4 Kaki, Clergy Conference Shrine Mont	5 Kaki, Clergy Conference Shrine Mont	6 Kaki, Clergy Conference Shrine Mont	7	8	9
10 Mother's Day 9 am HC St. James 11am HC Yeocomico	11	12	13 11:30 am Healing Service, 12:30 pm Bible Study, PH	14 Kaki at Fresh Start No ECW Meeting	15	16
17 9 am HC St. James 11am HC Yeocomico 3pm Region II, St. Paul's, West Point	18	19 6:30pm Vestry, PH	20 11:30 am Healing Service, 12:30 pm Bible Study, PH	21 8:30am Diocesan ECW, Spring Open Board Meeting Grace Church, Kilmarnock	22	23
24 9 am HC St. James 11am HC & Baptism Yeocomico	25	26	27	28	29	30
31 10am HC Nomini (no other service)						

**TREAT YOURSELF AND YOUR FAMILY TO AN OUTSTANDING DAY OF FUN
AND MUSIC.**

Bring your own chairs and blankets (please no dogs or coolers) and prepare yourself for an old fashioned outdoor music festival: food vendors, tour the historic property, hike in the wildlife refuge. Music provided by: The Embers, Old School and Blades of Bluegrass. Enjoy a day of great music, family fun, games, and plenty of food and golden beverages.

Menokin Music Festival

Saturday, May 9, 2009
2pm til 7pm, Rain or Shine



Purchase tickets by phone, e-mail, snail mail, or these locations

804-333-1776; Menokin@menokin.org
PO Box 1221, Warsaw, VA 22572

Colonial Collectibles, Warsaw
T-Town Tack, Tappahannock

Menokin was the home of patriot Francis Lightfoot Lee, a signer of the Declaration of Independence, and his wife Rebecca Tayloe Lee, of nearby Mt. Airy. The Menokin Foundation owns the 500-acre property, more than half of which is in the Rappahannock River Valley National Wildlife Refuge.

All proceeds help to save historic Menokin

The EpisCople News is published by Cople Parish.

The Rev. Catherine W. Swann, Rector,

John Sydnor, Sr. Warden, Mary Young Tracy, Jr. Warden, Stevenson Walker, Treasurer

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