

February Celebrations

2/10

Emily Stetler

2/14

Brad & Cindy Staup

2/15

Stuart Gunter

2/20

Jim & Mary Belcher

2/28

Al Peden

2/29

Bill Spare

Did we miss your birthday or anniversary?
Please call the Parish Office.

The Mountain Herald

February 2016

The Episcopal Church of the Transfiguration



From the Rector's Desk

Dear Friends in Christ,

The passage from the gospels that first and most impressed me while growing up is the one where Jesus looks with love on the crowd that has followed him, and (the Evangelist writes) he had "compassion on them, for they were harassed and helpless, like sheep without a shepherd" (Mt. 9:36). I can still remember the emotional thrill I felt when I heard that sentence read at Mass on Sundays. I marveled at the penetrating care our Lord was showing toward God's people, wayward and lost though they were. And I knew that such compassion was also expected of me in my relationship with others.

Yet something told me as well that this response was not beyond my ability; nor was it contrary to my nature. Compassion is a foundational human feeling, part of our ethical DNA. As enshrined in religion's most basic and universal tenet, the Golden Rule, compassion is the gift that allows us to step outside ourselves and experience another person's suffering and struggle as though they were our own. Compassion is what makes us tear up when we see a starving child or feel a tightening in the chest when we hear a story of heartbreak and loss. Compassion has the power to turn total strangers into beloved friends, individuals with names and faces, whom we want to rescue and relieve of their burdens. Compassion reaches beyond culture and race, creed and kin, across political borders and above our private fears.

Although a natural human instinct, compassion also competes with other instincts, principal among these the instinct for survival, the equally powerful impulse to look after ourselves first of all. It's why compassion, like all other virtues, needs to be nurtured and cultivated. It needs room to grow; and it requires constant attention.

With that goal in mind, for this year's Lenten study, I'd like us to read and discuss Karen Armstrong's book, *Twelve Steps to a Compassionate Life*. Using the Golden Rule as a starting point--"Do unto others as you would have others do unto you"--Armstrong first examines how compassion has become a central and defining feature of all the world's faith traditions and of moral thought itself. Then, employing a twelve-step model of recovery and renewal, she explores specific ways in which we can nourish compassion in our everyday lives. Together with our reading and reflecting on compassion as taught in Holy Scripture, the result will be an engaging and very practical study that I'm cer-

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Note from your editor:

As you know, the Annual Parish Meeting was postponed due to the blizzard. Details of the meeting will be included in the March issue..

Rector's Desk continued

tain you'll find inspiring, perhaps even life-changing!

So please join me if you can, during this Lent, on a journey of discovery and self-examination, a journey in which we seek to become--step-by-step and by God's abundant grace--more caring, more loving, more understanding, more *compassionate* people.

Blessings,

Pysanky Egg Decorating Workshop



Saturday, February 13
11:00 - 2:00

Taught by Joanna Lohr

Each participant will complete and take home 2-3 eggs

Soup lunch will be included.

Space is limited. \$2 donation will cover the cost of materials, including eggs.

Sign up in the Narthex or by calling the church office (301-371-7505)

Questions? Contact Joanna Lohr
240-285-8399 or jgabryszuk@yahoo.com

Ladies' Lunch

The COTT Ladies Lunch Group met in Memorial Hall on January 19 at noon for their first gathering of the new year. There was cheerful sharing of holiday activities and upcoming events. Linda Galloway made a delicious Bean and Ham soup. Barbara Collins provided the bread. Janet Roberts brought her family's favorite angel food cake for dessert.

The next lunch date is on Tuesday, February 16 at noon in Memorial Hall. All COTT ladies are welcome! Please talk to Linda Galloway or Susan Wirths for more information.



Shrove Tuesday
Pancake Supper
February 9

Serving hours are 5-7 p.m.
Donation: \$5 per individual and \$20 per family.

Brad Staup is in charge with Mel Galloway and Craig Zearfoss as assistants. Brad is still looking for other help to cook, set up and clean up.

If you can help, please contact the parish office.

Lenten Soup & Study
Wednesdays

February 17 through March 16
6:30-8:30

Book Discussion:
Twelve Steps to a Compassionate Life

Books will be available starting Sunday, Jan. 31

Sign up in the Narthex or by calling the church office

Women's Dinner

On Tuesday, February 2nd, the Women's Dinner will travel to Bennigan's ("American Fare - Irish Hospitality"), located in the Market Square shopping center off Rt. 26 (across from Wegman's). The address is 221 Shorebird Street, Frederick.

All women of the parish are invited to meet at the restaurant at 6:30, or carpool from the church parking lot at 6:15.

Check the menu at bennigansmd.com.

Questions? Contact Marusia Zearfoss at 301-371-8704 or MarusiaZ1@comcast.net.

February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00a Morning Prayer 12:00p AA 7:00p Bridge Club	2 9:00a Morning Prayer	3 9:00a Morning Prayer 12:00p AA 7:00p Vespers/ Rite of Healing	4 9:00a Morning Prayer 12:00p AA 7:30p Choir	5 9:00a Morning Prayer 12:00p AA 8:30p AA	6 9:30a AA 7:30p AA
7 Healing - both services 8:00a H.E. II 9:00a Christian Ed 10:15a H.E. II/hymns 11:15a Hospitality PM - AA	8 9:00a Morning Prayer 12:00p AA 7:00p Bridge Club 7:30p Outreach	9 9:00a Morning Prayer	10 ASH WEDNESDAY 8:00a Holy Eucharist 12:00p Holy Eucharist 7:30p Choral Eucharist 12:00p AA	11 9:00a Morning Prayer 12:00p AA 7:30p Choir	12 9:00a Morning Prayer 12:00p AA 7:30p Film - "Selma" 8:30p AA	13 9:30a AA 11:00a Pysanky Workshop 7:30p AA
14 8:00a H.E. II 9:00a Christian Ed 10:15a H.E. II/hymns 11:15a Hospitality PM - Chorale & AA	15 9:00a Morning Prayer 12:00p AA 7:00p Bridge Club	16 9:00a Morning Prayer 12:00p Ladies' Lunch 7:00p B & F	17 9:00a Morning Prayer 12:00p AA 6:30p Lenten Soup & Study	18 9:00a Morning Prayer 12:00p AA 7:30p Choir	19 9:00a Morning Prayer 12:00p AA 8:30p AA	20 9:30a AA 7:30p AA
21 8:00a H.E. II 9:00a Christian Ed 10:15a H.E. II/hymns 11:15a Hospitality 11:30a Vestry PM - Chorale & AA	22 9:00a Morning Prayer 12:00p AA 7:00p Bridge Club	23 9:00a Morning Prayer 6:30p Men's Dinner	24 9:00a Morning Prayer 12:00p AA 6:30p Lenten Soup & Study	25 9:00a Morning Prayer 12:00p AA 7:30p Choir	26 9:00a Morning Prayer 12:00p AA 8:30p AA	27 9:30a AA 7:30p AA
28 8:00a H.E. II 9:00a Christian Ed 10:15a H.E. II/hymns 11:15a Hospitality 11:30a Vestry PM - Chorale & AA	29 12:00p AA 7:00p Bridge Club	Ash Wednesday Services 8:00 a.m. - Holy Eucharist with Ashes 12 noon - Holy Eucharist with Ashes 7:30 p.m. - Choral Eucharist with Ashes				

Special Movie Presentation - "Selma"
Friday, February 12 at 7:30 p.m., here at C.O.T.T.
 Friends from the Middletown Ministerium churches will be joining us in viewing this film
 A guided discussion will follow

The Vestry list will be updated after the Annual Parish Meeting when the new members are voted into office.

In the meantime. Feel free to talk to any of the members listed here if you have any questions regarding COTT.

VESTRY

<u>Class of 2015</u>	<u>Class of 2016</u>	<u>Class of 2017</u>
Rachel Delchamps	Dorothy Beaird	Barbara Collins
Matt Holcomb	Bill Spare	Richard Galliher
Tony Traini	Marusia Zearfoss	Robin Heiser

Janet Roberts – Sr. Warden

Brad Staup – Jr. Warden

George Roberts – Treasurer

Marsha Burrell - Clerk

SUNDAY SERVICE SCHEDULE

8:00 a.m. Holy Eucharist

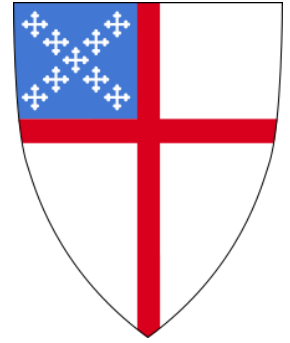
9:00 a.m. Christian Education for All

10:15 a.m. Holy Eucharist with Music

11:30 a.m. Hospitality

1st Sunday of each month Anointing and Prayers for Healing
follow each service

Morning Prayer - Mon through Friday - 9:00 a.m.
Vespers with Rite of Healing - Wednesday - 7:00 p.m.



CONTACT US

Rev. Gordon De La Vars, Rector fr.gordoncott@gmail.com
Rev. Ellen Hurwitz, Associate (301) 293-1514
Church Office Phone Number: 301-371-7505
Rectory Phone Number: 301-371-6227
Church E-mail Address: transfiguration1@verizon.net

For Pastoral Emergencies, Church Members should contact the office at 301-371-7505 or via e-mail at transfiguration1@verizon.net

www.thechurchofthetransfiguration.com

The Episcopal Church of the Transfiguration

PO Box 87

6909 Maryland Avenue

Braddock Heights, MD 21714

