



Inside this issue:

Assignments	2
Mark Your Calendars	3
Highlights Vestry	3
Anniversaries	4
In Our Hearts	4
Birthdays	4
Month Prayers	4
Puzzle Page	5
Notices	6-8

Important Websites

Catholic Diocese of
Richmond
www.richmonddiocese.org

Episcopal Diocese of
Southern Virginia
www.diosova.org

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Email Address

admin@holyapostlesvb.org

A Message From Deacon Gary

Let Me Introduce Myself -- Deacon Gary Harmeyer

I was born on August 5, 1950 in Carroll, Iowa, a small rural town of 7500 in west central Iowa. I was the third of ten children, and my family is German-Irish. We always went to church together on Sundays. My dad was a barber and my mom was a homemaker. My dad passed away two years ago and my mother is 89, suffers from Alzheimer's, and lives in nursing home in Carroll.

I attended a parochial school growing up and after high school went into a nurses' training program in Omaha, Nebraska, affiliated with Creighton University. It was there I met my wife, Karen, and we have been married 44 years.

After graduating from nurses' training, Karen and I both joined the Navy. Karen was on active duty for 3½ years, then spent 27 years in the reserves. I spent 28 years in the Navy. We had wonderful duty stations that included: California (Long Beach, Camp Pendleton, and Monterey), Guam, Great Lakes (twice), Charleston, and finally Portsmouth.

Along the way, God blessed us with five exceptional children: Detrik (girl), Dustin, Dana (boy), David, and Denise. All live in Virginia except Detrik, who's stationed at Camp Pendleton, CA. We have 10 grandchildren.

I began my diaconate formation in September 1999, the same month I retired from the Navy. The academic portion was provided by the Benedictine Order from St. Meinrad Archabbey, St. Meinrad, IN. I was ordained a Permanent Deacon for the Diocese of Richmond in March 2003. I received a Master of Arts Degree in Pastoral Theology in 2005 from St. Mary's of the Woods College, St. Mary's of the Woods, IN.

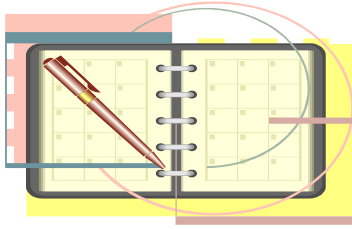
Karen and I were members of the Church of the Ascension from 2000-2010 (Father Jim Parke was my mentor). In 2010, I was transferred to St. Nicholas until 2013 (the first year was with Msgr. Ray Barton). In 2013, I returned to Ascension. My main ministry has been visiting the sick, although I did teach religion for one year at Catholic High and four years at St. John the Apostle. I also served as Ascension's Director for Religious Education for four years.

I received a call from Father Tim Kuhneman this January to inquire if I would be interested in serving as the "Catholic presence" at the Church of the Holy Apostle. The clergy from Ascension has always had a close affiliation with Holy Apostles and although I have not been particularly involved in ecumenism activities, being assigned with Father Jim Parke and Msgr. Ray Barton, I know how important ecumenism is. I also see the Church of the Holy Apostles, and its unique symbolism for ecumenism, as something worthy of my time and effort. I do not want to see this community fail, so I was compelled to tell Father Tim Kuhneman "yes, I would accept the position". I am looking forward to working with Father Mike, whom I met the first week he was assigned to Holy Apostles, as well as Father Ven llano, whom I have known for several years. Likewise, I am looking forward to meeting and working with all the good people that call Holy Apostles their home.

March	1	8	15	22	29 Palm Sun.
Phone	N Felton	P Marion	J Flowers	N Felton	P Marion
Greeters	J Arnold	J Arnold	J Arnold	J Arnold	J Arnold
Acolytes	J Dickerson	B Hormuth	B Russo	N McCreedy	R Spach
Readers Episcopal	M McDonald & J Dickerson	A Whyte & M Meehan	T Asalone & A Delaney	N Ragland & F McGrath	J Flowers & E Zamer
Readers RC	P Van Heest & M Noyes	M McCreedy & G Little	P Russo & A Cherwa	J Arnold & G Leighton	B & L Startt
Prayers Episcopal	D Dickerson	J Arnold	D Mitchell	E Scholl / Iglecia	C Mills
Prayers RC	J. Delaney	G Leighton	T. Startt	J Tucker	J Franklin
Gifts & Euch. Min. Episcopal	Londono Family & A & T Asalone	A Cherwa & J Franklin	M Noyes & C Mills	B Startt & D Londono	D Mitchell & H Foiles
Gift & Euch. Min RC	M Mills & J Delaney	A Martin & B Hormuth	M Franklin & T Frey	E Dickerson & N Kimpan	P Salisbury & B Hormuth
Counters	P Whyte & L Pace	M. Meehan & P Russo	G Leighton & M Noyes	T. Startt & M Cherwa	L Larson & B Carpenter
Altar Guild	Nichter	Franklin	Delaney	Pace	Startt
Fellowship	Hale	Hulin	Marion	Salisbury	Whyte

April	4 Vigil	5 Easter	12	19	26
Phone	TBD	N Felton	P Marion	J Flowers	N Felton
Greeters	TBD	TBD	TBD	TBD	TBD
Acolytes	TBD	TBD	TBD	TBD	TBD
Readers Episcopal	TBD	K Whyte & V Londono	L Brunick & N Nichter	B Carpenter & G Leighton	J Tucker –Russo & P Russo
Readers RC	TBD	T Frey & N Ragland	J Lucas & C Mills	J Delaney & D Mitchell	J Franklin & A Delaney
Prayers Episcopal	TBD	B Russo	L Startt	M Noyes	P Van Heest
Prayers RC	TBD	A Marzitello	E Zamer	M Meehan	A Cherwa
Gifts & Euch. Min. Episcopal	TBD	J Blessing & C Hamilton	A & J Delaney	J Flowers & N Nichter	E Keenan & J Kremer
Gift & Euch. Min RC	TBD	Hulin Family, M Noyes & D Londono	A Cherwa & H Foiles	B Startt & J Franklin	H & T Asalone
Counters	P Russo & W Mc Daniel	L Larson & H Felton	G Leighton & B Carpenter	M Meehan & J Fobian	L Pace & S Stanley
Altar Guild	Arnold	Arnold	Arnold	Arnold	Arnold
Fellowship	TBD	TBD	TBD	TBD	TBD

Mark Your Calendars



Sundays	10:00 a.m.	Liturgy
	11:45 a.m.	Fellowship & Christian Formation
	11:45 a.m.	Choir Rehearsal
Tuesday	10:00 a.m.	Bible Study
	1:00 p.m.	Zumba Gold
	6-9 p.m.	CASA - Fellowship Hall
Wednesdays	6:30 PM	St. Francis and the Sultan - Double Classroom
	6-7:30 p.m.	Girl Scout Troop 49 - Double Classroom
	6:30 p.m.	Girl Scout Troop 992 - Young Apostles Room

Happenings at Holy Apostles

March 1	10:00 a.m. 11:45 a.m.	Youth Sunday, Manna Sunday Godly Play; Adult CF: TBA
March 2	6:00 p.m.	Christian Formation Team
March 4	4:00 p.m. 6:00 p.m.	Executive Council Soup & Study
March 6	11:00 a.m.	World Day of Prayer @ Foundry UMC
March 7 March 8	9:00 a.m. 6:00 p.m.	Vestry Training Day @ Ascension, Norfolk Healing Service
March 9-13 March 9	1:00 p.m. 9:00 a.m. 6:00 p.m. 7:00 p.m.	Manna on Call Mobile Food Pantry Finance Council Vestry Council
March 11	6:00 p.m.	Soup & Study
March 17		ARChive Deadline; Happy St. Patrick's Day! (Patrick, Bishop and Missionary of Ireland)
March 18	6:00 p.m.	Soup & Study
March 20	6:30 p.m.	Centering Prayer Pot Luck
March 25		The Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary
March 28	12-2 p.m.	Girl Scout Troop 49
March 29 March 29– April 4	10:00 a.m.	Palm Sunday Holy Week

Highlights from Vestry Council

- Father Ven continues to celebrate Mass on Sunday mornings and Deacon Gary Harmeyer hopes to be in the Holy Apostles office on Wednesdays as well as Sunday mornings when he does not have other commitments. We are grateful to have both of them as part of the Holy Apostles family.
- The Ecumenical Council is planning to hold two interfaith events on national holidays, similar to the Memorial Day Service last year. They are also planning to set up a summer youth program in cooperation with several other small parishes this summer.
- The playground repairs are in process. A lock will be placed on the closet doors in the Young Apostles room, as some of the church records will be stored in that room.
- Christian Formation has been planned for the year and a flyer with dates/times was included in the bulletin. Godly Play is being presented one time per month following the two services. It is based on Bible Stories, the Sacraments, and Parables, and uses a "scene" that the children can interact with. The children have really enjoyed and benefitted from this program.
- Social Ministry continues to serve our community through the Manna program, the monthly Food Bank distribution, Assistance with the Winter Homeless Shelter, and is planning for the Beach Fellowship shelter for homeless families the week of July 1 to 8.
- Soup suppers for Lenten Study will begin on Feb. 25th. Soup at 6:00, with the program to start at 6:45.
- Vestry Council members will be attending the Vestry Training Day on March 7 at Ascension, Norfolk. They are in the process of identifying goals for the rest of this year.



March Birthdays

Holly Frey	3	Linda Carpenter	18
Sherry Smith	3	Phil Russo	20
Donmarie Arnold	4	Patricia Marion	22
Joseph Arnold	4	Tommy Robbins	22
Tom Frey	7	Thomas Abbott	23
Lourdes Little	11	Roger Crosby	23
Jack Dickerson	12	Andrew Russo	23
Richard Goebel	13	Matthew	24
Anita Watson	13	Richard Leighton	25
Raymond Mireles	15	Nick Nichter	27
Bonnie Hamilton	16	Mary Jane McCarthy	29
Jane Russo	16	Cynthia Hatt	30
Raymond Marion	17		



March Anniversaries

Mr. and Mrs. William Ward
March 21, 1997

Mr. and Mrs. William Marzec
March 26, 1983

Mr. and Mrs. Joseph Claunch
March 24, 2012

Mr. and Mrs. Hilliard
March 29, 1996



In Our Hearts, In Our Prayers

We ask for your continued prayers for our men and women in the Armed Forces, especially for members of our Holy Apostles family and friends of Holy Apostles who are serving in the Middle East. They are: Skip Vincenzo.

Lenten Prayers

Almighty and Everlasting God,
You have given the human race
Jesus [Christ](#) our Savior as a model of humility.
He fulfilled Your [Will](#) by becoming [Man](#)
And giving His [life](#) on the Cross.
Help us to bear [witness](#) to You
By following His example of suffering
And make us worthy to share in His Resurrection.
We ask this through our [Lord Jesus](#) Christ, Your Son.

Almighty and Everlasting God, You have given the human race Jesus [Christ](#) our Savior as a model of humility. He fulfilled Your [Will](#) by becoming [Man](#) And giving His [life](#) on the Cross. Help us to bear [witness](#) to You By following His example of suffering And make us worthy to share in His Resurrection. We ask this through our [Lord Jesus](#) Christ, Your Son.
Amen.

UNLEAVENED BREAD



Ingredients: Makes about 12 pieces. **note*- this is not meant to be actual communion bread, just a fun recipe to try at home with your kids.*

- 1 cup cold water
- 2 Tbs vegetable oil
- 8 Tbs honey
- 1 1/2 tsp salt
- 3 tbs softened butter
- 1 egg
- 5 cups flour (we used white)

Recipe for Unleavened Bread:

Preheat oven to 400 degrees F. Mix all above ingredients except for the flour.

Slowly add the flour. Knead until the bread is elastic.

Oil your hands, then shape balls of the dough in the same way that you shape hamburger patties. Then poke holes in them with a fork.

Grease the pan, and place the bread on it.

Bake at 400 degrees F for 10-12 minutes, or until golden brown around the edge.

LENTEN RICE BOWLS - Each year, we participate in CRS Rice Bowl, a faith-in-action program that helps us to live in solidarity with people in need around the world. 75% of every donation goes to help the poor overseas, and 25% stays in our diocese to support local hunger and homeless projects. Please pick up a Rice Bowl and begin your Lenten journey.

ECUMENISM AND INTERFAITH NEWS

World Day of Prayer will be celebrated on Friday, March 6. Please join us at 11 AM at Foundry United Methodist Church.

YOUR CHURCH HOME

Welcome Fr. Ven Ilano and Deacon Gary

We are grateful to welcome our new Roman Catholic Priest, Fr, Ven Ilano. Fr. Ven will celebrate Roman Catholic Mass with each Sunday at 10:00 AM. Plus Deacon Gray will be on call and in the office on Wednesday and Sunday morning.

The New Service Format

Have you made a decision about the new service format well tell Norma Ragland and Elizabeth Dickerson what you think. We need to fine tune and improve the way we worship together. Thank you for all your support and strength as we continue to grow in the unity of Christ.

Magnetic Name Tags and Decals

Magnetic name tags are available to purchase for \$8.00 each. Please note we need a minimum order of 15 before we place the order. See Diane in the office for details. Plus Decals for your car are also available for \$2 each, please see any member of the Vestry council to purchase today.

Help Needed with Altar Cloths

Volunteers are needed to launder our altar cloths. Many hands make light work. Your help will be greatly appreciated. Please contact Nicki Felton for more information at nickimouse1234@cox.net or 757-631-6867.

Giving On-Line Now Available

The Finance Council and Vestry Council have researched the advantages of on-line giving which is an easy, safe and secure method of giving to Holy Apostles directly from your bank account or credit card, either as a one-time gift or as a recurring, automatic draft. Check out the online giving link on our website. It's easy to set up your account.

Space Seminars

Kayla Whyte is conducting her senior project on Space Exploration and as part of that she is holding seminars for elementary kids in March. So if you want your children to learn the basics on space, please attend these seminars held on the first 4 weeks of March at Holy Apostles. Contact Kayla Whyte on 757 619 6425 or email kaylawhyte@gmail.com for details.

Lenten Prayer Partners

Prayer Partners is a Lenten activity of praying individually and anonymously for the needs of a specific person at Holy Apostles. On Easter Sunday partners will reveal themselves with a card or small gift.

Zumba Gold

Make Zumba part of your New Years resolution. Class is every Tuesday at 1:00 PM. Zumba Gold classes are low impact and great fun. Contact Nancy Rojas for more information. Invite your friends.

SOCIAL MINISTRY NEWS

Manna Sunday on March 1st

Sunday, March 1, 2015 is Manna Sunday. This is the day we help restock the Manna pantry. Please bring non-perishable food and toiletry items when you come to church on that day. At the current time the Manna Pantry particularly needs the following items: **cereal, granola bars, and dried beans**. We also need mac & cheese, rice, pasta, boxed meals, snacks, jelly, mustard, mayo, canned vegetables, canned fruit, canned meat, pasta sauce and tea

Mobile Food Pantry on March 9th

The Mobile Food Pantry will be here on the 2nd Monday of each month throughout 2015. Our next date is February 9th. As normal, volunteers should be at Holy Apostles at 9 AM and will distribute food supplies from 9:30 till 11:00 AM. Dress warmly and plan for rain!!!!

Supplies for the Homeless

Our Youth are collecting supplies for the homeless. Move-In Kits (basic cleaning supplies to include laundry baskets, buckets, brooms, dustpans, mops, sponges and other bathroom and kitchen supplies as well as bus tickets or gift certificates would be most appreciated! There is a collection bin in the back hallway. Thank you for your support!

Discretionary Fund

Christians have a long-standing tradition of providing assistance to members of God's family in need. The church's Discretionary Fund is a unique vehicle for providing help with electric and water bills. It is administered by the Episcopal co-pastor and records are audited annually. Last year, we assisted 188 individuals many of whom had their water or electricity shut off. We provide \$50 once a year. Please give prayerful consideration to making periodic contributions to this the Holy Apostles Discretionary Fund.

"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can." - John Wesley

RETREATS

Stefan Waligur – To be rescheduled

When Mother Nature calls, we listen. The Stefan Waligur event will be rescheduled for May or June. We'll keep you informed. If you have paid a registration fee, Church of the Holy Apostles will send you a refund within the next two weeks. We appreciate your interest in the retreat and look forward to warmer days ahead.

Stefan Waligur has served as Liturgical Musician for the ecumenical Church of the Savior in Washington, DC, chaplain at American University and adjunct faculty member at Memphis Theological Seminary. AND he's coming to Holy Apostles! His Friday program will be an evening of chant combining Taizé from France, Indian raga, Celtic music and contemporary sounds.

Centering Prayer Gathering & Potluck Fri Mar 20 for Fr Bill Sheehan OMI

Fr. Bill Sheehan, a long-time friend of Holy Apostles will conduct a centering prayer retreat on Saturday, March 21, 10 a.m. – 4 p.m., at the Resource Center, Mary Immaculate Hospital in Newport News. The Friday program is a centering prayer gathering and potluck in the Holy Apostles Fellowship Hall. The weekend is open to newcomers and experienced centering prayer practitioners. Brochures are on the Display Table across from the Double Classroom and the Retreats link of our website, www.holyapostlesvb.org. For more information, contact Lynne Larson, llarson24@cox.net, 420-3825.

CHRISTIAN FORMATION

Sundays at 11:45 AM

Relationship/Response to God Within - God in "Here"
Moving toward Christ - not self-centered, but Christ-centered

March 1	TBA
March 8 & 15	Celtic Spirituality
March 22	TBA
March 29	Palm Sunday - no class

Tuesday Bible Study

Join us for coffee at 9:45 and class at 10:00 a.m. for great company and the good word: the coffee is passable, but that is not the reason you come. In March and April, Tony Asalone will lead a study of Sunday Scripture.

Lenten Soup and Study: *The 7 I AMs of Jesus*

Join us for this Lenten journey through parts of the gospel of John to learn and reflect on the 7 "I AM" statements spoken by Jesus. **We will meet each Wednesday evening from February 25 through March 25. Come for Soup at 6 PM and Study at 6:45 PM.**

Vestry Council 2014 - 2015

Whitney McDaniel - Warden

Mike Cherwa – President

Lee Startt & Jim Drews - Administration/Maintenance/Stewardship
 Beth Gillis & Tony Asalone - Christian Formation
 Jo-Anne Blessing & Whitney McDaniel - Social Ministry
 Julian Kremer & Joann Zamer - Fellowship
 Mike Cherwa & Joe Arnold – Liturgy
 Bookkeeper - Bob Martin
 Secretary - Holly Frey

Committee Co-Chairpersons 2014 - 2015

Stewardship: Joe Claunch, Annette Cherwa
 Administration and Maintenance: Open
 Christian Formation: Barbara and Nicholas Kimpan,
 Fellowship: John Delaney, George Hodermarsky
 Liturgy: Norma Ragland, Elizabeth Dickerson
 Social Ministry: Nick and Kim Nichter
 Ecumenical Council: George Little, Nicholas Kimpan
 Finance Council: Mike Meehan
 Director of Music Ministries: Dr. Clifford Hatt

"Choosing love over division, unity over separation. Choosing Christ above all other things."

We are a vibrant community with a strong future!

Gracious Father, we pray for your holy Catholic Church. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it; where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it; for the sake of Jesus Christ your Son our Savior. Amen.