

# *Seasons of the Spirit*



**REFLECTION AND GRACE**

September 2025



Holy Communion Women strives to be an extension of Christ's Kingdom in the parish, the community, the nation, and the world. We hope this publication brings women of the REC together through collaboration and community.

Seasons of the Spirit is a work of the heart led by the Lord. As a quarterly publication, each season will bring new, and sometimes old, ideas into the light. In this first edition, opportunities for Grace, Growth, and Giving abound through prayer, reflection, and gratitude. HCW invites you to find inspiration and to journey alongside us as we fall into this season together. Trust in Him and He will show you the way.



# Seasons of the Spirit

## GRACE



GROW IN GRACE

by Susan Sutton

REFLECTION & GRATITUDE

Thank You Notes

SEASONAL SAMPLINGS

Submitted by Felicity Lopez & Julie McGough

TABLE TALES & CRAFTY CREATIONS

Submitted by Joy Smallwood

THE POWER OF CHURCH AS  
COMMUNITY

by Bishop Ray Sutton

MIND, BODY, & SPIRIT

Come Ye Faithful People

Oboe Recording by Adrianna McGough

MOMS AT HEART

Coming Up for Air

by Mandi Gerth

CENTERING THE SPIRIT

TIMELY TIDBITS

by Melissa McGough

## GROWTH



THE GIFT OF GIVING

by Deaconess Jill Nowell

MINDFUL MISSIONS

by Kerrie Smith

SILVER CHALICE: GIFTS FOR ALL  
SEASONS

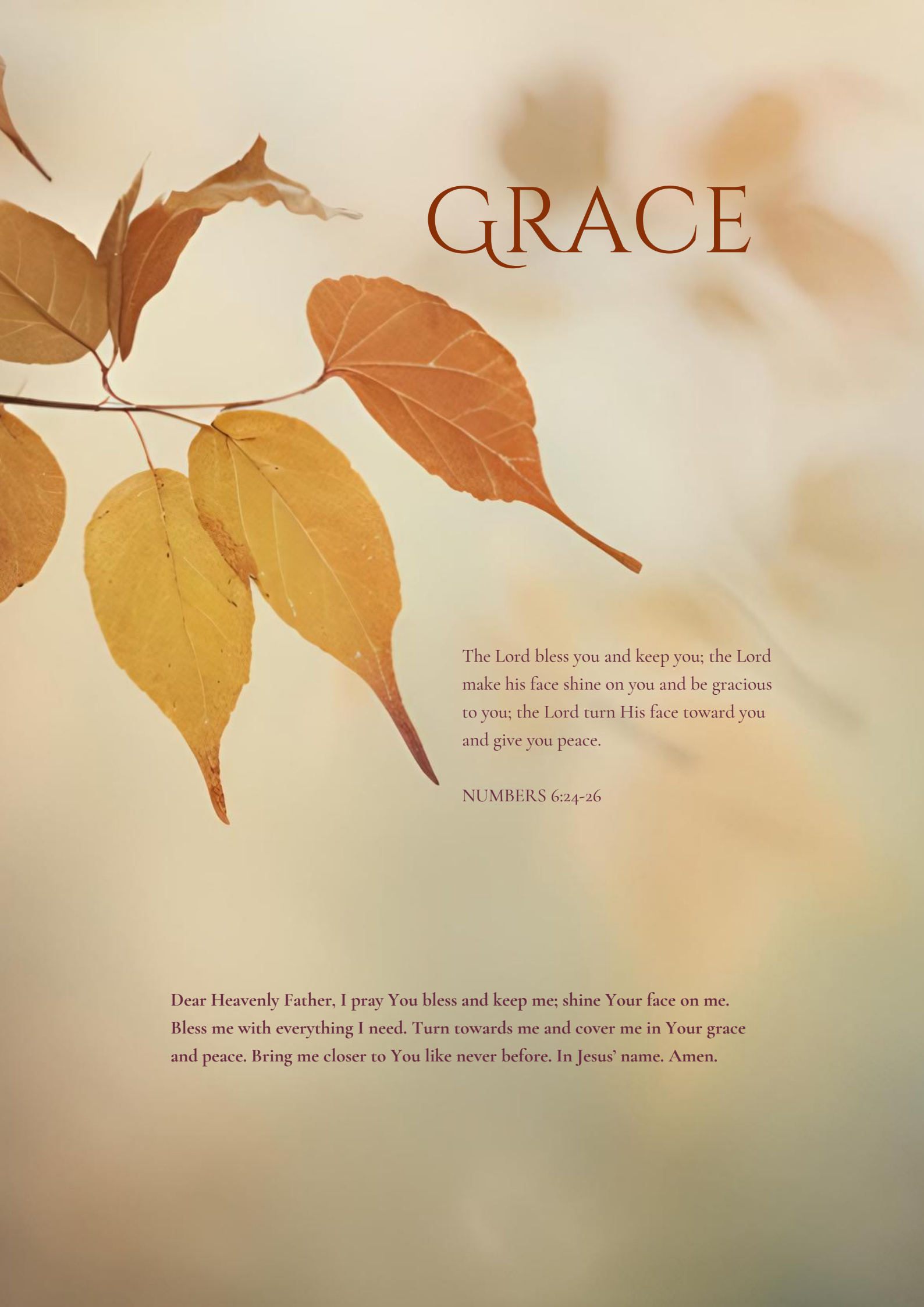
by Lauren Furniss

THE NEXT CHAPTER

SHARE YOUR SPIRITUAL GIFTS

## GIVING





# GRACE

The Lord bless you and keep you; the Lord  
make his face shine on you and be gracious  
to you; the Lord turn His face toward you  
and give you peace.

NUMBERS 6:24-26

Dear Heavenly Father, I pray You bless and keep me; shine Your face on me.  
Bless me with everything I need. Turn towards me and cover me in Your grace  
and peace. Bring me closer to You like never before. In Jesus' name. Amen.

# *Grow in Grace*

by Susan Sutton



*And the child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him.*

LUKE 2:40

This is the scripture that embodies the sum of Christ's childhood. The only other recorded glimpse we see of Him is when He went to the temple at the age of 12. God could have told us a lot more about His youth, but He chose this single verse, so this verse must be really important.

One message from the book, *Mary's Voice* by Amy Orr-Ewing, is the realization that while the Holy Spirit indwells us, Christ himself indwelt Mary. The God that her people had been promised for thousands of years, the Messiah, was actually living and growing in her. He was fully God in human form at the moment of conception. He only had to grow.

So the child grew. He also "waxed strong in spirit." The meaning of "waxed" is to become or grow. So Jesus grew strong in spirit. He was fully God from the beginning, but the spirit grew strong in Him as He grew.

As the Spirit grew in Christ, He was filled with wisdom. The true wisdom of God is in his Holy Word. Christ actively listened to His Father moment by moment in His childhood. By age 12, He already knew God's Word as He taught in the Temple for several days. He knew who He was and He was doing His Father's business. He also submitted Himself to His parents and returned to Nazareth with them until it was time for Him to begin His earthly ministry.

"The grace of God was upon Him." The Father was not just sitting back observing His Son as He grew. There was always a oneness with the trinity. But His grace prevailed in every beat of Christ's heart, every breath He took, and every word He spoke. Christ was always mindful of who He was and His purpose here on earth.

As we approach the season of giving thanks for God's grace, we should be ever mindful of His Spirit in us. We can learn from His indwelling of Mary in body, how He indwells us in spirit. We grow in spirit when we make Him a part of our moment by moment thoughts. We can ask God to grow His spirit within us. Also, we can make reading Scripture, praying morning and evening prayer, attending worship, taking communion, and seeking to obey God a joyful practice. Like Christ, we each have a purpose, to love, worship, and obey our Lord and Savior. May God help us to open our eyes to see Him and His grace for us.

*But grow in grace, and in the knowledge of our Lord and Savior Jesus Christ. To him be glory both now and for ever. Amen.*

2 PETER 3:18

# REFLECTION & GRATITUDE

Throughout the autumn season, the Spirit heartens our senses. We are alerted to crisp, cool temperatures and rich, warm colors that prompt a practice of reflection and gratitude. The natural world around us offers an opportunity to observe beauty, movement, and peace. Take a moment to notice a changing leaf blowing in the breeze, a worn path, a child thinking in a pile of leaves, or a seed pod resting up for the work ahead. How are you reminded of God's presence? How will you express your gratitude?





## Thank You Notes

The art of handwriting a Thank You Note connects people and warms the heart. Here are some tips from Emily Post when writing a note of thanks:

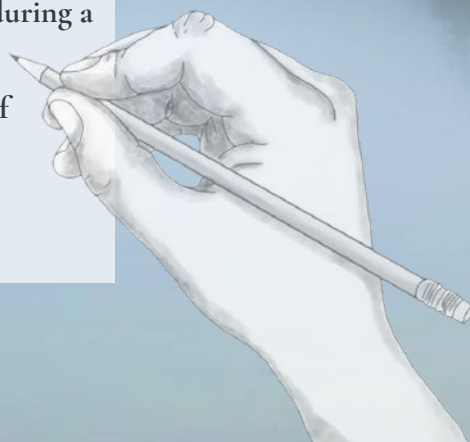
- Start with a salutation - Dear \_\_ ,
- Thank the person explicitly for the gift in the first sentence.
- Add a personalized thought about the gift.
- The third sentence may continue the personalization or suggest how you might look forward to using the gift.
- Repeat your thankfulness and add a closing - Warmly, your name.

### Other Tips:

- Be prompt -send within a week
- Sincerity matters -write as though your are talking to the recipient
- If using a printed thank-you card, always add a personal note
- Send a thank-you note after: receiving a gift, attending a party, receiving gifts or notes during a time of illness
- When in doubt, send a handwritten note of thanks! Your efforts will be appreciated.

*Gratitude looks  
to the past and  
love to the present;  
fear, avarice,  
lust, and  
ambition look  
ahead.*

*C.S. Lewis*



# SEASONAL SAMPLINGS

Fall cravings for warm spices like cinnamon, nutmeg, and ginger warm the soul as temperatures drop. Busy schedules make it necessary to have simple recipes on hand. Look ahead to try Ginger Loaf Cake, Beet Salad with Goat Cheese, Smoked Sausage with Rice, Granola, Apple Cider Mimosas and a Ginger Rogers Cocktail. Make a meal and share with family and friends. Gathering around good food is a perfect way to show grace and grow together.



# GINGER LOAF CAKE

Submitted by Felicity Lopez

- 2 1/2 C. All-purpose flour
- 1 tsp. Cinnamon
- 1/4 tsp. Baking soda
- 1/2 tsp. Salt
- 1/2 tsp. Ground nutmeg
- 3/4 C. Unsalted butter, softened
- 3/4 C. Granulated sugar
- 2 large eggs, room temperature
- 1/2 C. Unsulphured molasses
- 1/2 C, plus 2 Tablespoons whole milk,  
Divided
- 1/2 C. Minced fresh ginger
- 1 1/2 C. Powdered sugar



1. Preheat oven to 350 F. Coat a 9- x 5 Inch loaf pan with baking spray. Line with parchment paper, leaving 2" overhang on long sides.
2. Whisk together flour, cinnamon, baking soda, salt, and nutmeg in a medium bowl until combined; set aside. Beat butter and sugar in a large bowl with an electric mixer at medium-low speed until just combined. 1-2 minutes. Increase to medium-high speed and beat until fluffy, about 3 minutes, stopping to scrape down the sides. Add eggs one at a time, beating until well combined after each addition. With mixer on low speed, add flour mixture in thirds, alternating with molasses and 1/2 C. of the milk, beginning and ending with the flour mixture. Fold in ginger. Spoon batter into prepared pan smoothing top.
3. Bake in preheated oven until a wooden pick inserted in center comes out clean, about an hour. Loosely cover with aluminum foil during the last 15 minutes of bake time. Let cool in pan 10 minutes. Remove from pan and let cool completely on a wire rack, 1 to 1 1/2 hours
4. Whisk together powdered sugar and remaining 2 Tablespoons milk in a bowl until the mixture is smooth. Drizzle over cooled cake

## BEET SALAD WITH GOAT CHEESE

### Ingredients:

- 1 28.2 ounces can of beets
- 1/3 C. Chopped walnuts
- 10 oz. Mixed greens or baby spinach leaves
- 1/2 C. Frozen orange juice concentrate
- 1/4 C. Balsamic vinegar
- 1/2 C. Extra-virgin olive oil
- 2 ounces goat cheese- can substitute feta



1. Drain and dice beets. Set in a small bowl and set aside.
2. Place walnuts in a skillet over medium heat-low heat. Heat until warm and starting to toast. Stir in maple syrup; cook and stir until evenly coated, then remove from heat and set aside to cool.
3. To make the dressing; whisk orange juice concentrate, balsamic vinegar and olive oil in a small bowl.
4. Place a large helping of greens onto each of four salad plates, divide candied walnuts equally and sprinkle over greens. Place equal amounts of diced beets over greens and top with pieces of goat cheese. Drizzles dressing over each salad and serve.

## GINGER ROGERS COCKTAIL

Fill a cocktail shaker with ice. Add:

1/4 c. Gin

2 Tablespoons pink grapefruit juice

2 Tablespoons fresh lime juice

2 Tablespoons simple syrup

1 teaspoon grated fresh ginger to shaker.

Shake until outside of the shaker is frosty. 30 seconds to a minute.

Strain into a glass filled halfway with ice.

Top with 1/4 c. Club soda and more ice as needed.

Garnish with a pink grapefruit wedge and sliced crystallized ginger.

For a mocktail, replace the Gin with 1/4 c. ginger ale.



## SMOKED SAUSAGE & RICE

Submitted by Felicity Lopez

3 tbsp extra virgin olive oil

5 garlic cloves finely minced

2 medium onions chopped

1 yellow pepper cut into 1" squares

1 red pepper cut into 1" squares

14oz (-3) smoked sausages 1/4" thick

3/4 tsp salt

1/2 tsp pepper

3/4 tsp paprika

1 1/2 cup long grain white rice uncooked

2 1/2 cups chicken stock/broth

2 cups frozen peas thawed

2 tbsp parsley chopped (optional)

1. Cook sausage: Heat 2 tbsp oil in a large heavy based pot over medium high heat. Add sausages and cook until golden. Remove with a slotted spoon.

2. Cook onion and garlic: Add remaining 1 tbsp oil. Add garlic and onion, cook for 2 minutes. Add peppers and cook for 2 minutes until onion is translucent.

3. Add rice and liquid: Add rice, chicken stock, paprika, salt, pepper and the sausage. Stir, bring to boil, then reduce heat to low so it's simmering very gently.

4. Cover and cook: Cover with lid, cook 20 minutes.

5. Add peas and rest: Remove pot from stove. Working quickly, remove lid, add peas, then quickly put the lid back on. Rest 10 minutes - the residual heat will cook the peas.

# GRANOLA

Julie McGough

1 cup unsweetened coconut flakes  
1 cup pecan halves  
1 cup pumpkin seeds  
1 cup oatmeal  
1/2 cup flax seeds  
3 T. brown sugar  
1 tsp. Sea salt  
1 tsp. Cinnamon (optional)  
3 T. olive oil



Mix ingredients together in a bowl. Spread on a baking sheet and bake at 325 degrees for 30 minutes. Use a spatula to stir it about half way through. Let it cool. Store in a jar. You can substitute your favorite variety of nuts or seeds. Possibilities include almonds, sunflower seeds, walnuts, cashews, etc.

## APPLE CIDER MIMOSAS

This refreshing drink can be made by the glass or as a pitcher. Use a 1:1 or 1:2 ratio of Apple Cider to Prosecco.

If you want it sweeter, use more Apple Cider.

For a non-alcoholic version, replace the Prosecco with sparkling water, tonic water, or sparkling cider.

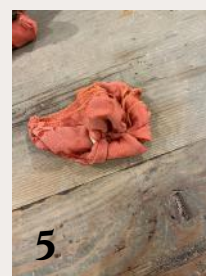
To dress up the occasion, dip the rim of the glass into honey or maple syrup before dipping in a shallow plate of cinnamon-sugar mixture. Cinnamon sticks and apple slices can also be used for garnish in the pitcher or each glass.



Gathering around the table in autumn for a hearty weekday meal or Thanksgiving dinner invites an opportunity for festive table settings. Using real pumpkins to adorn the front porch, mantle, or centerpiece can be a fun way to add joy. Why not try pumpkin napkin folding! See below for a step by step tutorial.



## Pumpkin Napkin Folding



1. Lay a square napkin flat.
2. Fold the square in half twice to make a smaller square.
3. Place a shower ring or other circle in the middle.
4. Pull the middle of the napkin up through the ring to make a stem.
5. Pull up the sides and tuck into the ring all around.
6. Add a leaf or two!

## Bringing Nature Inside

- Sticks, bark, dried wheat work well in vases
- Gather colorful leaves for centerpieces.
- Add floating candles to glass containers filled with acorns.





# Crafty Creations

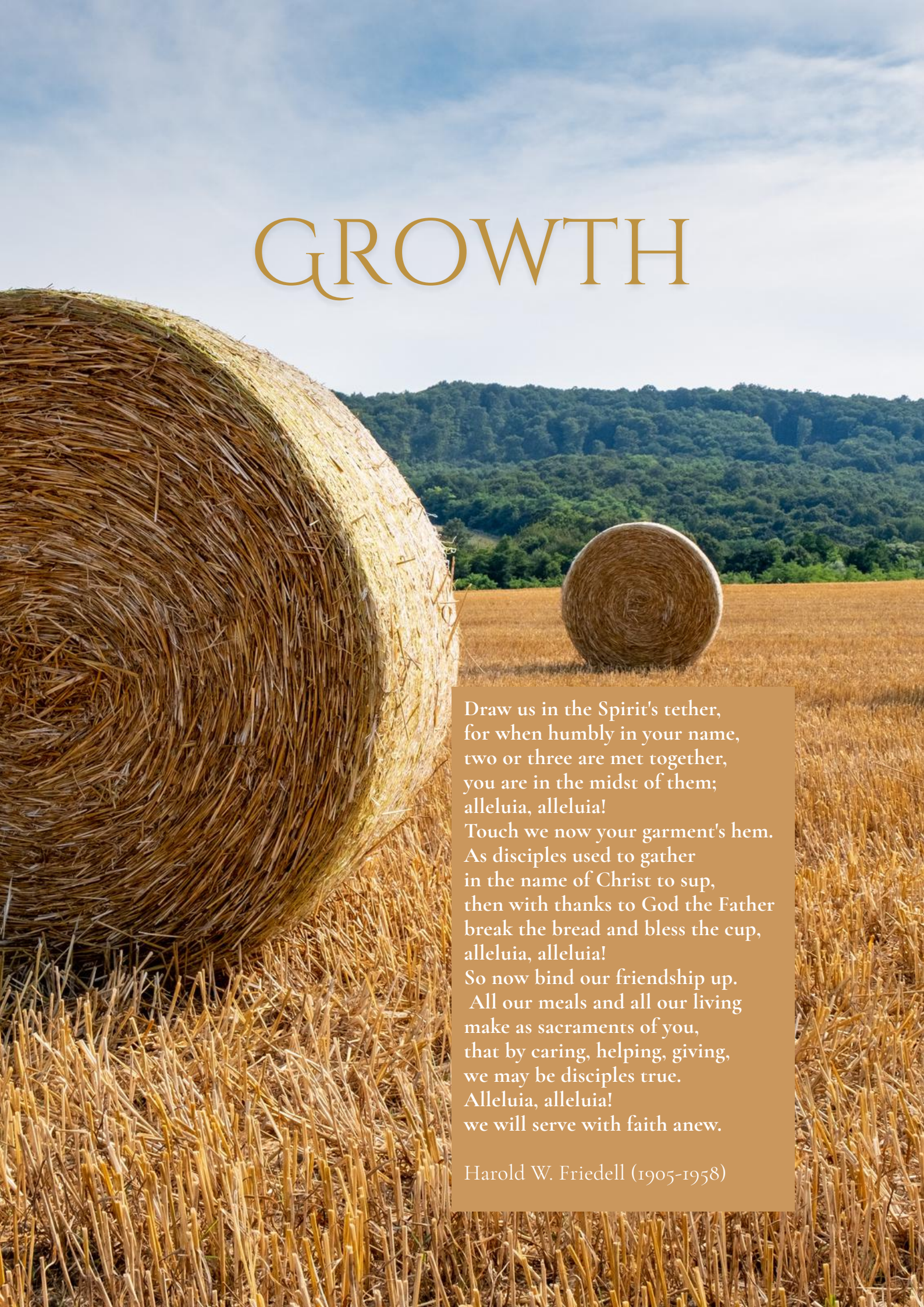


Looking for an afternoon of fellowship and fun? Repurpose a variety of household items into crafty creations! All you need is craft paint, leaves (real or artificial), raffia ribbon, a paintbrush, and items from the Dollar Store or around the house.

1. Bath scrubber pumpkin
2. Flower pot & saucer pumpkin
3. Wooden spool pumpkin
4. Copper kitchen scrubber pumpkin
5. Painted gourds in a dish
6. Upside down wine glass scarecrow candle holder



# GROWTH



Draw us in the Spirit's tether,  
for when humbly in your name,  
two or three are met together,  
you are in the midst of them;  
alleluia, alleluia!

Touch we now your garment's hem.  
As disciples used to gather  
in the name of Christ to sup,  
then with thanks to God the Father  
break the bread and bless the cup,  
alleluia, alleluia!

So now bind our friendship up.  
All our meals and all our living  
make as sacraments of you,  
that by caring, helping, giving,  
we may be disciples true.  
Alleluia, alleluia!  
we will serve with faith anew.

Harold W. Friedell (1905-1958)

# *The Power of the Church as Community*

Bishop Ray Sutton

The basis for understanding the Church as a community is the New Testament word “koinonia.” It’s sometimes translated fellowship, but it’s much more than the word implies as it’s used today. From the verb form it means to “partake” or “to participate” in another. Koinonia is a dynamic participation of persons in the Lord and each other to form what we’d call a transcendent fellowship. For this reason, the New Testament speaks of our relationship with the Triune God and one another a fellowship. The Church is also described as a fellowship. Thus, it’s a synonym for a spiritual community centered in Christ. Today we not only get a glimpse of the lively community here at Church of the Holy Communion; we’re also reminded of how much we need to participate in the community of the people of God.

For one, we need the Church as a community to grow in Christ. St. Paul writes in the Book of Hebrews, “Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near” (Hebrews 10:25). The basic principle is that Christians are not living in isolation from other Christians. We need each other. Actually, we can’t grow in the Lord without meeting together.

Second, the “meeting together” is more than what I’d call “Sunday only Christianity.” It does include and even features Sunday worship together. But that’s the bare minimum. The “meeting together” St. Paul exhorts is much more than Sunday participation. The proof is the Book of Acts and the other books of the New Testament. In the Book of Acts we see the story of a Church community that’s together in all kinds of various ways at other times in the week. In St. Paul’s first letter to the Corinthians he speaks at some length about spiritual gifts given to each Christian. These gifts are everything from the sensational like speaking in tongues and prophecy to the very practical like giving, helping, teaching and so forth. Between the lines though is that the apostle’s description of the use of gifts presumes a lively day to day community of the Church. The ancient symbol for this community was a beehive. Therefore, the Biblical model of the Church as a koinonia or fellowship translated into a powerful spiritual community.

Homecoming Sunday is a wonderful testimony of how God has raised up this parish community to be a beehive seven-days-a-week worshipping and serving the Lord. But today is also an invitation for all of us to enter in more deeply to the life of the Church. As we fellowship and break bread together sacramentally and after our service, let us consider expanding our life into this community. Maybe it’s a Bible study. Perhaps it’s another group or function. Then there are other ways we can participate that do more than receive but give of our time and talent as well as our treasure. All of these meetings and functions are opportunities to participate. It’s koinonia that makes the Church a community. The early church fathers said, “If you will not have the Church as your mother, you cannot have God as your Father.” Therefore, let us enter more deeply into the life of our mother the Church not only on Sunday, but between Sundays. Amen.



# *Come, Ye Faithful People, Come*

Peter Johnston

*Come, ye thankful people, come,  
raise the song of harvest home;  
all is safely gathered in,  
ere the winter storms begin.  
God our Maker doth provide  
for our wants to be supplied;  
come to God's own temple, come,  
raise the song of harvest home.*

*All the world is God's own field,  
fruit as praise to God we yield;  
wheat and tares together sown  
are to joy or sorrow grown;  
first the blade and then the ear,  
then the full corn shall appear;  
Lord of harvest, grant that we  
wholesome grain and pure may be.*

*For the Lord our God shall come,  
and shall take the harvest home;  
from the field shall in that day  
all offenses purge away,  
giving angels charge at last  
in the fire the tares to cast;  
but the fruitful ears to store  
in the garner evermore.*

*Even so, Lord, quickly come,  
bring thy final harvest home;  
gather thou thy people in,  
free from sorrow, free from sin,  
there, forever purified,  
in thy presence to abide;  
come, with all thine angels, come,  
raise the glorious harvest home.*

MIND, BODY, & SPIRIT

# Coming Up for Air

by Mandi Gerth



I spent countless hours poolside while my kids took swimming lessons—it takes a serious amount of time to teach five kids to swim. Yet, I willingly committed my time and energy to this endeavor because—to put it bluntly—you cannot breathe under water.

Not too far back in the rearview mirror, I had a particularly stressful day, and I found myself growing angry about the amount of work we had to do. School. Chores. Instruments. Extracurriculars.

The self-condemnation was thick: “Why am I so behind? Where have I failed?” Following quickly behind was self-pity: “This is so not worth it. I should just get a job.”

I was totally drowning, and I was saved by a very simple decision. I came up for air.

When we get pulled underwater by the amount of work in front of us, we often forget the whole reason why we are doing all this work in the first place. We start drowning in the to-dos. We have lost our vision of the for-what.

So let me remind you of a few things, which I used to remind myself.

## **I am not doing this because it is convenient.**

Spending time with my kids at home full-time is not convenient. It doesn't fit neatly into little boxes of time that I can control. I can choose to see the joy in shaping their education, formation and enculturation, or I can complain about the inconvenience of it all.

## **I am not doing this because it is easy.**

Most of us are pioneering something for our children that we didn't receive: an integrated and embodied Christian upbringing. We will often feel confused, embarrassed, ill-prepared, and frustrated. We can choose to roll up our sleeves, pray for help, and do the work, or we can disengage and make excuses.

## **I am not doing this because it is cheap.**

Christian Education at home or at school requires parental involvement and investment. This embodied, liturgical life we are choosing to live before our kids and with our kids comes at a great cost, and that cost is largely paid by mothers. We can choose to joyfully give over and over, day after day, because we are investing in our children. Or, we can plant nothing and reap nothing.

## **I am not doing this because it is no big deal who forms my children.**

The world wants you to believe that the choice to stay home with your children is foolish and ignorant, or for the weak and skill-less. No woman worth her salt gives away her very best to children. But education and enculturation are not minor things. They are the whole thing. What your children believe to be normal and noble matters for eternity, and it is your work and your high honor to be the curator of such a home.

I implore you to come up for air. Regularly.

Remind yourself of the why before you dive into the to-dos. This work you are doing matters for eternity and the One who gave it to you asks for your obedience and He promises His help. There's no better air to breathe than the gospel kind.



*To every thing there is a season, and a time to every purpose under the heaven. ECCLESIASTES 3:1*

## *Just for Today*

Lord, for tomorrow and its needs, I do not pray;  
Keep me, my God, from stain of sin just for today.  
Let me both diligently work, and duly pray.  
Let me be kind in word and deed, just for today.  
Let me be slow to do my will, prompt to obey;  
Help me to sacrifice myself just for today.  
And if today my tide of life should ebb away,  
Give me thy Sacraments divine, sweet Lord, today.  
So for tomorrow and its needs I do not pray,  
But keep me, guide me, love me, Lord, just for today.

Saint Augustine's Prayer Book, 1993

# Bless This Mess

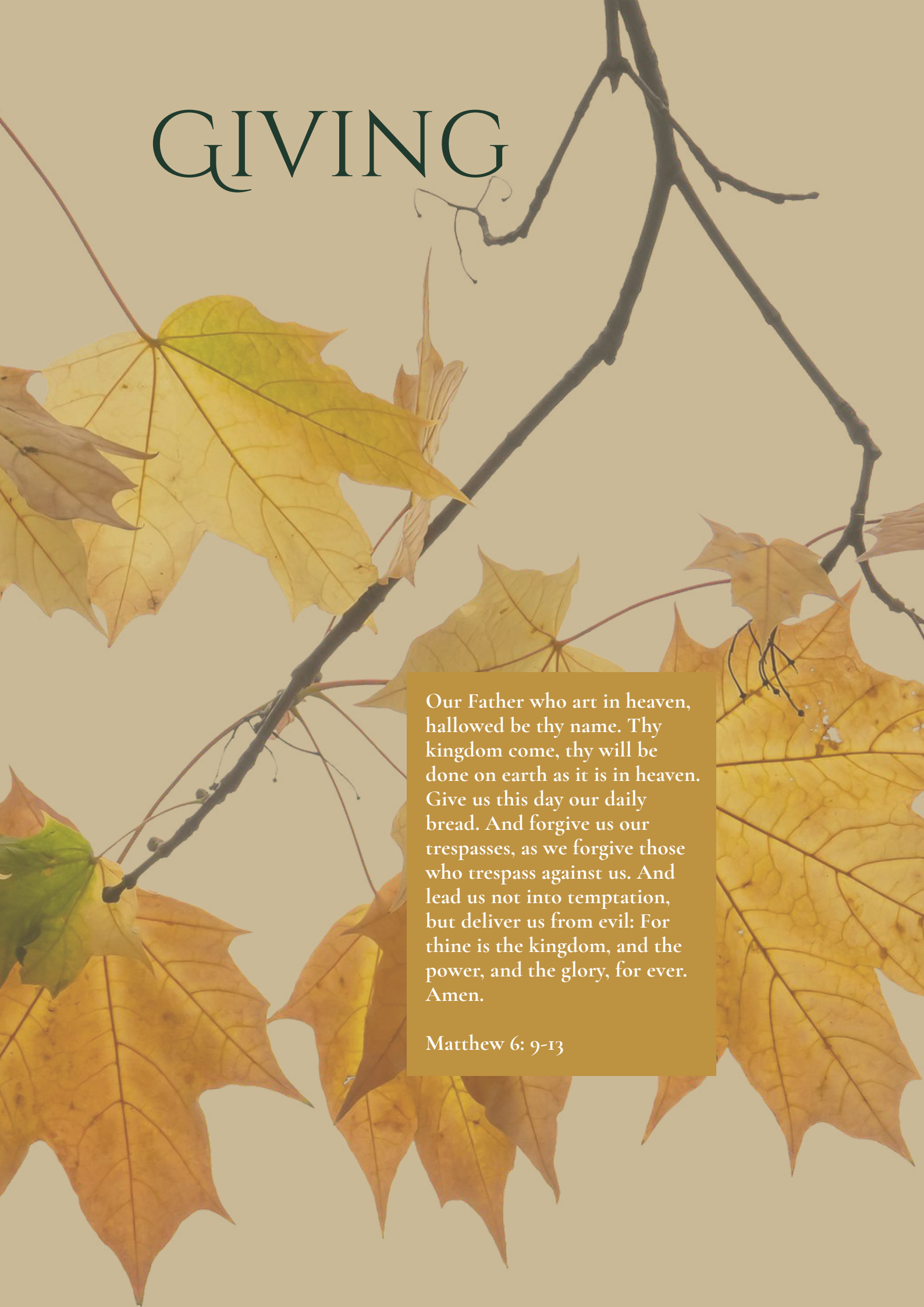
By Melissa McGough

TIMELY TIDBITS

Embracing the mess. There are literal messes that are unique to Fall like carving pumpkins, hay in the clothes from hay bale rides, corn kernels in pockets, apple skins from baking, leaves coming inside for art projects, etc. Then there are times in motherhood we can feel like a metaphorical mess. The thoughts of planning holidays right around the corner, the school and lesson schedules, keeping up with relationships, marriages, etc. you can feel like things are just chaos in your mind and in your home. Just like Fall, there is mess but where there is mess there is also beauty!

Fall can feel like it goes by quickly with all the mess, chaos, and schedules but just like Fall this season with your young children won't last long, so embrace every messy moment you can even if it seems impossible. Don't let your mind get in the way of enjoying this season of motherhood because it will go too fast and before you know it, it will be gone.

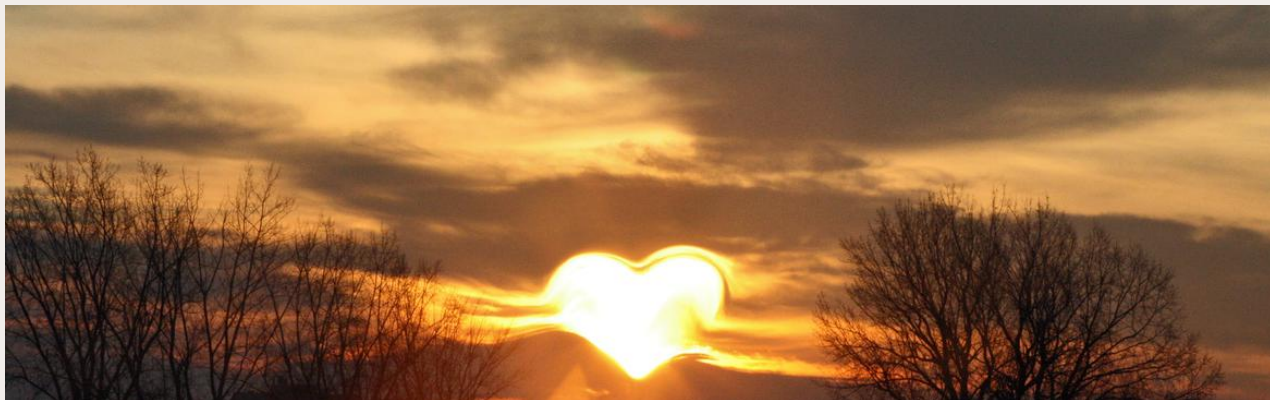


The background of the entire page is a soft-focus photograph of autumn foliage. Several large, yellow and orange maple leaves are scattered across the frame, with some showing signs of aging and slight damage. Dark, bare tree branches crisscross the image, adding a sense of depth and texture. The overall color palette is warm and muted, with a light beige or cream background that allows the colors of the leaves and branches to stand out gently.

# GIVING

Our Father who art in heaven,  
hallowed be thy name. Thy  
kingdom come, thy will be  
done on earth as it is in heaven.  
Give us this day our daily  
bread. And forgive us our  
trespasses, as we forgive those  
who trespass against us. And  
lead us not into temptation,  
but deliver us from evil: For  
thine is the kingdom, and the  
power, and the glory, for ever.  
Amen.

Matthew 6: 9-13



# *The Gift of Giving*

by Deaconess Jill Nowell

Scripture uses the word “give” to indicate an exchange between God and man; sometimes spiritual and, other times, material. Regardless, the gifts I receive come from a generous God and require an appropriate response: a gift of me.

\*The Lord taught the prayer “Give us this day our daily bread” (Matthew 6:11)

*My response:* meet God early in the day to pray. Ask, as Jesus taught, for the daily provision of bread, both in the form of nourishment for my body and as a mercy, as an offering out of His hand. In praying this prayer, I am asking Jesus to bestow a gift on me for this day only, not tomorrow or sometime in the future, but for this 24-hours only, making my response a 365-day a year offering.

\*In Psalm 37:4, I am directed to: “Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart.”

*My response:* check my heart often. The fruit my life is producing is indicative of my heart: am I overflowing with love, self-control and peace or hatred, outbursts of wrath and dissensions? It is only when I trust the Lord, respond with excellence, and feed on knowledge of His fidelity, that I can attain the desires of my heart, which will be attuned to Him and aligned with what God desires.

\*“My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.” John 10:27-28

*My response:* seek God and trust His promises. To trust Jesus, I must know Him. Therefore, I have to study His word and learn who He is. In learning, I’ll discover His voice and develop a desire to following Him closely. This will lead to my hope of eternal life, which He promises to those who believe upon Him, as well as the knowledge that I am His now and will be forever.

The formula isn’t terribly hard: each day, seek Him. As your days increase, and as you know Him better, your heart will begin to align with His. In knowing, trusting, and following Him, your assurance of life everlasting will increase, as will your confidence that He will never leave you. All of this is the gift of giving from God. May your response be gratitude, and the giving of yourself for the benefit of your neighbor, during this Autumn season and beyond.





## *Church of the Holy Communion Cathedral*

The commitment to mission at CHCC grows from the Great Commission to reach all people with the Gospel of Jesus Christ. We took our direction from the Pastoral Letter on Mission from the REC Council of Bishops. It has been exciting to see our parish's missional efforts expand so much over the past few years! Two of our mission partners particularly impact women, children and families. For more information on these and other missions CHCC supports, or to donate please visit: [Missions and Outreach](#).

## *African Mission Healthcare*

Our own Dr. Jon Fielder began as a medical missionary in Kenya over 20 years ago. His organization has grown into African Mission Healthcare which has provided for over a million direct patient visits and trained over 8 thousand health professionals. Their initiative to improve maternal and child health has had a tremendous impact by providing access to c-sections, reducing c-section mortality, reducing birth injuries, and reducing neonatal mortality. The program has trained 163 healthcare workers for their maternal health centers in Uganda. For more information visit: [africanmissionhealthcare.org](http://africanmissionhealthcare.org).



## *Life Talk*



LifeTalk Resource Center [lifetalkprc.org](http://lifetalkprc.org) is one of our local mission partners. They provide support for crisis pregnancies including pregnancy testing, ultrasounds, STD testing, counseling, parenting classes and referrals for other services. They share the Gospel with their clients as part of their mission. Supporters are invited to their annual fundraising gala which will be held on November 4<sup>th</sup> this year. We hold a baby bottle fundraiser annually for LifeTalk, that includes diapers and other baby items.

# *The Silver Chalice*

The Silver Chalice Gift Shop and Bookstore is a volunteer-run ministry of Holy Communion Women (HCW). Located in Lunt Hall, the store offers a unique selection of gifts for all ages, including a variety of Christian books for children and adults, Bibles, the 1928 Book of Common Prayer, and a growing list of Anglican authors.

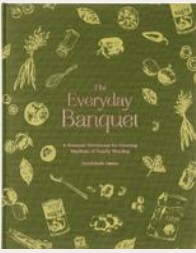
Proceeds from sales, along with fundraising events hosted by HCW, support a variety of ministries within the church, the diocese, and the community at large. Since 2007, over \$160,000 in monetary and non-monetary contributions has been given out.



THE SILVER CHALICE  
*Gift Shop & Bookstore*

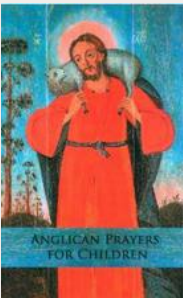
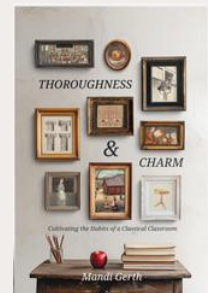


# The Next Chapter



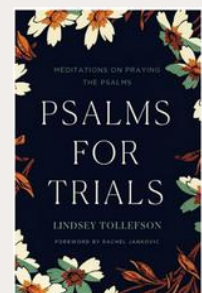
The Everyday Banquet is a 52-week family discipleship devotional for those who desire to establish a family culture of prayer, faith discussions, and worship together. Together, families will prepare meals, engage in discussion, read God's Word, and worship. While practicing these rhythms, families will be given the tools to engage in discussion.

In this new book from Mandi Gerth, you will find the guidance you need to create a truly classical classroom. *Thoroughness and Charm* gives specific examples on how shared experiences—not activities—build culture, support the curriculum, and pass on the classical tradition while habituating the students to what is true and good for their souls.



Anglican Prayers for Children: This beautiful volume, based on the American 1928 Book of Common Prayer, is timeless and will encourage both children and adults in their daily prayer lives. The hope of this book is to help children in their independent life of prayer, and young families develop meaningful and age-appropriate family prayer times.

The Psalms are among the most beautiful poems ever written, but sometimes they feel very far from us and our daily struggles and goals. In *Psalms for Trials: Meditations on Praying the Psalms*, we see that the Psalms are not just pious words for the religious, but they are meant to be our prayers for every trial we face, just as they have been a comfort for generations of Christians before us, including King David and the Lord Jesus.



# *Share Your Spiritual Gifts*

Seasons of the Spirit will be a quarterly publication to inspire women in the REC and to build community. Everyone of us has been given gifts from the Holy Spirit. If you would like to contribute an article, recipe, photograph, book recommendation, poem, etc. I ask you to prayerfully consider submitting your ideas. Below are the upcoming themes:



ADVENT, CHRISTMAS, EPIPHANY  
(WINTER 2025):  
PREPARATION AND JOY

LENT, EASTER (SPRING 2026):  
PATIENCE AND FAITH



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