

Pastoral Care SERIES

Weekly Worship Opportunities

EVENING PRAYER, MONDAY - FRIDAY

4:45 P.M., MONTAGUE CHAPEL

Resident volunteers lead this service that lasts approximately 15 minutes.

THURSDAY WORSHIP

10:30 A.M., SANCTUARY/WCR LIVE

Local clergy of various denominations preach and lead worship.

SUNDAY WORSHIP

4 P.M., SANCTUARY/WCR LIVE

Our Sunday services alternate between a Celtic service (1st Sunday), Taize service (3rd Sunday), Hymn Sing (5th Sunday) and other special music and worship opportunities.

Monthly Worship Opportunities

Shabbat Service

1ST FRIDAYS, 3 P.M.
MONTAGUE CHAPEL/WCR LIVE

Catholic Mass

1ST WEDNESDAYS, 11 A.M.
SANCTUARY/WCR LIVE

Contemplative Worship in the Manner of Friends

3RD WEDNESDAYS
4 P.M., SANCTUARY

Volunteer Opportunities

Pastoral Care offers opportunities for residents to give back through volunteering. We are always looking for volunteers to escort Parsons Health Center residents to worship opportunities, to play music at services and to assist with floral arrangements in our spaces. If you are interested in sharing your time in any of these meaningful ways, please contact David Curtis at 804-261-5179 or dcurtis@wcrichmond.org.

Opportunities made available after printing will be announced on the MyWCR App and in The Westminster Canterbury Tales.

If you have questions about registration or availability, please call 804-200-1502.

Registration

You may CALL Vanessa Perry at 804-200-1502.

OR

REGISTER ONLINE THROUGH THE MYWCR APP.

Events will appear under the Activities icon once the indicated Registration Availability dates have arrived.

At that time, click on the Activities icon. In the search box, type in the name of the desired event.

Click on the listing, then click on the teal Register button.

To finish the registration process, click YES.

A popup will notify you that you are registered and a green check mark will appear beside the activity listing.

Residents who register through the MyWCR App will have any costs associated with the event billed to their account.

MyWCR registrations may be canceled through the app.

Each MyWCR user must register individually.

To register a spouse or neighbor, you must login with their MyWCR credentials.

**QUESTIONS:
804-200-1502**

Intergenerational Movie with a Message: *Lilo & Stitch*

TUESDAY, JULY 14
2 - 4 P.M., CLUBHOUSE
Run time: 1 hour 25 minutes



This is a heartwarming comedy about the power of loyalty, friendship, and finding your place in the world. On the lush and tropical Hawaiian Islands, an independent little girl named Lilo adopts what she thinks is an innocent puppy, completely unaware that he is a mischievous creature who has escaped from a faraway planet. Stitch takes Hawaii by storm, wreaking havoc and hanging ten while he evades the alien bounty hunters who are bent on recapturing him. We will share conversation after the movie. Children from the Child Development Center will be our special guests.



Mind, Body, Spirit Labyrinth Event

MONDAY, AUGUST 10
9:30 A.M., ELLIPSE

Join Wellness and Pastoral Care for an introduction to our new labyrinth on the Ellipse. Our Mind, Body, Spirit Event will be a time to get to know our labyrinth and explore different ways to use the space for meditation, reflection and prayer. Please contact Jenny te Velde at 264- 6607 with any questions.

Mom's In There Book Talk

with Kirana Stover
MONDAY, AUGUST 31
3 P.M., SANCTUARY



In *Mom's in There* a mother and daughter find, re-find, and lose each other in an intimate, poetic portrayal of the end of a life. Paintings by both women provide dimension and respite as we travel with them on a journey we all know about, and yet know nothing about. For anyone caring for someone who is dying or still grieving the loss of a loved one, this book is a reminder to be here, now.

Kirana, Née Karen grew up in Richmond. She has always loved writing and at age thirteen won "best book" prize for a contest at the Henrico Public Library for her illustrated book *Nike* about a ten-year-old girl who meets two-inch extra-terrestrials called Nikens. At Antioch College, she designed her own major, "World Philosophy," combining her studies of philosophy and anthropology in a senior thesis about how dreams can be used to solve conflict. After graduating, she wandered for four years in Europe and lived on the Balearic Islands of Ibiza and Mallorca. She returned to Richmond in 1991 to become a responsible adult and be near family. Kirana worked in Westminster Canterbury's Child Development Center from 1991-1993. In 1993, she returned to Spain and lives in Catalunya, near Barcelona. Books will be available for purchase.

Richmond Hill Retreat

FRIDAY, SEPTEMBER 4
DEPART: 9:30 A.M.
COST: \$40 Transportation, Retreat, Lunch
RETURN: 3:30 P.M.
Registration available: July 7 – August 14



Join us for a day of peaceful contemplation at Richmond Hill, an urban monastery praying for the spirit of the city. Richmond Hill overlooks the Falls of the James and participants can experience their beautiful gardens, walking labyrinth, and sanctuary. This will be a simple way to experience the restorative power of silence through guided meditation, personal reflection, and prayer, with a brief pause to break silence during our shared lunch. Maximum of 14 participants.

Side by Side Presentation

TUESDAY, SEPTEMBER 15
3 P.M., SANCTUARY



Side by Side, a Richmond nonprofit supporting LGBTQ+ youth, will offer a thoughtful, welcoming presentation designed to build understanding and confidence around gender identity, terminology, and pronouns. Whether this topic is new to you or simply not one you have explored much, this is a respectful space to listen, learn, and ask questions. The presentation will also offer insight into the mental and behavioral health needs of transgender and gender expansive youth, helping you better support the young people in your life.

Fact. Fiction. Something Else?

Rev. Sue Eaves
WEDNESDAYS, SEPTEMBER 16, 23, 30
and OCTOBER 7
2 P.M., JAQUELINE ROOM.
Registration available: August 18 – September 1



Why are there two accounts of the creation and what do we mean by "The Fall"? Why do we hold on to these texts in a scientific age? What is the murder of Abel really about? Does Genesis 1-11 have significance for us today? If you are curious about these texts or would simply like to know more, sign up for this four-week course to explore these and many other questions. Resident Sue Eaves is an Episcopal priest and had a long career teaching biblical studies prior to ordination. Maximum of 12 participants.

Intergenerational Sound Bath

MONDAY, SEPTEMBER 28
10 A.M., SANCTUARY



Experience the peace and calm of a Sound Bath where the sounds of singing bowls and chimes harmonize with the beautiful sounds of children from the Child Development Center. This is a unique opportunity where wellness, spirituality, and community connect.