



*Dear Lamb Family,*

Thank you for who you are and all you do as a church family. I want to invite you to begin preparing with me for the most important seasons in the life of our church, the seasons of Lent and Easter. Please save these dates: Lent begins on Ash Wednesday, February 22 and Easter Sunday is April 9. The week leading up to Easter, Holy Week, is the most important week in the life of the church as we contemplate the momentous events which culminate in our salvation. This is a packed time of year for us, but it also holds the most potential to form us as a body.

Why are the seasons of Lent and Easter so important to our faith in Jesus? All of life is a journey, a journey of highs and lows, joys and sorrows. Jesus, the Son of God, entered our journey in the world. He joined his divinity to our lowly humanity. He came to journey with us so that our earthly journey can be fused to his heavenly life.

The seasons of Lent and Easter are an invitation to map the journey of our lives onto the life of God. In Lent and Easter, we practice following our Lord on the narrow way that is the way of His sacrificial death and His victorious Resurrection.



How can you prepare for these seasons? During Lent we simplify our lives. We do not do this from a legalistic motive or a desire to earn God's favor. All our practices of devotion must be rooted in grace to have their proper effect. Only grace can lead us to the true God, the God revealed in Jesus. With God's help, we commit ourselves to spiritual exercises of fasting, prayer, and almsgiving, asking God to work his grace deeper into the unexplored, unconquered territories of our lives.

Will you begin asking the Lord about things you could simplify in your life this Lent? Fasting primarily involves food, but it can include other things—TV, for example. We remove things in our lives to make more space for the work of the Holy Spirit. As I read recently, "We cannot say yes to God until we have said no to the world." How could you say "no" to the world this Lent?

In Easter, we celebrate the joy-filled victory of Jesus over sin and death. We practice the disciplines of hope and joy, trusting that our Lord will complete His work in us and in the world. How can you practice hope and joy this Easter season? Stay tuned for more ways to enter into these seasons as a church family. For now, will you begin praying? Ask our crucified and risen Lord to work his Passion, Death, and Resurrection deeper into our lives during this year's Lenten and Easter seasons.

In love and gratitude,

*Kevin*

Kevin Whitfield, Rector

## February Events

### 5— Church Potluck

We will welcome Ben Sharpe, the priest who will be with us during Kevin's Sabbatical, by enjoying a potluck together immediately after the service.

Perfect Potluck sign up is available at [tinyurl.com/y7t2hnx](https://tinyurl.com/y7t2hnx). Passcode is 0205.

### 5— Men's Ministry, 5:30 pm

Dan Velker's house (3217 River Rd, Elkton)

Men of all ages are welcome; Feel free to bring friends and family from outside of Lamb.

### 21—Women's Book Study, 10 am

Meets weekly at Zoe Hansen's house (901 Oak Hill Dr, Harrisonburg).

See back page for details.

### 22— Ash Wednesday Service, 6:30 pm

At Redeemer Classical School



Church  
of the  
Lamb



# Abbey Farm News

## Meet Farmer Winston Liskey



If you have been by the land lately, you may have noticed cows grazing safely confined within our newly fenced pasture on the far side of the creek.

Winston is the warehouse manager for a plumbing wholesaler (May Supply Company) in Harrisonburg. He is a hobby farmer who enjoys learning about improving pasture. He has recently installed 10 cows at the Abbey farm. Eventually, as the fence is fully electrified, they will be rotationally grazed on the back pasture.

Liskey informed us, "The cows are Simmental/ Angus based. The baldy calves are the result of breeding cows back to a purebred Hereford bull. We raise calves on grass and finish on grain, then sell 1/4s or 1/2s of beef locally." Stay tuned to find out more.



The cows have names! This is Irish Jo



Work on the barn is coming along nicely. James Pascarella, Jed and Kristi's son who is a professional hard landscape installer, and his friend Branden Thomas volunteered to help us install 1800 sq. ft. of pavers. What a gift! Stop by and check it out.

Daniel is working up plans to overhaul the siding, add electric and water, and add some attractive landscaping around the exterior. Hopefully, you will start seeing some events going on down there by the summer!

## Meet Church of the Lamb members

*Sam and Susanna Casteel*



I (Susanna) am from Northern Virginia and met Sam in high school when his family settled down in the same area after his father retired from the army. Though we met in high school, we did not feel the spark to date until senior year of college. I attended Eastern Mennonite University here in town, and though Sam visited many times from Grove City College, he did not see much outside of EMU.

We got married at Church of the Incarnation, then Sam's software development job took us to NoVa. After working as a nurse in the hospital during 2020 I needed a break. Since Sam's job went remote we decided to go on an adventure! We bought a 7x14 ft. cargo trailer, built it out into an RV, and drove the East Coast. Unfortunately, our dream was cut short by mold growth in the trailer thereby prompting a search for a traditional house without wheels.

We loved the beauty of the valley and the slower pace of life, so we moved here in March of 2022.

Church of the Lamb has made us feel so loved and welcomed since day 1. Now you are stuck with us: listening to Sam hit the drum during worship, allowing Susanna to hold your babies, and learning with us as we now lead the Maplehurst Smallgroup. We are so excited to live life together with you. So be prepared to join our shenanigans, including but not limited to: playing games, backpacking, skiing, and salsa/swing dancing!

*Susanna*

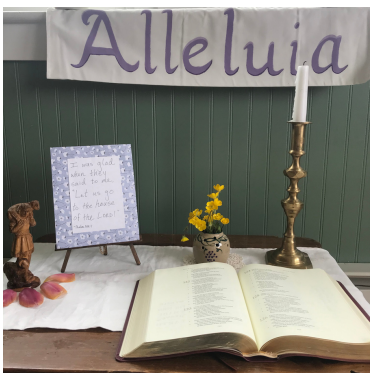


“The kingdom of heaven is like a mustard seed that a person took and sowed in a field. It is the smallest of all the seeds, yet when full-grown it is the largest of plants. It becomes a large bush, and the birds of the sky come and dwell in its branches.”

-Matthew 13:31-32



## Catechesis of the Good Shepherd



Top: Prayer tables are within each atria.  
Middle: Volunteers bring helpful hands.  
Bottom: Garage atrium at church property

As I contemplate the Kingdom of God and its mysterious growth I am heartened in reflection how the Kingdom of God has grown within our Catechesis offerings here at Church of the Lamb.

On September 8, 2019, Catechesis of the Good Shepherd began under the leadership of Kelly Ostergren for the first time with a level one atrium for ages 3 to 9 meeting Sundays at Redeemer. Two catechists and rotating volunteers presented Scripture alongside our children attending to begin sowing the seeds of the Kingdom.

In the Summer of 2021 I was hired as Children's Ministry Director to fulfill the vision of using Catechesis of the Good Shepherd as our method to bring Christ to our children at Lamb. I attended formation along with Linda Doherty and prepared materials and spaces for 3 Levels of Atria to be held at the property at Indian Trail.

After a Covid-induced break, we re-launched CGS in April of 2022. We created two prepared space. We praise God for this beautiful offering of growth. During the summer two more volunteers attended a formation training for Level One. Additionally a Children's Ministries Council formed to meet monthly.

Currently on Fridays from 3:30 to 5:15 p.m., four catechists and three additional volunteers gather alongside children aged 3 to 9. They follow the church's liturgical calendar, offering Scripture, prayer, and presentations which give opportunities for the children to abide in Christ.

On Sundays ages 9 to 12 and the youth gather in a shared experience with Christ. Mid-day prayer offered from the Book of Common Prayer precedes lunch. All of us proceed down the road to the church property for meditations and participation in a common life flowing from our faith and the Anglican tradition.

Catechesis of the Good Shepherd assists us to guide our seasonal focus. We share in presentations that connect the materials in the atria with the children for the purpose of abiding in Christ. The seeds we sow are intentional and heartfelt.

Thank YOU for your offerings of prayer, time, and attention in this ongoing work for the Kingdom of God. Consider how you may be a part of God's Kingdom with us!

Peace,

*Renee Velker*

Director of Children's Ministries  
along with the CGS Team

You can find more details and a full schedule at  
[churchofthelamb.org/childrens-ministry](http://churchofthelamb.org/childrens-ministry).



# True Confessions of a Catechist Volunteer

When Renee first asked me to consider helping her with Catechesis, she immediately gave me at least four different books including *The Religious Potential of the Child* by Sophia Cavaletti and told me to read them. Being the busy mother of four kids that I am, I did not. After months of talking to her about her formation training and about the materials that she and others were working on, I finally took the time to visit the atrium spaces she had created in the garage and office at the Parsonage – I was floored.

I came to the garage atrium and was able to volunteer alongside Renee with some of the older kids as we practiced a processional and did a short meditation that included Scripture reading, discussion, and prayer. Then we took that meditation and created an art project. Kate Glick kindly gave a lesson on watercolors and each student created six prayer cards with individual words/phrases/pictures on them that they could keep and use as prompts or bookmarks or just to look at in reflection. Renee insisted I participate alongside the children and I am so glad that she did. My heart was blessed to quietly create art that pointed me back to my Father above.

Since my first meeting, I have truly cherished every opportunity to be in the atrium in observation or to volunteer. I'm unable to attend formal training yet but am thrilled to observe and serve as I am able. I hadn't fully grasped what these kids were experiencing until I experienced it myself, and now I look forward to learning more alongside them.

*Andrea Dorman*



Andrea worked with Level Three students to create the raised surface map of the city of Jerusalem during the days of Jesus.



During this combined youth and Level Three Catechesis in December we turned our meditations to an artisan focus. Lottie Holz taught us how to carve and create block printing. You can see the religious art created in the crosses and chalice. Lottie's beautiful lamb block print can be viewed in the church office.



Natalie Bowen will host a  
**Baby Sprinkle for Gail Hayes**  
 on Saturday, February 11 at 2:30 pm  
 1209 Old Windmill Circle, Apt. A, Harrisonburg



All ladies are invited to attend. If you would like to bring a gift, the Hayes are requesting Target gift cards to help them purchase a new car seat and then consumables like diapers and wipes.

## Women's Book Study

Tuesdays at 10 am  
 beginning February 21

*Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*  
 by Dane Ortlund

Led by Debbie Bennetch

Hosted by Zoe Hansen  
 901 Oak Hill dr., Harrisonburg  
 Signup by emailing  
[zoe@churchofthelamb.org](mailto:zoe@churchofthelamb.org)  
 Let us know if you need childcare.

**NEW**