



## »God has welcomed us into His family«



*The Rev. Carola von Wrangel,  
Rector at Christ the King*

### Reflections from our Rector

#### Dear Family

One of the descriptive words for Christ the King is “welcome” – we welcome people. Our newcomer events, coffee hours, welcoming visitors at our services, Homecoming Sunday, our website and communications materials and much more are all part of the welcome we extend.

I remember being new to Christ the King two years ago, and how so many helped me to become part of the family. I am thankful for all the efforts that go into the ministry of welcoming.

Recently, I have been reading up on “Radical Welcome” based on a book by Stephanie Spellers. I preached on this at our Homecoming Sunday service. Let’s look at how we can be

an even more welcoming congregation.

- A radically welcoming community seeks to welcome the voices, presence and power of many groups—it welcomes and promotes diversity.

- We seek to offer a gracious, warm hospitality to all people of all ages, ethnicities, economic groups, sexual orientations, disabilities, political views.

- We reach out to our neighbors and beyond, actively practicing what it means to embrace and be changed by Jesus.

- We have a clear sense of Christian identity. We are unapologetically Christian and serve others based upon God’s call to us, discerned in light of scripture, tradition, and reason.

- We listen to and are open to others. We are such a diverse parish in so many ways. We have the opportunity to learn from each other and grow in faith and community. We can rejoice and be enriched by this diversity.

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- The ministry of welcoming others belongs to each of us – it is not just the welcome table or newcomers who reach out. Everyone can wear a nametag, for example.

- Radical welcome involves change! Our demographics might change. Our worship might change. I may have to expand my comfort zones about MY church. Our attitudes towards change may need to change or expand.

- Becoming a more welcoming community is a process.

For my own part, I welcome any thoughts you have on welcoming! What are your stories about how you have been welcomed at Christ the King or elsewhere? What is working? What could be improved?

God has welcomed us into His family. We are called to do likewise.

Blessings,  
Carola

# WHERE WE ARE NOW

*Current news, parish topics and where we stand in our shared pilgrimage towards understanding the Spirit of God...*

## *Welcome to the new Chronicle!*

### *Your new Chronicle Publication Team*



David P. Steel



Markus Back

At first glance, I'm sure you've noticed a difference in this issue of the Chronicle. That's thanks to the wonderful layout work of Markus Back, one of our parishioners who works professionally as a graphic designer and illustrator. Thank you Markus!

The structure of the Chronicle has changed a little bit, too. There are now three main sections, roughly based on the present, the past and the future, which seems rather fitting for a "Chronicle", doesn't it?

This issue has a big past section, "The last few months", as a lot has happened this summer since the last Chronicle came out. But there is not a word you will want to miss, so find a

comfortable chair, make yourself a nice cup of tea and read on with suspense!

From now on, to keep the length down, we will try to publish the Chronicle at the beginning of each month, recapping the past month and looking forwards to the coming one.

Since this is really your newsletter, please do not hesitate to send in your comments, suggestions and also articles for future issues. Send your thoughts and texts to [chronicle@christ-the-king.net](mailto:chronicle@christ-the-king.net) or to the parish office. You can also reach me personally by phone at 069 / 81 03 99.

Yours in Christ  
David P. Steel, Chronicle  
Editor

*»The parish is full of life and many new activities have started up...«*

## *Vestry report*

### *From visioning to belonging*

After many months of visioning at Christ the King, which included many meetings and discussions with various groups, we, the Vestry of Christ the King feel we are at last on the right tracks. The parish is full of life and many new activities have started up, providing fellowship and creating a feeling of "belonging". It is an exciting place to be at the moment. We are working on more ways to promote fellowship and spirituality. Thanks for getting involved and also for offering your many talents and gifts to keep our congregation vibrant and growing – both in numbers and spiritually!



Submitted  
by Susan Vornhagen,  
Vestry Member and Junior  
Warden for Personnel

## Treasurer's report



*Submitted by Todd Buell, Christ the King Treasurer*

### *After a great start, momentum is slacking*

Eight months into 2010, our figures show the church is running a deficit, but not as large as we had feared. At present, we are just under € 7,000 in the red. Total income is about 1.3 % below target and expenses are 3.6 % above target.

Still, pledged giving and regular support about 20 % below where they should be. Thankfully some grants and one-time donations are somewhat offsetting this gap. We are not headed toward a crisis, but it would be nice to finish the year even or in the black. Please make sure you are current on your pledges.

Thank you!

## Update on the Heimkehrer/Returnee Support Team

### *Integrating into life in Germany*

The Heimkehrer/Returnee Support Team helps German citizens who are strangers in their own country. Typically, these are individuals who grew up in the U.S., never speaking a word of German, but have had to return to their home country for one reason or another. As an English speaking parish, Christ the King reaches out to these returnees to help them deal with many of the little hassles of daily life that require a command of the German language.

The team is presently supporting about twelve returnees who are in various stages of integration into life in Germany. As well as offering emergency assistance during their first few disorienting days in this country, we've also been liaising with language schools to help those taking German courses get the most from the experience.

In addition, we have been helping these returnees in the search for their own accommodation and furniture to put in it, and have been liaising with the pro bono organization "Lawyers Without Borders" to seek advice for those who may be able to appeal against their deportation order.



*Submitted by Eileen McDonald, Heimkehrer/Returnee Support Team Coordinator*

Along with two social workers from the Frankfurter Verein we now offer a self-help group for returnees in central Frankfurt on the first and third Mondays of the month. Any Christ the King parishioner interested in helping out or finding out more about this Ministry is welcome to contact Eileen McDonald, Paul Neaum, Jin-Hyo Kim or Frauke Omoruyi.

## Haiti by the numbers



*Submitted by Curry Walker, Christ the King Representative for the Convocation in Europe - Partners with Haiti*

### *Episcopal Relief & Development fund for Haiti*

As time passes, our attention to the crises in Haiti may diminish, but the needs will remain. As a parish we have already contributed almost € 1,000 to the Episcopal Relief & Development fund for Haiti. Yet, from the Convocation

standpoint, our mission in Haiti has only just begun.

The rescue, relief and recovery phases of Episcopal Relief & Development's efforts to aid the people of Haiti after the January 12 earthquake, have so far achieved the following:

- Reached 42,124 Haitians with health education and care through our support of mobile medical clinics
- Created employment opportunities for more than 1,300 Haitian men and women to work on relief and recovery projects through our support of "Cash for Work" and community recovery programs
- Helped provide provisional homes and/or temporary shelter to approximately 6,300 survivors who have been left homeless
- Delivered 217 tons of food to people in eight of the most affected parishes, reaching approximately 70 communities
- Helped approximately 5,000 people improve their health and sanitation through the construction of block latrines in four locations where schools are reopening

Our Bishop Pierre Whalon is also very active in this area. At a recent meeting of the House of Bishops of the Episcopal Church, Bishop Pierre Whalon and Bishop Ian Douglas presented a resolution committing to "The Haiti Appeal". The House of Bishops unanimously passed the resolution.

### ***Appeal for the Rebuilding of The Episcopal Church of Haiti***

On September 21, 2010, the House of Bishops: Resolved, that the House of Bishops of The Episcopal Church continues to give, work, and pray for the welfare and spiritual needs of the people of Haiti in the aftermath of the devastating earthquake of January, 2010; and be it further

Resolved, that the House of Bishop receives gratefully the draft plans for a \$ 10 million appeal for the initial "Rebuilding of the Diocese of Haiti" (L'Eglise Episcopale d'Haiti) as developed in response to The Episcopal Church's Executive Council resolution on rebuilding the Diocese of Haiti (February 2010); and be it further

Resolved, that we the bishops of The Episcopal Church commit ourselves to, and call upon our dioceses to participate fully in, the Haiti Appeal initiated by the Executive Council in consultation with L'Eglise Episcopale d'Haiti.

#### ***Contributions welcome***

Episcopal Relief & Development relies on donations to carry out their work. You may send money directly using the *website* [http://www.er-d.org/Haiti\\_by\\_the\\_Numbers](http://www.er-d.org/Haiti_by_the_Numbers) or, in order to obtain a tax certificate, make an electronic transfer to Christ the King. Please note "Haiti Relief" on your transfer.

### ***One click goes a long way***



*Submitted by  
Carol Hunter*

For any one who doesn't yet know, there is a very easy and effective way to contribute to helping end world hunger. Just go to [www.thehungersite.com](http://www.thehungersite.com) and click the the yellow "Click Here to Give – it's FREE" button. Each click donates the value of 1.1 cups of food to the world's hungry. It's that simple. You pay nothing and give no personal details.

How does it work? After you click on the yellow-colored Give button, a Thank You page appears with sponsor ads. 100% of the advertising fees generated from these ads go to the charitable partners of The Hunger Site.

If you make [www.thehungersite.com](http://www.thehungersite.com) your browser starting page (this can usually be set when you click Options in your browser Tools menu), you can make a free donation every day. Of course, this should not replace other types of giving or social engagement, but it is one way to help a little every day.

### ***Good custodians of our planet***



*Submitted by  
Tina Banerjee  
Chittom*

The subject of our relationship with other species and the Earth as a whole often takes a backseat in theology. Some Christians even mistakenly shun this subject, erroneously associating it with "idolatry". Yet the very first chapters of the Bible make it clear how strongly humankind is connected to the Earth. The word "Adam" means "Earth" and the first human was formed from earth, from the "dust of the ground". In these same passages, humans are given "dominion" over creation – and not "domination" which is a one-sided power structure.

In my opinion, our broken relationship with nature is a clear manifestation of the sin of self-centeredness – a sin which leads to uneven power structures. Following Christ's example of selflessness, we should be selfless in our interactions with other creatures, as well. Maybe then the broken relationship between humans and other species on the Earth could be mended and the original

harmony restored, as intended by God.

Romans 8:19 suggests that all of creation, not only humans, will be redeemed by Christ. That is a remarkable consideration and one that should influence the way we treat God's creation.

I would like to recommend "The Green Bible Devotional" by Carla Barnhill, published by Harper Collins Publishers (2009). The book contains sixty inspiring daily readings, prayers and meditations on the subject of the Earth and nature.

### ***Pardon me, but I think it's time we mentioned the "M word"***

*Submitted by Eileen McDonald*

That's M for mental, as in "mental health issues", "mental health problems" or even – deep breath – "mental illness". Statistics show that 1 in 4 people in Britain will suffer from a mental health problem within any given year, the most common manifestation being depression, sometimes combined with anxiety. That's 25 % of all people. I suspect a similar proportion applies to people living here in

Germany... and people attending Christ the King.

Yet, despite the widespread nature of mental illness, it remains difficult for people suffering from it to be open and honest about the fact, especially because they are so often met with misunderstanding. Shouldn't we, as Christians, be more welcoming of the mentally ill? And also open about our own struggles?

I'd like to take a look at some of the well-meant but ultimately not so helpful reactions people encounter when mentioning their battle with mental health issues. Maybe we can learn to act and react differently.

### ***"It's all in your head"***

The implication here is that there is nothing physically wrong and therefore what the person is experiencing is imaginary/insignificant/can be overcome by "pulling himself together". Well actually, the illness is indeed in the head, literally and physically. Mental illness is caused by disturbances in the chemicals of the brain. Depression, to give just one example, is caused by a reduction in transmitter chemicals passing between nerves in the brain. Messages are not passed as usual, which explains why the depressed person has problems thinking clearly, reacting normally and making decisions.

How does such a chemical imbalance occur? For some



*An estimated 1 in 4 people suffer from a mental health problem at some time*

***»It takes a certain courage for a sufferer to seek out the objectivity of therapy; it is a sign of strength not weakness.«***

people, it is a reaction to a trauma in their life: for example, bereavement or the loss of their job. It seems that an extended period of mental pain can trigger a change in the brain's chemicals. Psychiatrists call this

There's a bit of a "chicken and egg" question here. In some cases it's not clear whether the extended low mood caused the brain's chemicals to change, or vice versa. There is also a long list of other medical factors which can trigger a chemical imbalance and in the brain, including: hormonal disturbances (this is a big one for women), glandular fever, thyroid problems, cancer, food sensitivities, side effects of medications, and so on. So mental illness isn't all in the head; it can be connected to other parts of the body, too.

### ***"You're on medication? Surely taking pills isn't the answer"***

Given that mental illness has a chemical cause, medication may indeed be the answer, or at least an essential part of it. For someone with endogenous depression, manic depression or schizophrenia, it may even be necessary for them to be on medication life-long to stay well, and lead life normally. If someone told us they had high blood pressure and, on doctor's orders, took an aspirin a day to thin their blood and prevent strokes, we wouldn't try to dissuade them from doing this, would we?

### ***"You're seeing a shrink? Can't you get by with a little help from your friends?"***

The image of the patient lying on the couch talking to a psychiatrist and the many associated jokes ("Doctor, doctor, I keep thinking I'm a pair of curtains" "Pull

"reactive depression". But other sufferers seem to have a genetically inbuilt imbalance giving them a predisposition to depression, and this is called "endogenous depression".

yourself together, man!”) masks a barely-veiled fear of mental health practitioners, and a lot of misunderstanding. For a start off, psychiatrists don't use couches: they are first and foremost medical doctors and their priority is to draw up a list of their patient's symptoms so that suitable medication or other therapy can be prescribed.

With today's cash-strapped health insurances, the most common forms of therapy have become psychotherapeutic treatments like Cognitive-Behavioral-Therapy. This and other modern “talking therapies” tend to focus on the practical here-and-now and the future, to logically analyze the patient's situation, assess options and aid the decision-making process.

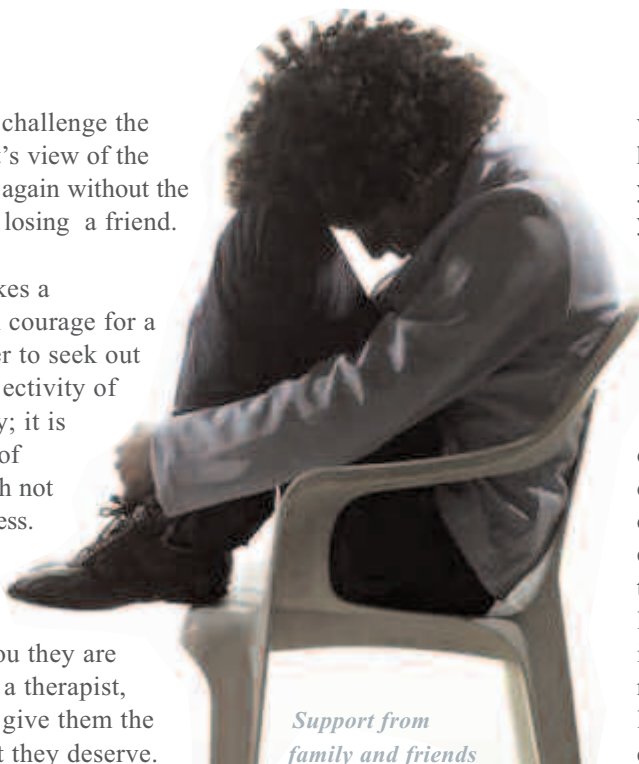
Of course, loved ones around a sufferer have an important part to play in supporting him or her, and if they have time and sensitivity, they can bring a lot of comfort. But there is a freedom in the confidential working relationship between patient and therapist which is sometimes essential to recovery. The patient can talk to the therapist about anything, however strange or frightening or disturbing, without having to worry about putting a strain on the relationship, whereas they might hold back and try to shield a family member or friend. The therapist for their part can offer objectivity, can

gently challenge the patient's view of the world, again without the fear of losing a friend.

It takes a certain courage for a sufferer to seek out the objectivity of therapy; it is a sign of strength not weakness. So if someone tells you they are seeing a therapist, please give them the respect they deserve.

***“You'd better keep quiet about your illness – if people find out, you could lose your job”***

Very sadly, there is some truth in this, and yet there shouldn't be. If someone says to their employer: “I have cancer and will have to take a course of chemotherapy over the next few months”, they will normally get a sympathetic reaction, as well they should. Their colleagues will rally round, send cards and flowers and offer practical help. But substitute depression for cancer and psychotherapy for chemotherapy, and there is a real danger of an employer writing that person off as a liability. And not only that employer, but any future boss as well. The sad fact is that many mentally ill people struggle on without treatment rather than have the illness mentioned on their medical records. Some do not survive the struggle.



*Support from family and friends is important, but often the professional objectivity of a therapist is needed, too*

There is no easy solution to this lack of insight. You can put your hands over your eyes and imagine what it would be like to be blind, but it's hard to imagine what, for example, clinical depression feels like; it is a qualitatively different experience from feeling “a bit down”, much more physical than one might imagine. But for those with no direct experience, at least knowing what one doesn't know is the beginning of understanding – that and the willingness to listen with an open mind.

***“How can you possibly be depressed / anxious when you are a Christian?”***

Much more easily than you might think. Mental illness is rather like lightning, ho-

vering and looking for the highest point to strike. If your faith is a major part of your life there is a good chance that the illness will hook onto it and try to distort that faith to cause you pain or anxiety. Crushing feelings of guilt are a classic symptom of depression, and nobody does guilt better than the depressed perfectionist church worker. If you want to help them, tell them to do less rather than more, and instead of telling them they must have some unacknowledged sin somewhere, encourage them to see a doctor!

If you are interested in deepening your understanding of that most common of mental health issues, (anxious) depression, and how it can affect Christians, I can recommend reading the following:

- A Practical Workbook for the Depressed Christian by Dr John Lockley (publisher: Authentic Media)
- Healing for Damaged Emotions by David Seamands (publisher: Authentic Classics)

# THE LAST FEW MONTHS

*Summer 2010 was one of tragic losses in our parish, but also new beginnings, renewed fellowships and spiritual rejoicing...*

## *Jennifer and Alex celebrate birth of Jacob*



*After three weeks in the children's clinic, baby Jacob is now at home with mother Jennifer*

as he was doing so well – breathing and swallowing on his own, etc.

### *Dear friends in Christ,*

As many of you know, our little boy, Jacob Frederick Massmann, finally made his big entrance in August! He was born by C-section on 14 August at 9:42 p.m. in the Women's Clinic of Heidelberg and weighed in at a good 2800 grams (about 6 lbs), considering he was still more than 4 weeks early. He spent his first night in the neonatal intensive care unit but was quickly transferred to the children's clinic

Despite everything going well, little Jacob still had to spend the first 3 weeks of his life in the clinic, growing and stabilizing, so Alex and I spent many long days there with him, cuddling and getting to know him. Now he is settled in happily at home, fit, alert and plumper by the day. He is a sweet newborn with lots of brown hair, chubby cheeks and a cute stub nose and his main activities include sleeping and eating – and then sleeping and eating some more!

We are so grateful to God for this little fellow and excited and glad everything has gone so well!

Many thanks to everyone in the parish for your support during the almost 3 months I was on hospital bed rest and Jacob's own time in the clinic. Your cards, calls and prayers meant more than we can say!

In the coming months we hope to introduce him to you all. For now, here is a photo to tide you over...

Peace,  
Jennifer, Alex and Jacob

## *Whelan wedding in May*

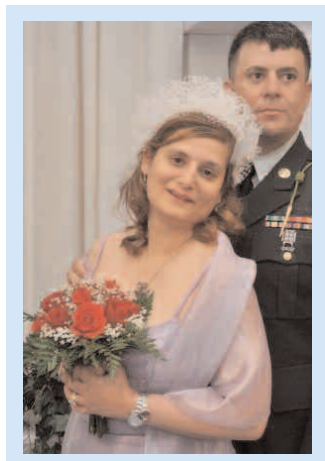


*The bride being led down the aisle by brother Patrick*

On 15 May 2010, parishioners Caroline Whelan and Björn Klusacek celebrated their wedding at Christ the King. After a beautiful ceremony led by The Rev. Carola von Wrangel, the happy newlyweds invited their guests to a reception in the undercroft.

Their first task together: cutting the marvelous 4-tiered cake prepared by baking virtuosa Carol Hunter.

## 8/9/10 and now they're wed!



*Tina and Travis were married in August in the U.S. but are planning to live in Germany long-term*

Parishioner Tina Banerjee was married to Travis Chittom on the memorable date of 8-9-10 (August 9, 2010) at 7 p.m. in Las Vegas, Nevada.

The Reverend David Nye officiated at the ceremony held in "A Las Vegas Chapel".

The bride's brother Arnold Banerjee was the best man. The bride wore a lilac gown and a white wreath. The groom, who serves in the US army and was deployed to Iraq in 2007, wore uniform. Tina and Travis met online in the summer of 2007.

## Your wedding or birth announcement not here?

*After your wedding or a new birth in your family, please send information and pictures to*

*chronicle  
@christ-the-king.net*

*so we can publish the good news to those who may not yet know or who are curious to know more. We rejoice with all members of our parish who join their lives in holy union before God as well as those who have brought new lives into our midst, even if they could not be included in this issue.*

## Memories of Walter Stern



*Walter will be remembered for his unparalleled integrity, generosity, courage, wit and candor*

*Adapted from texts written by The Rev. Canon David Ratcliff, Brian Gibbs and Eric Lien*

Major Walter Stern passed away on 11 August 2010 after a long illness. He was an Omaha Beach veteran, veteran of the Korean conflict and served at Camp King Oberursel. He was also many other things to those who knew and loved him, not least his lovely wife Marianne, who survives him and remains in their common home in Bad Homburg.

It's tempting to think that Walter and Marianne have been at Christ the King forever. In fact, it has been only one part of their lives. Walter, the youngest of 7 was born of Czech immigrants in Newark, New Jersey in 1917. He began his military career in 1938 when he joined a cavalry regiment of the

New Jersey National Guard. In 1942 he became a 2nd Lieutenant and in 1944 took part in the D-Day landings at Omaha Beach, Normandy, and went on all the way to Berlin before returning home.

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### *The Far East*

Water then switched to Military Intelligence and moved to Kochi in Japan in 1947.

Walter's wartime experiences sensitized him to the lives of those he met when he arrived in Japan. Walter said to himself at the time, "show these defeated souls that I am not here to make it any worse for them, but to show them that we can live together." He left behind a testimony to Christian love and a legend of kindness by supporting the Hakuaien Orphanage and the Doctor Miyamoto Hospital. He is remembered with great fondness there, especially for the Christmas presents and parties he had organized.

After Japan and the end of World War II, Walter did two tours of duty in Korea, ending up with the rank of Major. It was after he returned home from Korea that he met Marianne.



Frankfurt, October 2010

***“You’re just not my type”***

Walter was participating in a training at Fort Riley, Kansas, when a colleague, convinced he had found Walter’s perfect match, arranged a blind date for him with Marianne. It was 18 Dec. 1954, 10 days after Walter’s birthday, but he insisted that he was celebrating his birthday with her. A joke? After the date, Marianne sent Walter an unsigned card with the flat statement “You’re just not my type”. A joke? In any case, Walter had indeed met his match and less than a year later the couple married.

Walter and Marianne shared a loving and moving life together, moving between military assignments and civilian jobs in the U.S. and Germany. 23 September 2010 would have been their 55th wedding anniversary.



*“You gotta listen to your partner,” Walter said was the secret to his long and happy marriage to Marianne*



*Shortly after World War II, Walter was given this cleaver at Eisenhower’s temporary headquarters in Bad Homburg, which he later gave to one of our parishioners who now lives in the same house*

*»In closing, the Lord gave me a real challenging life which many other people dream about and do not get. So with my ups and downs, I thank the good Lord for everything.*

*Good-bye,  
Sayonara,  
Auf Wiedersehen.«*

*Walter Stern in 1997,  
writing about his work in Japan«*

***So what does his life mean for us?***

Walter’s life was one of courage. His energy helped him to fit in wherever he went and contribute to what was needed, sometimes in the most unlikely places. His life was one of a faith, which worked itself out in a belief that he had a personal ministry and a mission from God to help build his Kingdom here on Earth.

But it was a wider vision too. His work with the orphanage in Japan, his time spent in Germany, both nations who were enemies during World War II, have been places where he has sown seeds of forgiveness and love, hope and faith. These are the same seeds of Christ’s teachings, to bring hope to those whose lives are plagued by misery and suffering – in a spirit which expects nothing in return.

Much of what Walter did he could not have done alone. He made good use of the resources and communities around him. But much of what he did, he might not have done without his faithful Marianne who shared his life with love for so many years. None of us can fulfill our Christian ministries on our own. We need to learn to share with those who may be different, difficult even, but who face the same challenges and share the same vision implanted by God.

## God bless Sandra McCrea



*Sandra was an avid photographer and took many of the pictures which appear on the Christ the King website and other places*

*Sandra's many friends would like to thank all those involved, especially Carola, for organizing the memorial service in her honor on 19 August 2010 and notifying as many people as possible. Two of her closest friends have submitted their*

### **My memories of Sandra** *Submitted by Alison Wiehe*

I would describe Sandra as a close friend of mine – and I hope she would agree. Sandra was a lively, energetic person with a real zest for life. She was a keen photographer and I remember admiring her excellent photographs of puffins. She explained that for the best photos you had to be sure that the light was shining directly on the bird's eye.

I particularly appreciated Sandra's irreverent sense of humor – she could find humor in almost any situation. One incident particularly

comes to mind. I remember a skiing trip with her some years ago, when we were sitting in a bar enjoying a drink with two male friends. She asked one of the men a question to which he reacted very heatedly, complaining fiercely about intrusive questions. After a pause Sandra simply burst out laughing and said "There's far too much testosterone flying around here, if you ask me!"

*»Sandra was a lively, energetic person with a real zest for life.«*



*Sandra McCrea with her close friend Alison Wiehe in Antwerp, Belgium – a rare photo, as it was usually Sandra taking the pictures*

When I asked her later if she had been offended, she said "Oh no, of course not, I'd much rather have something said to my face than behind my back."

Sandra was never afraid to call a spade a spade and I recall her telling me once how she had sat on the S-Bahn near a heavily canoodling couple and had finally snapped and told them to "Get a room, for God's sake"!

At the same time, Sandra was an excellent listener and seemed to know instinctively the right thing to say.

These are my memories of Sandra – my very good friend.

### **A part of all our lives** *Submitted by Sally Lamm*

Sandra was a Londoner by birth. During her time in Frankfurt, she worked as an IT specialist first at the British Consulate, then at Commerzbank, and later at Hewlett Packard. While at the bank, she studied for and obtained an Open University degree in Psychology.

What many people will remember is her ready wit and irreverence. Sandra did wicked impersonations of people, for instance.

Sandra had a wide range of interests: above all photography, and in particular photographing wild birds. She was a member of the ski club, played the guitar, enjoyed the cinema, theatre and dancing, read fervently and traveled widely.

Sandra's love of wild birds took her on several holidays

to Scotland, Northern Ireland, the Faroe Islands and Iceland. She also photographed many events for different clubs and associations in the Frankfurt area. Her photographs were excellent, and she had had a number of exhibitions in the Frankfurt area, selling quite a few of her photographs.

She fought an encounter with breast cancer bravely in the 1990s.

I am reminded of Sandra in so many ways – passing through the U-Bahn stop Westend near where she lived, for example, and expecting to see her, or at any social gathering where she might have wielded her camera. And on my recent trip to Scotland, when I've been at the coast a number of times, I've seen the sea birds and remember how she loved them. It is so sad that she is no longer here to enjoy nature, pursue her photography and be a part of all our lives.



*One of the many beautiful pictures Sandra took of the church – submitted by Nigel Ruddock, who encourage her photography and helped her organize an exhibition in the undercroft during his term on the Vestry*

## *Women's lock-in with Ruth*

*Submitted by Rachel Schmitt*

We sang, we prayed, we ate and drank, we laughed, we listened and some of us even slept on the Chapel floor. The second women's lock-in from 27 – 28 August 2010 was a wonderful time and space in our busy lives as thirteen women of the Parish came together to reflect, to listen to the Word and to learn from each other and be refreshed.

Our focal topic was the book of Ruth which we studied and discussed talking about the faith of Ruth and, if we have been given new names, what they meant to us. We sang an appropriate song about God wanting to change our names:

- "I will change your name

You shall no longer be called wounded, outcast lonely or afraid

- I will change your name

Your new name shall be confidence, joyfulness overcoming one faithfulness, friend of God one who seeks my face."

This echoed in my mind the whole of the following week; a beautiful reminder of God's promise and his call to seek him.

We finished our almost 24 hours together with a moving Eucharist standing around the Altar of the Chapel. This weekend was food for my soul (as well as body!) and a true gift.

A huge thanks to Carola and Jane and Rebecca Döbler for organizing this fantastic event!

*»Your new name shall be confidence, joyfulness, overcoming one«*

## Fun Day rocks!

Submitted by Eric Lien

More than 14 volunteers turned out for the 11 September Fun Day. This was the 7th Fun Day of 2010, since there is always a great need to keep our church home looking ship shape.

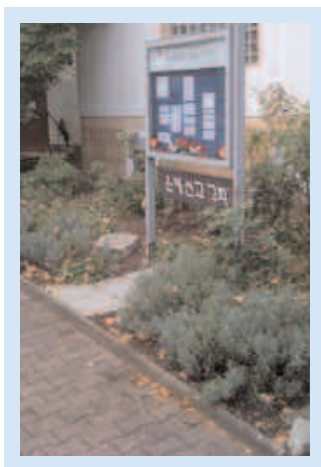
The parishioners completed a major cleanup both inside and outside the Church and the Parish House. Most notably, after over one year of dauntless effort, the new Chapel Kitchen in the Parish House is finally ready for business.

### Project: Chapel Kitchen

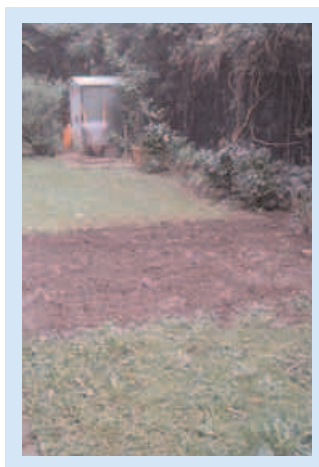
Volunteers started the project September 2009, by demolishing a wall that separated the tea kitchen with an unused bathroom. The expanded room was then improved with a new, energy efficient window,

electrical wiring and heating / plumbing fixtures. Next, the floor of the kitchen as well as the hallway were re-tiled, after which the kitchen, Chapel and hallway were repainted. Finally, at this most recent Fun Day, the door-frames inside the Chapel Kitchen were painted, and the stairwell was repainted for the first time in decades.

In September 2010, cabinets for the kitchen were donated by the Gibbs family and the final plumbing hook up was completed. Kudos for all of those who volunteered their time, work and financial support for this project! We hope that the new Chapel Kitchen will greatly improve the usefulness of the Chapel for our Christ the King community!



A major cleanup of the Church gardens was completed, including trimming trees and bushes



Behind the Parish House, a large flowerbed was transplanted, and hedges were trimmed

## Choir concert in June: 16th century vs. World Cup

Submitted by Nigel Ruddock

On 11 June 2010, the opening evening of the World Cup, where were all those people going? They kept coming: from the Römer, from Willy Brandt Platz – and all disappearing into the old door of the

Leonhardskirche down by the Main.

One elderly Frankfurter citizen, spotting me in my black choir outfit, and assuming I was some sort of priest, asked if he could have a cushion. The lack of luxury in the church didn't seem to deter other concert goers, who generously filled the church for our concert.

It was our first concert with Music Director Simon



The Christ the King Choir and Young Singers joined forces for this eclectic music event in the heart of Frankfurt

Harden, and quite a specific program at that: English choir music reaching back with Orlando Gibbons to the Jacobean Chapel Royal of the 16th century, and forward to Randall Thompson's "Alleluia", written for the Tanglewood Festival in Massachusetts in 1940.

A side-step to Paris was allowed for the solo organ interlude – Jehan Alain's Trois Danses. Judging from the spontaneous applause

during the course of the evening (I have never experienced this at a choir concert in England), the audience appreciated our music. And our Young Singers were able to shine as well with their four pieces.

Thank you all who made this possible! Simon for all the choir training, Philip Sladdin for accompanying, and everyone who gave up their time and talents to organize this wonderful event.

## *The Order of the Daughters of the King*

*Submitted by Jill McArther*

I was invited to attend a European retreat in Villa Pallazzola, near Rome from 17 to 19 September this year. I went with some interest as I was not quite sure what to expect. Who were these Daughters of the King?

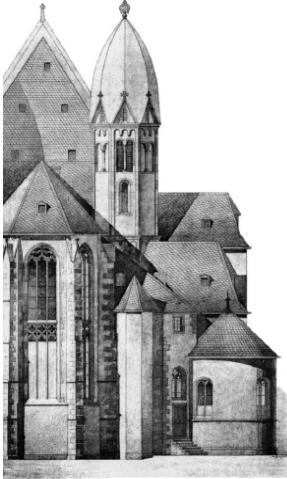
I found I was being introduced to an order of women who are mostly communicants of the Episcopal Church, although it also includes as members women from the Anglican, Lutheran and Roman Catholic churches. The order was founded in New York City by Margaret Franklin in 1885.

During a beautiful weekend of fellowship with other ladies I found that its members undertake a Rule of Life: a Daughter pledges herself to a life-long program of

Prayer, Service and Evangelism, dedicated to the spread of Christ's Kingdom and the strengthening of the spiritual life of her parish.

Women of any age, who are prepared to commit themselves to the above Rule of Life, are welcome. As these women come together to share and participate in service a Chapter is established. There is no minimum size of a Chapter, but for the fellowship element more than one is advised. A Chapter is already meeting in Heidelberg and the idea is to form one at Christ the King.

I thoroughly enjoyed my time at Palazzola and if there are any women who would be interested in learning more and please contact me at [mcarthur\\_jill@hotmail.com](mailto:mcarthur_jill@hotmail.com) or via the Parish Office.



**Englisches Chorkonzert**

Mit Werken von Purcell, Britten  
Gibbons, Stanford, Walton  
Bairstow, Mawby und Rutter

*Chor und Young Singers der  
Anglican/Episcopal  
Church of Christ the King  
Frankfurt*

Dirigent und Organist  
Simon Harden

**Sankt Leonhardskirche  
Frankfurt**

Concert live recording 11<sup>th</sup> June 2010

CDs of the concert are available – order your copy from Nigel Ruddock [nwr@gmx.net](mailto:nwr@gmx.net) (cost: €5)



*Inspired fellowship with "Daughters of the King" in Italy*

## Securing social return

Submitted by Margaret Peckham

What do the different denominations of the Christian faith have in common? They all like to eat! With this starting point, a group of diverse Christians aged 50 years and over have formed the group E.A.T. (Ecumenically Active Together).

On 3 September we took part in a presentation given by the Oekocredit Bank at Trinity Lutheran Church in Frankfurt. To start things off, we were invited to a wine and cheese snack, kindly prepared by Bob Colvin.

“Securing social return” is the title of Oekocredit Bank’s social performance report. As a part of this, the Oekocredit Bank gives micro-loans to small businesses in third world countries. Founded in 1975 and now operating in 70 countries, Oekocredit goes where few other investors go.

We were inspired to help support their projects that reach the poor and disadvantaged. To find out more about how to invest in their projects, even with smaller amounts, check out their website and see what they do: [www.oekocredit.org/socialperformance](http://www.oekocredit.org/socialperformance)

## 20s/30s trek across Ginnheim

Submitted by Leigh Buell

On September 5, the 20s/30s group set out for a hike on the Kleiner Feldberg. After church, we gathered several last minute participants and headed to the end of the U2. Upon arrival at our supposed destination, the group immediately recognized that the cafés of Bad Hamburg bore a marked dissimilarity to any kind of hiking region.

After an inquiry at a local bakery, the group realized that, indeed, we should have taken the U3. No worries, the

local bakery told us, simply go two stops back on the U2. By this time it was getting late, and the group proceeded to eat their picnic lunch on the U-Bahn where, alas, hunger and general inattentiveness caused them to travel all the way back to Hedderheim, where they discovered that the next U3 came in 30 minutes.

Not to be discouraged, the group jumped on the U1 and set off for a vigorous stroll through that enormous green area in Ginnheim. Lou's dog Timo came along, too!



After such a grueling trek, the group needed quite a rest

## Once upon a Wednesday

Submitted by Robyn Lackey

On a cool Wednesday evening in September a group of individuals with varying nationalities, ages and levels of alcohol tolerance met at Dionysos Greek Restaurant in Frankfurt concerning some serious matters. What was the purpose for this important meeting you may ask? The primary reason was to commemorate the one year anniversary of the Christ the King 20s/30s group.

The group was founded by Leigh and Todd Buell in August of 2009 and has taken off like wildfire. Despite the name, the group stretches a broad age range from late teens to the 50s and incorporates a wide variety of activities. From dancing, to Bible Studies, to weekend trips and everything in between.

Starting off with about 12 attendees at the kick-off event, the group now has over 30 members and continues to grow. As one member says “The 20s/30s group has been so wonderful. It has connected me with other internationals in the Frankfurt area who hold similar values to me and make me feel like I belong. Plus, the activities are so varied that there is something for pretty much everyone, no matter what their interests.”

## Attendance May – September 2010

Date 2010	Total	Sunday school	Junior youth group	Senior youth group	Creche
02 May	132	16			3
09 May	132	14	9		3
16 May	137	16	8		2
23 May	153	15			3
23 May <sup>1</sup>	9				
31. May	143	18	7		
06 June	111	20	8		4
13 June	175	28	6		4
20 June	184				3
27 June	110				2
04. July	90				3
11 July	102				2
18 July	96				4
25 July	111				2
01 Aug.	87				3
08 Aug.	107				2
15 Aug.	115				5
19 Aug. <sup>2</sup>	85				
22 Aug.	121				5
29 Aug.	144		10		4
04 Sept. <sup>3</sup>	200				
05 Sept.	157	11	6	8	4
12 Sept.	148	17		8	4
19 Sept.	178				4
26 Sept.	125	12	8	4	2

<sup>1</sup> informal service | <sup>2</sup> funeral Sandra McCrea | <sup>3</sup> funeral Walter Stern

Indeed, the group does seem to be good at making people feel included. There is almost always some birthday or other event in the life of the members that is celebrated. For example, on this same Wednesday, there were two birthdays being celebrated, with lovely homemade cakes, as well.

The evening ended on a good note with much

laughter and camaraderie, looking forward to continued success in the coming years. For anyone who likes good times, forming new friendships and growing in Christ, this is a great group to be a part of. Its success speaks for itself. So, if you are a reading this and feel like you have been missing out, don't worry, you can come, too. We look forward to seeing you at the next event!

## UP & COMING

*The coming weeks hold plenty in store for the curious, the reflective and the entrepreneurial – spend time at these events and you will be richly rewarded!*

### Diez is calling

Submitted by Nigel Ruddock

So you missed the booking deadline for the Choir/Young Singers Weekend Away in November? You can still join us! It will be

worth every second. Contact one of the Diez Working Group immediately for further details: Marlene Greenberg, Jin-Hyo Kim, Simon Harden, Liz Hicks or Nigel Ruddock.



*Take a deep breath – the castle of the medieval counts of Diez will inspire you to make joyful sounds unto the Lord*

## Confirmation requested

Submitted by Carola

### Dear Parish Family,

Do you want to learn more about your faith and the Bible? Do you want to find out more about the Anglican/Episcopal Church? Are you interested in the Sacrament of Confirmation? Do you need a refresher course?

If you have answered yes to any of these questions, and if you are an adult in our church, come join us for classes that will prepare you for Confirmation or just help you grow in faith.

We want to begin in October. We can meet either on alternating Sunday mornings before the service at 9:30 or on a weekday evening. Please let me know of your interest and the best time at [carola@christ-the-king.net](mailto:carola@christ-the-king.net)

## Next Fun Day: Saturday, 16 October



Submitted by  
Eric Lien

If you missed the last Fun Day, there is a lot to still look forward to. For early risers, I'll be at the church from 8 a.m. onwards. For everyone else, arriving at about 10 a.m. is fine. The fun will wind down by around 4 p.m.

You don't have to come all day! If you can come for 2 hours that is sufficient for many jobs. We also need volunteers to prepare lunch for the others.

The main project this time is raking leaves! October is for outdoor fall cleanup, so come dressed for the weather and with a warm mood to match.

Our goal this time is to also get some people to bring cameras and take pictures of all the fun we're having. The best/funniest pictures will be published in the next Chronicle – that's a promise!

## Sing or be sung to!

Submitted by Susan Vornhagen



Nehemiah Brown began singing as a child at the Holy Temple Church of God in Christ, where his father, the late Rev. Charles Hunter Brown was Pastor

### Welcome back Nehemiah

Nehemiah Brown was born and raised as the son of a preacher in Charlottesville, Virginia. Nehemiah sang his first solo when he was 6 years old and at age 11 he began taking piano lessons. He studied music and languages for many years, making music his career.

Eventually settling in Florence, Italy, Nehemiah devoted many years to music education in Italy, teaching in the Italian Public School system at Elementary, Middle and High School levels, and at the International School of Florence.

In 1996, Nehemiah co-founded the Florence Gospel Choir School. He performs nationally and internationally, in churches, schools, in piazzas and theatres, on radio and on television. He even performed for Pope John-Paul II.

And he still finds time to travel Europe leading Gospel Workshop weekends, spreading the Good News and bringing music and joy to people everywhere.

We are very lucky to have him here with us in October for the Christ the King Gospel Workshop.



### **Gospel Workshop with Nehemiah Brown – Oct. 22-24**

We are very happy to be able to announce this workshop at Christ the King. Many of you have participated in the earlier workshops or heard us perform in church and at our concerts in the Alte Nikolai Kirche. Now you have a chance to come and try it yourself. You don't need to be an experienced singer, Nehemiah will teach you that it is all in the attitude! Needless to say, it will be a very fun weekend!

The most amazing thing is that this group of people get together for a weekend and in the space of just a couple of days turn into the most wonderful gospel choir! Nehemiah is very talented.

The workshop costs? 30 for adults, € 15 for students and € 10 for children. The deadline for registration is 15 October, so please register now and reserve your place for this very popular workshop. Registration forms are available at the back of the church or from me: [suevornhagen@t-online.de](mailto:suevornhagen@t-online.de)

### **Gospel performances with Nehemiah Brown and workshop participants – Oct. 24**

If you can't participate in the workshop, you won't want to miss the opportunity to listen to us sing! On Sunday, the Christ the King Gospel Choir will provide the music for the Eucharist at 11.00 and in the afternoon we will perform a special Gospel Concert in the Alte Nikolaikirche on the Römerberg, right in the middle of town.

Come along, feel the spirit and raise your voices with us to praise the Lord!!

## **Are there gays at Christ the King?!**

*Submitted by David P. Steel*

The next LGBT Listening Ministry will meet in the Christ the King Chapel on Thursday, 7 October at 8 p.m. Aside from a time of worship, topics for discussion include recent reactions to the open affirmation of a gay couple in our parish. Was this going too far? Some parishioners were offended and this is cause for reflection. Perhaps a "Don't ask, don't tell" policy is more conducive to harmonious co-existence in a parish with people from widely diverse cultural and social backgrounds.

Our meetings are usually attended by a mix of LBGT (lesbian, bisexual, gay, transgender) persons as well as heterosexuals, so any body who would like to talk about this issue, please do not hesitate to come. Alternatively, you are invited to write an e-mail to [LGBT@christ-the-king.net](mailto:LGBT@christ-the-king.net) or directly to our Rector, who usually also attends, [carola@christ-the-king.net](mailto:carola@christ-the-king.net)

## **Birthdays!**

### *Adults*

4 Oct.	Rebecca Breustedt
4 Oct.	Peter Schwuerzer
5 Oct.	Paul O'Donovan
7 Oct.	Chiagozie Madukife
8 Oct.	Felix Wheeler
13 Oct.	Christoph Herrmann
14 Oct.	Millicent Addo
14 Oct.	Bernadette Ströder
18 Oct.	Jermaine Godzisz
19 Oct.	Andrew Doig
19 Oct.	Eric Skoda
21 Oct.	Patricia Boehmer
21 Oct.	Helga Schmiegl
23 Oct.	William Süß
27 Oct.	Michael Rust
28 Oct.	Ellen Schauff
31 Oct.	Michael Ströder

### *Children*

7 Oct. 94	James Vornhagen
18 Oct. 97	Ariane Blenkinsop
25 Oct. 97	Esther Ruddock
29 Oct. 97	Ruby Brady
29 Oct. 98	Madeleine Doig
30 Oct. 92	Liz Turner

## Holy Women, Holy Men



Submitted by  
The Right Reverend Bishop  
Pierre Whalon

As I am a member of the Standing Commission on Liturgy and Music, I commend to you this list of Holy Women, Holy Men to commemorate in October. Holy Women, Holy Men is an important and not uncontroversial revision of "Lesser Feasts and Fasts". The book recently was issued by Church Publishing Inc. for trial use.

In connection with the list, the recent publication suggests food for thought: "How did this person's life witness to the Gospel? How does this person inspire us in Christian life today?"

### *Commeorations in October (year listed in each case is the date of death)*

- **3** | *John Raleigh Mott*, evangelist and ecumenical pioneer, **1955**. Chair of the 1910 International Missionary Conference that began the modern ecumenical movement. Co-founder of the World Council of Churches. -----
- **6** | *Miles Coverdale*, translator of the Bible, **1568**. Major translator of "The Great Bible" of 1539, he shares commemoration on October 6 with William Tyndale. -----
- **7** | *Henry Melchior Muhlenberg*, Lutheran pastor in North America, **1787**. Muhlenberg led Lutheran immigrants as they formed a single unified church. -----
- **8** | *William Dwight Porter Bliss*, priest, **1926**, and *Richard Theodore Ely*, priest and economist, **1943**. Both advocated the principles of a social gospel, economic justice and social reform. -----
- **9** | *Wilfred Thomason Grenfell*, medical missionary, **1940**. Grenfell built hospitals, schools, clothing distribution centers and other institutions to assist British workers in Labrador. -----
- **19** | *William Carey*, missionary to India, **1834**. A Baptist, Carey established missions in India, where he translated the Bible into Bengali and Sanskrit. -----
- **30** | *John Wyclif*, priest and prophetic witness, **1384**. Believing that the scriptures should be available to all who could read them, Wyclif translated the Latin Vulgate Bible into English. -----
- **31** | *Paul Shinji Sasaki*, bishop of Mid-Japan and of Tokyo, **1946**, and *Philip Lindel Tsen*, bishop of Honan, China, **1954**. Both were inspirational leaders of Anglican churches in Asia, in spite of persecution and imprisonment.

## *Study of Johannine Scripture*

*Submitted by David P. Steel*

3 October after the service, the Johannine Bible Study with Milton Aylor continues. Duration: approx. 1 hour.

We are currently working through the Gospel of John. What is most fascinating is how every verse is suddenly revealed to have so many unknown meanings and interpretations in light of historical, cultural and contextual considerations. This is a place to ask questions and challenge your preconceptions of the Bible and Scripture. What lies beneath is the unfathomable mystery of God.

The study continues on November 14 and December 12.

*»It is the abundant presence of Jesus that can fill us up to overflowing, allowing us to spill over into the lives of people around us. Allowing us to take the bread we've been given and be the ones to hand it out to those who are hungering for it.«*

*Tania Haber,  
Reflections on Stewardship*

## *Christian Mystics of the 20th century: Henri Nouwen, Sunday, 3 October*

*Submitted by Curry Walker*

Another basis for ecumenism (interdenominational faith) is unfiltered spirituality. This discussion series on Christian mystics takes place in St. Leonhard's Parish Hall in the city center of Frankfurt.

This month's discussion focuses on the internationally renowned priest and author, respected professor and beloved pastor Henri Nouwen, who wrote over 40 books on the spiritual life. His extraordinary life and deeply faithful writings will inspire our own paths to God.

Together we will learn about his lives, read about and discuss his unique versions of the inner life, and get a "taste" of his experiences by sitting in silence for a short period at the end of each evening session.

Suggested donation per session: € 2

For more information, please contact:

*Angelika Feuerbach  
06109-62704  
Jean Mier-Bölinger  
069-728386*

Frankfurt, October 2010

**CTK Rota – October 2010**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				<b>1</b>	<b>2</b> <i>Beatle's Night</i> in the Undercroft 6:30 – 9:30 p.m.	<b>3</b> <i>Johannine Bible Study</i> in the Chapel 12:45 – 1:45 p.m.
<b>4</b> <i>20s/30s Bible Study</i> at James O'Conner's home 8:00 – 9:30 p.m.	<b>5</b>	<b>6</b>	<b>7</b> <i>LGBT Listening Ministry</i> in the Chapel 8:00 – 10:00 p.m.	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> <i>Book Group</i> in the Chapel O'Conner's home 7:45 – 9:15 p.m.	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <i>Book Club</i> in the Chapel 10:30 a.m. – noon	<b>16</b> <i>Fun Day</i> (raking) 8:00 a.m. – 5:00 p.m.	<b>17</b>
<b>18</b> <i>Vestry Meeting</i> in the Chapel 7:15 – 9:15 p.m. (not a public event)	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> <i>Gospel Workshop</i> in the Church 6:30 – 8:30 p.m.	<b>23</b> <i>Gospel Workshop</i> in the Church 10:00 a.m.– 5:00 p.m.	<b>24</b> <i>Gospel Concert</i> in the Alte Nikolaikirche 4:00 – 5:30 p.m.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <i>Worship@Home</i> at Frauke Omoruyi's home 7:00 – 8:30 p.m.	<b>29</b>	<b>30</b> <i>CtK Movie Night</i> in the Undercroft 6:00 – 10:00 p.m.	<b>31</b>

# Imprint

## Church Staff

<b>Rector</b>	<i>The Rev. Carola von Wrangel</i>
<b>Assisting Priest</b>	<i>The Rev. Jennifer Adams-Maßmann</i>
<b>Parish Administrator</b>	<i>Renate Fraiss</i>
<b>Bookkeeper</b>	<i>Hans Lang</i>
<b>Dir. of Music</b>	<i>Simon Harden</i>
<b>Dir. of Young Singers</b>	<i>Simon Harden</i>
<b>Treasurer/Finance</b>	<i>Todd Buell</i>

## Vestry

<b>Senior Warden</b>	<i>Ansgar Richter</i>
<b>Jr. Wardens</b>	<i>Sue Vornhagen (Administration, Personnel) Alan MacArthur (B&amp;G)</i>
<b>Millient Addo</b>	<i>Liaison for Worship</i>
<b>Michelle Blythe</b>	<i>Liaison for Outreach</i>
<b>Richard Coburn</b>	<i>Liaison for Communications</i>
<b>Andrea Doig</b>	<i>Liaison for Music</i>
<b>Martha Gibson</b>	<i>Clerk</i>
<b>Monica Mueller-Roemer</b>	<i>Liaison for Ecumenical Activities</i>
<b>Abiola Sarnecki</b>	<i>Liaison for Christian Education, Creche</i>
<b>Charles Tull</b>	<i>Liaison for Stewardship</i>
<b>Ted Wheeler</b>	<i>Prayer, Pastoral Care</i>

## Our parish mission statement

*The Episcopal Church of Christ the King exists as a functional member of the Anglican Communion and the Convocation of American Episcopal Churches.*

## We exist in Europe in order to:

- *Serve God through beautiful and meaningful worship.*
- *Spread the Kingdom of God by witnessing to Jesus Christ.*
- *Provide ministry to our members, drawn primarily from Englishspeaking Frankfurt–area communities, through worship, fellowship, Christian education, and concern and care for the needs of the parish.*
- *Fulfill our Christian privilege of caring for others outside the parish through outreach projects, either alone or with other Christian and social organizations.*

## Address

*Sebastian-Rinz-Strasse 22  
60323 Frankfurt am Main,  
Germany*

**Telephone** +49 (69) 55 01 84

**Fax** +49 (69) 55 01 86

**Email** [office@christ-the-king.net](mailto:office@christ-the-king.net)

## Bank Transfer Details

*Evangelische Kredit-  
genossenschaft E.G.*

**BLZ** 50060500

**Konto** 0004102061

## Sunday Services

**11:00** *Holy Eucharist*

**10:45** *Sunday School – Chapel*

**11:00** *Jr. Youth Group*

**10:30** *Sr. Youth Group*

## Office Hours:

*Monday – Thursday: 8 am – 1 pm*

*Other times by appointment*

*Rector's day off is Friday*

## Chronicle Editor:

*David P. Steel*

## Chronicle Design:

*Markus Back*