



ARLINGTON METAPHYSICAL CHAPEL

Minister's Message

Rudy Careaga, Pastor

The autumn season teaches us two important spiritual lessons. On the autumn equinox, the length of days and nights becomes balanced; cannot we also aspire to balance our own energies? It is also a time of harvest; cannot we claim the abundance - both material and spiritual - that is rightfully ours as co-creators with Infinite Intelligence? The answer to both of these questions is a resounding "yes."



We invite all of you to join us this fall season as we embark once again upon our spiritual journey together, restoring our balance, sense of prosperity, joy and hopefulness. We welcome back hundreds of congregants and members who have been away during the summer months. AMC is delighted to offer you new classes, an exciting array of speakers and several opportunities for fellowship. Through our community, we recall that we are all "the Word made flesh, full of grace and truth." May our grace and truth become manifest and may our Light shine brightly.

*Yours in spiritual service,
Rudy Careaga, Pastor*

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AMC Introduces New Art Program

By Jean Stark

New Classes for Spiritual Development through Art

Emerson said that Art is the path of the Creator to his work. Ansel Adams noted that art was for spiritual upliftment. Perhaps one reason so many people look to artists and art with yearning is because this path is one in which every person desires to take part. Everyone is an inspired being as we were created in the likeness of the Creator. It is what we do and why we feel so spiritually in tune when we take time to be and do this thing that we are. To be actively creative is expansive, healthy, rewarding and fulfilling. It is what we become spiritually through our active participation in expressing our creativity that we know we are lovingly guided. Art and creativity fill a desire within us and within those who seek connections with visual spiritual work. This fall begins a program of art classes to help the initiate of spiritual creative development begin a practice that is deep, meaningful and joyful and fun.

Classes are offered as a package or as individual workshops. Basic drawing techniques are the focus for this fall with each class presented as the foundation for establishing a spiritually creative practice with awareness of how art is truly transformative. In the spring, AMC offers a series of four art classes in which participants are guided toward making and co-creating with guides and teachers, a work of art as part of spiritual development. Bring your imagination, courage and playfulness and get ready to open the door to infinite possibilities.

More information on Fall 2011 art classes at AMC can be found on page 3.



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UMC Events

The United Metaphysical Churches Retreat Center is located on 21 acres in the picturesque Roanoke Valley. If you have never been to the UMC Center and would like to explore the possibilities, consider coming down for one of our special weekends.

The UMC Center is also the location for Seminary weeks in April and October for those interested in learning more about the religion of Divine Metaphysics. There are four programs of study: Ministerial, Mediumship, Spiritual Healing, and Certificate of Metaphysical Studies (CMS), or you can take classes just for fun!

Gladis Strohme Memorial Weekend September 2-5, 2011 A weekend of workshops and circles honoring Rev. Gladis Strohme, who served the United Metaphysical Churches for many years with her mediumship and wisdom.

Fall Seminary Week September 30-October 5, 2011 Become a certified minister, medium, healer, or simply take classes to learn more about Divine Metaphysics!

UMC Convention October 7-9, 2011 Our annual convention and banquet.

UMC is also sponsoring a raffle, with six prizes in all: 22" TV as first prize; Readings with Brown, Perry & Woods; Free 2011 weekend (excluding Fundraiser Weekend) and a set of Peggy Barnes Jeffs books with her note and autograph to Rev. Roy Burkholder. See UMC website for details. Drawing will be held at the November Fundraiser weekend.

For more information and detailed schedules on these and other events, visit the UMC website at www.unitedmeta.com. Information on weekends is also available in the AMC Narthex as each event approaches.

Call 540 562-4889 or send an e-mail to the UMC office at umcrke@aol.com for reservations.

Don't miss the UMC newsletter, *Spiritus*, on the UMC website. Click on News.



Wish List Items

We rely on donations for many paper and kitchen products to keep our costs at a reasonable level. If you are able to donate any of the items below, we would consider you an "Angel on Earth."



Large and small paper plates

Napkins
Paper towels
Plasticware

Paper bowls
Toilet paper
Hot and cold drinking cups

We can also use your help as a volunteer! Look in the Volunteer book in the Narthex to find other ways you can help keep our little church running smoothly!

Readings and Circles

Minister	Readings*	Circles*
Rev. F. Reed Brown	September 12-15 and October 11-13, 2011	N/A
Rev. Steve Woods	Mondays and Wednesdays in September and October (No readings September 5 or 12, October 12 or 17, no circles September 5 or October 17)	Every Monday unless otherwise announced. The first Monday of the month is a beginner's circle. First-time attendees must attend this circle before coming to any other circle; others are welcome. 7:30 pm, \$25 donation (No circle September 5 or October 17. Beginners')
Rev. Linda Whitsett	Spiritual Healing Sessions*: Monday, Tuesday and Wednesday after the first Sunday of each month.	

*Appointment/reservation required for readings, circles and Spiritual healing. Schedules subject to change.

The AMC newsletter is published every other month by
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Associate Pastors:
Jim Wilkins
René E. Brown
President: **Suzanne DeBerry**

Editor: **Mark Stein**
Calendar: **Debra Foulks**
Vol. 31, No. 5
The deadline for the November-December 2011 newsletter is September 15, 2011.
Please direct submissions to the Newsletter Editor c/o the Chapel office.

Due to (not so) subtle hints by "management" and a temporary lack of other available, willing subjects, this month the interviewer - yours truly - gets the "Spotlight," revealing answers to some of those burning questions inquiring minds have asked over the years such as "How did you get here?" and "Where did you get the nickname Pearl?" More on this later . . .

My first visit to the Chapel in 1993 was a Wednesday evening message service conducted by Rev. Bob Miller (now in spirit). Being suitably impressed, I returned one Sunday evening and encountered none other than Pastor Emeritus F. Reed Brown who, predictably, was in his usual fine form. Shortly thereafter, I scheduled a session with Rev. Gladis Strohme - I'd heard she was "talented." While waiting for Rev. Strohme to conclude her previous appointment, I jotted down some questions on the index card I'd been handed, completely filling one side with writing so tiny it was barely legible and folding the card over and over until it was about the size of a quarter! When I walked into the room and was seated opposite Rev. Strohme, I reached out to hand her the now mangled index card. She looked at me, smiled and said, "Oh, I don't want that, I just want to touch your hands" which she did. She then proceeded to address *everything* that I had written on my card - in the order it was written. Needless to say, I was (almost) speechless!

While many of you have known me as AMC's Homeless Outreach Coordinator for the last 10 years, I have also enjoyed participating in the Chapel's volunteer activities including yard sales, Rainbow Weekend, writing for the Newsletter and have recently returned to read at Psychic Saturday. My time at AMC has been filled with joy, wonder, challenges, but most of all learning. The lessons and experiences I have gained here have molded my life in ways I would not have dreamed possible and the individuals I have encountered have enhanced my being beyond measure - there are far too

many to thank each of you personally in this small space.

Although blessed with many teachers over the years, both at AMC and in the world, the two most influential continue to be my parents. My father, throughout his life, taught me patience, kindness, generosity and the meaning of unconditional love; he

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New Classes

Intensive Beginning Spiritual Development

Rev. F. Reed Brown

Saturday, September 10, 2011 from 9:00 am-4:00 pm, \$80 donation
Topics include a discussion of the types of mental and physical mediumship, an introduction to your spirit guides, and a chance to practice! A Certificate of Completion will be given toward UMC Seminary Credit.

Psychic and Mediumship Practicum

Rev. Steve Woods

Third Wednesday of each month, 6:30-8:00 pm, \$5 donation for Seminary students, \$10 for others

This class is a simple practicum for Psychic and Mediumship development. Participants will practice giving and receiving messages, conduct in presenting messages, and learning the difference between psychic, clairaudient and clairvoyant messages. Class is limited to 20 participants. Pre-registration is required.

Fall AMC Art Program: Spiritual Development Through Creative Expression

Jean Stark

This art program is dedicated to the growth and development of the creative spiritual source within. The intent of the program is to: encourage, inspire, and support creative expression with an understanding of the spiritual connection between art and creator; foster a greater relationship with and understanding of our divinity; and provide a safe and caring environment to be creative. See the article on page 1 for more details.

Classes are \$45 each, plus \$5 materials fee. Save by taking multiple classes: Three classes \$125 plus \$15 materials fee. Six classes: \$250, no materials fee. More details on classes and registration available on the [Classes](#) page of our website (all classes are from 1:00-3:00 pm):

Preparing the Instrument, Sunday, September 11, 2011

Gesture Drawing/Spirit Notes, Sunday, September 25, 2011

Evoking and the Realistic, Sunday, October 9, 2011

Using Symbols in Works of Art, Sunday, October 16, 2011

Imagination in Art, Sunday, October 23, 2011

Proportions and Portraits, Sunday, November 6, 2011

Coming in February: **Spiritual Development Through A Work of Art**

Wanted: Newsletter Editor



We have put out the "Help Wanted" sign, and we're looking for someone to become the new editor of the AMC Newsletter. After more than six years, our current editor has decided to retire, effective with the November-December 2011 newsletter. If you have ever wanted to dabble in publishing, here's your chance! The only qualification is that you have a working knowledge of the English language, and can work with desktop publishing or word processing software to create the final product. If you're old-fashioned, a typewriter will do!

We're looking for someone to take over beginning with the January-February 2012 newsletter, which is compiled in late November. If you are interested, please contact Rev. Rudy Careaga at 703 276-8738 as soon as possible!



AMC Board News

by Suzanne DeBerry, President, Board of Trustees

Listed here are the highlights from the May and June 2011 board meetings.

Committee Reports

- **Audit Committee:** Ed Snyder scheduled the Audit Committee Meeting that was attended by himself, Rev. Jim Wilkins, Alice Mayo, and Mike Zabrowski. There were no inconsistencies to report.
- **Rainbow Weekend:** Rev. Tedora reported that Rainbow Weekend is scheduled for July 22-24 and the theme is Exploring the Diversity of Spiritual Energies. A variety of topics including color, Reiki, Tai Chi, and art will be taught.
- **Landscaping:** Wendy Welhaf reported that she ordered another load of mulch.
- **Yard Sale:** Suzanne DeBerry reported that the PODS (storage container) will be delivered on August 27; the yard sale is October 22.



Old Business

- **Burn Camp:** As an outreach project Ed Snyder reported that it costs \$700 to send one child to burn camp. He will work on scheduling a representative from the Arlington County Fire and Rescue Dept. to speak to the congregation during October, which is Fire Prevention Month.
- **Chimneys:** Wendy reported that all three chimneys needed repairs. After obtaining three estimates the Board chose Capital Chimney Service to make the repairs at a cost of \$4,500.
- **Electrical:** Ed and Wendy reported that all three buildings were inspected in response to the electrical problems. We have received the estimates and selected an

electrician to do the repairs. The cost is \$4,500. The board approved the inspector's request that his association could use the chapel buildings as a laboratory for his inspection classes.

- **Stained Glass Windows:** Ed reported that he took three of the windows that were in immediate need of repair to the vendor in Leesburg. Each window will cost \$500 to repair. The remaining windows will also be repaired.
- **30th Anniversary:** The celebration of AMC's 30th anniversary is scheduled for November 4, 5 and 12. There will be a music program and reception on November 4 (tickets required for this event); potluck lunch and open conversation with Rev. Reed Brown and Rev. Careaga about the past and future of Metaphysics; and a Metaphysical art show on November 12.

New Business

- **Fellowship:** Suzanne reported that she signed up the board to prepare the morning fellowship on June 26.
- **Volunteer Picnic:** Suzanne reported that the Volunteer picnic will be August 21. This event will replace the ice cream social of previous years.
- **Parking lot:** Wendy will get estimates for sealing the parking lot
- **Emeritus Volunteer winner:** The board chose the F. Reed Brown Emeritus Volunteer winner. Per the guidelines the congregation nominates and votes for the F. Reed Brown Volunteer of the Year Award.
- **New members:** Rev. Careaga reported that six new members will be welcomed into the congregation. ➡

AMC Board Members are: President, Suzanne DeBerry; Treasurer, Rev. Jim Wilkins; Secretary, Cathy Polen; Trustees: Tracy Bridgham, John Nevitt, Ed Snyder, Mark Stein and Wendy Welhaf; Pastor Rudy Careaga and Pastor Emeritus F. Reed Brown.

AMC Calendar - September 2011

September 2011

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



S	M	T	W	T	F	S
				1	2	3

Tue 13 Healing Meditation - Rev. Robert Jackson 7:00 pm
 Wed 14 All Message Service - Revs. F. R. Brown/S. Woods (\$20 donation)* 7:30 pm

Sat 3 - Mon 5 Gladis Strohme Memorial Weekend - Roanoke

S	M	T	W	T	F	S
4	5	6	7	8	9	10

Sun 4 Adult Study 9:45 am
 Spiritual Healing 10:30 am
Homecoming Service - Rev. Rudy Careaga 11:00 am
 Potluck Luncheon 12:00 noon
 Healing Service - Rev. Linda Whitsett 7:30 pm

Mon 5 no circle

Tue 6 Healing Meditation - Rev. Robert Jackson 7:00 pm
 Choir Rehearsal 7:45 pm

Wed 7 All Message Service - Rev. Steven Woods (\$20 donation) 7:30 pm

S	M	T	W	T	F	S
11	12	13	14	15	16	17

Sun 11 Estudios Metafisicos 9:15 am
 Adult Study 9:45 am
 Spiritual Healing 10:30 am
 Worship Service - Rev. Rudy Careaga 11:00 am
Semi-Annual Membership Meeting 1:00 pm
 Spiritual Healing 7:00 pm
 Lecture and Message Service - Rev. F. Reed Brown 7:30 pm
 Mon 12 Beg. Guides and Teachers Circle - Rev. Steve Woods (RSVP) 7:30 pm
 Choir Rehearsal 7:45 pm

S	M	T	W	T	F	S
18	19	20	21	22	23	24

Sun 18 Adult Study 9:45 am
 Spiritual Healing 10:30 am
 Worship Service - Rev. Jim Wilkins 11:00 am
 Spiritual Healing 7:00 pm
 Lecture and Message Service 7:30 pm

Mon 19 Choir Rehearsal 7:45 pm
 Guides and Teachers Circle - Rev. Steve Woods (RSVP) 7:30 pm

Tue 20 Healing Meditation - Rev. Robert Jackson 7:00 pm

Wed 21 Psychic/Mediumship Practicum (Registration required) 6:30 pm
 All Message Service 7:30 pm

Sat 24 **Psychic Saturday** (Registration begins at 9:30 am) 10:00 am - 2:00 pm

S	M	T	W	T	F	S
25	26	27	28	29	30	

Sun 25 Estudios Metafisicos 9:15 am
 Adult Study 9:45 am
 Spiritual Healing 10:30 am
 Worship Service - Rev. Rudy Careaga 11:00 am
 Spiritual Healing 7:00 pm
 Lecture and Message Service - Rev. René E. Brown 7:30 pm
 Mon 26 Guides and Teachers Circle - Rev. Steve Woods (RSVP) 7:30 pm
 Choir Rehearsal 7:45 pm
 Tue 27 Healing Meditation - Rev. Robert Jackson 7:00 pm
 Wed 28 All Message Service - Rev. Steven Woods (\$20 donation) 7:30 pm

Fri 30 - Wed 5 UMC Fall Seminary and Continuing Education - Roanoke

*Attendance at Rev. Brown's All Message services limited to the first 25 people



AMC Calendar - October 2011 (revised 10/1/2011)

October 2011						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



S	M	T	W	T	F	S
2	3	4	5	6	7	8

Fri 30 - Wed 5 UMC Fall Seminary and Continuing Education - Roanoke

Sun 2	Adult Study	9:45 am
	Spiritual Healing	10:30 am
	Worship Service - Rev. Rudy Careaga	11:00 am
	Potluck Luncheon	12:00 noon
	Adopt-A-Highway	12:15 pm
	Healing Service - Rev. Linda Whitsett	7:30 pm

Mon 3	Beg. Guides and Teachers Circle - Rev. Steve Woods (RSVP)	7:30 pm
	Choir Rehearsal	7:45 pm

Tue 4	Healing Meditation - Rev. Robert Jackson	7:00 pm
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Wed 5	All Message Service - Rev. Steven Woods (\$20 donation)	7:30 pm
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Fri 7 - Sun 9 - Annual UMC Convention

S	M	T	W	T	F	S
9	10	11	12	13	14	15

Sun 9	Estudios Metafisicos	9:15 am
	Adult Study	9:45 am
	Spiritual Healing	10:30 am
	Worship Service - Rev. Stephanie Roan	11:00 am
	Spiritual Healing	7:00 pm
	Lecture and Message Service - Conny Proulx	7:30 pm

Mon 10	Guides and Teachers Circle - Rev. Steve Woods (RSVP)	7:30 pm
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Tue 11	Healing Meditation - Rev. Robert Jackson	7:00 pm
	Choir Rehearsal	7:45 pm

Wed 12	All Message Service - Revs. F. R. Brown/S. Woods (\$20 donation)*	7:30 pm
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S	M	T	W	T	F	S
16	17	18	19	20	21	22

Sun 16	Adult Study	9:45 am
	Spiritual Healing	10:30 am
	Worship Service - Rev. Jim Wilkins	11:00 am
	Spiritual Healing	7:00 pm
	Lecture and Message Service - Rev. Cherie Becker	7:30 pm

Mon 17	no circle	
	Choir Rehearsal	7:45 pm
Tue 18	Healing Meditation - Rev. Robert Jackson	7:00 pm
Wed 19	Psychic/Mediumship Practicum (Registration required)	6:30 pm
	All Message Service - Rev. Cherie Becker	7:30 pm
Sat 22	AMC Yard Sale	8:00 am - 3:00 pm

S	M	T	W	T	F	S
23	24	25	26	27	28	29

Sun 23	Estudios Metafisicos	9:15 am
	Adult Study	9:45 am
	Spiritual Healing	10:30 am
	Worship Service - Justin Terry/Rev. Rudy Careaga	11:00 am
	Spiritual Healing	7:00 pm
	Lecture and Message Service - Rev. René E. Brown	7:30 pm

Mon 24	Guides and Teachers Circle - Rev. Steve Woods (RSVP)	7:30 pm
	Choir Rehearsal	7:45 pm

Tue 25	Healing Meditation - Rev. Robert Jackson	7:00 pm
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Wed 26	All Message Service - Rev. Steven Woods (\$20 donation)	7:30 pm
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Sat 29	Psychic Saturday (Registration begins at 9:30 am)	10:00 am - 2:00 pm
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S	M	T	W	T	F	S
30	31					

Sun 30	Adult Study	9:45 am
	Spiritual Healing	10:30 am
	All Souls Rose Service - Rev. Jim Wilkins	11:00 am
	Spiritual Healing	7:00 pm
	Lecture and Message Service - Rev. Cherie Becker	7:30 pm
Mon 31	Choir Rehearsal	7:45 pm

*Attendance at Rev. Brown's All Message services limited to the first 25 people

So many ways to find us...



Facebook



Twitter



Meetup



Mobile

www.arlingtonmeta.com

Times and dates listed are subject to change. Visit www.arlingtonmeta.com for updates.

Homeless Outreach News

by **Debbie Brasher**

As Fall approaches, the "busy" season for the Homeless Outreach Committee begins. My thanks to all of you who supported our annual Help the Homeless mini-walk in 2010 – we ask for your continued assistance this year. AMC's mini-walk is a part of the large Fannie Mae Walkathon held each November on the National Mall to raise awareness and increase the resources for organizations working to prevent and end homelessness in the Washington metropolitan area. The walk will take place in late October or early November following the 11:00 am Sunday service (the exact date has yet to be determined). Watch your bulletins and the Narthex for additional information and flyers regarding the walk and other upcoming activities. Additional scheduled committee projects include AMC's annual Thanksgiving food drive and our monthly volunteer commitment to the Emergency Winter Shelter which resumes in November and continues through March 2012.



Requests for contributions of personal care products and other supplies are ongoing. Many thanks to those who continue to donate through our drop box in Roller Hall where toiletries and other small items may be left. **If you have a question about whether something is acceptable for donation, please call the number listed above before leaving it at the Chapel.**

Would you like to learn more about how to support these or other AMC homeless outreach efforts? Please contact committee chair Debbie Brasher via e-mail at dbrasher22@verizon.net or by calling 703 642-1080. ➡



Do you have a way with words?
See page 4...

Spiritual Spotlight (Continued from page 3)

continues to teach me these qualities though now from spirit. My mother, at 83, is still tutoring me in how to put my knowledge of these attributes into practice!

Finally, for those of you who were wondering where my nickname "Pearl" comes from: it evolved from a series of humorous short stories I wrote to comfort a beloved aunt following the transition of her 17-year-old cat. Pearl, of course, was the heroine!

One of my favorite philosophies is contained within a simple message found on a card that hung for years from the window sill in Rev. Brown's former office at AMC - "Everything will be all right in the end – if it's not all right, it's not the end". Words to live by. Love, light, joy, peace and blessings to you all - Namaste. (Editor's Note: Thanks, Debbie for being our "willing subject" this month!) ➡



Membership News

Semi-Annual Membership Meeting – September 11

The membership meeting to elect delegates and alternates for the annual convention in Roanoke will be held on Sunday, September 11, 2011 at 1:00 pm. This will be a short but very important meeting. Delegates and alternates will represent Arlington Metaphysical Chapel at the business meetings. The Board helps with the hotel and banquet costs for the delegates and alternates.

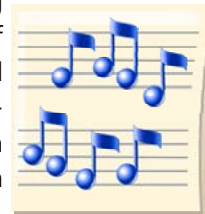
Even if you are not a delegate or alternate consider attending the convention October 7-9, 2011. In addition to the business meetings there is a message service, circle, auctions, a workshop, the banquet, and ordination of new ministers ceremony. It is an opportunity to see the bigger picture of how our organization is run and to meet Metaphysicians from our sister churches. ➡

Musical Notes

by **Susan Tenenbaum, Music Director**

The choir looks forward to starting its "new year" which - like school - starts in September and ends in June. Our first Sunday back from summer holidays will be the tenth anniversary of the events of September 11, 2011. Last spring we began preparing the very beautiful *In Memoriam* by Bill Douglas, composed especially for this occasion. We hope to share it with you then.

If you have attended the lovely healing services on the first Sunday evening of every month, you may have noticed the serene organ/piano duets that underlie the healers' work. Now you can hear this music any time via a CD entitled *Sacred Music and the Chakras I*, which is available in our bookstore. We selected hymns in the key that corresponds to first (root) chakra energies, and I think I can say that the music succeeds in calming and grounding the listener. To find out for yourself, visit the bookstore or keep an ear out for music played during the Spiritual healing that precedes each service. You can also hear samples on the **Music** page of the AMC website. ➡





Rudy Careaga, Pastor
5618 Wilson Blvd.
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AMC Yard Sale

Saturday, October 22, 2011

8:00 am-3:00 pm

What to donate: household items, jewelry, books, CDs, DVDs, baby items, sports equipment, and clothes

When to donate: We will begin accepting donations on Saturday, August 27. Due to limited storage we would appreciate it if you would bring large items (furniture, strollers, etc.) on Friday, October 21. Leave items on the porch of the Sunday School house (the small white house to the left when facing the chapel entrance).

Volunteers Needed: Volunteers are needed on the dates and times listed below.

- Starting on August 27 every Saturday and most Sundays (except October 8 & 9) to sort and label donated items.
- On October 21 to set up, starting at 10:00 am until done
- On October 22 starting as early as 6:00 am to closing

There is a volunteer sign-up sheet on the narthex bulletin board. **Whatever amount of time you can spare to help is greatly appreciated!**

Questions? If you would like to volunteer or have any questions please contact Suzanne DeBerry at 703 683-1383 or suzdeberry@comcast.net.



Art Program (Continued from page 1)

Call for Artists

Celebrate the arts and artists of Arlington Metaphysical Chapel. We invite you to engage with us in bringing forth a celebration of the visual arts created by our AMC community. On Saturday, November 12, AMC will host an Art Appreciation event highlighting the AMC community of art and artists. If you are interested in participating in this event with your art or craft please contact Jean Stark at: creativeartist@gmx.com or you can contact Jo Pitcher at: jo.pitcher@verizon.net.

More information about this event will be forthcoming in the November-December issue of the AMC Newsletter and on our website!



Help Wanted

See Page 4