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Christ in the House of Mary and Martha :: Proper 11, Year C
(Johannes Vermeer, 1655)

From Father Douglas

Dear People of St Andrew's,

I hope you are doing well. I turn this week's column over, after a fashion, to Dr Louisa Baker. Dr Baker is a licensed family therapist. She is ECCT's Interim Director of Wellness Programs, with responsibility for both our Safe Church program, which safeguards children and vulnerable adults from abuse; and our Family Assistance Program, for clergy and their family.

Dr Baker recently published a reflection on wellness and the increasing feeling of fatigue, if not exhaustion, that I know many people I speak with are experiencing. She wrote these words for diocesan clergy, but the more I read and pondered them, the more I realized how practical *and* spiritual was her wisdom for all of us. I share an excerpt:

So, when I'm asked to reflect on wellness, I think about connection and disconnection, about exhaustion, and about hope and discouragement. Even when we carve out time to take care of ourselves by taking a nap, showering,

going on a walk, or calling a friend, many people still feel exhausted.

We're on call. All. The. Time.

On call to the realities of caring for others. On call to our work. On call to the guilt of knowing we need to put our oxygen masks on before we help others and not doing that, because we think we should be able to power through and do it all.

What if God was calling us to do something different? What would happen if we shared our burdens and joys with God, who tells us time and again that [God's] on call to us? There for us when we're ready?

If we could convince ourselves to try on something new, what would it feel like to give our troubles to God? How would we know we were doing it?

We'd pray. A lot.

Then, we'd prayerfully say no sometimes, even when we wanted to do something.

We'd prayerfully say yes other times, particularly when we wanted to do something.

We'd return to our church communities, virtually or in-person.

We'd sing. We'd dance. We'd be silly.

We'd step away from the technology... sometimes.

We'd breathe deeply.

We'd ask for help.

I invite you to reflect on these good words from Dr Baker ... and ponder where they may lead you, too.

Take good care, and may God continue to bless the work of the Kingdom you are doing.

In the peace and love of Christ,

Douglas+

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860-592-0171 (rectory, and *also* rings on mobile)

This Week at St Andrew's

Friday, 15 July :: 6:00 pm
Vestry & Staff Potluck

Sunday, 17 July :: 8:30 am

Holy Eucharist: *The Sixth Sunday after Pentecost* (spoken)

Sunday, 17 July :: 10:30 am
Church School

Sunday, 17 July :: 10:30 am
Holy Eucharist: *The Sixth Sunday after Pentecost* (with music) (*in-person and live-streamed*)

Sunday, 17 July :: 11:40 am
Social Hour (outdoors, weather permitting)

Monday, 18 July :: 11:00 am
Bible Study: *The Gospel of Luke*

Monday, 18 July :: 8:00 pm
LGBTQ+ A.A. meeting

Wednesday, 20 July :: 6:00 pm
Midweek Holy Eucharist (*in-person and live-streamed*)

Wednesday, 20 July :: 7:00 pm
A.A. for Women (*Zoom meeting; email us for info*)

Thursday, 21 July :: 5:30 pm
NO Vestry Meeting

Thursday, 21 July :: 7:00 pm
A.A. meeting

Thursday, 21 July : 7:00 pm
Al-Anon meeting (Old Vestry Room)

Friday, 22 July :: 9:00 am
Holy Eucharist: *The Feast of St Mary Magdalene* (*in-person and live-streamed*)

Mark Your Calendars for These Events...

Details about many of these events can be found later in this issue of the
Epistle

Sunday, 31 July
Gathering of the Backpacks & School Supplies for Kent DSS

Aug 5, 6 & 7
The Tag Sale!

Backpack Drive:
Help Students Get Ready for a New School
Year



Again this year, we'll be helping Kent's Department of Social Services with its back-to-school backpack drive. Every year DSS provides many families in the area brand new backpacks stuffed with school supplies and personal hygiene items, and also provides them gift cards to purchase new clothes and shoes.

Last year St Andrew's outdid itself in the school supplies department, and we've been asked to contribute again this year. If you can purchase a backpack, some school supplies, a few hygiene items or a gift card, please sign up any Sunday between now and 24 July; or call the parish office and let us know what you'd like to donate. (The sign-up will help Kent DSS keep track of what's been given and what hasn't, to avoid any gaps.)

This is a wonderful, tangible way to show our love and commitment to so many families, especially at a time when the cost of everything is going up. *Please consider giving generously.*

News from Camp Washington: Mini-Camp Being Offered in Late July



Not quite ready for a full-week camp experience?
Check out Mini-Camp at Camp Washington!

Mini Camp is a fun filled program geared towards campers new to overnight camping and who may not be quite ready for a full week camp experience. Join fellow campers in playing fun games, splashing in the water, making crafts, and eating s'mores!

Mini Camp is for campers ages 5 and up and will take place July 24-26.

For more information about Camp Washington, click [here](#). To register for Mini-Camp or another summer camp program, click [here](#).

For questions contact Cameron Taylor, Summer Camp and Programs Director, at ctaylor@campwashington.org or call 860-567-9623.

(*Note: All campers must be fully vaccinated and provide proof of vaccination.*)

Tag Sale 2022: It's That Time of Year Again!



The Tag Sale is back!! Things to remember:

The Sale is *Friday, Saturday and Sunday, August 5, 6 and 7*

- 8:30 am – 4 pm on Friday (early bird buying 8:30-10)
- 10 am - 4 pm on Saturday
- Noon - 2 pm on Sunday

Items for sale will be under a tent on the lawn, in the Parish House and the Rectory Garage

Masks and social distancing are requested

For those *wishing to donate:*

- Donations will be accepted in the Parish Hall beginning *Wednesday, July 6th*. Donation hours are 9 am-2 pm Monday – Friday, and Saturday, 9 am - noon
- No mattresses, books, clothing, toys or computers can be accepted
- Please be considerate with donations. If you would not buy it, we cannot

sell it. Items should be clean and unbroken.

- Those wishing to have *larger items picked up* should call Bob McDowell (860-488-1635) to arrange a time for pick up. *Please note:* All items must be outside for the volunteers to pick up. Items must be of a size and weight that can be lifted by not-so-young volunteers. No upholstered items can be accepted.

Those who want to help *with pricing, cashiering, wrapping and all the other things that happen before and during the Tag Sale* should call Marel Rogers (860-364-0635). Pricing will begin on July 6th, and every Monday, Wednesday and Friday in July.

The POD will be unloaded and furniture placed under the tent on Wednesday evening, August 3rd, starting at 4:30 pm.

The Tag Sale offers an opportunity to experience what a marvelous community St Andrew's fosters. We look forward to working with you.

Sacred Earth Sacred Soul: A Morning with John Philip Newell



This Saturday, 16 July, 9:00 AM - 12:00 PM
\$40.00

Saint Ann's Parish in Old Lyme is pleased to offer a half-day retreat with the renowned teacher, author and pastor John Philip Newell, a leading expert on Celtic spirituality. The morning will include spiritual practices, outdoor meditation, sharing, Q&A and a book-signing.

Earth & Soul is a Celtic initiative of study, spiritual practice and compassionate action inspired by the teachings of John Philip Newell. Its School and Pilgrimages are designed to nurture a vision of the earth and every human being as sacred and to enable the work of healing in our lives and world.

To register, contact St Ann's, using [this link](#).

What's Your Favorite Hymn? Help us Sing It This Summer!



In the Episcopal Church, we're truly blessed with a wealth of hymns. Well over one thousand hymns appear in our three main hymnals (and over 250 more in hymnals that are, sadly, little known). With such a feast spread before us, there are many hymns we never get to sing at all—perhaps some of your personal favorites.

In addition, many of us have come to the Church from other denominations whose greatest hymns aren't in our hymnals. You might sing or hum them to yourself from time to time, but we never get to hear them.

Well, this summer we're going to try to fix this! **Each Sunday, beginning 19 June, we'll sing a favorite hymn nominated by a St Andrew's parishioner** (with a little shout-out in the bulletin to whoever suggested it). You can nominate a hymn(s) by using one of the forms now in the Narthex ... or you can email Fr Douglas directly.

So, take that trip down memory lane, remember the songs you used to love to sing in church and let us all share in your musical joy!

St Andrew's Current COVID Status

THE PARISH IS OPEN.

We have now resumed all of our usual pre-COVID practices except the sharing of the Common Cup; we distribute the Wine in individual portions.

We will continue to livestream our 10:30 liturgy on Sundays and our mid-week services.

Help Support the Kent Food Bank



Please help our parish family continue to support of the Kent Food Bank by sending a check in any amount to:

Kent Community Fund
P O Box 262
Kent, CT 06757
memo: Food Bank

These funds will be used to purchase vouchers for local families in need, under the direction of Kent's new Social Services Director, Samantha Hasenflue. In addition, it is useful for the Director to have IGA gift cards to give to families who are in need. Please consider purchasing a card, for \$25 or \$50, and taking it to Samantha's office in Town Hall or dropping it in the donations basket in the Narthex. (You can also place it in the offering plate, marked for the Food Bank.)

The Kent Food Bank also accepts food donations. They are especially in need of staples such as **beans, rice, tea, coffee, sugar, nuts, hot & cold breakfast cereals, peanut butter, jellies, jams and tuna.** Make certain that the 'Best by ...' dates are not past! Please remember that the Food Bank accepts pet foods as well!

You may drop off food items on Fridays from 10:00 am - 12:00 noon in the back of the Community House on Main Street. You may also place donations in the basket in the church Narthex or in the bin in the breezeway at the rear of the Rectory.

Lections for this Week

The Sixth Sunday after Pentecost

Year C

Amos 8:1-12

Psalms 52

Colossians 1:15-28



Past Services and Homilies

Please click on the link below in order to view past services on YouTube and to read homilies from previous Sundays located on our website.

[Homilies and Past Services](#)

Worship Services

-Sunday-

Holy Eucharist

8.30 a.m. & 10.30 a.m.
(Rite I at 8.30, First Sundays)
In person
(10.30 a.m. available live stream on YouTube)



-Wednesday-

Holy Eucharist

6.00 p.m.



-Holy Days-

Holy Eucharist

9.00 a.m.



12 Step Meetings

Mondays
LGBTQ+ A.A. - **new**
(Parish House)

Wednesdays
A.A. for Women 7:00 p.m.
Zoom meeting
email us for info.

Thursdays
Al-Anon. at 7.00 p.m.
(Old Vestry Room)
A.A. at 7:00 pm - **new**
(Parish House)



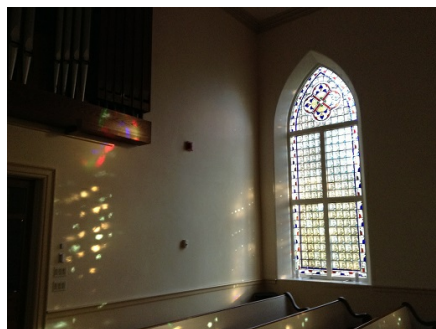
Parish Staff

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Ron Marasco, Ph.D.
Director of Education

KC Compton
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Joan I Cassel
Financial Secretary

Randy Osolin
Verger

Gloria Contreras
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Parish office open every day except Friday and Saturday from 10 am- 5 pm
(2 pm on Thursdays)

Visit St Andrew's website at
www.standrewskentct.org

The Episcopal Church in Connecticut
www.episcopalct.org/

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