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A Time of Languishing

St Andrew's Current COVID Status

THE PARISH IS OPEN. At its meeting on 16 May, the vestry decided, in accordance with the latest guidance from the CDC and at the recommendation of the priest-in-charge and the wardens, to more fully open the parish for worship, as follows:

- If you **are** fully vaccinated, you may attend worship without wearing a mask or maintaining social distancing, but you may do so if you choose to
- If you **are not** fully vaccinated, we request that you *either* wear a mask and maintain social distancing *or* attend our outdoor worship (Sundays at 12:30)
- Congregational **singing has now resumed**, at the 10:30 service only

In addition, it is no longer necessary to sign-up in advance to attend worship, but we will record the names of those who attend, in case contact tracing becomes necessary.

We will **continue to livestream our 10:30 liturgy on Sundays and our mid-week services**, as there are parishioners who are choosing not to be in group settings at this time—a decision the parish fully honors and supports.

From Father Douglas

Dear People of St Andrew's Parish,

I hope you are doing well.

Among the myriad changes and upheavals the COVID-19 pandemic has

brought about, probably one of the less serious but more ubiquitous has been in our vocabulary. How often did any of use the verb "zoom" in everyday speech before COVID? And yet until recently (or still, for some), our calendars were choked with Zoom meetings, Zoom reunions, Zoom conferences, etc. We've all had to become familiar with technical medical terms like "variant" and "resistant" and "herd immunity" just to get through the daily newspaper or nightly newscast. And now that we in New England have begun (we hope and pray) to resume life in a post-COVID—or, at least, *less*-COVID—age, there is another word for us to take up: "languishing."

It's not an altogether new or unfamiliar word, but like "zoom" and "variant," it has gained a new, specialized sense in the last several months: "a sense of stagnation and emptiness," as the Wharton School organizational psychologist Adam Grant [wrote](#) in the *New York Times* in mid-April. "It feels as if you're muddling through your days, looking at your life through a foggy windshield. And it might be the dominant emotion of 2021." If flourishing is being at your peak and depression is serious illness, languishing is drifting somewhere in the middle. "You're not functioning at full capacity. Languishing dulls your motivation, disrupts your ability to focus, and triples the odds that you'll cut back on work."

Grant's column came out a few weeks before the CDC revised its guidance regarding activities that fully vaccinated people could once again engage in, but that new guidance wasn't an antidote to languishing. Indeed, from what others have told me, it may have actually heightened it. Not only were we already struggling to find the energy or motivation to do the things COVID hadn't curtailed ... now there is a whole new list of restored opportunities that, somehow, we just can't seem to get enthused about.

One of those things may be coming back to church. Attending worship on Sunday (or Wednesday) ... volunteering for the Tag Sale ... joining a discussion group: They're all activities we know should be attractive; that would re-connect us with people whom we've really missed. In addition, our own presence would be a source of joy for others, too. But, well, we just feel kind of *meh*, as they say. Maybe next time ... or next month. This might be languishing, and there's no shame or selfishness in it. Everyone needs the space to emerge from the depths of COVID in a way that feels safe, secure and beneficial for her or him. While we would all love a sudden 'full house,' we have to honor each parishioner's sense of when is the time to come back.

But I would, however, like to suggest one additional resource that may help if you sense you, too, may be languishing: **prayer**. You might try praying for a more complete sense of well-being or to feel like you did, say, back in January or February 2020. But I think a more holistic, more open-hearted way to pray would be to place the decision whether or how to resume an activity or a relationship or a routine is simply to ask God for particular guidance or assistance. For example, "Lord, I'd like to attend services again, but I just don't have the motivation"—and then be quietly and patiently attentive to your own heart as God connects with and speaks to you over the next several days or weeks. Perhaps pray, "Dear Jesus, it's been months since I spoke with Ralph. I know I should call him, but it's not in me right now. Can you please help me?"—and then let the matter rest, in inner silence: listen 'past' the sound of your own thoughts, in order to hear how Jesus may be moving in your being. It is often when we can silence our own thoughts and emotions (especially the

ones that demotivate us) that the Holy Spirit is most able to inspire us.

Love sets no deadlines, and true fellowship makes room for every person's struggles and limits. Saint Andrew's will be here, whenever and however you decide to come back. But if you're trying to make that decision on your own and not getting much of anywhere by yourself—if you're languishing—don't hesitate to place the burden on Jesus, who never ceases praying for each one of us.

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+

Frdouglas.sak@gmail.com

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

Weekly Calendar

Friday, 16 July	Prayer & Meditation (<i>Nave</i>)	5:30 pm
Saturday, 17 July	Choir rehearsal (for fall music) (<i>Choir Room</i>)	9:30 am
Sunday, 18 July	Holy Eucharist: Pentecost 9 (spoken) (<i>in person only</i>)	8:30 am
Sunday, 18 July	Holy Eucharist: Pentecost 9 (with music) (<i>in person and live-streamed</i>)	10:30 am
Sunday, 18 July	Coffee Hour (<i>outdoors</i>)	11:35 am
Sunday, 18 July	Holy Eucharist: Pentecost 9 (<i>outdoors</i>)	12:30 pm
Monday, 19 July	Bible Study (<i>Nave</i>)	11:00 am
Wednesday, 21 July	Confirmation Class (<i>Zoom</i>)	4:00 pm
Wednesday, 21 July	Mid-week Holy Eucharist (<i>in person and live-streamed</i>)	6:00 pm
Wednesday, 21 July	A.A. for Women (<i>Zoom meeting; email us for info</i>)	7:00 pm
Thursday, 22 July	A.A. meeting (<i>Parish House</i>)	7:30 am
Thursday, 22 July	Holy Eucharist: Feast of St Mary Magdalene (<i>in person</i>)	6:00 pm

Thursday, 22 July	Al-Anon (<i>Old Vestry Room</i>)	7:00 pm
Friday, 23 July	Prayer and Meditation (<i>Nave</i>)	5:30 pm
Friday, 23 July	Vestry Potluck (<i>Rectory</i>)	6:30 pm

READY...SET...: Tag Sale 2021

It's back!! Things to remember:

- The Sale is Friday, Saturday, and Sunday, August 6, 7, and 8
 - 8 am - 4 pm Friday
 - 10 am - 4 pm Saturday
 - Noon - 2 pm 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 are being accepted in the Parish Hall. Donation hours are 9am-2 pm M-F 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.
 - 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 went 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 5th, hours are flexible.
- The POD will be unloaded and furniture placed under the tent on Wednesday evening, August 4th, starting at 4:30 pm.

AN OPPORTUNITY TO SERVE:
Torrington Soup Kitchen

Although the Sunday soup kitchen at Trinity Church in Torrington never ceased operating, St Andrew's took a step back from it during the pandemic. We are now ready, however, to dive back in!

Bob McDowell is heading up our Soup Kitchen team. He has already recruited (or re-confirmed) several members, but *we could still use a few additional volunteers*. This would mean that each member would serve only three or four Sundays a year—not all six. (The St Andrew's team generally leaves for Torrington at about 10:30 and returns home by about 2:30.)

The Soup Kitchen is a well-organized, 'turn-key' type of operation: Everything is set and ready to go when we arrive. In addition, meals will be served in a low-contact fashion through October, to minimize health risks.

If you are interested in serving our neighbors in need ... or in learning more about this important ministry ... please be in touch with Bob: nmcd30@yahoo.com or 860.488.1635.

NOW FORMING: Local Food Insecurity Task Force



Did you know that in Litchfield County, a little more than 10% of the population—almost 19,000 people—are food insecure? This means that they lack consistent access to enough food for every person in their household to live an active, healthy life. And those data are from *before* the pandemic. Undoubtedly, food insecurity is an even worse problem now.

At St Andrew's we are forming a task force of people who would like to roll up their sleeves and do something about this. Our first step will be to quickly learn more about where the critical needs are and what's already being done to address them. Then we will decide what we will do to help: start a new effort of our own ... join in some ongoing programs ... partner with other local churches and charities. What's called for now is a desire to help, a willingness to commit and a dash of imagination! If you are interested in learning more, contact Fr Douglas, and he'll be glad to add your name to the list.

THE MISSIONS WE SUPPORT: Educare Africa



Perhaps you would like to know more about the charities and agencies that St Andrew's helps fund? Perhaps you might even want to get involved with one of them? Well, in each edition of the E-pistle, we will be highlighting some of the charities and agencies that our parish supports via the Mission & Outreach Commission. This week, we feature Educare Africa, a U.S.-based 501(c)(3) that assists students and teachers in Cameroon so students can complete their education and begin helping their country. In addition, Educare seeks to promote peace, cross-cultural understanding, love and unity of all people.

This spring the parish donated funds to help veterinary student Banadzem Nicholas Ngonbi complete his studies, and we recently received [a thank you note](#) from him, which we will publish in next week's E-Pistle.

To learn more about Educare Africa, click [here](#).

All Recovery Meetings Are *Resuming*

As the parish has re-opened, all recovery groups (AA and Al Anon) have been invited to resume their meetings. Please check with their organizers or the parish office for details.

Computer Help is Available



If you or someone you know is having difficulty accessing our online services, the weekly E-pistle or our web site ... or who would like to participate in our Zoom offerings but don't know how ... please let Fr Douglas or KC know. We have parishioners who are willing to help you and also make sure your equipment and internet connection are working properly. We don't want anyone to miss an opportunity to be part of the life of St Andrew's!

Kent Food Bank



Please help the parish continue our support of the Kent Food Bank

by sending a check in any amount to:

Kent Community Fund
P.O. Box 262
Kent, CT 06757

*Remember to put Food Bank in the memo of your check.

These funds will be used to purchase vouchers for local families in need, under the direction of our town's Social Services Director, Leah Pullaro.

The Kent Food Bank is also taking food donations during this difficult time.

The Kent Food Bank is especially in need of:

*Staples such as beans, rice, tea,
coffee, sugar, nuts,
hot & cold breakfast cereals,
peanut butter, jellies, jams and tuna*

Please remember that the Food Bank accepts pet foods as well!

Make certain that the 'Best by ...' dates are not past!

You may drop off food items on Thursdays
from 9.00 to Noon
*in the back of the Community House
on Main Street.*

*Please DO NOT come into the Food Bank, but leave
outside the door.*

Lections for this Week

The Eighth Sunday After Pentecost

Year B

2 Samuel 7:1-14a;
Psalm 89
Ephesians 2:11-22;
Mark 6:30-34, 53-56



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;
Healing Service at 8.30,
Third Sunday
In person
8.30 a.m. & 10.30 a.m.
(10.30 a.m. available live

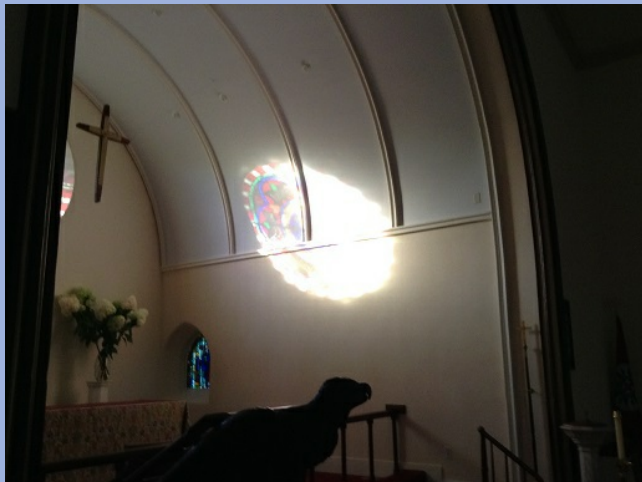


stream on YouTube)
12:30 p.m. Outdoors

**-Wednesday-
Holy Eucharist**
6.00 p.m.

**-Friday-
Prayer & Meditation**
5.30 p.m.

**-Holy Days-
Holy Eucharist**
6.00 p.m.

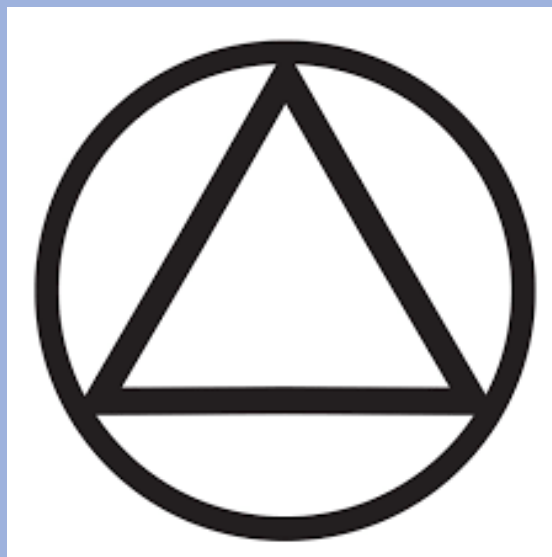


12 Step Meetings

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

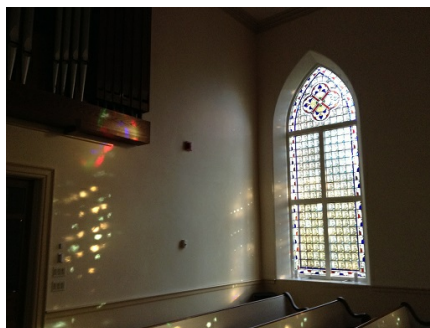
Thursdays
A.A. at 7.30 a.m.
(Great Room)
resumed
Al-Anon. at 7.00 p.m.
(Great Room)
resumed

Fridays
A.A. at 8 p.m.
(Great Room)
temporarily until First Church opens
resumed



Parish Staff

**The Rev Douglas S
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Priest in Charge**
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860-592-0171



Thomas W Holcombe,
Organist & Director of Choirs

KC Compton,
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Bill McLaren,
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Parish office open everyday except Friday from 10 am- 5 pm
(2 pm on Thursdays)

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

The Episcopal Church in Connecticut
www.ctepiscopal.org

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