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You may [unsubscribe](#) if you no longer wish to receive our emails.



## This Week & Weekend at St Andrew's

### St Andrew's Church

1 North Main Street  
Post Office Box 309  
Kent, CT 06757

860.927.3486  
860.927.3903  
(facsimile)  
st.andrew.kent@snet.net

Visit St Andrew's website at  
[www.standrewskentct.org](http://www.standrewskentct.org)

The Episcopal Church in Connecticut  
[www.ctepiscopal.org](http://www.ctepiscopal.org)

### Service Schedule

#### -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*  
*for 25 people with masks at*  
*8.30 a.m. & 10.30 a.m.*  
*(Also available live on*  
*YouTube)*

#### -Wednesday-

Evening Prayer  
6.00 p.m.  
*Resumed (25 people with*  
*masks)*

-Friday-  
Prayer & Meditation

Friday, 24 July

**Prayer and Meditation at 5.30 p.m.**

*\*In person for 25 people (with masks)*

*\*Sign up with Irene Connors*

[collageconnors@gmail.com](mailto:collageconnors@gmail.com)

860.592.0030

Sunday, 26 July

**Seventh Sunday after Pentecost**

**at 8.30 & 10.30 a.m.**

*\*In person services for 25 people (with masks)*

*\*Sign up to attend with Irene Connors*

[collageconnors@gmail.com](mailto:collageconnors@gmail.com)

860.592.0030

*\*The 10.30 a.m. Service is also available*

*live on YouTube*

*which you can access*

*through our website*

[www.standrewskentct.org](http://www.standrewskentct.org)

*or*

*the Saturday Epistle link*

Tuesday, 28 July

Parish Office Open 10.00 - 2 p.m.

*Call or email only*

Wednesday, 29 July

**Evening Prayer at 6.00 p.m.**

*\*In person for 25 people (with masks)*

*\*Sign up with Irene Connors*

[collageconnors@gmail.com](mailto:collageconnors@gmail.com)

860.592.0030

Thursday, 30 July

A.A. at 7.30 a.m (Great Room)

Parish Office Open 10.00 a.m. - 2 p.m.

*Call or email only*

5:30 p.m.  
*Resumed (25 people with masks)*

**Holy Days as announced.**

## Twelve Step Groups

### Wednesdays

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

### Thursdays

A.A. at 7:30 a.m.  
(Great Room)  
*Resumed*

Al-Anon. at 7.00 p.m.  
(Vestry Room)  
*Suspended*

## Parish Staff

**Thomas W. Holcombe,**  
*Organist & Director of  
Choirs*

**Margie O'Brien,**  
*Director of the Children's  
Choir*

**Heather Scofield,**  
*Parish Administrator*

**Joan I. Cassel**  
*Financial Secretary*

**Bill McLaren,**  
*Sexton*

**Randy Osolin,**  
*Vergar*

## From the Senior Warden

Hi All,

We are very excited that The Reverend Douglas Worthington will be starting his ministry here at St. Andrew's on August 1st. Jim and Douglas have moved into the rectory and Douglas is up in Maine for a little R&R before he gets started here at St. Andrew's.

I think that it is very important that as many of the parishioners as possible have a chance to meet Douglas in person as soon as is possible. Toward that goal, we are planning on having a small reception after the 8:30 and 10:30 services on the first and second Sundays in August. If we have more people that we can have in the church, Douglas has said that he would be happy to have a 12:30 service as well. Hopefully the weather will cooperate and we can have the receptions outdoors. If you would like to attend any of these services please call or email Irene and let her know. If you would like to listen to the service online and then attend the reception afterwards that is fine too. Just please let Irene know.

If you are uncomfortable coming to the church you will have the chance to meet Douglas via email or telephone in the coming weeks as well.

**Christopher Rehkow**  
*Senior Warden*

## From Our New Provisional Clergy-in-Charge

Dear people of St Andrew's,

It has been a very eventful week for Jim and me. We have completely moved out of our home in New Jersey and into the wonderful 'new' (for us, at least!) rectory you are so graciously providing us. The house is still an ocean of cardboard boxes, but even so, as we spent several nights there before leaving for a week's vacation in Maine, we could tell we will thoroughly enjoy living there!

I wanted to mention two things about our corporate worship life. Neither is necessarily positive, but both present us with an opportunity to live more fully into our calling as followers of Christ and the way of the Cross. First, beginning next week (August 2nd), we will be praying Morning Prayer, with music, instead of celebrating Holy Eucharist on Sunday mornings. (We will continue to have Holy Eucharist on Wednesday evenings.) This is only because I have not yet been ordained a priest. My ordination, God willing, is scheduled for September 12th, and we will resume our regular pattern of worship on the 13th. I know that it may be painful

for some of us not to have communion on the Lord's Day, but the wardens and I agreed that it would be awkward to invite a priest to celebrate during my first several weeks with you. I hope you will understand. The Daily Office, found in the Book of Common Prayer at pages 75-135, is a true treasure of our Anglican tradition; I pray it every day and find it deeply spiritual. If you are not familiar with it, I invite you to come to worship (either in-person or online) during August and experience it.

Second, during a recent conversation with me, Bishop Laura underscored that during the current phase of the diocese's COVID-19 protocol, we are not to be singing during in-person worship. The reason is that when we sing, we send more air out of lungs, and at greater distances, than when we speak; thus, singing presents a greater risk of transmitting disease than talking. This is very painful for me personally: I have sung in church choirs since kindergarten as well as in countless school and community choruses. In fact, during an interview with the bishop of my home diocese, I once said, "I'd rather sing hymns in church than do just about anything else." I immediately realized how nerdy that might have sounded and wished I hadn't said it, even though it was true. To my relief (and surprise), he replied, "Me, too!"

In a recent online column in *The Christian Century*, L Roger Owens, a Methodist seminary professor, wrote that decisions about singing or not singing in church at this time come down to a spirituality of self-assertion or of self-denial: of placing one's own desires ahead of others' needs (and even health), or of imitating Christ in laying down things that we hold dear; setting aside prerogative in order to serve others (kenosis); and taking up the spirit of the Cross. This reflection may not make our not singing any less lamentable, but perhaps it helps place it in a more theological context.

We will, however, still have music in worship! Tom will still play a prelude and postlude every Sunday. And we are going to explore ways to have others sing for us, as we hum along. One option is to have a single cantor sing a hymn as Tom plays it. Another is to pre-record, say, a quartet singing a hymn as Tom accompanies, and then playing this recording during worship. Tradition attributes to Augustine the saying that the one "who sings well [that is, with zeal and care], prays twice." I could not agree more, and we will explore every avenue available to us to incorporate the sung word in our worship until the day we can once again lift all our voices in praise.

I cannot wait to begin meeting you in August. In the meanwhile, may God bless you and our parish.

In the love and peace of Christ,  
Douglas

Reprints are now available for the two histories of St. Andrew's:

***"A Brief History of St. Andrew's Church"*** published in 1957 which begins with the inception of the Episcopal Church in Connecticut in 1760 and documents the development of St. Andrew's through 1956.

***"Half a Century: 1957 to 2009, an Anecdotal Account of St. Andrew's Episcopal Church"*** which picks up the story of St. Andrew's through the voices of parishioners.

Copies of each of these histories are available in the narthex or by contacting Heather in the parish office. We ask that you consider a donation of \$8 for each history in order to help to defray the cost of printing.

## St Andrew's Garden

St. Andrew's garden maintained by Jake and Marel, has started to produce vegetables. All are welcomed to help tend the garden, get out and get some air. All produce has been given to Mariam Jones who has given it to people who normally would not get fresh veggies. Compost donated by Kent Falls Brewery.

## Wednesday & Friday Evening Services

At a time when parishioners are wisely cautious about social distancing, we're reminding folks of other worship opportunities at St. Andrew's.

On Wednesdays at 6:00 pm, we offer Evening Prayer, often lead by Steve Klots, who always does a homily worth showing up for. There's usually only a small number of people who attend and no group singing (or even humming!). It's just a quiet gathering of people for reflective, end-of-the-day prayer and the chance to spend a half an hour inside the church we love.

On Fridays at 5:30 pm, we offer a Meditation Service at which, usually, just a few folks gather to quietly recite three small prayers, then sit together in reflective silence for 20 minutes. It is a nice meditative way to end the week. And, at a time of separation, it's a blessing just to sit in the sacred space of the church and absorb the spirit of the place.

*"We give you thanks, O God, for the gifts of your people, and for the work of many hands, which have beautified this place and furnished it for the celebration of your holy mysteries...."*  
--The Book of Common Prayer ("Prayer for Consecration a Church")

*"For when two or three are gathered in my name, there I am with*

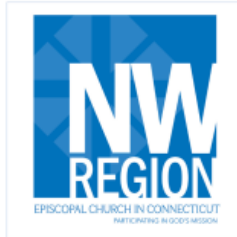
them."

--Matthew 18:20

## Northwest Region Weekly Events

COME JOIN US!

# NORTHWEST REGION WEEKLY EVENTS



**EACH DAY:  
7:30AM: MORNING PRAYER  
8:30PM: COMPLINE**

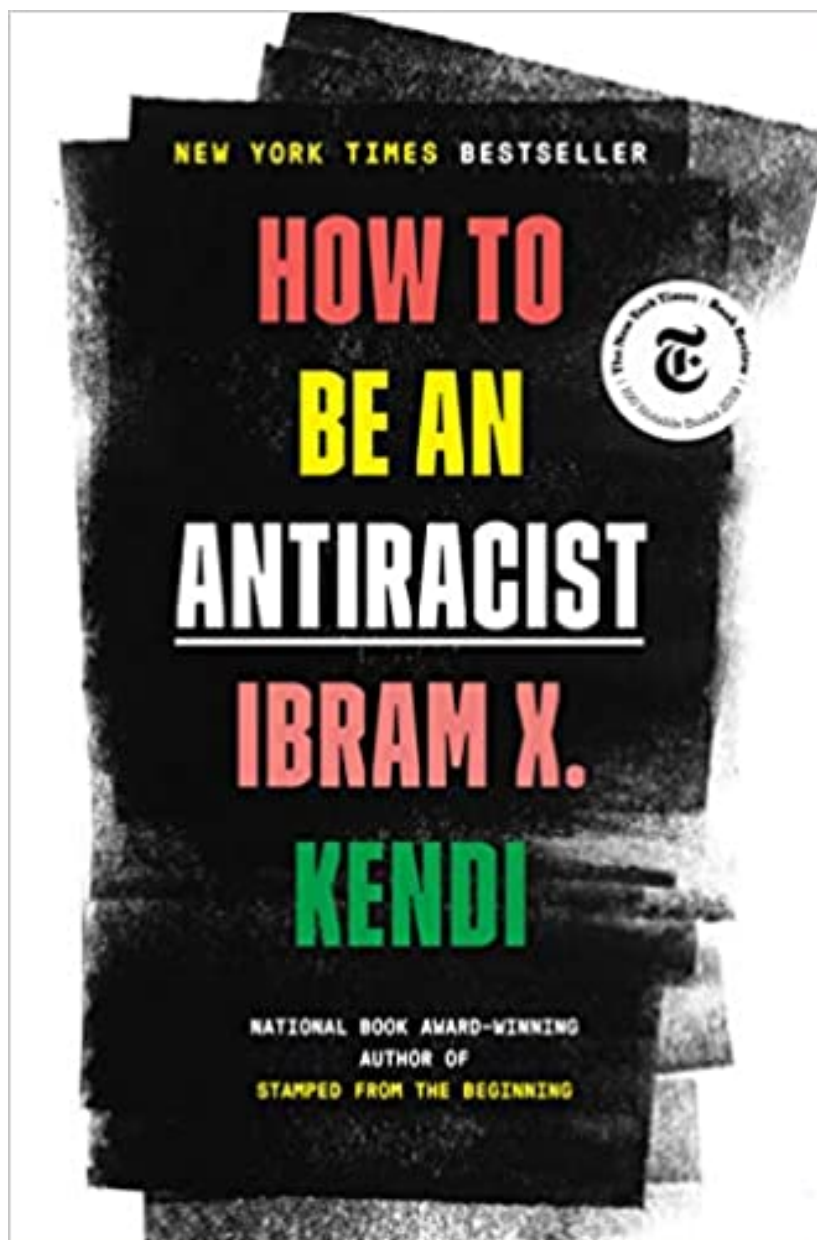
**TUESDAY: NW REGION GOSPEL OF  
JOHN BIBLE STUDY AT 4PM**

**WEDNESDAY: NW REGION MEDITATION  
AT 6PM**

**THURSDAY: NW REGION DWELLING IN  
THE WORD AT 10:30AM**

Please email Dylan Mello at [dmello@episcopalct.org](mailto:dmello@episcopalct.org) for  
login and password information

**Bishop's Book Discussion**



## **BISHOP'S BOOK DISCUSSION - ONLINE**

**July 24th**

**9:30 - 11:00 am**

The Bishop's Book Study at Camp Washington provides us with an opportunity to discuss how our learnings relate to self, spirituality, and God's Mission.

Join us this month ONLINE for a lively discussion!

Register first and a link to the discussion will be included with your confirmation email.

This month we will be discussing:

**How to Be an Antiracist  
by Ibram X. Kendi**

**[Click here to sign up](#)**



**A prayer from the Reverend Nadia Bolz Weber**

*Dear God,*

*Everyone's exhausted right now: parents, activists, cashiers, people who are just now actually learning about systemic racism, delivery drivers, the unemployed, the chronically sick, ER nurses, those who fear the police, the elderly, performers with no hope of an audience any time soon, clergy, social workers, those who can't make their rent, and everyone who has to spray something down with disinfectant for the 1,000th time.*

*Teach us to rest, Lord.*

*Help us dial back our obsession with productivity. Raise up more helpers for those who are over-extended Lord - stir up the desire to serve in those who only take. Remove barriers to napping. Quiet babies for an hour so those new mamas can sleep. Make us aware of any new binge-able NETFLIX shows that might help. Give employers the will to grant extra paid mental-health days. Quiet those voices that tell us we should be doing more right now, especially the ones that come from inside of us. Teach us not to confuse respite with laziness. Increase our compassion for one another. And while you're at it, increase our compassion for ourselves.*

*Lord, in your mercy, hear our prayer.*

**Racial Healing Resources**

**Racial Healing, Justice, Reconciliation, and Education Resources**

A digital library, network of information, and educational resources to help introduce foundational concepts, language, and tools to help encourage and enable congregations to begin opening their hearts and minds about the sin of racism are available.

<https://www.episcopalct.org/ecct-events/season-of-racial-healing-justice-and-reconciliation/resources/>

**PDF list of Resources**

<https://www.episcopalct.org/Customer->

**Black Lives Matter Resources & Organizations to Support**  
<https://www.episcopalct.org/blm/>

ECCT's Racial Justice Resource Coordinator:  
Kelli Ray Gibson  
[kgibson@episcopalct.org](mailto:kgibson@episcopalct.org)

**Racial Ministry Network**

**Racial Justice, Healing, and Reconciliation  
Ministry Network**

This is a network comprised of lay and clergy persons who are passionate about and strive for racial healing, justice, reconciliation and restoring all human beings to each other, the church, and God.

<https://www.episcopalct.org/Find-Resources/ministry-networks/racialhealingjusticereconciliation/>

**Zoom Bible Study**



**Northwest Region Zoom Bible Study**

Rev. Martha Tucker is leading a NW Region Bible Study on Tuesdays at 4PM! We are looking at the Gospel of John! All are welcome to join!! The zoom link is below.

<https://episcopalct.zoom.us/j/786414686>

Please contact Dylan Mello with any questions at  
[dmello@episcopalct.org](mailto:dmello@episcopalct.org)

**PraiseMoves!**





Looking for a way to stretch, exercise and hear the Word of God?  
Then try

## **PraiseMoves!**

Now, easy to do right in the comfort of your own home. Mary Perry, Certified PraiseMoves Instructor from St. Paul's Brookfield will be holding Zoom classes

**Saturdays at 10:00**

Message her at [\*\*maryperry2@me.com\*\*](mailto:maryperry2@me.com)  
for the link. Come, try it out! Appropriate for all Fitness Levels!

**PraiseMoves for Kids!**

New!



VIA ZOOM - SUNDAYS AT 1:30

Kids of all ages will gain strength, improve flexibility and balance, relieve anxiety and get more of God's Word into their hearts! Join Mary and Emily Perry and Grady and have fun!

**QUESTIONS? [MARYPERRY2@ME.COM](mailto:MARYPERRY2@ME.COM)**



Message her at [maryperry2@me.com](mailto:maryperry2@me.com)  
for the link.

**The 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.***

## **ECCT COVID-19 Resources**

### **ECCT COVID-19 Resources**

**The Episcopal Church in Connecticut has put together many resources for us to utilize. There are financial resources for parishes, self-care information, and livestream information as well. Please see**

**HERE**

**or the link below to explore current news, events, and offerings.**

**<https://www.episcopalct.org/covid-19-coronavirus-updates/>**

**Adding to the Prayer List**

*During the transition time, Heather Scofield, our Administrator, will be maintaining the parish Prayer List. Please call her and ask her to add names to the list, that you would like the prayers offered. And please remember to let her know when she may remove the name(s).*

*Except for the names we know to keep on the Prayer List on a long term basis, we will remove names after 3 months and ask that you resubmit if the names should remain.*

*You may also write to Heather at [st.andrew.kent@snet.net](mailto:st.andrew.kent@snet.net) Please be sure to provide her with a telephone number so that she may be able to ask if she has any questions.*

*We remember the faithful departed during the week after their deaths, and on those Sundays when you ask for their names to be included.*

### **Coffee in the Commons Podcast**



#### **COFFEE HOUR AT THE COMMONS**

is a podcast where faith meets daily life over a cup of coffee and casual conversations. Modeled off of the eighth sacrament of the Church, the Coffee Hour, your hosts Alli and Jasree, sometimes joined by guests, will engage in a variety of topics. All conversations center around hearing the stories of how people live out their faith in their lives.

**[Listen to the latest episode below!](http://www.coffeehour.org/)**

**<http://www.coffeehour.org/>**

## The Annual Reports for 2019

The Reports presented at the Annual Meeting on Sunday, 26 January 2020, are available in hardcopy form in the narthex or in the Parish Office, and may be view online by clicking on [Annual Report 2019](#)

## A Request from *FISH* 'Friends in Service Here'

FISH provides rides for those needing to keep local medical appointments, and

***VOLUNTEERS  
ARE VERY MUCH NEEDED,  
IN PARTICULAR DRIVERS!  
FISH is very short-handed ....***

***Please call Edith Altvater  
(new number: 860.539.9957)  
if you can help!***

## A Prayer for Change

This prayer has been used several times since last summer at Eucharist and several of you have asked that we reprint it again. It was developed by The Women's Prayer Circle of St John's Church in North Guilford, as a reflection on the state of the world and how to bring God's love. Their hope is, as more people and churches use and share it, the prayer will create an energy that will be a force for loving change.

### A Prayer for Change

*Loving God,  
You have made the whole of human life in your image;  
each one of us shaped in love.  
Your goodness is ever-present within us all.  
But, there is so much evil and pain in our world,  
it comes at us from every direction.  
Teach us how to rediscover Your love within us,  
to use that love as a force for good.  
help us to turn our hearts toward the world in hope,  
Praying for each other, regarding each other as treasure.  
Join us all together in prayer, that we might be the light which darkness  
can never overcome;  
through Jesus Christ we pray.  
Amen.*

*Please click on the link below in order  
to hear or read  
the Homilies located on our website.*

click on [Homily](#)

**The Lections this Week**

**The Eighth Sunday  
after Pentecost  
Year A**

**I Kings 3.5-12;  
Psalm 119.129-136;  
Romans 8.26-39;  
Matthew 13.31-33, 44-52**