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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

The Episcopal Church in Connecticut
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, 14 August

Prayer and Meditation at 5.30 p.m.

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

***Sign up with Irene Connors**

collageconnors@gmail.com

860.592.0030

Saturday, 15 August

Feast of St. Mary the Virgin

Evening Prayer at 6.00 p.m.

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

***Sign up to attend with Irene Connors**

collageconnors@gmail.com

860.592.0030

Sunday, 16 August

Eleventh Sunday after Pentecost

Morning Prayer at 8.30 and 10.30 a.m.

****With our new Provisional Clergy in Charge***

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

****Sign up to attend with Irene Connors***

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

or

the Saturday Epistle link

Tuesday, 18 August

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

**The Rev. Douglas S. Worthington,
Provisional Clergy in Charge**

**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 Reverend Douglas Worthington

"When I cannot go, I will creep"

Note: Last week I received this powerful, tender and timely affirmation from our friends at the Society of St John the Evangelist (SSJE) in Cambridge, Massachusetts. Brother James' words were, for me, a balm for how difficult our lives have become these last several months ... and may remain for several more to come. I share them in case you may find similar comfort in them. - Douglas

My dear friends:

I recently rediscovered a quotation I had noted down in my common place book a number of years ago. Coming upon it the other day was like being reunited with an old familiar friend: the true pilgrim who has found the way says in his thankful heart, I will run when I can, when I cannot run I will go, and when I cannot go I will creep.

I found it originally while reading the writings of Father George Congreve, SSJE, an early member of our community, and a companion of Father Benson [the founder of SSJE]. At the time, I was getting ready to walk the St. Cuthbert's Way, a long-distance walking path in Britain. I took the words literally. During my walk of 65 miles over the course of a week that summer, I often reminded myself that I did not have to go faster than I was able to at any given moment. Walking some of the hills, I would tell myself, all I needed to do was to take the next step, and then to rest. It did not matter that someone who passed me twenty minutes before, was already at the top, and out of sight. All I needed to do was to take the next step, or in Father Congreve's words, to creep. I did a lot of creeping that week, and in the end, I managed to walk the entire route from Melrose, Scotland to Lindisfarne, or Holy Island, on the east coast of England. Finally, at my destination and sitting on the rocks of Holy Island looking out across the water to the mainland, I was amazed by what I had accomplished. There had been moments during the week when I could not imagine it was possible for me to walk another 40, or 30, or 20 miles. What I could imagine, was taking one more step. And so I did. And then another. And another. And another. That week was full of single steps.

Not having a clear sense of what the future holds is unsettling for many of us. We don't know when all the restrictions will be lifted, or whether or not they will be put back into place. We can't imagine living as we have done for another four, or three, or two months, with requirements to physically distance from family, friends, and colleagues. We can barely imagine life in a day, never mind a month.

But like me, sitting on the rocks that day reflecting on what I had just accomplished, we can all be filled with both amazement and courage: amazement at what we have done, and courage simply to take the next step on this particular path.

It is true that life is full of challenge at the moment, and we may not feel up to the challenge. If that is the case for you, perhaps God's invitation right now, is not to surmount the challenge, but simply to take one single step, or in Father Congreve's words, to creep, and then as I did climbing those hills, to rest.

However it is that you are facing the challenges of these days, even if you are creeping through them one step, one moment at a time, remember that as you creep, you are not alone. The One who promised to be with us, even to the end of the age is with us still, whether we are running, or going, or creeping.

This week, as you creep along, look back with amazement at what you have managed, and look forward with courage, knowing that Jesus is with you, even in your creeping.

St Andrew's Histories

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 Holy Eucharist, often led 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 for
login and password information

Prayer for the Current Times

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-Content/www/CMS/files/BLM_resources_donate_1.pdf

Black Lives Matter Resources & Organizations to Support

<https://www.episcopalct.org/blm/>

ECCT's Racial Justice Resource Coordinator:

[Kelli Ray Gibson](#)

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

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
for the link. Come, try it out! Appropriate for all Fitness Levels!

PraiseMoves for Kids!



New!

PraiseMoves Kids

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



A photograph showing three children (two girls and one boy) lying on their stomachs on blue mats in a room with large windows, performing a stretching exercise.

Message her at 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.

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

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/>

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!***

Homily

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

click on [Homily](#)

The Lectons this Week

**The Eleventh Sunday
after Pentecost**

Proper 15; Year A

**Isaiah 56.1, 6-8;
Psalm 118;
Romans 11.1-2a,29-32;
Matthew 15.10-20, 21-28**