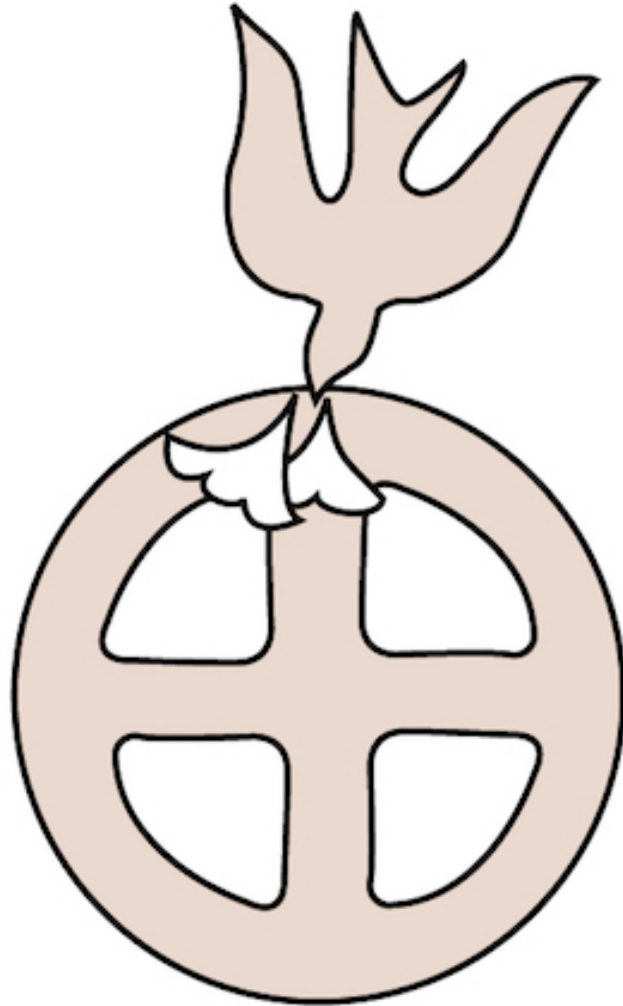


# ST. GREGORY THE GREAT EPISCOPAL CHURCH



AUGUST 7, 2022  
LIVE STREAMED ON YOUTUBE

10:30AM

## SPIRITUAL COMMUNION \*

What happens when you are spiritually prepared and desire to receive communion, but can't? Such a case is referenced by a paragraph in the 1979 Prayer Book:

*If a person desires to receive the Sacrament, but, by reason of extreme sickness or physical disability, is unable to eat and drink the Bread and Wine, the Celebrant is to assure that person that all the benefits of Communion are received, even though the Sacrament is not received with the mouth.*

A nation-wide shut down due to a pandemic fits, I'm sure we'll agree, with the words "by any other impediment" listed in the first Prayer Book. Our Lord will not cut us off from his grace. If we truly desire him, he will come to us, even if we cannot receive the Sacraments he has instituted so that we may receive his grace. This is not a new idea. St Thomas Aquinas, writing nearly 800 years ago, said:

*before receiving a sacrament, the reality of the sacrament can be had through the very desire of receiving the sacrament. Accordingly, before actual reception of this sacrament, a man can obtain salvation through the desire of receiving it, just as he can before Baptism through the desire of Baptism, as stated above (Summa, III.73.iii)*

Desiring to receive the spiritual grace of the Most Holy Eucharist (and being prevented from receiving it sacramentally) is known as Spiritual Communion. It is so very important to note that this gift is given to us when we cannot, for very good reason, be present at mass.

When you are watching a live-stream or recording of our liturgies, any of the following prayers may be said at the moment of communion when you would normally leave your pew and make your journey to the altar:

**In Union, dear Lord, with the faithful at every altar of Your Church where Your blessed Body and Blood are being offered to the Father, I desire to offer You praise and thanksgiving. I believe that You are present in the Holy Sacrament. And since I cannot now receive You sacramentally, I ask You to come spiritually into my heart. I unite myself to You, and embrace You with all the affections of my soul. Let me never be separated from You. Let me live and die in Your love. Amen.**

*OR*

**Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen. (from *Enriching Our Worship 2*)**

*OR*

**"My Jesus, I believe that you are present in the Blessed Sacrament.  
I love you above all things and I desire you with all my heart.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
I embrace you as if you were already in my heart  
and unite myself to you completely.  
Please do not let me ever be separated from you." (by St. Alphonsus Liguori)**

*\*Except where otherwise indicated, the whole of this article (with only very little amendment) is taken from the website of St. Timothy's Episcopal Church, Winston-Salem, North Carolina, where it was posted on April 5, 2020. No author was specified.*

# THE HOLY VIRTUAL EUCHARIST

The 9<sup>th</sup> Sunday after Pentecost: Proper 14

## THE WORD OF GOD

### WELCOME & ANNOUNCEMENTS

#### Prelude

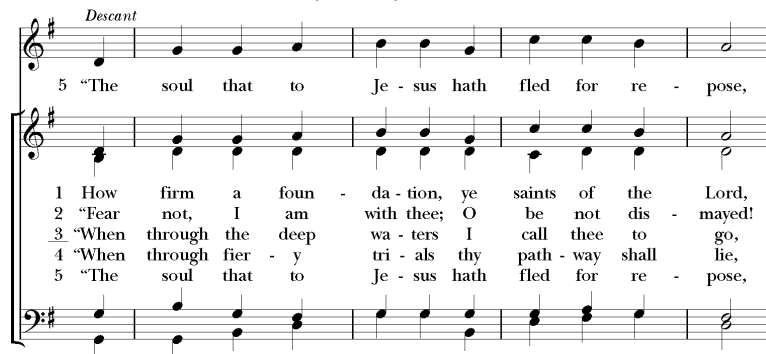
*We invite you to please silence your cell phones and to enter worship in stillness, silence, and reverence during the Prelude, which begins our service.*

#### Processional Hymn 637

*How firm a foundation*

LYONS

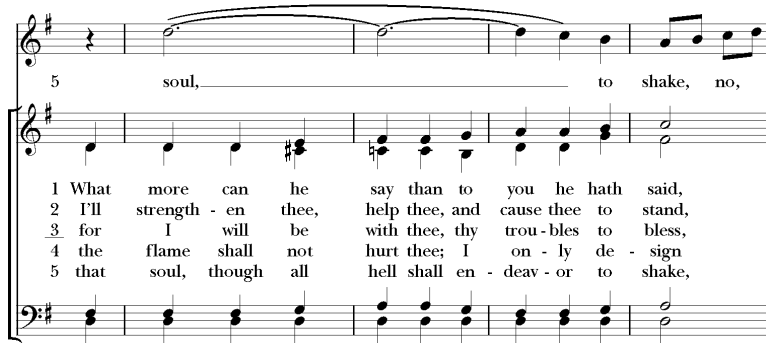
*Descant*



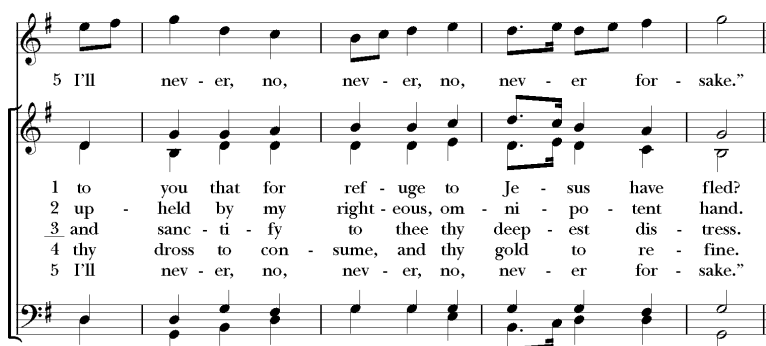
5 "The soul that to Je - sus hath fled for re - pose,  
1 How firm a foun - da - tion, ye saints of the Lord,  
2 "Fear not, I am with thee; O be not dis - mayed!  
3 "When through the deep wa - ters I call thee to go,  
4 "When through fier - y tri - als thy path - way shall lie,  
5 "The soul that to Je - sus hath fled for re - pose,



5 I will not, I will not de - sert to its foes;  
1 is laid for your faith in his ex - cel - lent word!  
2 For I am thy God, and will still give thee aid;  
3 the riv - ers of woe shall not thee o - ver - flow;  
4 my grace, all suf - fi - cient, shall be thy sup - ply;  
5 I will not, I will not de - sert to its foes;



5 soul, \_\_\_\_\_ to shake, no,  
1 What more can he say than to you he hath said,  
2 I'll strength - en thee, help thee, and cause thee to stand,  
3 for I will be with thee, thy trou - bles to bless,  
4 the flame shall not hurt thee; I on - ly de - sign  
5 that soul, though all hell shall en - deav - or to shake,



5 I'll nev - er, no, nev - er, no, nev - er for - sake."  
1 to you that for ref - uge to Je - sus have fled?  
2 up - held by my right - eous, om - ni - po - tent hand.  
3 and sanc - ti - fy to thee thy deep - est dis - tress.  
4 thy dross to con - sume, and thy gold to re - fine.  
5 I'll nev - er, no, nev - er, no, nev - er for - sake."

OPENING ACCLAMATION

BCP 355

Celebrant: *Blessed be God: Father, Son, and Holy Spirit.*  
 People: **And blessed be his kingdom, now and for ever. Amen.**

COLLECT FOR PURITY

BCP 355

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

\* Gloria S-280

*Glory to God*

Robert Powell

1. Glo - ry to God in the high - est, and  
 peace to his peo - ple on earth. 2. Lord God, heaven - ly  
 King, al - might - y God and Fa - ther, we wor - ship you, we  
 give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
 Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy  
 on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For you a - lone are the Ho - ly One,  
 you a - lone are the Lord, 7. you a - lone are the Most  
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
 glo - ry of God the Fa - ther. A - men.

THE COLLECT OF THE DAY

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## THE FIRST READING

Isaiah 1:1, 10-20

The vision of Isaiah son of Amoz, which he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah. Hear the word of the Lord, you rulers of Sodom! Listen to the teaching of our God, you people of Gomorrah! What to me is the multitude of your sacrifices? says the Lord; I have had enough of burnt offerings of rams and the fat of fed beasts; I do not delight in the blood of bulls, or of lambs, or of goats. When you come to appear before me, who asked this from your hand? Trample my courts no more; bringing offerings is futile; incense is an abomination to me. New moon and sabbath and calling of convocation— I cannot endure solemn assemblies with iniquity. Your new moons and your appointed festivals my soul hates; they have become a burden to me, I am weary of bearing them. When you stretch out your hands, I will hide my eyes from you; even though you make many prayers, I will not listen; your hands are full of blood. Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow. Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool. If you are willing and obedient, you shall eat the good of the land; but if you refuse and rebel, you shall be devoured by the sword; for the mouth of the Lord has spoken.

*Hear what the Spirit is saying to God's people.*

***Thanks be to God.***

## **Psalm 50:1-8, 23-24** (spoken)

- 1 The Lord, the God of gods, has spoken; \*  
he has called the earth from the rising of the sun to its setting.
- 2 Out of Zion, perfect in its beauty, \*  
God reveals himself in glory.
- 3 Our God will come and will not keep silence; \*  
before him there is a consuming flame, and round about him a raging storm.
- 4 He calls the heavens and the earth from above \*  
to witness the judgment of his people.
- 5 "Gather before me my loyal followers, \*  
those who have made a covenant with me and sealed it with sacrifice."
- 6 Let the heavens declare the rightness of his cause; \*  
for God himself is judge.
- 7 Hear, O my people, and I will speak: "O Israel, I will bear witness against you; \*  
for I am God, your God.
- 8 I do not accuse you because of your sacrifices; \*  
your offerings are always before me.
- 23 Consider this well, you who forget God, \*  
lest I rend you and there be none to deliver you.
- 24 Whoever offers me the sacrifice of thanksgiving honors me; \*  
but to those who keep in my way will I show the salvation of God."

## THE SECOND READING

Hebrews 11:1-3, 8-16

Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors received approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible. By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he looked forward to the city that has foundations, whose architect and builder is God. By faith he received power of procreation, even though he was too old-- and Sarah herself was barren-- because he considered him faithful who had promised. Therefore from one person, and this one as good as dead, descendants were born, "as many as the stars of heaven and as the innumerable grains of sand by the seashore." All of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth, for people who speak in this way make it clear that they are seeking a homeland. If they had been thinking of the land that they had left behind, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

*Hear what the Spirit is saying to God's people.*

***Thanks be to God.***



1 Praise our great and gra - cious Lord, call up - on his ho - ly Name;  
2 God has given the cloud by day, given the mov - ing fire by night;



raisi - ng hymns in glad ac - cord, all his might - y acts pro - claim:  
guides his Is - rael on their way from the dark - ness in - to light.



how he leads his cho - sen un - to Ca - naan's prom - ised land,  
God it is who grants us sure re - treat and re - fuge nigh;



how the word we have heard firm and change - less still shall stand.  
light of dawn leads us on: 'tis the Day - spring from on high.

## THE GOSPEL

Luke 12:32-40

Celebrant: *The Holy Gospel of our Savior, Jesus Christ, according to Luke.*

People: **Glory to you, O Christ.**

Jesus said to his disciples, "Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also. "Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. If he comes during the middle of the night, or near dawn, and finds them so, blessed are those slaves. "But know this: if the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You also must be ready, for the Son of Man is coming at an unexpected hour."

*The Gospel of the Lord.*

**Praise to you, O Christ.**

*The people are seated at the invitation of the preacher.*

THE SERMON: The Rev. Nikki Mathis

## THE NICENE CREED

BCP 358

*(said by all)*

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

In peace, we pray to you, Lord God.

For all people in their daily life and work;

**For our families, friends, and neighbors, and for those who are alone.**

For this community, the nation, and the world; We pray for our President, Joseph, our Governor, Brian, and our Mayor, Kelly.

**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;

**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;

**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;

**For all who proclaim the Gospel, and all who seek the Truth.**

For Michael, our Presiding Bishop, Rob, Paul, and Don, our Bishops; (...) and for all bishops and other ministers, priests, and deacons, especially Nikki and Christina;

**For all who serve God in his Church.**

For the special needs and concerns of this congregation. We pray especially for (...)

Hear us, Lord;

**For your mercy is great.**

We thank you, Lord, for all the blessings of this life. We give thanks for (...)

We will exalt you, O God our King;

**And praise your Name for ever and ever.**

We pray for all who have died, that they may have a place in your eternal kingdom.

Lord, let your loving-kindness be upon them;

**Who put their trust in you.**

*The Celebrant adds a Collect.*

## CONFESSION AND ABSOLUTION

*Celebrant:* Let us confess our sins against God and our neighbor.

*Celebrant and People:* **Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

*Celebrant:* Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

## THE PEACE

*Celebrant:* The peace of Christ be always with you.

People: **And also with you.**

THE HOLY COMMUNION

Offertory Hymn 623

*O what their joy and their glory must be*

○ QUANTA QUALIA

1 O what their joy and their glo - ry must be,  
 2 Tru - ly "Je - ru - sa - lem" name we that shore,  
 3 There, where no trou - bles dis - trac - tion can bring,  
 4 Now, in the mean - while, with hearts raised on high,  
 5 Low be - fore him with our prais - es we fall,

1 those end - less Sab - baths the bless - ed ones see;  
 2 ci - ty of peace that brings joy ev - er - more;  
 3 we the sweet an - thems of Zi - on shall sing;  
 4 we for that coun - try must yearn and must sigh,  
 5 of whom, and in whom, and through whom are all;

1 crown for the val - iant, to wea - ry ones rest:  
 2 wish and ful - fill - ment are not sev - ered there,  
 3 while for thy grace, Lord, their voic - es of praise  
 4 seek - ing Je - ru - sa - lem, dear na - tive land,  
 5 of whom, the Fa - ther; and in whom, the Son;

1 God shall be all, and in all ev - er blest.  
 2 nor do things prayed for come short of the prayer.  
 3 thy bless - ed peo - ple e - ter - nal - ly raise.  
 4 through our long ex - ile on Bab - y - lon's strand.  
 5 through whom, the Spi - rit, with them ev - er One.

THE GREAT THANKSGIVING, EUCHARISTIC PRAYER A

BCP 361

*The Lord be with you.*

**And also with you.**

*Lift up your hearts.*

**We lift them to the Lord.**

*Let us give thanks to the Lord our God.*

**It is right to give our thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. (*Here a Proper Preface may be said*)

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:





Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. AMEN.

And now, as our Savior Christ has taught us, we are bold to say

THE LORD'S PRAYER

BCP 364

**Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

\*Fraction Anthem S-164

*Jesus, Lamb of God*

Franz Schubert

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

THE COMMUNION OF THE PEOPLE

1 Sa - vior, a - gain to thy dear Name we raise  
 \*2 Grant us thy peace up - on our home - ward way;  
 3 Grant us thy peace through - out our earth - ly life;  
 4 thy peace in life, the balm of ev - ery pain;

with one ac - cord our part - ing hymn of praise;  
 with thee be - gan, with thee shall end the day;  
 peace to thy Church from er - ror and from strife;  
 thy peace in death, the hope to rise a - gain;

guard thou the lips from sin, the hearts from shame,  
 from harm and dan - ger keep thy chil - dren free,  
 peace to our land, the fruit of truth and love;  
 then, when thy voice shall bid our con - flict cease,

that in this house have called up - on thy Name.  
 for dark and light are both a - like to thee.  
 peace in each heart, thy Spi - rit from a - bove:  
 call us, O Lord, to thine e - ter - nal peace.

SPIRITUAL COMMUNION PRAYER

Enriching Our Worship 2

Faithful God, in the wonder of your wisdom and love, you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. Though I cannot physically consume these gifts of bread and wine, I thank you that I have received the sacrament of Christ's presence, the forgiveness of sins, and all other benefits of Christ's passion. By the power of the Holy Spirit, may I embody your desire, and be renewed for your service, through Jesus Christ our Savior. Amen.

POSTCOMMUNION PRAYER

BCP 365

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

THE BLESSING

1 The God of A - braham praise, who reigns en - throned a - bove;  
 2 He by him - self hath sworn: we on his oath de - pend;  
 3 There dwells the Lord, our King, the Lord, our Right - eous - ness,  
 4 The God who reigns on high the great arch - an - gels sing,  
 5 The whole tri - um - phant host give thanks to God on high;

1 An - cient of ev - er - last - ing days, and God of love;  
 2 we shall, on ea - gle - wings up - borne, to heaven a - scend:  
 3 tri - um - phant o'er the world and sin, the Prince of Peace;  
 4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!  
 5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;

1 the Lord, the great I AM, by earth and heaven con - fessed:  
 2 we shall be - hold his face, we shall his power a - dore,  
 3 on Zi - on's sa - cred height his king - dom he main - tains,  
 4 Who was, and is, the same, and ev - er - more shall be:  
 5 hail, A - braham's Lord di - vine! With heaven our songs we raise;

we bow and bless the sa - cred Name for ev - er blest.  
 and sing the won - ders of his grace for ev - er - more.  
 and, glo - rious with his saints in light, for ev - er reigns.  
 e - ter - nal Fa - ther, great I AM, we wor - ship thee."  
 all might and ma - jes - ty are thine, and end - less praise.

THE DISMISSAL

Deacon: *Go in peace to love and serve the Lord.*

People: **Thanks be to God.**



*Special thanks to Teresa Freitas for her music today!*

\*\*\*

*The altar flowers are dedicated by Stacie Court  
 to the honor and glory of God  
 and in gratitude for 58+ years.*

*Hymn permission used by RiteStuff, a one-time use reprint license for congregational use.*

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## Prayers of the People

**In our Parish** we pray for Barbara Dean, Mack Thurmond, Dan Nolen, Jr., Ann Worley, Jamaica Miller, Becky Thomas, Carol Whitson, Tom Sturgis, Diane Miller, John Granrose, Heather Kleiner, Martha Beach, Tammy Bowman, Rose Ann Pace, Cameron Steele, Nathan Parrish, Ed Spivey, Hannah Bennett, Anna Thornton, Sheryl King, Tom Hiers, Jane Bowen, Pat Irby, Pat Titus, Stephanie Gamble, Stephen Morris, Shelby Welch, Roger Swagler, Cindy Beagle, Bill Beagle, Sally Stuckey, Diane Holcomb, Stephen Corn, Ken Packer, Sandy, Christina K., Will, Melissa, Karyna, Ben, Byron, Andi, Jennie, Benedict, Robby, Cecil, Brooke, Jim, Peter, Jason, Lynn, Pete, Sophia, Samantha, Jennifer, Buddy, Mike, and Margaret.

**In thanksgiving for those celebrating their birthday this week:** Jen Ingle, Stacie Court, David Ewing, Carolyn Abney, Sophia Coppins, Ellen Thurmond, Philip Scottright, Eddie Bennett, Janice Rusk, Luther Rogers, Will Drosos, and Ralph Beckworth; **and for those celebrating anniversaries:** Mark & Maggie Reinberger, and Sean & Marie Boyle.

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*The people listed here are prayed for by name at each Sunday service. To request prayer for yourself or someone else, please call the office (706-546-7553). If at the beginning of the next month the person needs to remain on the list, please call and give the office an update.*

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## TODAY

### YOUTH SUNDAY SCHOOL RETURNS

Youth Sunday School- After over two years away, Sunday school for all those from the 6th to 12th grade begins on August 7th in the youth room at 9:15am! While at home at St Gregory's we will be studying the Bible, with particular emphasis on how to engage with what we find inside. A great deal of our focus this year will also be on increasing religious literacy, learning about what sets the Episcopal church apart, and building meaningful relationships with those that believe differently than ourselves. In the Fall semester, students will go on monthly field trips where they will experience manifestations of Christ's church ranging from contemporary nondenominational worship to silent worship at a Quaker meeting to a Catholic mass. They will see a Water Ceremony at a Unitarian Universalist Fellowship, hear the beautiful music of a Shabbat service at the local synagogue, and tour a mosque that has been servicing Muslims in the Atlanta area for over 40 years, among other experiences. Meeting leaders, as well as peers, in these communities will allow students to ask questions, engage in dialogue, and forge ecumenical and interfaith relationships within their community. I look forward to seeing all of our youth on August 7th! Please reach out if there is anything I can do for you.

Wade McGlamery [wwmcglamery@gmail.com](mailto:wwmcglamery@gmail.com) 770-624-4837

## THIS WEEK

### COMMUNITY YOGA | \*WEDNESDAYS @ 5:15 PM\* (new day/time)

Saint Gregory's Yoga for fall (Aug. 10 – Nov. 30, 2022) - New day and time: **Wednesdays 5:15-6:15 PM. The 4th Wednesday of every month will be Chair Yoga.** Parish Hall or Zoom:

<https://zoom.us/j/94789385530?pwd=OWczMEN0MGxqdDg5U1EzaWk4S1JlDdz09#success> , Passcode: 509230. Come thrive with us! Email Anna Hiers ([aldhiers@gmail.com](mailto:aldhiers@gmail.com)) for more information, or just show up! The class is free; donations to the church are welcome. \*Please bring a yoga mat\*

## NEXT WEEK

### SPIRITUAL FORMATION COMMITTEE MEETING | SUNDAY, AUG. 14

The Spiritual Formation Committee will meet after the 10:30AM service on Sunday, Aug 14. Anyone is welcome to join!

## NOTES

### **FEAST VOLUNTEERS WANTED**

St. Gregory's is a supporter of FEAST, the food pantry on the eastside of Athens, which operates out of Covenant Presbyterian Church every Thursday, between 10am-4pm. Currently, the operation does not have anyone in charge, since Covenant's Community Outreach Coordinator has gone to seminary. Covenant is asking for people to consider helping with this ministry as volunteers to help set up food, or take down names/addresses from folks who pick up groceries, and/or fill shopping carts and distribute groceries. You can also contribute by donating funds in order to purchase food. To volunteer, please sign up [www.signupgenius.com/go/409084aa5aa22a20-covenant](http://www.signupgenius.com/go/409084aa5aa22a20-covenant) or to give online, visit [www.covpresathens.org/online-giving](http://www.covpresathens.org/online-giving) or mail a check to 1065 Gaines School Road, 30605.

### **GEORGIA FREEDOM LETTERS**

Georgia Freedom Letters was formed in the summer of 2020 by a group of organizers, educators, and people who care about building connections across the walls of Georgia's criminal legal system through letter writing. Due to an overwhelming amount of interest in recent months from those currently experiencing incarceration, GFL is eagerly asking us to get out our pens and paper and participate in their recently launched pen pal project. Especially now, people experiencing incarceration need our support. Since COVID, many of the programs and visitations at our prisons have been significantly reduced if not cancelled--letter writing is one way we can help provide human connection and companionship especially until these programs can be re-instantiated.

#### **Streamlined instructions:**

Please read and purpose to follow the GFL guidelines, before signing up. [www.georgiafreedomletters.wordpress.com/guidelines-logistics/](http://www.georgiafreedomletters.wordpress.com/guidelines-logistics/). This link should get you to the form to fill out for being a penpal: [www.georgiafreedomletters.wordpress.com/joinus/](http://www.georgiafreedomletters.wordpress.com/joinus/)

Here's the address you can use for your mailing address, instead of giving your home address:

The Episcopal Church of the Epiphany  
2089 Ponce de Leon Avenue, NE  
Atlanta, Georgia 30307

Please email the Rev. Nicole Lambelet, at [nlambelet@epiphany.org](mailto:nlambelet@epiphany.org) to let her know that you are using their church address, and to give her your real address so that their church can send you any mail you receive from your pen pal.

### **ACOLYTES WANTED**

We are in need of a few more acolytes to give a bit of relief to those in our current rotation. Never served before? That's fine - we will teach you! Acolyting is a great, low commitment, way to get involved in the life of the parish! Reach out to Wade McGlamery, 770-624-4837, if you would like to volunteer.

### **BLINDSPOT GROUP CHAT**

If you're in your 20s or 30s and would like to stay up to date on events for your age group please reach out to Wade McGlamery, 770-624-4837, to join our group chat.

### **USHERS NEEDED**

Thank you to those of you who have volunteered to usher! **We still need 8 more volunteers to fill out the roster, so that we don't over-burden the group we have now !** If you would like to volunteer, and/or coordinate, please contact Anna Hiers, vestry liaison to the Worship Committee, at Email: [aldhiers@gmail.com](mailto:aldhiers@gmail.com), or 706-340-9799. Training will be provided.

### **COFFEE HOUR**

Due to a lack of volunteers, there may or may not be coffee hour on any given Sunday. If you are able to host or bring a baked item for a future coffee hour, contact Melissa or Catrina to sign up. A sign up sheet will also be posted at the event. Melissa Hamlin- [melmariehamlin@gmail.com](mailto:melmariehamlin@gmail.com) - 8AM service Catrina King - [Catrina.anirtac@gmail.com](mailto:Catrina.anirtac@gmail.com) - 10:30AM service

### **Those Who Serve**

Vestry: Mark Richardson  
Readers: Ron Balthazor (8AM)  
George Krause (10:30AM)  
EMs: Barbara Kuhn & Karen Hankins  
Crucifers: Porter Welch & Mariel Sanford  
Torches: Julia Sanford & Ethan Vogt

Flowers: Rhonda Packer  
Altar Guild: Susanne Burton & Carol Schwenke  
Counters: Mark Reinberger & Jane Hudson  
Livestream: Anthony Barkdoll

## Clergy and Staff

**The Rev. Nikki Mathis** Rector  
*rector@stgregoryathens.org* | 706-546-7553 x2

**The Rev. Christina Dondero** Deacon  
*christinadondero@gmail.com* | 404-918-7248

**Kendall M. Kookogey** Parish Administrator/Bookkeeper  
*office@stgregoryathens.org* | 706-546-7553 x1

**Terri Tillman** WebMaster  
*tillman@gmail.com*

**Jonathan Klein** Music Director/Organist  
*jonathanfk@gmail.com* | 706-296-8102

**Joseph Napoli** Choir Director  
*awn1984@att.net* | 706-546-6638

**Doug Adkins** Director of Children's Ministries  
*jdadkins@hotmail.com* | 706-474-4784

**Wade McGlamery** Youth Minister  
*wwmcglamery@gmail.com* | 770-624-4837

**Jude Red-Bear** Nursery Director  
*juderedbear@icloud.com* | 706-614-0008

**Mark Hein** Buildings/Grounds  
*markehein@gmail.com* | 706-549-3239

**Peachy Green Clean Co-op** Sexton

**Nursery Attendants:** Missy Hamlin, Jude Red Bear

**Anthony Barkdoll** Livestream Coordinator  
*anthonybarkdoll@gmail.com*

**Vestry Members:** Eddie Bennett; John Bray; Stacie Court; Gail Eilers; Blaine Everson; Anna Hiers; Jane Hudson; LeeAnne Krause; Lane Norton; Maggie Reinberger; Mark Richardson; Caley Ross; Chrissy Moffett, *Clerk*; Les House, *Treasurer*

**Vestry Person of the Day/Week:** Mark Richardson [\*mrichsn@gmail.com\*](mailto:mrichsn@gmail.com)