

Christ Episcopal Church

Extending the Love and Embrace of Christ

Eleventh Sunday after Pentecost

The Holy Eucharist, Rite II

Sunday, August 4, 2024 | 10:30 a.m.



Welcome Home!

Welcome to worship at Christ Episcopal Church. If this is your first time with us, we invite you to complete a visitor's form. Our website provides up to date information about our vibrant church community: christchurchcolumbia.org. This bulletin contains all you need to join us in worship, everyone is welcome to receive communion at God's table, and the clergy are happy to speak with you at any time.

We are delighted you're here – welcome home!

Opening Hymn 398 | I Sing the Almighty Power of God

Forest Green

1 I sing the al-might - y power of God, that made the moun-tains rise,
 2 I sing the good-ness of the Lord, that filled the earth with food;
 3 There's not a plant or flower be - low, but makes thy glo - ries known;

that spread the flow - ing seas a - broad and built the lof - ty skies.
 he formed the crea-tures with his Word, and then pro-nounced them good.
 and clouds a - rise, and tem-pests blow, by or - der from thy throne;

I sing the wis - dom that or - dained the sun to rule the day;
 Lord, how thy won - ders are dis - played, wher - e'er I turn my eye,
 while all that bor - rows life from thee is ev - er in thy care,

the moon shines full at his com-mand, and all the stars o - bey.
 if I sur - vey the ground I tread, or gaze up - on the sky!
 and ev - ery-where that I could be, thou, God, art pres-ent there.

Opening Acclamation |

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

The Collect for Purity |

Celebrant: 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.**

1. Glo - ry to God in the high - est, and
 peace to his peo - ple on earth. 2. Lord God, heaven - ly
 King, al - mighty 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.

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Let us pray.

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. **Amen.**

The people may be seated.

A Reading from Exodus 16:2-4,9-15 |

Reader: A reading from Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the Lord said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the Lord has given you to eat."

Reader: The word of the Lord.

People: **Thanks be to God.**



The following Psalm is read responsively by half verse.

Psalm 78:23-29 | *Attendite, popule*

So he commanded the clouds above *
and opened the doors of heaven.

He rained down manna upon them to eat *
and gave them grain from heaven.

So mortals ate the bread of angels; *
he provided for them food enough.

He caused the east wind to blow in the heavens *
and led out the south wind by his might.

He rained down flesh upon them like dust *
and winged birds like the sand of the sea.

He let it fall in the midst of their camp *
and round about their dwellings.

So they ate and were well filled, *
for he gave them what they craved.

A Reading from Ephesians 4:1-16 |

Reader: A reading from the Epistle to the Ephesians.

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

"When he ascended on high he made captivity itself a captive;
he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Reader: The word of the Lord.

***People:* Thanks be to God.**

Sequence Hymn 440 | Blessed Jesus, At Thy Word

Liebster Jesu

1 Bless - ed Je - sus, at thy word we are gath - ered all to
2 All our know - ledge, sense, and sight lie in deep - est dark - ness
3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -

hear thee; let our hearts and souls be stirred
shroud - ed, till thy Spi - rit breaks our night
ceed - ing, o - pen thou our ears and heart,

now to seek and love and fear thee; by thy teach - ings
with the beams of truth un - cloud - ed; thou a - lone to
help us by thy Spi - rit's plead - ing. Hear the cry thy

pure and ho - ly, drawn from earth to love thee sole - ly.
God canst win us; thou must work all good with - in us.
Church up - rais - es; hear, and bless our prayers and prais - es.

The Gospel | John 6:24-35

Deacon: The Holy Gospel of our Lord Jesus Christ according to John.

People: Glory to you, Lord Christ.

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Hymn | Lead Me, Lord

Samuel Sebastian Wesley

Lead me, Lord, lead me in Thy right-eous-ness,

Make Thy way plain be-fore Thy face.

Optional Ending

For it is Thou, Lord, Thou, Lord on-ly, that

mak-est me dwell in safe-ty.

The people may be seated at the invitation of the preacher.

Sermon | Rebecca Warlow, *Postulant for the Diaconate*

The people stand as able.

The Nicene Creed |

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.

Help us, Lord, to cherish our faith in your goodness and saving grace. Help us find the strength and passion to gather our treasure for loving care and concern for others. In service to You lies eternal life and perfect freedom. We pray, **May our faith so shine in our lives that all may come to know You, Lord.**

Your Church, the community of all faithful people, are so grateful for Your presence in our lives. Help those who suffer for Your name's sake to have strength and courage to reflect You to all the world. We pray that the hearts of all may be opened to Your Love. In our Anglican community, we pray for Michael, our Presiding Bishop; Sean, our Presiding Bishop-Elect; Carrie, our Diocesan Bishop; and all of Christ Church's clergy, staff, and lay leaders. In the Anglican cycle of prayer, we remember The Anglican Church of Kenya, and in our diocese, we remember St. Thomas', Hancock; St. James' Chapel, Hagerstown; and St. George's, Mount Savage. **In You, Lord, lies our faith and hope, and our hope shall not be in vain.**

You rule over all nations and people. We pray for those in national and international leadership to understand that their power lies in service to all. We pray for Joseph, our President; Wes, our Governor; and all state and local representatives, that their aspirations and actions may reflect the goodness of Your will and power of Your love. **From You comes all goodness and love; make us instruments of Your peace.**

We pray for those whose lives are shaken through sickness of body, mind, or spirit. In one voice, we pray for Dawn, Traci, Drew, Kim, Rachan, Sabrina, Graham, Brian, Jim, Erica, Marilyn, Carolyn, Mary Ann, Barbara, Cindy, Tim, Sherry, Roberta, Samuel, Ashley, Alta, Mildred, and Nell, and those we now name. In faith, we ask your healing hand to comfort those who are troubled and heal the sick. **Help us, Lord, for all health and salvation pours from Your grace and love.**

We pray for those whom we love and see no longer and for those who grieve in pain suffered by loss. We ask Your blessings especially for Richard Harlow, and those we now name. We pray, **In faith, we proclaim Your promise given to us: All who believe in You shall have eternal life.**

Lord, we welcome all whom You brought to worship with us today, especially those visiting and new to us. May we always reflect your Love to others. In thanksgiving for Your goodness, Lord, we remember our joyful celebrations of the birthdays of Isabel, Allsion, Amanda, David, Carol, Marcus, Bill, Aileen & Paul, wedding anniversaries of Audra & Westley Cox, Traci & Drew Eaton, Diana Hall & David Lanczynski and Krista & Mike McCormick, and baptismal anniversary of Ginger. For all such wonderful blessings, which are poured from Your goodness of Lord, we pray, **You, Lord, are the source of all goodness and love for all Your people.**

May our faith always remain strong. May our actions always be acceptable to You, Lord Christ. May we always keep our eyes on the goal of perfect freedom in Your service. May we embrace all who come to us and help them join this Heavenly Body today and for all eternity. **Amen.**

Confession of Sin |

Deacon: Let us confess our sins against God and our neighbor.

All: **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 the Lord be always with you.

***People:* And also with you.**

The people may greet one another in the name of the Lord and then be seated.

Welcome and Announcements |

THE HOLY COMMUNION





1 Sing praise to God who reigns a - bove, the God of all cre -
 2 What God's al-might - y power hath made, his gra - cious mer - cy
 3 Let all who name Christ's ho - ly Name give God all praise and



a - tion, the God of power, the God of love, the God of
 keep - eth; by morn - ing glow or eve - ning shade his watch - ful
 glo - ry; let all who know his power pro - claim a - loud the



our sal - va - tion; with heal - ing balm my soul he fills, and
 eye ne'er sleep - eth. With - in the king - dom of his might, lo!
 won - drous sto - ry! Cast each false i - dol from its throne, the



ev - ery faith - less mur - mur stills: to God all praise and glo - ry.
 All is just and all is right: to God all praise and glo - ry.
 Lord is God, and he a - lone: to God all praise and glo - ry.

Please scan to give.



Praise God, from whom all blessings flow;
 Praise him, all creatures here below;
 Praise him above, ye heavenly host:
 Praise Father, Son, and Holy Ghost. Amen.

THE GREAT THANKSGIVING

Celebrant: The Lord be with you.
People: **And also with you.**
Celebrant: Lift up your hearts.
People: **We lift them to the Lord.**
Celebrant: Let us give thanks to the Lord our God.
People: **It is right to give him thanks and praise.**

Celebrant: It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth...

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

The musical score is written on five staves in a single system. It is in the key of B-flat major (two flats) and 4/4 time. The melody is simple and hymn-like, with lyrics written below the notes. The lyrics are: "Ho-ly, ho - ly, - ho-ly, ho - ly - ho-ly - Lord God - of hosts - Heav-en and earth - are - filled with your glo - ry. Ho - san-na in - the - high - est - ! Bless-ed is the One who - comes in the name - of the Lord, - of the Lord - Ho - san - na - in the high - est, Ho - san-na in - the - high - est. -". The score ends with a double bar line.

Ho-ly, ho - ly, - ho-ly, ho - ly - ho-ly - Lord God - of hosts -

- Heav-en and earth - are - filled with your glo - ry. Ho - san-na in - the -

high - est - ! Bless-ed is the One who - comes in the name - of the Lord, -

- of the Lord - Ho - san - na - in the high - est, Ho - san-na

in - the - high - est. -

Celebrant: Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

Celebrant: After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

All: Christ has died.
 Christ is risen.
 Christ will come again.

Celebrant: We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

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 forever.

All: Amen.

The Lord's Prayer |

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

All: 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,
 forever and ever. Amen.

The Breaking of the Bread |

Celebrant: Alleluia. Christ our Passover is sacrificed for us;
People: Therefore let us keep the feast. Alleluia.

Fraction Anthem LEVAS 270 | Lamb of God

Marjorie Landsmark-DeLewis

The musical score is written for organ and voice. It consists of four staves of music in the key of D major (indicated by two sharps). The organ part is marked 'organ' and the vocal part is marked 'Lamb of God, you take a - way the sins of the world: have mer - cy on us. Lamb of God, you take a - way the sins of the world: have mer - cy on us. Lamb of God, you take a - way the sins of the world: grant us peace.'

1 My God, thy ta - ble now is spread, thy cup with
 2 O let thy ta - ble hon - ored be, and fur - nished
 3 Drawn by thy quick - ening grace, O Lord, in coun - tless
 4 Nor let thy spread - ing Gos - pel rest till through the

love doth o - ver - flow; be all thy chil - dren
 well with joy - ful guests; and may each soul sal -
 num - bers let them come and gath - er from their
 world thy truth has run, till with this Bread shall

thith - er led, and let them thy sweet mer - cies know.
 va - tion see, that here its sa - cred pledg - es tastes.
 Fa - ther's board the Bread that lives be - yond the tomb.
 all be blessed who see the light or feel the sun.

Post-Communion Prayer |

Celebrant: Let us pray.

All: 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.

Eucharistic Visitors' Prayer |

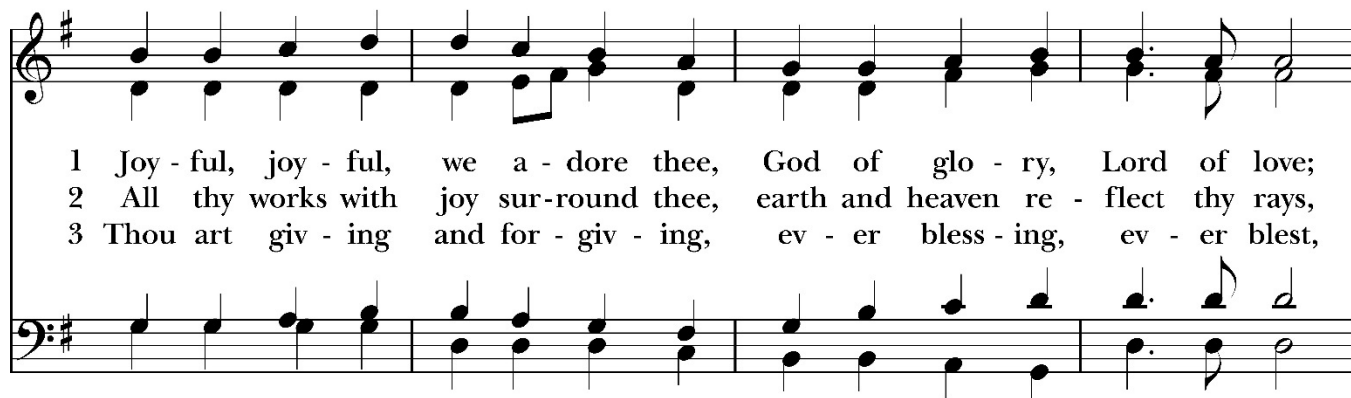
Celebrant: In the name of this congregation, we send you forth bearing these gifts that those to whom you go may share with us in the communion of Christ's Body and Blood.

People: We who are many are one body because we all share one bread, one cup.

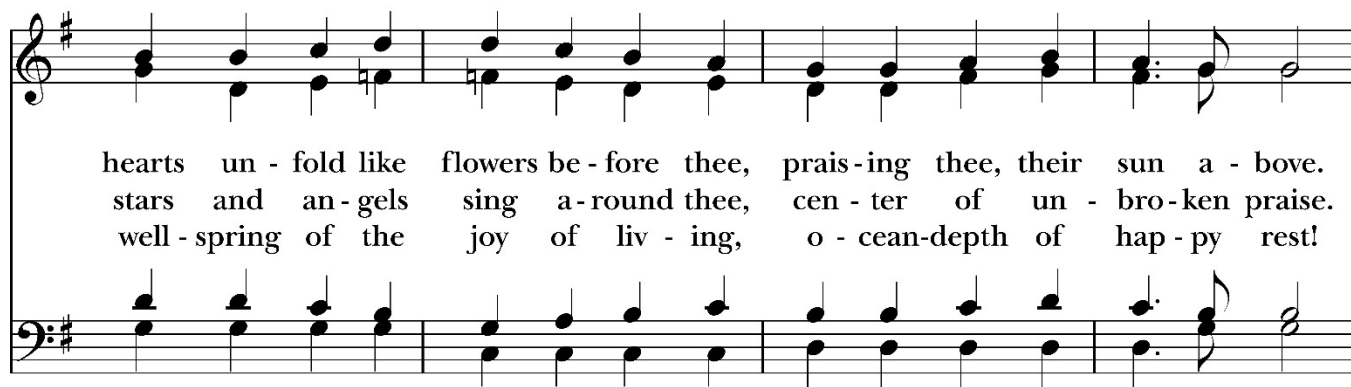
The Celebrant offers a blessing and the People respond Amen.

Closing Hymn 376 | Joyful, Joyful, We Adore Thee

Hymn to Joy



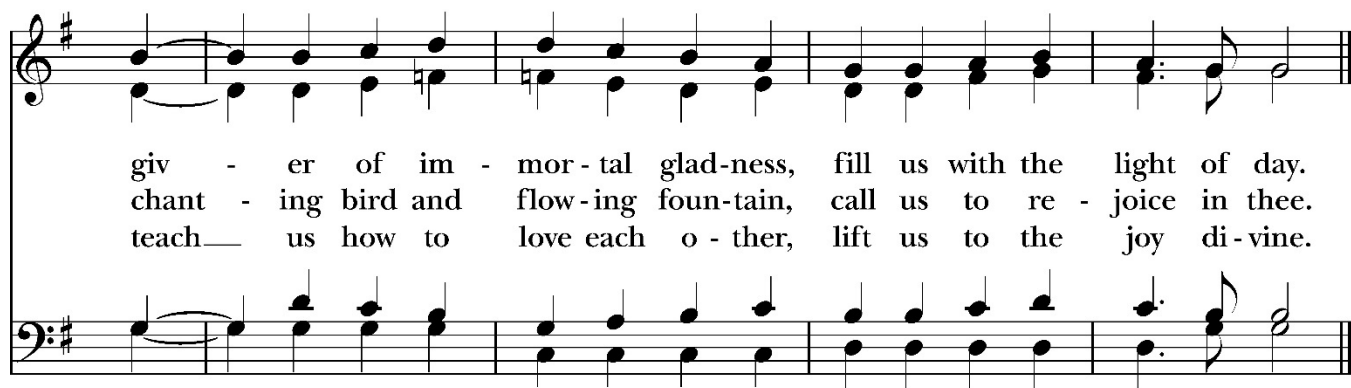
1 Joy - ful, joy - ful, we a - dore thee, God of glo - ry, Lord of love;
 2 All thy works with joy sur-round thee, earth and heaven re - flect thy rays,
 3 Thou art giv - ing and for - giv - ing, ev - er bless - ing, ev - er blest,



hearts un - fold like flowers be - fore thee, prais - ing thee, their sun a - bove.
 stars and an - gels sing a - round thee, cen - ter of un - bro - ken praise.
 well - spring of the joy of liv - ing, o - cean - depth of hap - py rest!



Melt the clouds of sin and sad - ness; drive the dark of doubt a - way;
 Field and for - est, vale and moun - tain, bloom - ing mea - dow, flash - ing sea,
 Thou our Fa - ther, Christ our Bro - ther: all who live in love are thine;



giv - er of im - mor - tal glad - ness, fill us with the light of day.
 chant - ing bird and flow - ing foun - tain, call us to re - joice in thee.
 teach — us how to love each o - ther, lift us to the joy di - vine.

The Deacon dismisses the people, who respond:
Thanks be to God! Alleluia, Alleluia!

Postlude | A Mighty Fortress Is Our God (Ein Feste Burg)

Martin Luther

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ASSISTING IN WORSHIP TODAY

8:00 a.m. Service

Lector/Reader: Ronald Baran

Ushers: Kayode Williams, Onyx Williams

Chalicerist: Sonni Aribiah

10:30 a.m. Service

Lector/Reader: Kathy Lyon

Ushers: Isaac Olajide, Yetti Lipede, Jane Adams, Cherry Williams, Beth Dagne, Alex Amponsah,
Eva Oladipupo, Hope Oladipupo

Acolytes and Crucifer: Caleb McKenna

Chalicerists: Ivy Amponsah, Kathy Lyon

Altar Guild

Jan DeBoissiere, Virginia Jarrett

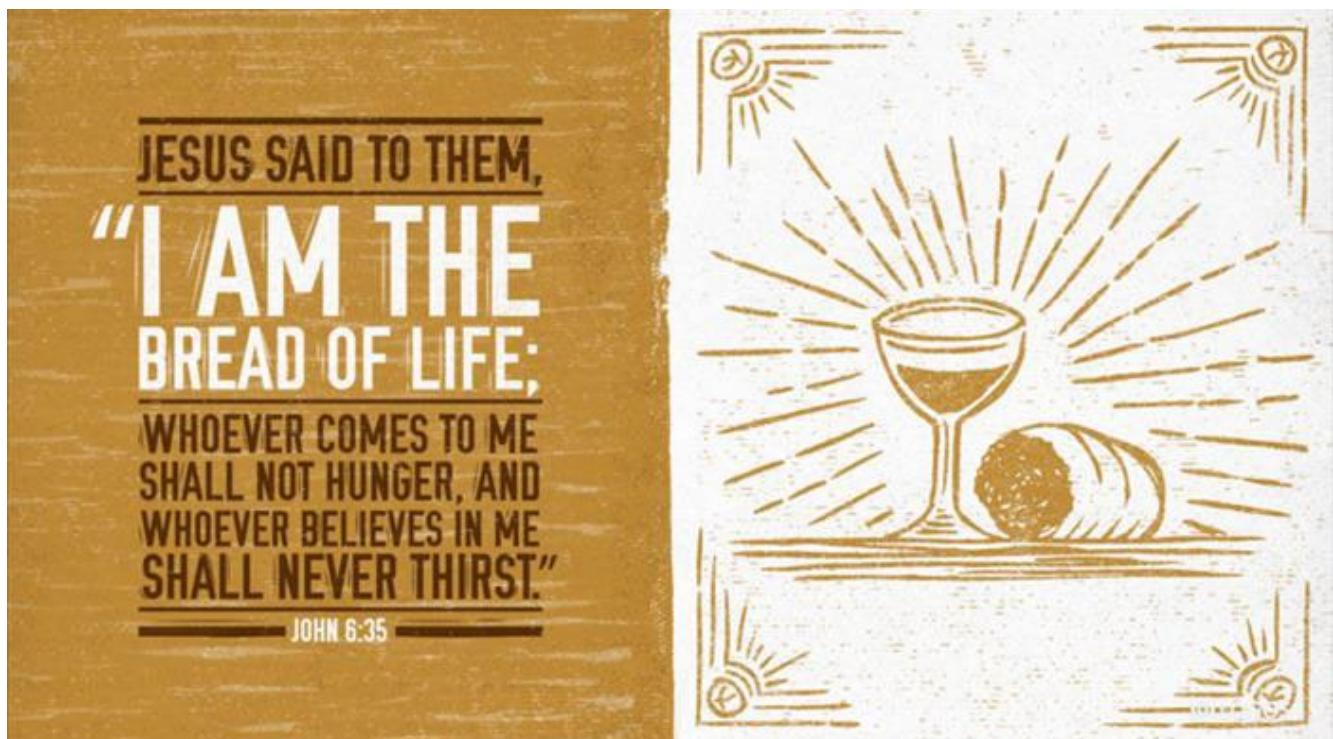
Tellers

Cathy Gold, Rhonda Tomlinson, Leanne Sheriff

CELEBRANT FOR NEXT SUNDAY, AUGUST 11

The Rev. Canon Dr. Kristofer Lindh-Payne

Canon to the Ordinary for Leadership, Diocese of Maryland



PARISH CALENDAR

AUGUST 4 TO AUGUST 10

Sunday, August 4

8:00 am	Holy Eucharist – New Brick, upper level
8:45 am	Coffee Hour – New Brick
10:30 am	Holy Eucharist w/music – New Brick, upper level
11:30 am – 12:30 pm	Virtual Coffee Hour – Zoom
12:30 – 5:30 pm	Tabernacle of David Church – Old Brick
6:00 – 10:00 pm	Ministerio Embajadores M.E.J. – Parish Hall, lower level

Monday, August 5

7:00 am	Morning Prayer Livestream
7:00 – 8:00 pm	Centering Prayer – Old Brick & Zoom
7:00 pm	Food Addicts Anonymous – New Brick, lower level

Tuesday, August 6

7:00 am	Morning Prayer Livestream
11:15 am – 12:00 pm	Weekly Staff Meeting – Zoom
12:00 – 1:00 pm	Virtual Coffee Hour – Zoom
7:00 – 11:00 pm	Ministerio Embajadores M.E.J. – Parish Hall, lower level
7:00 – 9:00 pm	MS Support Group – New Brick, lower level
7:30 – 8:30 pm	300 yr Race & Slavery Committee Meeting – Zoom

Wednesday, August 7

7:00 am	Morning Prayer Livestream
6:00 pm	Crab Fest – New Brick, lower level
7:00 – 8:00 pm	Adult Children of Alcoholics – Parish Hall, lower level

Thursday, August 8

8:00 am	Morning Prayer Livestream
12:00 – 1:00 pm	Virtual Coffee Hour – Zoom
7:00 – 11:00 pm	Ministerio Embajadores M.E.J. – Parish Hall, lower level
7:30 – 9:00 pm	Boy Scouts – New Brick, lower level
7:30 – 9:00 pm	CEC Book Club – Zoom

Friday, August 9

7:00 am	Morning Prayer Livestream
5:00 pm	Event Rental Setup – New Brick, lower level
7:00 pm	Evening Prayer Livestream
8:00 pm – 12:00 am	Tabernacle of David Church – Old Brick

Saturday, August 10

2:00 pm	Reimagining CEC Task Force
2:00 pm	AA Meeting – Parish Hall, lower level
7:00 – 11:00 pm	Ministerio Embajadores M.E.J. – Parish Hall, lower level
8:00 – 2:00 am	Event Rental – New Brick, lower level

ANNOUNCEMENTS

To submit announcements for publication,

email to communications@christchurchcolumbia.org by Tuesday evening.

For a digital copy of this service leaflet with working links, etc., visit the main page of our website.

Centering Prayer - Monday Evenings

Centering Prayer is a weekly evening prayer gathering that can help lead to a more intimate union with God and a more powerful experience of God's presence in our lives. This active presence heals, transforms, and offers freedom and peace. We are a hybrid gathering, so be with us in Old Brick or online via Zoom at 7 p.m. on Monday evenings. **The Zoom link is here**, the Meeting ID is **875 9496 3596** and the Passcode is **Centering!** You can also ask for more information by speaking with Kathy Lyon at church, or by emailing centering@christchurchcolumbia.org.

Deadline in Ten Days! Ministry Leaders, Send Info by August 11

One of the easiest ways we can spread the word about the many ministries at Christ Church is with printed pamphlets or flyers. For those ministry leaders with existing ones, please send Chris any information or revisions you might have so he can prepare updated ones for the Ministry Fair in late August. Send any text, photos, etc. by next Sunday, August 11th, and feel free to email any questions - communications@christchurchcolumbia.org. And if your group or ministry doesn't have a document to share and would like to have a flyer or trifold made, email him ASAP.

MOCC Breakfast - Saturday, August 17

Everyone's gotta eat, so why not join us for breakfast on Saturday, August 17? We'll gather at 9:30 a.m. for great food and even better conversation and fellowship at IHOP at 8825 Centre Park Dr, Columbia, MD 21045. All ages are welcome.

Join Us at the Center for Spiritual Nourishment - Saturday, August 17

Christ Church's August session of the Center for Spiritual Nourishment takes place on Saturday morning, August 17th from 8:30 a.m. to 12 noon, and everyone is invited to gather with us. The CSN provides opportunities for spiritual growth for Christ Church members and the larger community by offering an array of experiences that engage the mind, body, and spirit. If you have any questions or wish to help in the future, please email us at csn@christchurchcolumbia.org.

Blood Pressure and Pharmacist Consults at Church - Sunday, August 18

To provide health and wellness services to parishioners of all ages, the CEC Health Ministry will provide blood pressure checks and 1-to-1 private consults with a licensed pharmacist on Sunday, August 18th. These occur in the Elevator Room in New Brick from 9:00-9:30 a.m., so stop by, and bring any of your medications you want to discuss or any other questions you might have. If you can't make it that Sunday, place "BP/Meds Check at Church" on your calendar on the 3rd Sunday of every month at 9 a.m., or regularly check the **website's Parish Calendar** for the next one.

Help Us Reimagine Christ Church - August 18 & 20

Our *Reimagining Christ Church* group meetings continue in August, and we hope that you'll join us to brainstorm ideas and reimagine what Christ Church could and should be - especially as we approach our 300th anniversary. Our next public, in-person gathering is after the 8:00 service on Sunday, August 18th (approx. 9 a.m.) and the next virtual meeting is Tuesday, August 20th at 7:00 pm on Zoom. You can find the most recent, Vestry-approved financial report **here**, which can help give you an idea of our current situation. **The Zoom link for the August 20th event is here**, the Meeting ID is **838 7048 9180**, and the Passcode is **Task**

Christ Church's Parish Festival and Ministry Fair - Sunday, August 25

The Christ Church Parish Festival & Ministry Fair will be here before we know it! This is a very special highlight on our calendar every year, so join us for one Holy Eucharist service in New Brick at 10:00 a.m. on August 25th, followed by a fantastic festival of faith, food, fellowship, and FUN! We'll have BBQ goodies, fun for all, and activities for kids. Each Christ Church ministry will also be represented, where you can grab an informational pamphlet or flyer and speak with ministry members to learn more about why each is a vital contribution to our common life - and how you can join in and help make our common life and ministries even stronger.

The Annual Flea Market and Craft Fair - Saturday, September 14

The Christ Church Flea Market and Craft Fair, presented by the WOCC, will take place on the CEC campus on Saturday, September 14th! Spaces are now available, and you can complete yours by picking one up in the Narthex, or you can download a copy on our website at www.christchurchcolumbia.org/flea-market. And start getting your gently used books, baked goods recipes, and other items ready - this is the WOCC's biggest fundraiser, and proceeds help support many Christ Church activities and gatherings throughout the year. The more people involved in this community gathering, the more successful this important event can be!

Second Annual Community Health & Wellness Fair - Saturday, September 21

The Christ Church Health Ministry is proud to announce that it has begun making plans for its second annual Community Health and Wellness Fair! On Saturday, September 21st, everyone is welcome to gather in the Great Hall as many booths and presentations will be addressing a wide-ranging array of health and wellness topics and concerns. At the H&W Fair, you can learn ways to improve your mental, physical, or family health. Stay tuned for more details soon!

"Leading in Divided Times" - October 8

The Episcopal Diocese of Maryland and the One America Movement are excited about the upcoming series of workshops: "Leading in Divided Times." This four-part series will allow both clergy and lay leaders to gather and will be broken into four sections. Each session will be livestreamed on Zoom beginning on the evening of Tuesday, October 8th and everyone is welcome to take part. If you would like more information, please visit <https://bit.ly/3xMcq8L>.

EfM Invites You to Learn More about Ministry

Education for Ministry is a unique small-group program based on study and practice in theological reflection, helping participants discover and nurture their call to Christian service where they live, work, and play. Now, as the first year of our EfM seminar is drawing to a close, we are looking for a few additional people to join us as we enter the next year of study and reflection. Because of the program's cyclical nature, individuals may begin their studies during any calendar year of the four-year cycle. Participation by members at a variety of levels of study will be so enriching for us all. Please consider joining us! If you have questions, you can speak with Mother Marcia Davenport at church, or email EfM@christchurchcolumbia.org.

Our Altar Guild Needs More Volunteers

The Christ Church Altar Guild is looking for a few more people to help us in our ministry of providing clean linens and liturgical items for every worship service. We currently have three teams, but if we can gather together one more, we each only have to manage one week a month. If you are interested in signing up or learning more, please visit www.christchurchcolumbia.org/altar-guild.

Office Hours During the Summer

Each week, the Church Office will be open from 9 a.m. to 5 p.m. Tuesday to Friday throughout the summer. Stop by the office at these times, or email office@christchurchcolumbia.org if you can't make it then.

Help Us Plan Christ Church's 300th Birthday!

Plans for Christ Church's 300th year are well underway, but we are always looking for more input, so join us! This celebration is a massive milestone for our church, and we want participation and ideas from as many people as possible. There are a variety of committees that you can serve on and so we would like to encourage everyone to consider being a part of this historic occasion. If you have ideas, are interested in assisting, or need more information, please speak with Robin Bradley at church or email 300@christchurchcolumbia.org.

Our Support of Claggett Camps Brightens Summer for Disabled Adults and Youth Whose Families are Harmed by Opioid Misuse

Christ Church has for several years supported summer camps at the [Claggett Center](#) in Adamstown, Md., the retreat center of the [Episcopal Diocese of Maryland](#). The 266-acre property overlooks Sugarloaf Mountain and the Monocacy River Valley, a perfect setting for learning, growth, and spirit-filled renewal.

To parishioners, please accept heartfelt thanks for our ability to support two campers, drawing from vestry-approved budget funds. The Outreach Commission in May approved \$1,600 for Claggett. That covered the costs of one child at [Camp Spirit Song](#), held from July 28 to Aug. 2 for youth affected by a loved one's opioid substance use disorder, and one person at [Special Challenge Camp](#), a highly anticipated getaway for adults with developmental disabilities.

Special Challenge Camp was held from July 21 through July 25, opening with a vibrant morning worship service that you can view in a video posted on the [Camps at Claggett](#) Facebook page. Volunteers from collaborating parishes interacted with campers in outdoor and indoor activities such as nature hikes, swimming, fishing, canoeing, arts and crafts, and daily chapel (see photos). The camp concluded with a dance in the historic barn. As Claggett described the fun in its post: "A most amazing week of JOY!"

Claggett also beckons youth in general and, for one session, whole families. In June and July, it held [week-long sessions](#) for campers who have completed second grade up to recent high school grads. Please consider participating next summer or contributing individually to support youth scholarships, which you can do on Claggett's [website](#).

In response to the 2024 donation, Claggett Programs and Camp Director Rosie Alger wrote: "Please thank everyone at Christ Church on our behalf for supporting our campers and our community."

Home Sweet Home

The WOCC, in partnership with Grassroots, is providing new home kits for those who have recently been homeless and have now found an opportunity to have a home of their own. The kits include much-needed, common materials for anyone who needs assistance with starting a new life chapter.

[Please visit our sign-up sheet here](#), which has specific items you can provide. From trash cans to gift cards, each item will make those moving into their new home feel more at home. Your item donations can then be deposited into the marked bin near the Outreach table in the Tower Room of New Brick, or email WOCC@christchurchcolumbia.org if you need assistance or have any questions. We hope you'll participate in this program, which ends on September 22nd.

Columbia Community Care Requests Diapers, Seeks Volunteers at Sites

Please keep in mind that [Columbia Community Care](#) (CCC) has shortened summer hours for its distribution sites, which serve our neighbors in need on Saturdays. Volunteers arrive at 9 a.m., start distribution between 9:30 and 10 a.m., and close by 11:30 a.m. Locations are at Long Reach, Suite 107, 8775 Cloudleap Ct.; Wilde Lake Interfaith Center, 10431 Twin Rivers Rd.; and The Barn at Oakland Mills Village Center, 5853 Robert Oliver Place, all in Columbia. Go online to [learn how to volunteer](#) at distribution sites or as a translator or shopper at its pantry, which

has relocated to the rear of the Long Reach distribution site. Those who need groceries and other necessities can find information by going online to **“Get Help”** on CCC’s website. Find updates on the **CCC Facebook Group**.

CCC continues to request baby-care items and diapers, especially sizes 4-6, and pullups in sizes 3T, 4T, and 5T. Put these along with sanitary and personal care items and adult diapers in the yellow bin, marked “CCC,” inside the Parish Hall. Drop off items on weekdays when the church office is open or on Sundays. The Christ Church point of contact is Leigh Smith, who monitors the bin and delivers items.

Look for the FISH Bin on the Breezeway near the Parish Hall

FISH of Howard County requests non-perishable foods and toiletries, which we collect in the basket at the altar or in a marked yellow bin on the breezeway between the Parish Hall and Old Brick. **FISH** provides committed support to select families in need. The neighbors you help give thanks for all you do in their support.

In general, if you have suggestions about ways to help the community, if you want to get involved, or if you need assistance, please email Christ Church Outreach at **outreach@christchurchcolumbia.org**. Your help is greatly welcomed and appreciated. Thank you.



**Fresh crabs... delicious sides... BYOB...
get ready for the tastiest First Wednesday Fellowship gathering yet!**

This Wednesday is a crab and BBQ extravaganza that will leave no taste buds unhappy, followed by summer fun and games. If you'd like to indulge in some crabs, join us outside the lower level of New Brick. The cost for crab is \$25. per person (no charge if you just want non-crab goodies), and that'll cover our cost of getting the freshest ones around. **Just let the church office know** if you want to have some, so we can make sure we get enough for everyone. There's also a sign-up sheet in the Narthex. With options for crab eaters and non-crab eaters alike, there's surely something for everyone.

MANY VOICES, ONE FAMILY

At Christ Church, we are many different people with many different likes and dislikes, many different needs, and many different backgrounds. To truly address as many of these as possible, I incorporate many types of music in our worship services. I speak often about the power of music in worship, whether helping us to reach a more meditative state for prayer or by singing praises to God. In fact, a “hymn” is by definition a song of praise.

During the service, we sing many traditional hymns. Some hymns are very traditionally Episcopal, while others come from Catholic or Lutheran traditions, but most are sung across Christian denominations. Have you ever recognized the title of a hymn, but once the music started, you were unfamiliar with it? Or perhaps you heard the introduction, but expected different lyrics? This is because our traditional Christian hymns were mostly written independently from the lyrics. The words we sing are poems rather than lyrics written with a tune in mind. The tunes were written metrically and can fit many different poems. These tunes were given names, usually written in all caps or italics, and the meter was identified with numbers. If you look through our Hymnal 1982, you can see these at the bottom of each hymn. For example, the hymns “Alleluia! Sing to Jesus” and “Love Divine, All Loves Excelling” are both set to the same hymn tune, *Hyfrydol*, which has a meter of 87.87. D (the poems that fit it will have 8 syllables, 7 syllables, 8 syllables, 7 syllables, and the D means the pattern is doubled, so it repeats). There are quite a few hymn tunes that appear three times in our hymnal with three different texts. These tunes are usually the more familiar tunes across denominations.

Of course, not all hymns were written this way. We sing many traditional folk songs from different cultures, including many African-American spirituals, such as “Let Us Break Bread Together.” Many of the more contemporary Christian songs and some of our most beloved hymns were written more like popular songs, with lyrics and music written together, such as “I Am the Bread of Life” by Sr. Suzanne Toolan, or “Lord, I Lift Your Name on High” by Rick Founds. The chants from the Taizé tradition, such as “Jesus, Remember Me” by James Berthier, incorporate repetition and multiple languages, making songs easy to learn and promoting a meditative state for prayer. Contemporary Christian songs, such as “Beautiful Things” by Gungor, often address overcoming emotional distress through Jesus’ intervention.

In addition to hymns, we sing many prayers of the service, including the Gloria and Holy, Holy. The settings we use for the service music change with the seasons of the church year, most notably using Rite I language and a more somber setting during Lent, changing to a joyful and celebratory setting for the Easter season. During the program year, when the choir leads the singing, we also sing the psalms. There are many different settings of the Psalms, David’s songs to the Lord. Some are chanted, singing most of the words on the same musical pitch. Other settings use a refrain or antiphon sung by the congregation between the choir’s chanted verses. Many psalm settings are written to be more song-like, with verses and refrains sung by all.

The choir serves an important purpose on Sunday mornings - to lead the congregation in song. The choir’s strong presence helps to teach unfamiliar songs and reinforces the melodies, giving confidence to timid or unsure singers. It is always easier to sing along when you hear someone else singing, too! As a music director and teacher, I have so often heard people comment that they cannot sing or that a hymn is too high. With a little guidance and practice, I truly believe that *everyone* can sing. While it is possible to sing using your voice in the same way you do when speaking, it limits the range of how high and low we can sing. Sometimes we even get excited, especially when singing a favorite song, and shout rather than sing. If you make your voice a little higher and lighter (we all do this naturally when we see a cute baby!), you will find it easier to sing higher pitches. This also puts less strain on the vocal cords, making it possible to sing longer and without injury. Our singing voices are a beautiful, human way to express emotions, so let us all join together as one congregation, one family, and lift our voices in hymns of praise to God.

If you want more guidance or practice, please consider joining the choir this Fall. You do not need to know how to read music or have any prior music experience. We rehearse every Thursday evening from 7:30-9 p.m. beginning August 29 and we sing on Sundays at the 10:30 a.m. service. If you have any questions, please see me after the service, or email me any time at the address below.

Larissa Sanders

Director of Music at Christ Church

music@christchurchcolumbia.org



Your faithfulness is what makes life happen at Christ Church. Your faithfulness makes Christ Church stronger. Your faithfulness enables our parish to embrace, with courage, the task that God has for us. We need to remember that Christ Church is completely dependent on this faithfulness. Your beloved Christ Church counts on you and your faithful giving.

Stewardship 2024

We are so blessed to have a community of dedicated parishioners who support our ministry of faithful service, and we hope that each parishioner will prayerfully consider their contribution to Christ Church. You may pick up a pledge card in the Narthex to complete, or you can complete one electronically on our website

- www.christchurchcolumbia.org/2024-pledge

Text Giving

You can give securely and conveniently by using your mobile phone! Simply send a text with the word **CECGIVING** to **73256**, and you'll receive a secure link to our page where you can set up a one-time or recurring gift.

Online Giving

You can also continue to pledge and give to Christ Church online. It's a safe and secure method of contributing toward your annual pledge or another offering. Whether it's a one-time donation or a recurring gift, you can go to our [overview page](#) for instructions and links. Signing up is fast and easy; if you need assistance doing so, or if you have any Stewardship-related questions, please contact us at info@christchurchcolumbia.org

Thank you.



Christ Episcopal Church

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The Rev. Emmanuel Ato Mercer, *Rector*

The Rev. Denise Schiavone, *Deacon*

The Rev. Richard Ginnever, *Rector Emeritus*

Kiona Lookingbill, *Director of Youth and Family Ministries*

Michael Looney, *Seminarian Associate*

Larissa Sanders, *Music Director*

Ola Oladipupo, *Assistant Organist*

Yetti Lipede, *Ministry Coordinator*

Christopher Pouch, *Communications Administrator*

Aisha White, *Parish Administrator*

Amanda Kirkpatrick, *Nursery Care Coordinator*

Nytia Perry, *Nursery Care*

John Prempeh Sencherey, *Sexton*

Vestry

Jan DeBoissiere (*Senior Warden*) • Isaac Olajide (*Junior Warden*)

Andrew Eaton (*Treasurer*) • Ron Couch (*Registrar*) • Deepti Jackson (*Youth Liaison*)

Denisa Abdallah • Ronald Baran • Tim Beaty • John Curley • Simone Kolnik • Ray Lyon • Diane Phillips-LaGuerre

Greg Schuckman • Alfred Titus-Glover • Cherry Lynn Williams