

Christ Episcopal Church

Extending the Love and Embrace of Christ

Seventh Sunday after Pentecost

The Holy Eucharist, Rite II

Sunday, July 16, 2023 | 8:00 a.m. and 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 LEVAS 178 | Sweet Hour of Prayer

William Walford/William B. Bradbury

1. Sweet hour of prayer, sweet hour of prayer, That calls me from— a
 2. Sweet hour of prayer, sweet hour of prayer, Thy wings shall my— pe -
 3. Sweet hour of prayer, sweet hour of prayer, May I thy con - so -

1. world of care, And bids me at my Fa - ther's throne Make
 2. ti - tion bear To Him whose truth and faith - ful - ness En -
 3. la - tion share, Till from Mount Pis - gah's loft - y height I

1. all my wants— and wish - es known. In sea - sons of dis -
 2. gage the wait - ing soul to bless; And since He bids me
 3. view my home— and take my flight: This robe of flesh I'll

1. tress and grief My soul has of - ten found re - lief.
 2. seek His face, Be - lieve His word and trust His grace.
 3. drop, and rise To seize the ev - er - last - ing prize.

1. And oft es - caped the tempt - er's snare By
 2. I'll cast on Him my ev - 'ry care, And
 3. And shout, while pass - ing through the air, "Fare -

1. thy re - turn, sweet hour of prayer.
 2. wait for thee, sweet hour of prayer.
 3. well, fare - well, sweet hour of prayer!"

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.
People: **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.

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

People: **Amen.**

The people may be seated.

A Reading from Genesis 25:19-34 |

Reader: A reading from Genesis.

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her,

"Two nations are in your womb,
and two peoples born of you shall be divided;
the one shall be stronger than the other,
the elder shall serve the younger."

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Reader: The word of the Lord.

People: **Thanks be to God.**

The following Psalm is read responsively by half-verse.

Psalm 119:105-112 | *Lucerna pedibus meis*

Your word is a lantern to my feet *
and a light upon my path.

I have sworn and am determined *
to keep your righteous judgments.

I am deeply troubled; *
preserve my life, O LORD, according to your word.

Accept, O LORD, the willing tribute of my lips, *
and teach me your judgments.

My life is always in my hand, *
yet I do not forget your law.

The wicked have set a trap for me, *
but I have not strayed from your commandments.

Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.

I have applied my heart to fulfill your statutes *
forever and to the end.

A Reading from Romans 8:1-11 |

Reader: A reading from the epistle to the Romans.

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Reader: The word of the Lord.

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

Sequence Hymn 488 | Be Thou My Vision

Slane

1 Be thou my vi - sion, O Lord of my heart;
2 Be thou my wis - dom, and thou my true word;
3 High King of hea - ven, when vic - tory is won,
all else be nought to me, save that thou art—
I ev - er with thee and thou with me, Lord;
may I reach hea - ven's joys, bright hea - ven's Sun!
thou my best thought,— by day or by night,
thou my great Fa - ther; thine own may I be;
Heart of my heart, — what - ev - er be - fall,
wak - ing or sleep - ing, thy pres - ence my light.
thou in me dwell - ing, and I one with thee.
still be my vis - ion, O Ru - ler of all.

The Gospel | Matthew 13:1-9,18-23

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

People: Glory to you, Lord Christ.

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

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

Sermon | Kathy Lyon, *Lay Preacher*

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.

Dear Lord, there is so much strife in the world. We pray one day all will find peace and reconciliation through our Savior Jesus Christ. May bonds of love and compassion replace hostility toward one another. May justice and righteousness prevail for every living being. **Lord, in your mercy, hear our prayer.**

May we always remember those who live in hardship. We lift in prayer the work of the Christ Church Refugee Ministry, Columbia Community Cares, St. Luke's After School Ministry, Lake Elkhorn Middle School Ministry, the Friends of Sabina, DreamBuilders, Grassroots, the Dorsey Resource Center, CCD-Thailand, and the Somos Amigos Team. **Lord, in your mercy, hear our prayer.**

We pray for unity among members of the worldwide church. In the Anglican cycle of prayer, we give thanks for The Anglican Church of Canada. In the Diocese of Maryland, we pray for our Bishop, Eugene; our Bishop Co-Adjutor, Carrie; and our sister parishes: Epiphany, Odenton; St. Alban's, Glen Burnie; and St. Anne's, Annapolis. In our own parish, we give thanks for the leadership and pastoral work of our Rector, Emmanuel; our Deacon, Denise; our staff and postulants; and our Rector Emeritus, Richard. **Lord, in your mercy, hear our prayer.**

We give thanks for our entire Christ Church family, especially for our vestry and lay leaders. We bless all new or visiting with us today. May they feel the welcome we extend to them. **Lord, in your mercy, hear our prayer.**

We seek healing for those who are ill, especially Pamela, David, Dennis, Dave, Fran, Doris, Patricia, Elizabeth, Patricia, Emily, Beth, Kellene, Richard, Shirley, Louise, Danny, Cindy, Roberta, Francis, Fr. Ginnever, Samuel, Catherine, Caroline, Alfred, Ashley, Alta, Farris, Mildred, Sherry, Nell & Kathleen, and those we now name. We are so grateful for the caregivers and family members who provide comfort and continual love. We also pray for those serving in the military and in harm's way, especially Kevin DeBoissiere and Conner Warlow. **Lord, in your mercy, hear our prayer.**

We pray for those who have departed this life, especially Laurie Benner and those we now name. May their souls rest in peace. Lead those who mourn to Your still waters where their own souls may be revived. **Lord, in your mercy, hear our prayer.**

We are grateful for the happy occasions that members of the Christ Church family celebrate this week: especially the birth of Janiah Ngong to Sabrina & Richard Ngong, the birthdays of Ainsley, Andrew, Diana, Bill, Catherine, Shahra, Dee & Alfred, and the wedding anniversaries of Donna & Thomas Day. Thank you for the gifts of their lives, and their marriages. **Lord, in your mercy, hear our prayer.**

Lord, You are our Shepherd. We need Your guidance in breaking down walls that divide. In the week ahead, help us to contribute to a peaceful and sustainable world. Cleanse us of our fears so that we may love You and each other with truly open hearts and minds. **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

Offertory Anthem | Antiphonal Praise

Michael Bedford
Handbell Choir

Please scan to give.



The people stand as able.

Presentation Hymn 380 (v. 3) |

Old 100th

**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

Eucharistic Prayer A |

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:



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 | BCP 365

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

organ

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.

Celebrant: The Gifts of God for the People of God.

1. I've got peace like a riv - er, I've got peace like a
 2. I've got joy like a foun - tain, I've got joy like a
 3. I've got love like an o - cean, I've got love like an

1. riv - er, I've got peace like a riv - er in my
 2. foun - tain, I've got joy like a foun - tain in my
 3. o - cean, I've got love like an o - cean in my

1. soul; I've got riv - er in my soul.
 2. soul; I've got foun - tain in my soul.
 3. soul; I've got o - cean in my soul.

The people stand as able.

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.

The Blessing |

*The Celebrant offers a blessing and the People respond **Amen.***

1. Bless - ed as - sur - ance, Je - sus is mine! — O what a
 2. Per - fect sub - mis - sion, per - fect de - light, — Vi - sions of
 3. Per - fect sub - mis - sion, all is at rest, — I in my

1. fore-taste of glo - ry di - vine! — Heir of sal - va - tion, pur - chase of
 2. rap - ture now burst on my sight; — An - gels de - scend - ing, bring from a -
 3. sav - ior am hap - py and blest; — Watch - ing and wait - ing, look - ing a -

1. God, — Born of His spir - it, washed in His blood. —
 2. bove — Ech - oes of mer - cy, whis - pers of love. —
 3. bove, — Filled with His good - ness, lost in His love. —

This is my sto - ry, this is my song, — Prais - ing my

sav - ior all the day long; — This is my sto - ry, this is my

song, — Prais - ing my sav - ior all the day long. —

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

Postlude | Marche de Procession, op. 41 no. 5

Alexandre Guilmant
Ola Oladipupo, organ

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ASSISTING IN WORSHIP TODAY

8:00 a.m. Service

Lector/Reader: Joan Harvey

Usher: Jo Emily Knox

Chalicerist: Joan Harvey

10:30 a.m. Service

Lector/Reader: Greg Schuckman

Ushers: Isaac Olajide, Yetti Lipede, Jane Adams, JB Hanson, Bete Dagne

Acolytes and Crucifer: Ainsley Couch, Anya Sheriff, Shreya Chrzanowski

Chalicerists: Ivy Amponsah, Kathy Lyon

Altar Guild

Jan DeBoissiere, Virginia Jarrett, Ivy Amponsah

PARISH CALENDAR

JULY 16 – JULY 22

Sunday, July 16

8:00 am	Holy Eucharist – New Brick, upper level
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

Monday, July 17

7:00 – 7:30 am	Morning Prayer Livestream
10:00 am – 12:00 pm	Choir Camp – New Brick
5:00 – 7:30 pm	Crab Kickers Soccer – Field
7:00 – 8:00 pm	Centering Prayer – Old Brick & Zoom

Tuesday, July 18

7:00 – 7:30 am	Morning Prayer Livestream
10:00 am – 12:00 pm	Choir Camp – New Brick
11:00 am – 12:00 pm	Weekly Staff Meeting – Zoom
12:00 – 1:00 pm	Virtual Coffee Hour – Zoom

Wednesday, July 19

7:00 – 7:30 am	Morning Prayer Livestream
10:00 am – 12:00 pm	Choir Camp – New Brick
7:00 – 8:00 pm	Theology on Tap – Frisco and the Reckless Shepherd

Thursday, July 20

8:00 – 8:30 am	Morning Prayer Livestream
10:00 am – 12:00 pm	Choir Camp – New Brick
12:00 – 1:00 pm	Virtual Coffee Hour – Zoom
6:30 – 7:30 pm	Refugee Ministry Meeting – Zoom
7:30 – 8:30 pm	AA Women Only – Parish Hall, lower level
7:30 – 9:00 pm	Boy Scouts – New Brick, lower level

Friday, July 21

7:00 – 7:30 am	Morning Prayer Livestream
10:00 am – 12:00 pm	Choir Camp – New Brick
7:00 – 7:30 pm	Evening Prayer Livestream
8:00 pm – 12:00 am	Tabernacle of David Church – Old Brick

Saturday, July 22

2:00 – 3:00 pm	AA Meeting – Parish Hall, lower level
8:00 – 9:00 pm	NA Meeting – Parish Hall, lower level

ANNOUNCEMENTS

To submit announcements for publication, email 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.

Sunday Morning at Christ Church

Christ Church's summer worship schedule has services in the New Brick Sanctuary. The 8 a.m. worship is without music, and the 10:30 Holy Eucharist has musical accompaniment. See you on Sunday!

Choir Camp - Begins Monday

Next week is the launch of Christ Church's first Choir Camp, a special week of music and fun for all children between the ages of 6-13. You can find the registration details further down in this email, or visit <https://www.christchurchcolumbia.org/choircamp>.

Help Support the Rector's Discretionary Fund

Last Sunday during worship, Father Manny shared the challenges that have plagued the Rector's Discretionary Fund with us. The RDF typically funds - among other things - rental assistance, gas and electric bill aid, financial support, mortgage assistance, and transportation needs. Since the beginning of the pandemic and our advent of online giving, we have seen a significant drop in income; however, the needs of those in our community have not subsided. There are real people with real needs that we support on a consistent basis, so we appeal to you to consider supporting the RDF in order for us to help our neighbors. **Visit our main Online Giving Form** and select "Rector's Discretionary Fund" from the *FUND* dropdown menu if you'd like to help. Whether large or small, we thank you very much for your support of this vital fund.



REGISTER NOW! WWW.CHRISTCHURCHCOLUMBIA.ORG/CHOIRCAMP

Join Us Next Week for CHRIST CHURCH CHOIR CAMP!

Make a joyful noise with handbells, singing, and music games at Christ Church's Choir Camp! We welcome everyone ages 6-13 to join us next Monday, July 17th through Friday, July 21st, and we'll gather each day from 10 a.m. to 12 noon. Please register each child separately using our registration form. The tuition is \$30 per child, and you can find all of the details and links on our website at <https://www.christchurchcolumbia.org/choircamp>. Volunteers are also very much needed! Please let us know if you can help - email Larissa Sanders at music@christchurchcolumbia.org if you can, or if you'd like more information.

Centering Prayer - Mondays

Gather with us on Mondays in Old Brick at 7:00 p.m. for Centering Prayer, a unique method of prayer that helps us be present and open to God. You can also take part virtually from wherever you are. The Zoom link is [here](#), the Meeting ID is 859 2522 4340, and the Password is **Centering!** For more info, email Kathy Lyon at rklyon@cablespeed.com.

Theology on Tap - Next Wednesday

Get out of the summer heat and gather with friends to discuss interesting religious news of today with Theology on Tap! ToT is a get-together where you can chat about interesting religious articles of the day, grab a cool beverage, and enjoy informal, structure-free conversation with other parishioners. Join us at 7 p.m. next Wednesday, July 19th, at **Frisco and the Reckless Shepherd** at 8895 McGaw Road in Columbia.

Jazz Eucharist - July 30

At 10:30 a.m. on Sunday, July 30th, gather with us for Jazz Eucharist, a vibrant liturgy that combines our usual Sunday morning worship with live music performed by The Leister Quartet. This 10:30 service will be filled with special songs and music throughout, so don't miss it!

CRAB FEST! First Wednesday Fellowship - August 2

Get ready for the tastiest FWF gathering yet! We are planning a BBQ and crab extravaganza that will leave no taste buds unhappy, followed by summer fun and fellowship. If you'd like to indulge in some crabs, it's \$25. per person to cover our cost of getting the freshest ones around. No cost for joining us for BBQ, but **donations are always welcome.**

Barbecue @ The Rectory - August 5

Father Manny is inviting all parishioners to a barbecue gathering at the rectory on Saturday, August 5th at 3:00 p.m. for a fun afternoon to fellowship together. In addition to succulent ribs, hotdogs, burgers, and chicken, we will have delicious Ghanaian food. The rectory is located around the corner from the Christ Church campus at 9259 Brush Run, Columbia. You don't have to bring anything - your presence is what's most important.

Vestry Candidates - We Need Your Unique Gifts!

It is time to nominate candidates from our flock to stand for election to the Christ Church Vestry. This year, there are four (4) slots open for election, and if you are a baptized Christian who is 16 years or older and are a giving member of record to Christ Episcopal Church, you are qualified to become a candidate. We need your unique gifts to guide us, so we hope you'll consider submitting your name. The election will be held at our Annual Meeting that's scheduled for Sunday, October 16th. To offer to stand for election, contact our Vestry Nomination Committee by emailing nominations@christchurchcolumbia.org and they will let you know what's needed for this process. Thank you for your consideration.

C'mon... Let's Go Cycling!

Enjoy a good bike ride? Diane Phillips LaGuerre (phillipslaguerre@gmail.com) and Kevin Osborn (kevindosborn@gmail.com) are organizing some short cycling trips that depart from CEC and will take advantage of bike lanes and trails around Columbia. There are some wonderful lakes and paved trails right outside our backyard, and they are great ways to see Columbia from a different perspective. Please contact Diane or Kevin if you'd like more information.

WOCC Summer Events UPDATE

- **Last Chance to Sign Up for Toby's Dinner Theater!** This Sunday, July 16th, is the last day to sign up and pay for "Escape to Margaritaville" at Toby's Dinner Theater. Friends and families are all welcome to join in the fun, food, and music. The date of the show is Friday, August 18th. We've got a discounted group rate of \$69 for adults and \$61 for children. Sign up in the Narthex, or talk to any WOCC member. See you there!
- Our next meeting is on Tuesday, September 5th at 1:00 p.m. It will be a hybrid event, in New Brick and on Zoom.
- Saturday, September 19th – Annual Flea Market (Rain date: Sept. 23rd)

The WOCC calendar is posted in the Narthex in New Brick **and on our website** and contains all the fun events planned for this year. Come join us for these events! Speak to any WOCC member, or email us at WOCC@christchurchcolumbia.org.

Save the Date for Christ Church's Annual Auction!

And so, the countdown begins... in four months, we will hold Christ Church's 34th Annual Auction, and we'll host both an online and in-person, live auction again this year. Start thinking about great gifts and ideas that you can donate in order to help raise funds to support our common life, and keep watching this space as we gear up for online bidding during the week leading up to a fun-filled evening on Saturday, November 4th! If you have any questions, please email auction@christchurchcolumbia.org.

Help Us Plan Christ Church's 300th Birthday

We are gathering and planning for Christ Church's 300th year, but are always looking for more input, so join us! This celebration is such an important milestone for our church, and we want participation and ideas from as many of us 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 Father Manny or email 300@christchurchcolumbia.org.

Communion to You

In an effort to connect more directly with those of you who are local and worship virtually, Christ Church offers *Communion to You*, an opportunity to have altar gifts delivered to you or made available for pickup at the Church Office. If you want more information, **please complete this form** or **email** the Church Office.

Altar Flowers and Gifts

If you would like to present altar flowers and gifts in dedication or celebration of a loved one on any upcoming Sunday, you can find the details and 2023 sign-up sheet at <https://tinyurl.com/CECaltarflowers>. You can also sign up and reserve a slot by using our **Realm Online Giving Form**; just choose "Altar Flowers and Gifts" from the *FUND* drop-down menu, and place the dedication name(s) and service date in the *MEMO* line. **Email the Church Office** with any questions.

Counting Down: On Sunday, July 23, Enjoy a Coffee Hour (In-Person or Online) While Zoom Takes Us to Uganda with Friends of Sabina

Several parishioners have formed heartwarming ties with students in Uganda. Plan to learn more about their connections – or make some of your own – during a coffee hour after the second worship service on Sunday, July 23. Everyone is invited to join our annual Zoom session with leaders of the nonprofit, **Friends of Sabina** (FOS).

You'll hear why opportunities are greater for the 369 students at Sabina Boarding Primary School, which Christ Church has long supported. That number includes 34 newly-enrolled pupils as of the start of the most recent school term in May. FOS leaders Maria White and Ann Marie Davis will give an update and participate in a question-and-answer session.

Because Ann Marie will be on-site in Saanje, Uganda, it's possible Sabina students will be able to take part in the informative show-and-tell. Maria will join remotely from the United States.

Don't miss the virtual trip – or the homemade baked goods – that you can enjoy downstairs in the Great Hall of New Brick after the conclusion of the 10:30 Worship Service. Outreach members will offer coffee, tea, beverages, and snacks during an approximately 30-minute actual coffee hour for parishioners and any others whom you wish to invite to the presentation. At noon, we'll gather at the projector and laptop and Zoom to Uganda. Or people can log on from a device remotely.

The session will run from noon until 1:30 p.m., which allows time for a Q&A with parishioners who began sponsoring individual students at Sabina in 2020. You'll find a photo collage of seven of the nine children, pictured at that point in time, on the **FOS page** of the Christ Church website.

Currently, FOS is seeking sponsors for two more students. If that appeals to you, there's no need to wait until the Zoom session to express interest. For information, please email Christ Church Outreach at outreach@christchurchcolumbia.org.

The youngsters come from families who otherwise cannot afford their schooling, and sponsors commit to fund an annual scholarship and to keep in touch. One aim is to form relationships, like family across the miles. FOS helps accomplish that goal through its newsletters and by encouraging an exchange of letters and occasional video calls.

In its April newsletter, FOS described new extracurricular offerings such as debating and Club GLOW (Girls Leading Our World). "The members of Club GLOW are empowered to make good decisions and achieve their goals by sharing ideas and providing life skills. Thanks to the support of the club's leaders, the female staff, teachers, and volunteers, Club GLOW is creating a brighter future for girls at Sabina and in the community."

A scholarship student put it even more personally in a letter to her Christ Church sponsor that concludes with Club GLOW: "It is a special thing for us girls. In the future, I want to become an accountant or an engineer as I think these jobs are good. I want to be an empowered woman in the future, and I think even in your country there are clubs like ours....May God bless you."

Christ Church became a supporter of Sabina Primary School more than a decade ago when parishioners helped establish a library. Since then several have traveled there, including the Alperns, the Hokes, and the Aribiahs. In fact, the Aribiah household's ties go back to Teddy's childhood. Through the Outreach Commission, the church continues to help fund the library, which also serves as a resource center for nearby residents.

CCC Seeks Volunteers as Translators and Sorters for Its Pantry Deliveries, Continues to Request Diapers, Personal Care Items

Please support **Columbia Community Care** (CCC) by giving essentials and with your time and talent. You'll find updates posted in the **CCC Facebook Group** or on the **"I Can Help" portion of its website**. For example, the group recently reminded everyone of its continuing need for baby supplies, especially wipes and large-size diapers (4,5, and 6), and pull-ups (3T-4T, 4T-5T).

Please keep collecting these baby supplies in addition to sanitary and personal care items and adult diapers. Put any of these in the yellow bin, marked "CCC," inside the Parish Hall. Drop off items on weekdays when the church office is open or on Sunday. The Christ Church point of contact is Leigh Smith, who monitors the bins and delivers their contents.

Lake Elkhorn Middle School Supplies

Our parish enjoys an ongoing partnership with Lake Elkhorn Middle School (LEMS). Just over a mile away, LEMS is truly our neighboring school, and at Christ Episcopal Church we believe we should love our neighbors. We established this partnership because many LEMS families are financially stressed.

One measure of whether a student lives in a family that is financially challenged is if they meet the federal guidelines for free and reduced meals (FARMS). In Howard County overall, about 14% of students qualify for free and reduced meals. However, at LEMS over 48.5% of LEMS students qualify for FARMS, the highest percentage amongst the middle schools in the county.

To help alleviate the financial hardship of parents having to buy school-required supplies (at a cost of \$50 per child), Christ Church will once again provide school supplies for 125 children for the 2023-2024 school year. We are requesting your generous financial support now to reach this important goal. Please join us to pack the supplies in the Parish Hall on Wednesday, August 16 at 9:00 am. The school will distribute the supplies the week of Aug 21st, so we also will need your help delivering the supplies that week. Strong arms and larger vehicles are helpful.

Contributions can be made via check, online, or via text. If you'd like to write a check, please make sure you indicate "LEMS School Supplies" on the memo line. If you'd like to give online, please also write "School Supplies" in the Memo line. If you have questions about our LEMS partnership or would like to help, please contact Cathy Whittaker (catharinewhittaker@gmail.com) or Mary Vail (mevail@verizon.net). Thank you for your 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.

Wretchedness

St. Paul poses this question: *Wretched man that I am! Who will rescue me from this body of death?* It may have been an echo from Isaiah's earlier statement, that our righteousness is like filthy rags. The point of the prophet's words is that our own righteousness isn't enough to save us. Paul understood that he couldn't save himself, and there is no way that we can also save ourselves. "I do what I don't want to do," he pleads. How is that even possible? "I live a conflicted life," he seems to say. We all live conflicted and unsatisfied lives - we want to be saved from the life we don't want to live.

A former rector always cautioned that we don't always do what we are supposed to do, that we fall way too short. Like Paul, I wonder why. But he (Paul) knows why. Although he delights in the law of the Lord, the tragedy is that we all lose the battle of doing what we don't want to do because we are captive to the sin that dwells within us. *Wretched man that I am! Who will rescue me from this body of death?*

There's a story of David, a man who was after God's own heart. He was a man who sought God and delighted in the law of God. One afternoon, while his soldiers were fighting on his behalf, he was walking on his rooftop when he saw Bathsheba taking a shower. He quickly sent for her and began an affair with her. But when Bathsheba told him that she was pregnant, David had her husband Uriah killed on the battlefield.

The prophet Nathan visited the king and shared with him this sad saga of two men who lived in a certain town - one rich, and one poor. The rich man had a very large number of sheep and cattle, but the poor man had nothing except one little ewe lamb who was like a daughter to him.

A traveler visited the rich man, but he refrained from taking one of his own sheep to prepare a meal for the traveler. He took the ewe lamb that belonged to the poor man and prepared it for his visitor.

When David heard the story, he was burned with anger against the rich man and said to Nathan, "As surely as the Lord lives, the man who did this must die! He must pay for that lamb four times over because he did such a thing and had no pity. The prophet Nathan looked at him with pitiful eyes and announced to him, you are the man. *Wretched man that I am! Who will rescue me from this body of death?*

Remember, David was a man after God's own heart. And you wonder why, and how, a man like David would find himself in such a situation. David reveals to us what we all know about ourselves - we are so quick to point out what is wrong with others and even offer our judgment over their actions, but we are slow to point out what is wrong with us and pronounce judgment on ourselves. But the reality is that we are all held captive by the same sin that dwells in us and I often wonder how we can get out of this quagmire.

St. Augustine, one of the early Church Fathers, once wrote these powerful words, ones which sum up our restlessness. *"Our heart is restless until it finds its rest in thee."* In other words, nothing in this world will give us the rest and the peace that only God can give. Nothing in this world can rescue us from the power of sin but God. *Wretched man that I am! Who will rescue me from this body of death?*

For those of us who watch a lot of television, one thing we can agree on is the number of commercials. They take a break and all we see is one commercial after the other. We watch commercials advertising relief from allergies, body aches, depression, hair that won't comb right, arthritis pain, Type-2 diabetes, insomnia, HIV/AIDS, weight loss,



backache, suicide prevention, and many, so many others. We have become so convinced by these messages that we tend to suggest to our doctors which medications we think might be good for treating our ailments.

One thing that these commercials teach us is that although we might not help ourselves, heal ourselves, and mend ourselves, there's someone or something out there that can help us, heal us, and mend us. These commercials reveal to us our blatant inadequacies, restlessness, and helplessness.

But Jesus offers us a unique invitation: ***Come to me all who are laden and carrying heavy burdens, and I will give you rest.*** The questions for our consideration are: How weary are you? What sort of burdens are you carrying with you? How tired are you? To what extent has your sin destroyed you? Is your burden about making ends meet? Trying to keep your family intact? Losing a close friend through death or rejection? Failure in the business you started years ago? Long-term illness? The fear of death or the sins that draw us away from God? All of these can cause us to feel like we're pulling a 2,000 lb. sled behind us every day we get up. But that shouldn't be the case if you know who it is that invites you to lay your wretchedness and burdens by the feet.

There's a beautiful prayer attributed to Richard Niebuhr. It is the Serenity Prayer. He writes:

***God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.***

The thing we cannot change is the sin that is in us - our *wretchedness*. But the thing we *can* change is who it is that we entrust to rescue us from our *wretchedness* - the sin that is in us. Thanks be to the one God who alone frees us from our sin - our *wretchedness*.

Manny+

CHRIST CHURCH STEWARDSHIP

We want to thank YOU.

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.

Text Giving

You can give securely and conveniently by using your mobile phone! Simply text **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 very much for your support of our vital common life.



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Larissa Sanders, *Music Director*

Yetti Lipede, *Ministry Coordinator*

Christopher Pouch, *Communications Administrator*

Aisha White, *Parish Administrator*

Jefferson Cuarezma Flores, *Sexton*

Vestry

Jan DeBoissiere (*Senior Warden*) • Isaac Olajide (*Junior Warden*) • Andrew Eaton (*Treasurer*) Ron Couch (*Registrar*)

Denisa Abdallah • Jane Adams • Tim Beaty • John Curley • Sara Kirkpatrick

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