

Please Pray For...

Parishioners... Patti, Michael, Richard, Joyce, Tina, Lisa, Lorna, Stephanie, Tom, Charles, Nora Lee, Mary, Dottie, Bette, Howard

Family and friends... Pepper, Cathy, Alec, Derrill, Jack, Paul, Michael, April, Leyla, Chris B., John, Chris H., Stephen and Marian, Mariana, Jackie, Janet

Requiescat in Pace ... all those killed in acts of terror and war around the world.

Those serving in Afghanistan, Iraq or Syria and all others at risk: Christopher Corlett and for healing for US troops wounded as casualties of war and their caregivers.

Others who are overseas serving the Church or our nation, or studying, including Lit and Mary Carol Tazewell, Andrew Boyd and Audra Kreger, Virginia Robinson, the Pattarini family, Evan and Kim Cannell, Karen and Eric Coulson.

Those in assisted living: Jorge, Joan, Clare, Tom, Fr. Jack, Rose, Kathleen, Audrey, Jim, Dabney, Dorothy, Margaret, Lew, Vi, Muriel, Mary

Those travelling: Dorothy Daniel, Beth, Dennis and Libby, Karla, Cynthia Puskar, Nick and Kelsey Robinson

The Anglican Prayer Cycle: The Scottish Episcopal Church and **The Most Revd Mark Strange** Primus of the Scottish Episcopal Church & Bishop of Moray, Ross & Caithness

The Diocese of Virginia Prayer Cycle: Shrine Mont campers, counselors, directors, chaplains, nurses, and staff

Grace Episcopal Church Prayer Cycle: Eleanor Reed, coordinator of the Lectors, and the volunteers who read the lessons for us.

Those with birthdays this week:

- 5 Thomas McElwain, Jan Spence
- 7 Benjamin Bates, Amanda Foster-Baril, Jesse Galloway, Jenna Payne
- 8 Diana Jarrett, Kimberly Reyes, Robert Schrott
- 9 Alexander Grimes, Erica McFarquhar
- 10 Victor Vassallo

Contact the Parish Office with your prayer requests or submit them on the website at:

<https://www.gracealex.org/worship/personal-worship/>. Requests will be removed after 4 weeks unless renewed.

Today

Flowers on the Altar

The flowers on the Altar today are given to the glory of God and in thanksgiving by the Altar Guild.

Today

Take advantage of Virginia's Tax-Fee Weekend to help others!

After service today, head to the store and you can purchase *certain school supplies and have them be exempt from the Virginia sales tax. Each eligible school supply item must be priced at \$20 or less.* If you can help, here are the supplies requested:

1. Backpacks
2. Wide-rule filler paper or spiral notebooks
3. Pencils and sharpeners
4. Colored pencils and crayons
5. Markers and highlighters
6. Tissues and Ziploc baggies
7. 3-Ring binders
8. Pocket folders

This Week

Monthly Requiem Service, August 7

We will be holding our monthly Requiem service on Tuesday, August 7 at 6:30 p.m. If you would like the name of a friend or loved one who passed in August to be read, please contact the Parish Office to have their name added or to verify they are on the list if you are not sure.

High School Youth Event, August 7

Our high school youth are invited to serve at The Church of the Epiphany in DC. Mother Belanger, Patrick Keyser, our summer seminarian, and Jenni will accompany our youth into DC where we will make sandwiches, attend worship and then serve lunch for Street Church. The youth will meet at 8:45 a.m. in the parking lot and returns at 3:00. If you want to attend, contact Jenni TODAY!

Parish News

FIVE WEEKS TO SHRINE MONT — and counting!!

If you're planning to come, please finish up your registration as soon as possible, even if your plans aren't yet absolutely final. Register

on-line or at coffee hour or contact Nancy or Evan Robinson (nancy.robinson@gracealex.org) or Anne Boris (anne.boris@gracealex.org) or John Boris (john.boris@gracealex.org).

ONLY TWO WEEKS TO ORDER SHRINE MONT SHIRTS. Deadline is Sunday, August 12. Choose from blue/turquoise T- and V-Neck Shrine Mont 2018 shirts. And, new this year, just in time for the Rector's Golf Tournament, a white Golf Shirt with the Grace Logo. Samples and sign-up sheets are available online or at coffee hour. Time's a wasting' — don't delay!

Items for Tanzania Deadline August 12!

Dr. Henry Ziegler will be going back to Tanzania in mid-August. He brings an extra suitcase full of important things for the Tanzanian health program and the next-door school. Help us stuff the suitcase! A box is available in the Commons. The following are items that are expensive in Tanzania or hard to get:

1. Blood pressure machines (automatic)
2. Pocket-sized flash lights
3. Oscopes (for checking ears - available in any drugstore)
4. Thermometers that read Centigrade
5. Stethoscopes
6. Pulse oximeters that allow you to check an oxygen level (available in any drug store)
7. Flash drives (They are used throughout the hospital. Also, we have been developing a computer lab at the next-door Anglican primary school and every student needs a flash drive to store their own material. There are 980 students.)
8. Used lap top computers (for both the health program and school computer program)

La Gracia Yard Sale

On Saturday, August 18th, La Gracia will be holding their annual Yard Sale starting at 9:00 a.m. This is an important event for us to gather funds for Shrine Mont weekend. Please help us by donating clean and gently used items! You can bring them directly to the St. Luke Room, on the third floor. We would be very grateful as well to have a few hands to help us setup and cleanup on the 18th.

If you are interested in helping or if you need more details, please contact Mother Fanny: mother.belanger@gracealex.org.

Next Week

Farewell Coffee Hour for Mother Belanger and Patrick Keyser

We will be holding Festive Coffee Hours following the 9:00 a.m. La Gracia service and the 10:00 Choral Eucharist. We will give thanks for their time with us and their ministry.

Upcoming Events

ACPS Backpack Stuffing Youth Event, August 16

Grace is signed up to pack backpacks for the ACPS. ACPS has collection bins all across the city (including Grace) that will be filled with school supplies for children who cannot afford supplies and we want to help pack and fill the backpacks! There are two time slots to fill, 10 am -1 pm and 2 - 5 pm. We want as many children to volunteer as possible and a few parents as chaperones. If you would like your child to participate, or if you can help, please email Jenni Faires. Service opportunities for our elementary aged children are difficult to come by. This is a great chance to get your child serving in a meaningful way!

Thank you from Haiti Micah!

We would like to thank all of you who have donated to Haiti Micah. Your generosity goes a long way to help these children in need. Grace has raised over \$19,000! If you are still interested in donating or just want more information, contact Jennifer Pease at 703.671.8416 or jennifer.pease@gracealex.org.

From the Food Pantry

A Baggy Thank You: Many Thanks to all who provide clean and re-usable handled grocery bags (from Trader Joe's, Harris Teeter, MOM's, etc.). Your donations have saved \$\$ by eliminating the need to purchase bags. Keep 'em coming!

Grace Green Thumbs: If your garden overflows with fresh produce, our Food Pantry clients appreciate your extras. Thank you for passing those veggies along!

Pump Them Up: Food Pantry 'bonus shelves' always need refreshing! Here's what's needed: Canned Fruit, Corn Meal, Tortillas, Dried Beans, Rice, Spaghetti Sauce, Salsa, Mac & Cheese, Jam or Jelly. Cleaning Supplies & Toiletries are always appreciated!

Education for Ministry Program

The Education for Ministry program is accepting enrollments for the next year (September 10, 2018 - May 20, 2019). This adult education program meets on Monday evenings at Grace. It provides an opportunity for lay fellowship and learning. More information is on the website. If interested, contact Julia McClung at julia.mcclung@yahoo.com or 571.242.7080.

From the Grace Legacy Society

Have you made plans to include Grace Episcopal Church in your will or as a part of your estate plan? If so you are a member of the Grace Legacy Society. We give thanks for all who make this commitment to continue Grace's ministries.

Interested in learning more about the Bible?

Bible Study at the Seminary on Wednesday nights!

Class is at the 1823 Café at the Seminary. Please contact me at lovellsjl@aol.com if you are interested in participating. I will add you to our weekly email list for a copy of the weekly study guide! You can also let Lorna Worley, Wendy Wilmer or Margaret Will know and they will get your email added!

Calendar for August 5-August 11

Sunday	Eleventh Sunday After Pentecost
7:30 a.m.	Holy Eucharist
9:00 a.m.	La Gracia
10:00 a.m.	Choral Eucharist
11:30 a.m.	Lay Committee Meeting (Library)
5:00 p.m.	Holy Eucharist
Monday	
1:00 p.m.	Food Pantry open (until 3:00 p.m.)
Tuesday	Requiem
10:00 a.m.	Staff Meeting
1:00 p.m.	Food Pantry open (until 3:00 p.m.)
6:30 p.m.	Requiem
Wednesday	Dominic
7:30 a.m.	Holy Eucharist
6:30 p.m.	La Gracia Evening Prayer (Nave)
7:00 p.m.	AA (St. Mark)
7:30 p.m.	Bible Study Group (1823 Café)
8:00 p.m.	AA/Alanon (Auditorium and St. Mark)
Thursday	John Mason Neale
12:15 p.m.	Holy Eucharist
Friday	
6:30 p.m.	Food Pantry open (until 7:30)
8:30 p.m.	AA (Auditorium and St. Mark)
Saturday	
9:00 a.m.	Altar Guild