

Announcements for Sunday, July 21

Please Pray For...

Parishioners... Michael, Richard, Tina, Charles, Bette, Charles, Susan, Frank, Katherine, Will, Kemp, Easter, Lynn, Douglas, Christine, Mimi, Stephanie, Rosemary Claire, Leslie

Family and friends... Pepper, Cathy, Martha, Lucia, Ella, Canda, Susan, Ben, James, Morgan, Mary, Jackie, Cindy, Rodney, Kimberly, Alec, Nina, Tom, Sharkey, Gary, Sue, the Thomas family

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

Those serving in Afghanistan, Iraq or Syria and all others at risk: Zach Heinrich and Chuck DeHoag 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, Melissa and Edi Jurkovic, with daughters Elena, Ana, Mia and Olivia, Chris Slattery, John Hall.

Those in assisted living: Jorge, Joan, Clare, Tom, Rose, Audrey, Jim, Dabney, Dorothy, Margaret, Lew, Vi, Muriel, Mary, Alice, Neal, Betty, Jane, Polly

Those travelling: Dorothy Daniel, Richard and Wendy Wilmer

The Diocese of Virginia Prayer Cycle: Bishops, priests, deacons, and lay leaders

The Anglican Prayer Cycle: The Province de L'Eglise Anglicane au Rwanda and **The Most Revd Laurent Mbanda**, Archbishop of L'Eglise Episcopal au Rwanda & Bishop of Shyira

Grace Episcopal Church Prayer Cycle: **Michael Reed** and the volunteers from Grace who deliver meals for Meals on Wheels.

Those with birthdays this week:

22 Barry Rosman

23 Vance Allen, Reagan Cline, Pat Moore

24 Mike Jones

25 Jean Reed

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

The Flowers on the Altar

The flowers on the Altar today are given to the glory of God and in thanksgiving for the 80th birthday of Jean Reed by his family.

Rosary Group, July 21 (Lady Altar)

The Rosary group will meet in the Nave in the pews next to the Lady Altar for a few minutes following the 10:30 a.m. service and coffee hour (and on every third Sunday of the month). As always, first-time rosary prayers are most welcome, and free rosary beads will be provided. No experience necessary to learn this beautiful meditative prayer!

Parish News

Shrine Mont is coming! September 6-8

“Again I say rejoice!” That exhortation from Philippians 4:6 is the theme for the 2019 Grace Church getaway at Shrine Mont on September 6-8. Online registration and t-shirt purchase is easy to do, just visit gracealex.org and there is a link from the banner on the top. You can register from the comfort of your own home via the Grace Church website, or at the tablet that will be set up following the combined main summer services (filling out a paper form and paying by check will also remain an option).

If you have any questions, and especially if you’re unfamiliar with Shrine Mont and would like to learn more, 2019 Shrine Mont Coordinators Anne and John Boris or 2020 Shrine Mont Coordinators Jennifer and Bill Eckel would love to hear from you. Next stop, Orkney Springs!

Next Week: July 28-August 3

Brown Bag Second Alert: July 29 - August 2

Hopefully, you will be willing to either make 20 sandwiches for the lunch program or be willing to serve one day of our week at Meade Memorial in Old Town. The latter requires only 2 ½ hours of your time and two volunteers work together. Help in both areas is greatly needed, especially in vacation time when so many parishioners are away. A sign-up sheet is posted on the Outreach bulletin board or you can e-mail linda.waskowicz@gracealex.org if you are able to volunteer.

Contemplative Service, July 30

Sometimes we need to slow down, relax, refocus, and get centered to have some quiet time with God. Did you know that on the last Tuesday of each month, at 7:00 p.m., a group gathers for brief prayer, and meditation based on the Psalter? During the summer, we will be exploring, discussing, and practicing various forms of meditative prayers and reflection. Curious to try centering prayer, gospel meditation, Anglican prayer beads, the Rosary, or prayer in motion or any other type of prayerful or meditative practices? If so, this groups is for you! These are just a few of the things we’ll explore in coming sessions. So give yourself this gift of “me time” and join us in the New Narthex this summer, on the last Tuesday of each month.

Haiti Micah Campaign – Deadline is Wednesday, July 31

The deadline is coming up quick! This important mission provides feeding and education programs to over 500 children in Mirebalais, Haiti. For just a dollar a day, \$365, you can provide food and education for a child for a full year. Don’t feel you can give the full \$365? **Any amount you can give will have a significant impact.** More information about the Haiti Micah Project can be found on the following website. <https://haiti-micah.org/about-us/our-story/>

If you would like to donate, **please make your check out to Grace Church** referencing the ‘**Haiti Micah Project**’ in the subject line of your check or on your donation envelope.

For questions about how to donate or more information on the Haiti Micah Project, **please contact Jennifer Pease at jennifer.pease@gracealex.org.**

Upcoming Events

Backpack/Supply Drive for Alexandria City Public Schools

Grace Church will be a public collection site for the school supply drive set to begin July 15. Be on the lookout for plastic bins to drop your backpacks or school supplies in the commons area by the main office. Last year, our children and youth volunteered during the packing days to help

stuff over 2000 backpacks with supplies for needy K-12 students in the Alexandria City school system. This year, we will offer the same volunteer opportunities for our children and youth on

- Wednesday, August 14 from 2-5 p.m.
- Thursday, August 15 from 10-1 p.m.

Please contact Jenni Faires at jenni.faires@gracealex.org if you want to participate or have any questions.

Stroller Parking

We have had lots of new babies born in the last several months! On Sunday, August 11 at 9:30 a.m., we invite all our new parents and babies to an informal breakfast gathering prior to the 10:30 a.m. service. Light breakfast fare, coffee and juice will be available as we take this opportunity to meet each other and all the new babies that have arrived in the recent weeks. Please RSVP to Jenni at jenni.faires@gracealex.org.

Education for Ministry Registration

Registration is open for classes beginning Monday, September 8, 2019. This evening Christian education program runs September – May each year. As the name conveys, this program was originally designed to educate those preparing for lay ministry. However, regardless of your experience or intentions, this program offers a welcoming setting for exploring or refreshing your faith. We discuss the Old and New Testament, critical analysis of scripture, history of the Christian Church, and practical strategies for living your faith in complex times. We learn and grow together through honest dialogue and reflection on our lived experience. Seekers welcome. The annual tuition is \$375 and this covers books and administrative costs. Limited scholarship assistance is available. Please contact julia.mcclung@gracealex.org for more information.

In Our Community

From Grace Church Food Pantry Coordinator Judy Willard:

Share Your Skills – Many Hands Make Light Work! I will be away for the months of September and October, so help with several administrative tasks is vitally needed! None of these tasks are difficult. Some require computer use. Assistance is needed with: Monthly volunteer scheduling and communication; Monthly food ordering and delivery from the Capital Area Food Bank (some heavy lifting); Monthly CAFB/USDA inventory and reporting; and Weekly checking that Food Pantry shelves are organized and well-stocked. Email Judy.Willard@gracealex.org if you or someone you know can help. Thank You!

Meals on Wheels

- Did you know that Senior Services of Alexandria delivers Meals on Wheels to seniors in our City 365 days a year?
- Did you know that seniors who qualify as homebound receive Meals on Wheels at no cost?
- Did you know that even seniors who are not homebound may receive Meals on Wheels for just \$10 a day if they find it difficult to buy or prepare meals?
- Did you know that seniors receive two meals delivered to their home each day, and there is no income threshold and no waiting list for Meals on Wheels?

Contact Mike Reed at mike.reed@gracealex.org to join Grace Church's Meals-on-Wheels team

Calendar for July 21-27

Sunday **The Sixth Sunday after Pentecost**
7:30 a.m. Holy Eucharist
9:00 a.m. La Gracia
10:30 a.m. Choral Eucharist
12:00 p.m. Rosary Group (Lady Altar)
5:00 p.m. GESPA Wine & Cheese (Off-Site)
5:00 p.m. Holy Eucharist

Monday
1:00 pm. Food Pantry open (until 3:00 p.m.)

Tuesday **Saint Mary Magdalene (tr)**
10:00 a.m. Staff Meeting (St. Matthew)
1:00 pm. Food Pantry open (until 3:00 p.m.)
6:30 p.m. Holy Eucharist

Wednesday **Thomas a Kempis**
7:30 a.m. Holy Eucharist
7:00 p.m. AA (New Narthex)
7:30 p.m. Bible Study (Off Site)

Thursday **St. James the Apostle**
12:15 p.m. Holy Eucharist

Friday
6:30 p.m. Food Pantry Open
8:30 p.m. AA (New Narthex)

Saturday
9:00 a.m. Altar Guild