



The Chapel Chimes

From the
Rector's Desk...

Holy Communion!



On the occasion of the funeral of our beloved Dot Van De Water I had several parishioners come to me asking the same question; "Are we allowed to receive Holy Communion twice in one day?"

Sacrament at least once a year. This was usually done during Lent or on Easter Vigil. The first Book of Common Prayer, published in 1549, required receiving at least three times a year, Easter being one of the three

The Episcopal Church has no place in its constitution or canons, in the Book of Common Prayer, or in the rulings of the Church that addresses that question directly. Consequently we have to do a little sleuthing to come up with the answer.



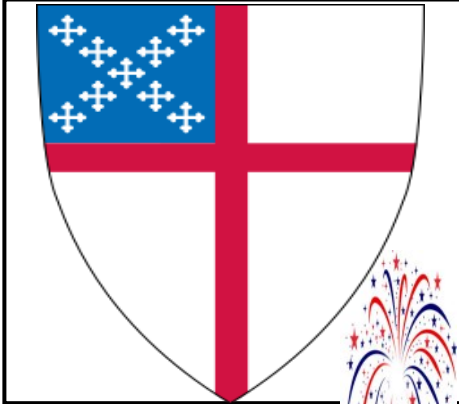
Let's start with what the church has said about frequency of communion. It may seem odd to you, but the only statements the Church has ever made about receiving Communion is the minimum number of times a baptized person should receive each year to be considered a member in good standing. The reason for this stems from St. Paul's teaching on the Eucharist where he warns, in I Corinthians chapter 11, "For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself." As the Church spread it became the common practice to be safe rather than sorry, and baptized Christians refrained from receiving communion for fear that they might receive it unworthily. In most cases the faithful would simply adore the bread and wine at the consecration rather than to approach the altar and receive it.

But, what of the Church before these worries, rules and fears took root? It appears that the Apostles and their immediate community had communion daily (Acts 2:46). Other early communities had Sunday communion as their norm (Acts 20:7). Reading these passages though, one seems to feel something other than the formal liturgy that we think of as communion. So, what was communion to them? It was a community of the faithful. Webster defines communion as 1) an act or instance of sharing, 2) A Christian Sacrament, 3) intimate fellowship, and 4) A body of Christians having a common faith and discipline.

In 1215 the Fourth Lateran Council addressed this common practice by requiring all baptized Christians to receive the Blessed

If communion is truly the relationship and sharing of Christians with one another and their God, why would we ever want to arbitrarily limit the number of opportunities to share in that? Even Jesus said "Do this as often as ye shall, in remembrance of me."

(Continued on next page)



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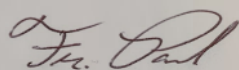
For ourselves, there is no reason to receive the Sacrament of the Body and Blood of our Lord and share in His grace more than daily. The Lord's Prayer says "give us this day our daily bread" meaning physical bread as well as spiritual bread. However we do not go to communion for ourselves alone but to share in the common life we have with our fellow believers.

Just this past January the editors of the "Church Times" of London were asked this same question. Here is their response: My advice would be most certainly never to approach holy communion casually on the spur of the moment, but always with some disciplined preparation. Otherwise, by all means do not hesitate to "draw near with faith" at a second eucharist. To receive holy communion is to share fully in the sacramental fellowship of a given Eucharistic assembly, and to identify with the special "intention" with which the additional eucharist is being offered. Whether the communicant receives the sacrament once, or twice, I let the golden rule be that it shall always be with awesome reverence and perhaps never unmindful of the wise words of Michael Ramsey, who in one of his Durham Essays and Addresses wrote: "The awe in the individual's approach to Holy Communion which characterized both the Tractarians and Evangelicals of old stands in contrast to the ease with which our congregations come tripping to the altar week by week.

Full text available on line at;
www.churchtimes.co.uk/content.asp?id=31615

To summarize: One must receive at least three times a year. One needs to receive Communion weekly on the Sabbath. One may receive Communion Daily if it is a benefit to their own piety. One may also receive Communion more than once a day if it is for the purpose of supporting the needs and intentions of one or more members of the worshipping community in which they find them self. As we enter the season of rest and recreation Let us all promise to maintain our weekly Sabbath Communing with God and the members of our St. Stephen's community. And may we always be there in prayer and presence for each other and the larger community of Christ.

Have a Blessed and Edifying Summer!



The Rev. Paul Van Sant Sr. M. Div., Th.M.



The Chapel Chimes

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St. Stephens Episcopal Church

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Articles are welcome from all parish members.

Please submit signed and dated items in writing to

The Church Office or email us at,

ssechurch@gmail.com

The deadline for items,

(First Monday of the month for the following month)

Any Questions, please feel free to contact us



(732) 350-2121 ext 10



What A Beautiful Name

Verse 1

You were the Word at the beginning
One with God the Lord Most High
Your hidden glory in creation
Now revealed in You our Christ

Chorus 1

What a beautiful Name it is
What a beautiful Name it is
The Name of Jesus Christ my King
What a beautiful Name it is
Nothing compares to this
What a beautiful Name it is
The Name of Jesus

Verse 2

You didn't want heaven without us
So Jesus You brought heaven down
My sin was great Your love was greater
What could separate us now

Chorus 2

What a wonderful Name it is
What a wonderful Name it is
The Name of Jesus Christ my King
What a wonderful Name it is
Nothing compares to this
What a wonderful Name it is
The Name of Jesus
What a wonderful Name it is
The Name of Jesus

Bridge

Death could not hold You
The veil tore before You
You silence the boast of sin and grave
The heavens are roaring
The praise of Your glory
For You are raised to life again

Bridge

You have no rival
You have no equal
Now and forever God You reign
Yours is the kingdom
Yours is the glory
Yours is the Name above all names

Chorus 3

What a powerful Name it is
What a powerful Name it is
The Name of Jesus Christ my King
What a powerful Name it is
Nothing can stand against
What a powerful Name it is
The Name of Jesus

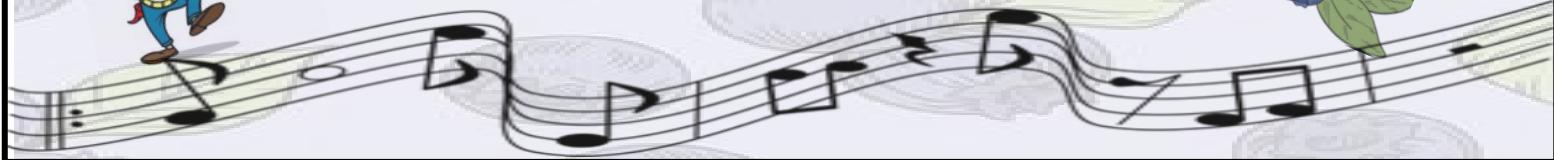
Ending

What a powerful Name it is
The Name of Jesus
What a powerful Name it is
The Name of Jesus

CCLI Song # 7068424
Ben Fielding | Brooke Ligertwood
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BLUEGRASS AND BLUEBERRY SOCIAL

Will be held on Saturday, July 8 from 1-3PM. Come enjoy delicious shortbread and blueberries (or peaches, or strawberries), served with iced tea. Door prizes, treasure auction, 50/50 and a bake sale will be available besides such a delicious item, Tickets are \$10 per person. Come and see (and listen!) See Stefanie Bodine, Chair, for more details.



ST STEPHEN'S STEWARDSHIP TEAM MEETINGS SUSPENDED UNTIL SEPTEMBER - A NEW AND FRESH CHANGE FOR 2024!

We recently had our final stewardship team meeting on Sunday, June 11th for the summer. The team did an outstanding job making stewardship a year-round program with the additions of our Fireside Chat last year and the successful Legacy Summit in April 2023. The outcome of our meeting is the introduction of our events and functions, having co-chairs that rotate with each event. This change brings everyone on the team into the leadership role and will further help to bring even more success to the team's agenda.

We are planning the introduction of the Legacy Society for those parishioners who placed St Stephen's Whiting in their will. We already have several founding members, and we're looking to grow the Society. We plan to have our founding members recognized on a given Sunday during Stewardship Season.

The season will open this year on Sunday, October 1st and will last 6 weeks ending on Sunday, November 12th with our Consecration Sunday. At our final meeting this year, team member Robert Virtue expressed interest in taking over as Stewardship Team Chairman. We plan to bring Rob up to speed with all stewardship information available and bring him in next year in 2024 with the team's approval. In the meantime, we'll take the summer off which is well deserved. We'll reconvene in September on Sunday, September 17th. Rob & I will open the season with an address to the congregation on Sunday, October 1st.

Thank you to all in our Parish Family who participated and contributed during the year! We truly appreciate your kindness, generosity, and support not only for our Stewardship Program but for St Stephen's Whiting! Be well, have a great summer, and see you all in church! If anyone wishes to join the Stewardship Team, please contact me @ 848-210-4206. God Bless!

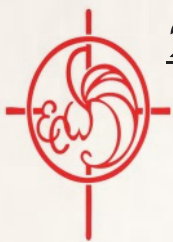
By William Bodine III- Chairman



ST STEPHEN'S PUBLIC. RELATIONS TEAM MEEETINGS SUSPENDED FOR THE SUMMER

St Stephen's Public Relations Team had a remarkable year, and we were successful in our publicity efforts to help our church ministries with their advertising to ensure their success. So we as a team are taking the summer off, which is well deserved. I will meet one-on-one with team members to facilitate the coverage needed for upcoming summer events. And we can ALWAYS use additional help! Whether or not you have publicity skills or no skills at all, we can use your service! We'll introduce you to our media outlets and help you along the way. No experience necessary! Come one come all to the Public Relations Team! I can be reached by cell @ 848-210-4206. We'll reconvene as a team with our first meeting of the year on Sunday, September 24th. In the meantime, please consider joining us! Have a great summer, and we'll see you back in September!

By William Bodine III - Chairman



ECW

If you missed the ECW Meeting on June 1, but would still like to share a roll/rolls of paper towels, detergent, or gift cards with Providence House, leave them for Stefanie on her desk, or on the back pew by the tech section.

Stefanie Bodine, ECW President



WOMEN OF HONOR

Every 3 years, the ECW Diocese of New Jersey offers an opportunity for each church in the Diocese to select one woman that exemplifies the qualities of ECW and is an example to all. This year, the officers of our ECW have selected Marge Pomykala. She is a long time member of our church who currently serves on our Vestry. As Vice-President of ECW, she is always helping at all of our events. She crocheted 100 bags for the battered women's shelter in Atlantic City after the Ocean City Parish asked for help in creating a bag for toiletries when women have to leave suddenly. Currently she sings in our choir and she has helped in our food pantry. Often found in the kitchen making items for many people, or serving refreshments at World Day of Prayer, the tea, after the Pinelands Concert. She created her angel ministry of mice and angels to honor or cheer people. Marge is a joy to know and work with.

The event will be held on Saturday, October 14 from 10AM-Noon via ZOOM or YouTube. You can sign up through the Diocesan website. Our Bishop-elect has been invited, our National ECW President, who will be our keynote speaker; our Province II President, our representative from our Province II to the National Board, our Diocesan ECW President all will be in attendance.

Stefanie Bodine Chair, Since 2005.



**SENIOR
MOMENTS
MEDICARE
SOLUTIONS**

Senior Moments was one of the groups that spoke to us at the Legacy Summit recently held at the church. Sign up to join us on Tuesday, October 10, from 10am to Noon and learn more about Social Security/Medicare/Disability. Learn how to get help when you have a problem. The seminar is free. *Stefanie Bodine*

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TECH THURSDAY

Tech Thursday meets monthly. Next meeting is July 20th. Bring your tablet, computer, phone, ipad, etc. to the meeting. Estelle Pizzuti and Bill Bodine will assist you with your technical questions and guide you through your devices. Call our office for upcoming dates at (732)350-2121

From the Treasurer's Desk

"A huge THANK YOU, to those who responded to my last article suggesting donations to help cover some of our bills. Contributions to Fr. Paul's Discretionary Fund would also be very much appreciated as he has received several requests for help recently which have depleted his ability to help others.

During the Summer season, there will be several fundraisers. Please do what you can to support them; they're very helpful to our treasury!! Invite a friend (s). Come and join the fun!!"

Gerrie Vergona



Memorial Garden For Pets (CREMAINS ONLY)



For all who are looking for a special place to lay your beloved pets to rest

Our Memorial Garden for Pets forms, flyers, and the area are ready to go. The Committee members will be sharing their flyers with local veterinarians so we can inform the public of the availability of a place for their beloved pets. The cost is \$ 50 per pet for perpetual care. If there is a hardship, see the Chair. Fr. Paul will provide a service when your pet is buried.

Please contact our office Monday–Thursday 9am-2pm for services and more information. The Committee consists of, *Stefanie Bodine, Chair; Shelagh Bluni, Roberta Mackey, Ann Solequai, Joanne Soriano, Bob Virtue, and Fr. Paul.*



Daughters of the British Empire

The (DBE) is a 501(c) (3) non-profit American society of women of British or Commonwealth of Nations birth, heritage or ancestry. We share and promote our heritage while supporting local charities and our senior living facilities across the United States. Our next meeting will be on July 26th at 10:30am.

To learn more about our local chapter, here in Ocean County, please email *Joan Saunders* – njstateorganizer@gmail.com

From the Lectern

LEM & Lectors Notes;

On June 10th we had a very successful training session with Fr Paul in preparation for Ricki Minix return to the Lectors rotation. If you were unable to attend, please see Susan Clarke for a folder of information especially important for announcing readings.

Everything looks to be in good order for July and for August when Fr. Paul will be on vacation. We will have visiting clergy on August 6th, morning prayer on August 13th visiting clergy on the 20th and morning prayer again on the 27th. We are always looking for new members of this ministry team and encourage anyone with an interest in learning more to reach out to Fr. Paul or to the coordinator. Also, please consider all training sessions to be “come and see” invitations.

Susan Clarke, LEM and Lector Coordinator

Sunday Services at 8am, 10am / Thursday Healing Service at 10am

At St. Stephen's Episcopal Church, we offer Sunday worship services that provide a welcoming and engaging environment for all. Our services are rooted in tradition, while also incorporating modern elements to keep them fresh and meaningful. We are also proud to offer weekly healing services that are open to anyone who is seeking spiritual, emotional, or physical healing. These services provide an opportunity for our community to come together and support one another in a safe and supportive environment. Whether you are a regular member of our congregation or just visiting for the first time, we welcome you to join us for worship or healing services and experience the love and hospitality of St. Stephen's.

A MESSAGE FROM THE ALTAR GUILD

Anyone wishing to request a memorial or honor a birthday or anniversary with a donation is welcomed to contact Valerie Thompson. Also, please continue to add you name and memorial to the chart in the Narthex as you are able. The Guild sincerely appreciates all donations and we thank you for your generosity. We encourage all interested parties to consider volunteering for the Altar Guild. Our membership has seriously diminished, so your service is definitely needed and would be greatly appreciated. Please contact Valerie if you are interested in learning about this very rewarding service.

Once again, we continue to encourage all who may be interested to consider volunteering for the Altar Guild as a way to share your time and talents. This is an essential service to the Church, and additional help is always needed and greatly appreciated.



Valerie Thompson, Directress

Home 732-657-4510 Cell 732-236-9640

Thai Dinner

A Thai Dinner will be held on Saturday, July 22 at 5:30PM led by Mike Munson, to benefit Fr. Paul's Discretionary Fund. A free will offering will be collected. Sign up is needed so, Mike knows how many to prepare for. See sheet in the Narthex, or call the church office Monday-Thursday from 9AM-1:30PM at (732) 350-2121.

Our Daily Bread Pantry and Hungry Paws

Days and Hours of Operation are:

Tuesday 10 AM until 12:00 PM

Wednesday 10 AM until 12:00 PM

Our Daily Bread Pantry and Hungry Paws is made up of members of the **St. Stephen's Episcopal Church** community and other volunteers who assist in maintaining our pantry, provide food for the sick, the hungry and the needy. The food pantry is here to help those who have minimal funds to work with and come to us when they have a specific need for food.

The **Our Daily Bread Pantry and Hungry Paws** through very generous donations is also able to provide pet food for dogs and cats. For further information please call: **Jim Jados, Director, Food Pantry at (732) 408-5948.**

Happy Birthday!

July

Jeremy DeBorger/Busch Jr 07/07
Penny Scott 07/08
William Huston 07/12
Nichole Cornelius 07/16
Noreen DelSanno 07/16
Stefanie Bodine 07/16
Ann Duven 07/20
Dotty Strohm 07/22
Colin Rutkowski 07/24
Kathleen Smith 07/28
Mary Mathews 07/29
Sandra Gaskill 07/30

August

Doris Dilts 08/02
William Beatty Jr. 08/02
David Jacobs 08/04
Liam Farrar 08/04
Richard Woods 08/05
Thomas Masiello 08/07
Carol Zagorski 08/07
Desiree DeBorger/Busch 08/08
Susan Clarke 08/09
Al Thompson III 08/15
Margaret Smith 08/18
Susan Gonzalez 08/21
Pam Unger 08/22
Gerianne Murphy 08/25
Christopher Stahl 08/26
David Lemmon 08/29
Ray Storey 08/29

MESSAGE BOARD

WHITING GARDEN CLUB

will not be meeting in July or August. More information about future meetings will be forthcoming.

THYROID SUPPORT GROUP

Thyroid Support Group will meet on Monday, July 10th at 10am. If you have questions about thyroids, are looking for support or want to share information about thyroids, come join us. Stefanie is the Facilitator.

SAVE THE DATE !

Saturday, September 2, Ken Seda will chair our annual Dignified Junque Flea Market. More details will follow on when to bring in your items to donate, emptying the trailer, set-up, and helpers needed for the day.

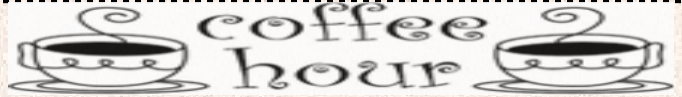


WELCOME!

Rev. Canon Dr. Sally French
Elected 13th Bishop of New Jersey

ONLINE SERVICES

Please see our lists of service on page 8 and 9 for online streaming. Holy Eucharist is held every Sunday at 8AM and 10:15AM on zoom and you tube as well. All are welcome! COME AND SEE!!!
Compline will return after Easter.



Thank you to everyone that volunteered to create a delicious Coffee Hour. Thank you to everyone that donated baked goods, cookies, coffee, teabags, creamers, paper products, paper towels, take-home boxes, and more. Everything is appreciated.

Everyone enjoys the Coffee Hour. And they are sad when we do not have one. You can collaborate with family, friends, alone, or ask someone else to help you. If 2-3 people join together it makes it better and easier to create the coffee hour.

Reminder whenever you finish your coffee hour -- make sure you take all items home, share them with others, or clean up. Do not leave items in the refrigerator. If there are items you feel could be frozen for another coffee hour, put them in the freezer on the marked shelves.

Coffee cups, paper plates, coffee, and napkins are needed. Items are appreciated --share a coffee cake, muffins, pound cake, cookies, or something else that is delicious. If in doubt, see Stefanie.



BOSCOV'S FRIENDS HELPING FRIENDS

Will be held on Wednesday, October 18 from 8AM-11PM. The \$5 shopping passes are available. Support the church and receive a 25% discount all day long as you shop.

Shopping passes are available for purchase at \$5 each.

4th of July CELEBRATION!

St Stephens' families are invited to a July 4th celebration **Tuesday, the 4th of July at 12pm noon**, at the Quigley's, 2001 Elizabeth Avenue, Whiting.

Please confirm
your attendance on the sign up list in the Church Narthex or
call Greg in the Church office @ 732-350-2121 (Swimming attire is optional!)

Laughter is good for the Soul



FOURTH OF JULY

J K P H R T C W I F X F I G H V U N G Z K N A E
 U K K T S H R H G A L F B E L L A T A M N U R T
 J H L Z R V A I E C N E D N E P E D N I P A Q L
 S C K M A H G C D U X M A S E R T Q Q X O P B X
 X O E P T L J I I C R H S U T V O R E W L T N X
 T N M L S C B O N R Y W T N O I T A R A L C E D
 S S P C E H O C O G E A D A Y B O Q I F M O V K
 L T N Z C G J Z L S T M K R H M Q H I C X Z P L
 D I Z Q Z G N K E S S U A U M D I E J E L C N U
 D T V L L Q Q S M M Z O E F Q J C W J V A Q F I
 M U H E Q D E R R B M Y R R U M L S J Q W W A F
 C T I G L P E E E A U M P L Y J M A C Z P D M O
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 N O X R M H C C A B X J A D T F Y A D Z B Y F J
 B N T H D L N A W E W H T R U O F C M C I N I E
 P S N F V B B R F C C T O A W H L M R D I F R J
 G X Z L K T O C P U I Z Y F I Z Q E Q E U G E E
 S L A S K I E E H E T B Q G G Q Y G O T U C W E
 X S Y P I T E R E N O E Q I S G T E Z I I Z O T
 R H W Y I G C I W G I S B H C E T J K N T R R Q
 U V T H O E C F T U R E P J T X T B H U F S K Q
 A V W Q E Z C O N J T C F I N V P A M J U V S K
 X V Y Z E U T N R S A F O K W T Q B T T K C J J
 F S P I E U L B Y Q P L T T H S Y W F S P D X K



- | | | | | |
|--------|--------------|-----------|--------------|--------------|
| WHITE | WATERMELON | UNITED | UNCLE | STRIPES |
| STATUE | STATES | STARS | SAM | ROSS |
| RED | PATRIOTIC | LIBERTY | JULY | INDEPENDENCE |
| FOURTH | FLAG | FIREWORKS | FIRECRACKERS | DECLARATION |
| DAY | CONSTITUTION | BLUE | BETSY | BELL |



JULY

Happy 4th of July

2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 AA Meeting 8pm
2 Holy Eucharist 8&10AM	3 Woman's Bible study Group 11am AA group 3pm	4 Church office closed Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm 	5 AA Meeting 3pm	6 Healing Service 10am AA Meeting 3pm	7 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	8 AA Meeting 8pm Bluegrass & Blueberry Social 1-3pm
9 Holy Eucharist 8&10AM	10 10am Thyroid Support Group Woman's Bible Study Group 11am AA group 3pm	11 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	12 AA Meeting 3pm	13 Healing Service 10am OSL meets after meets healing service AA Meeting 3pm	14 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	15 AA Meeting 8pm
16 Holy Eucharist 8&10AM	17 Woman's Bible Study Group 11am AA group 3pm	18 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	19 AA Meeting 3pm	20 Healing Service 10am Tech Thursday 12:30pm AA Meeting 3pm	21 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	22 AA Meeting 8pm
23 Holy Eucharist 8&10AM	24 Vestry Meeting 10am AA group 3pm	25 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	26 Daughters of the British Empire 10-30am AA Meeting 3pm	27 Healing Service 10am AA Meeting 3pm	28 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	29 AA Meeting 8pm
30 Holy Eucharist 8&10AM	31 Woman's Bible Study Group 11am AA group 3pm					

Parish Staff

Bishop & Chief Pastor

The Rt. Rev. William H. Stokes

Rector

The Rev. Paul A. Van Sant, Sr., M. Div., Th. M.

Music Minister

Esther Graham

Treasurer

Gerrie Vergona

Assistant Treasurer

Suzan Webb

Rector's Warden

Stefanie Bodine ('25)

Property Warden

Peter Quigley ('24)

Clerk of the Vestry

JoAnn Smithson

Vestry Members:

Class of 2024

Shelagh Bluni

Johanne Soriano

Marge Pomykala

Class of 2025

Dottie Kaster

Mary Ann Payne

Robert Virtue

Class of 2026

Bill Bodine,

Kay Karlick

Richard Smithson

Office Staff:

Parish Administrator

Greg Mathews

Sexton

Tom O'Brien

Help Hotline Contact Information

As many of us face challenges with today's unstable economy, here are some helpful telephone numbers for assistance. Pass them along if you know someone who needs a little extra help getting through these tough times.

Heating & Weatherization

O.C.E.A.N. Inc. 732-244-5333 (heating)

732-244-5396 (weatherization)

www.oceaninc.org

NJ Shares 866-657-4273

www.njshares.org

Mortgage Assistance

Hope Hotline 888-995-HOPE

www.hopenow.com

Health Insurance, Food Stamps, Utilities

NJ Family Care 800-701-0710

www.njfamilycare.org

OC board of Social Services 732-349-1500

Verizon NJ Communications Lifeline

888-337-3339

Ocean County Government Resource Center

732-370-8854

www.ocean.nj.us/socialservices

Ocean County Food Bank 732-918-2600

www.foodbankmoc.org

Angel Food Ministries 732-240-7543

Pick-up Location Christ Episcopal Church

1415 Washington St. Toms River

www.angelfoodministries.com

Other Important Numbers

Social Security 800-772-1213

www.socialsecurity.gov

NJ Unemployment Insurance 732-761-2020

www.state.nj.us



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Manager

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Fax 732-350-2415
Cell 908-227-1194
Richard.Campana@DignityMemorial.com
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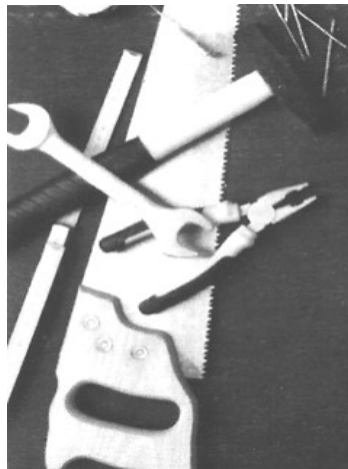
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JULY CALENDAR



Sunday, July 2, 9, 16, 23, 30 - 8am and 10am - Holy Eucharist

Monday, July 3, 10, 17, 24, 31 - 11am - Women's Bible Study

Tuesday, July 4 - 12 noon - Quigley 's 4th of July Celebration

Thursday, July 6, 13, 20, 27 - 10am - Healing Service

Saturday, July 8 - 1-3pm - Bluegrass and Blueberry Social

Monday, July 10 - 10am - Thyroid Support Group

Thursday, July 13- after the Healing Service - OSL meets

Saturday, July 22 - 5:30PM - Thai Dinner

Monday, July 24 - 10am - Vestry meeting