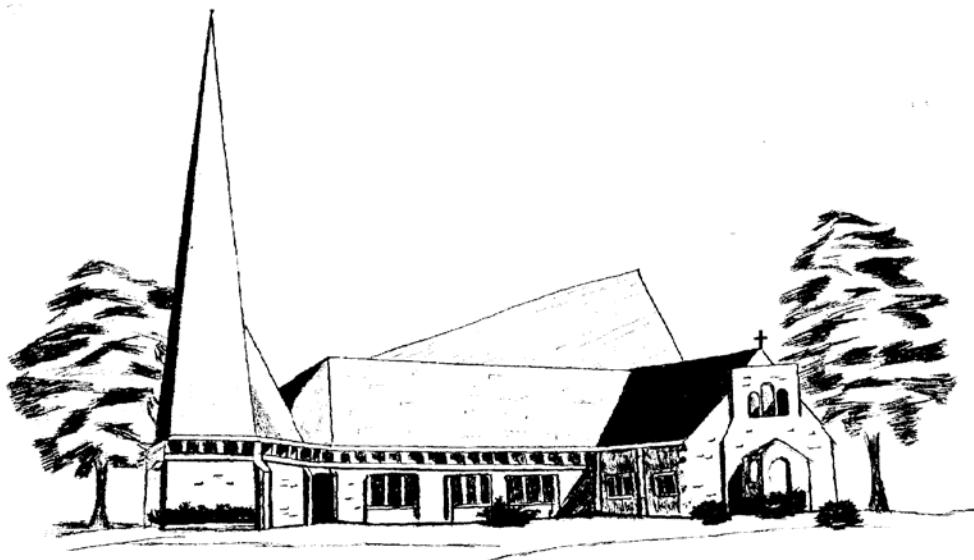


St. Thomas Church
Anglican – Episcopal
stthomaswi.com



Our Vision:
**We are a Jesus-centered,
Spirit-filled community of
diverse followers working to
transform the world.**

Our Mission:
**To know Christ.
To make Christ known.
To serve others in Christ's name.**

**August 2, 2020
10:00 a.m.
Ninth Sunday after Pentecost**

PRELUDE

"Let Us Break Bread Together"

arr. Martha Sobaje

PROCESSIONAL HYMN

Be Magnified

A

A1 B / A2 B B

Lynn DeShazo
C#m/G#

1.I have made You too small in my eyes,
2.I have leaned on the wis-dom of men.
O Lord, for-give me; And I
have be-lieved in a lie
have re-spon-ded to them
that You were un-a-ble to help me.
in stead of Your light and Your mer-cy.
But now, Bur now,
— O Lord, I see my wrong.
Heal my heart and show Your-self strong; And in my eyes and with
my song, O Lord, be mag-ni-fied,
O Lord, be mag-ni-fied.

B

Be mag-ni-fied. O Lord.
You are high-ly ex-al-ted,
and there is no-thing You can't do.
O Lord, my eyes are on You. Be
mag-ni-fied, O Lord, be mag-ni-fied.

CCLI#54112

Celebrant
PeopleBlessed be God: Father, Son, and Holy Spirit.
And blessed be his kingdom, now and for ever. Amen.

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.**

GLORIA

BCP pg. 356

**Glory to God in the highest,
and peace to his people on earth.**
**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**
**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;**
**you are seated at the right hand of the Father:
receive our prayer.**
**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

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, for ever and ever. **Amen.**

THE FIRST LESSON

Genesis 32:22-31

Jacob got up at night and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said,

“Let me go, for the day is breaking.” But Jacob said, “I will not let you go, unless you bless me.” So he said to him, “What is your name?” And he said, “Jacob.” Then the man said, “You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.” Then Jacob asked him, “Please tell me your name.” But he said, “Why is it that you ask my name?” And there he blessed him. So Jacob called the place Peniel, saying, “For I have seen God face to face, and yet my life is preserved.” The sun rose upon him as he passed Penuel, limping because of his hip.

Reader The Word of the Lord.

People **Thanks be to God.**

PSALM 17:1-7, 16

- 1 Hear my plea of innocence, O Lord; give heed to my cry;
listen to my prayer, which does not come from lying lips.
- 2 **Let my vindication come forth from your presence;
let your eyes be fixed on justice.**
- 3 Weigh my heart, summon me by night,
melt me down; you will find no impurity in me.
- 4 **I give no offense with my mouth as others do;
I have heeded the words of your lips.**
- 5 My footsteps hold fast to the ways of your law;
in your paths my feet shall not stumble.
- 6 **I call upon you, O God, for you will answer me;
incline your ear to me and hear my words.**
- 7 Show me your marvelous loving-kindness,
O Savior of those who take refuge at your right hand
from those who rise up against them.
- 16 **But at my vindication I shall see your face;
when I awake, I shall be satisfied, beholding your likeness.**

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.**

THE SECOND READING Romans 9:1-5

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Reader The Word of the Lord.

People **Thanks be to God.**

THE GOSPEL

Matthew 14:13-21

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

People **Glory to you, Lord Christ.**

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, “This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.” Jesus said to them, “They need not go away; you give them something to eat.” They replied, “We have nothing here but five loaves and two fish.” And he said, “Bring them here to me.” Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Celebrant The Gospel of the Lord.

People **Praise to you, Lord Christ.**

CHILDREN SERMON

THE SERMON

Fr. Ralph Osborne

Please stand

THE NICENE CREED

BCP pg. 358

**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.**

Please stand or kneel

THE PRAYERS OF THE PEOPLE

BCP pg. 392

In peace, we pray to you, Lord God.

Silence

For all people in their daily life and work;

For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;

For all who work for justice, freedom, and peace.

For the just and proper use of your creation;

For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;

For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;

For all who proclaim the Gospel, and all who seek the Truth.

For Michael, our Presiding Bishop, Godfrey, Bishop of Masvingo, Matt, our Bishop; and for all bishops and other ministers;

For all who serve God in his Church.

For the special needs and concerns of this congregation.

Silence

Hear us, Lord;

For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.
Silence

Lord, let your loving-kindness be upon them;
Who put their trust in you.

We pray to you also for the forgiveness of our sins.
Silence

Celebrant and People

Have mercy upon us, most merciful Father;
in your compassion forgive us our sins,
known and unknown,
things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.

ABSOLUTION

THE PEACE: The peace of the Lord be always with you.
And also with you.

ANNOUNCEMENTS, BIRTHDAYS AND ANNIVERSARIES

Please stand

THE GREAT THANKSGIVING

BCP pg. 367

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.

Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life.

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

Celebrant and People

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Please stand or kneel

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.”

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:

Celebrant

and People

Christ has died.

Christ is risen.

Christ will come again.

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 for ever. **AMEN.**

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

Celebrant and *People*

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,
for ever and ever. Amen.

BREAKING OF THE BREAD

Celebrant Alleluia, Christ our Passover is sacrificed for us.

People **Therefore let us keep the feast. Alleluia.**

Celebrant The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

INVITATION TO VISUAL COMMUNION

see end of bulletin

COMMUNION *“Come, O Thou Traveller Unknown”*

Charles Wesley
Eric Routley

THE PRAYER OF THANKSGIVING

Celebrant Let us pray. *Please kneel*

Celebrant and People

Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries

BCP pg. 366

that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
Be honor and glory, now and for ever. Amen.

BLESSING

Celebrant The Blessing of God Almighty Father, Son, and Holy Spirit be upon you now and remain with you always. **Amen.**

Please stand

RECESSIONAL HYMN “*Glorious Things of Thee are Spoken*” Hymnal #522

¹ Glorious things of thee are spoken,
Zion, city of our God;
he whose word cannot be broken
formed thee for his own abode;
on the Rock of Ages founded,
what can shake thy sure repose?
With salvation’s walls surrounded,
thou may’st smile at all thy foes.

² See! the streams of living waters,
springing from eternal love,
well supply thy sons and daughters
and all fear of want remove.
Who can faint, when such a river
ever flows their thirst to assuage?
Grace which, like the Lord, the giver,
never fails from age to age.

³ Round each habitation hovering,
see the cloud and fire appear
for a glory and a covering,
showing that the Lord is near.
Thus deriving from their banner,
light by night, and shade by day;
safe they feed upon the manna
which he gives them when they pray.

⁴ Blest inhabitants of Zion,
washed in the Redeemer’s blood!
Jesus, whom their souls rely on,
makes them kings and priests to God.
‘Tis his love his people raises
over self to reign as kings:
and as priests, his solemn praises
each for a thank-offering brings.

Words: John Newton (1725-1807)

Music: Franz Joseph Haydn (1732-1809)

Celebrant Let us go forth in the name of Christ. Alleluia, alleluia.
People **Thanks be to God. Alleluia, alleluia.**

POSTLUDE

“*Hosanna (Praise is Rising) with
Praise to the Lord, the Almighty*”

arr. Victor Labenske

INVITATION TO VISUAL COMMUNION - In the medieval western church, a common practice was “ocular communion” or communing visually with Jesus in the Sacrament. This was done, for a variety of reasons, most of the congregation would reverence the Sacrament in place of physically receiving it. It is similar to what we do when we do Adoration and Benediction at the Eucharistic Festival or the Vigil before the Sacrament many of us keep Maundy Thursday. During this time of physical distancing when we are not able to gather in community to share in the Eucharist we invite you to visually contemplate and commune with Jesus in the Sacramental Bread. Here are a couple of prayers to assist you.

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,

come at least spiritually into my heart.

I embrace You as if You were already there

and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

(Alphonse Liguori)

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

(Prayer Book for the Armed Services)

The following anniversaries of members of our Parish Family will be remembered.

SUNDAY, AUGUST 2, 2020 TO SATURDAY, AUGUST 8, 2020

BIRTHDAYS

- 2 Amy Siracusa
- Ashley Puga
- 4 Nancy Dombeck
- Laurel Stahl
- Kim Acord
- 5 Evette Heinzkill
- Allison Preston
- 6 Richard Smith
- 7 Dolores Bodway
- 8 Dempsey Cornelius
- Beth Pagel

WEDDING ANNIVERSARIES

- 3 Alan and Noelle Pelot
- Russ and Kirsti Ritschke
- 4 Craig and Stephanie Pufall
- 6 Tim and Barbara Wrase
- 7 Steve and Andrea Morton

FAITHFUL DEPARTED

- 2 Ernst Mahler
- Clarence Beyer
- Margaret Wilson
- 3 David Rife
- Richard Koslowski
- 4 Tom Hall
- 5 George Nickel
- 6 Josephine Peterson
- Fr. Ray Ryerson
- 7 Emil Bucan

MISSION PARTNER LINKS

Double Portion with Calvary Bible Church/
St. Patrick's Church
Betsy Hake - Honduras
The Revs. Allen/Rachel Hill
Mothers' Mercy Home - Kenya

MISSION PRAYER LINKS

- African Medical Mission
- Boy Scouts Troop 3
- Cub Scouts Pak 3003
- Carmen & Rosa and the San Lucas UCC - Chicago
- Gideon Bible Distribution Ministry
- Bishop Todd and The Rev. Patsy McGregor -
 Madagascar
- Fr. Ian/Polly Montgomery - (SAMS)
- Wisconsin Kairos Prison Ministry

SERVING IN THE MILITARY

- Auston Allen - Air Force
- Kyle Cooper - Army National Guard
- Mary Danner-Jones - Air Force
- Claire Kopczynski - Army National Guard
- James Kopczynski - Army National Guard
- Bruce McRae - Army Reserve
- Tim Paterson - Army Reserve
- Don Patrick - Army Reserve
- Humberto Puga - Navy
- Mark Sopkiw, Jr. - Army
- Matthew Verich - Navy

DEPLOYED

- Johnny Kromenaker - Peace Corp
- Clint Kupari - Army
- Andrew Shaffer - Army
- Foreign Diplomats:
 Steve Hendrix



In the diocesan cycle of prayer we pray for the Mufudzi Wakanaka Mission District, Masvingo. In the St. Thomas cycle of prayer we pray for the Leadership of St. Thomas including Clergy, Wardens, Vestry, Treasurer, Staff, and Missions including Double Portion, Jericho, Mother's Mercy, Peru - Revs Allen and Rachel Hill, Fr. Ian and Polly Montgomery; UTO, Winnebago gifts and caroling and the Gideons.

Announcements

Office Hours – For now, the office is still open Monday – Friday from 9:30-1:30 p.m.

Please respond to the Bishop's Annual Appeal 2020

Vital Congregations <i>GIVE</i> to your congregation. Please note gifts with “Bishop’s Annual Appeal”	Prayer and Worship <i>PRAY</i> for people of diocesan congregations with the Prayer Card that was mailed to you.	Missionary Church <i>GIVE</i> to UTO at diofdl.org/uto or give through St. Thomas and we will pass it on.
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The Spring Ingathering of the United Thank Offering will be presented at the Eucharistic Festival service on August 29th at the Cathedral in Fond du Lac. To have our gifts recognized as contributions from St. Thomas, please send them to the church by August 15th. St. Thomas Church, 226 Washington Street, Menasha, WI 54952. Make the check out to St. Thomas Church with **UTO** in the memo/file line. St Thomas has been a faithful contributor to this ‘thankful ministry’. With our daily prayers of thanksgiving we acknowledge our thankful hearts with a coin. The traditional blue boxes will be available again when we get back to a new-normal way of doing things. The **UTO** collection goes 100% to the grants, with administrative costs being paid from another source. No grants are awarded until the funds are available. Please be generous with your gifts to aid COVID-19 projects/people/groups in need because of the pandemic.



**GET THE
ST. THOMAS APP
On Your Phone
Or Tablet**

HERE'S HOW:

- 1) In Your App Store Search For “Tithe.ly Church App” Looks Like This →**

Download & Search For “St. Thomas Church Menasha” And Then The App Will ← Look Like This ☺ . . . OR
- 2) Use The Link Below From Your Phone Or Tablet And It'll Download The App For You, No Searching... OR**
<https://tithe.ly.app.link/st-thomas-church>
- 3) On Your Phone Or Tablet Go To**
www.stthomaswi.com

4 Ways to Give



Online



App



Mail

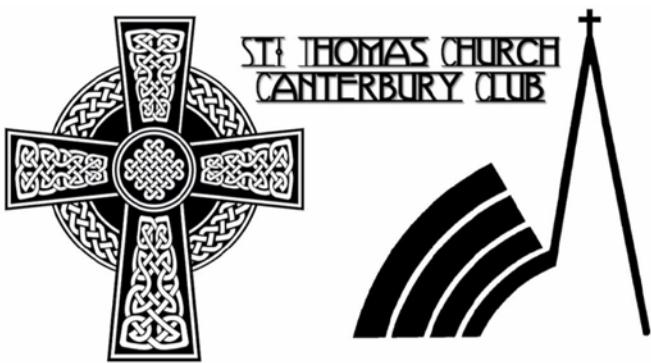


At Church

Looking for an easy way to give to St. Thomas? **Give online** or use our church app! You have been faithful in your giving and St. Thomas is weathering this time of Covid well. For those of you who are able, we hope you will continue to give, either by mailing your donation to the church or by **giving online through the church website**: stthomaswi.com/give or through the St. Thomas Church app. To give through the website simply click on the gold Give Online button on the Give page and fill out the pop-up form. Your gift can be a one time or recurring donation. You may give by using a credit card or your bank account. The fee for a \$20 donation using a credit card is 3% + \$.30 (\$.90) and for a bank account it is 1% + \$.30 (\$.50). You can cover the fees by clicking the box, which helps St. Thomas. You may also give through our church app. Download the church app from the website and click on Give and you will be taken to our giving platform website, Tithely, and simply follow the instructions.

Faithful Innovation – A few members of St. Thomas as well as other Parishioners from our Diocese are participating in a process called Faithful Innovation. We will be meeting three times over the next few months to participate in a learning Community. (A learning community is a group of congregations who commit to one another in a nine month learning experience. Through prayer, skill-building, action and reflection they address pressing questions about the future.) One of our first assignments is called “Dwelling in the Word.” Dwelling in the word is an ancient way of reading scripture. It’s a way of “spiritually submitting to the text” as one way God speaks to us. Please join us in reading, and re-reading Acts 16:6-15: Which tells the story of the apostle Paul being redirected by the Holy Spirit to move from one direction of ministry to another; and with the added bonus of learning the results of that new ministry. You can pick up a copy of the reading at the front or back of the church or read it on your own. More will follow as we embark on this journey together.

Your Faithful Innovation team: Fr. Ralph, Fr. Aran, Lisa Ueda, Anne Peterson, Jeanna Werbeckes, David Morton, Rob Prehn and Mike Land



the month. If you're interested, contact Aran Walter aranwalter@gmail.com or Shannon Walter shannonwalter@gmail.com

Calling All 18 – 25 (ish) Year Olds Go figure! We have two amazing gatherings of young adults and COVID-19 comes along and ruins everything ☹ But that doesn't mean we're not gonna get together...we'll just be gathering remotely using Zoom. More details are coming but it'll be on the last Sunday of

Upcoming St. Thomas Events - Mark Your Calendars

EVENTS THAT ARE CANCELLED – Due to the Covid-19, some of our events will be cancelled until next year: Parish Picnic, Ice Cream Social, Door County Camping and Fellowship Camp.



Let's make it worth the wait! We are looking forward to the 2021 St. Thomas Fall Fellowship weekend at

Forest Springs Camp. Like so many events throughout the state, nation and world, we are, unfortunately, having to cancel the 2020 St. Thomas Fellowship Weekend, held at Forest Springs Camp in Westboro. During these uncertain and unprecedented times, we feel it is best to forgo the event this fall and we will look forward to safely gathering again in the northwoods of Wisconsin in September 2021. Be sure to keep the first weekend after Labor Day open for the St. Thomas Fellowship weekend in fall of 2021!

Youth Ministry (WWW.STYG.COM)

Junior & Senior High Youth Group (6-12 gr.) – Hello friends . . . grace and peace! Well, obviously things like Medieval Knight and our monthly service projects and other events are cancelled/postponed. Once this whole COVID-19 crisis has passed, we will let you all know when things will start back up. But, this doesn't mean we're not getting together... (*keep reading*)

D-Groups Are For Us – Hopefully! It is with great joy and yet hesitant excitement that we announce the schedule for Summer D-Groups. During the school year, D-Groups gather at St. Thomas on Wednesday nights. However, during the summer, we get together at peoples' houses, or at area parks, or other amazing places. Obviously, with the COVID-19 numbers still not going down, we can't be 100% sure say that we'll be getting together this summer. BUT, check out the schedule which is posted on the website so you can see what it MIGHT look like once we HOPEFULLY get back together. www.styg.com/d-groups



Summer D-Groups Are Coming Soon

We are HOPEFUL that events like

**Cookouts, Pool Parties, Outdoor Movie Nights, Pizza Parties, and
more will be able to take place starting in early August**

www.styg.com/d-groups

Pastoral Care

Specialized Pastoral Counseling at St. Thomas - Fr. John Peterson is available for virtual counseling at St. Thomas. It will take place by phone or video. This counseling is specialized in that it will meet the need of anyone looking to be able to clear and optimize the way their mind works. It is fast and effective with many of life's problems including anxiety, depression, grief, low self-esteem, relationship issues, substance abuse, obsessions, compulsions, anger, resentment and self-destructive behaviors. When a person has a problem or an issue that needs to be addressed there are two ways to approach it. One way is "outward" when one aims at changing the outward circumstances. Another way is "inward" when one aims to change how one perceives the situation in their mind. It is this second way, the "renewing of the mind" that is the pathway used for this healing. During these stressful and uncertain times, I want to offer you an audio exercise presented by Jon Connelly, my teacher and mentor in Rapid Resolution Therapy entitled "Ease Your Mind & Raise Your Immunity – Accelerate Healing & Relieve Anxiety." E-mail me at Johnpeterson2@earthlink.net and request it. You will be blessed by it.

WORRY - In Chapter 6 of Matthew Jesus tells us not to be anxious or worry. Are you finding yourself worrying about many things during this time of the pandemic? We should have concerns and it is necessary for us to take appropriate actions to benefit and protect ourselves and others. But are you worrying about things over which you have no control? Are you worrying about things for which there is no action you can take to change the situation? Worry in itself cannot fix anything but it CAN cause harm. Worry can have physical and emotional effects for the worrier and damaging effects for those around him/her. Worry can cause a lack of energy and time to do those things we can and should do. When you are ready to be FREE from WORRY request my FREEDOM FROM WORRY Podcast at Johnpeterson2@earthlink.net.

Outreach/Missions



Scrip Program: *Proceeds benefit the Mission Scholarship Fund (sending missionaries and bringing our mission partners here).*

We are still selling scrip. Office hours are 9:30-1:30pm. Please call the office at 920-725-5601 or email Sandie at sandieumland@gmail.com with your order. We will get your order together and put on the table, right outside the office. Please leave your payment in an envelope on the table. If you need to order certain ones that we don't have in stock, let Sandie know by Monday morning and she can order them. These special orders will be available to be picked up by Thursday of that week.

Scrip cards from the following merchants are typically in-stock for immediate pick up: Amazon, Applebee's, Buffalo Wild Wings, Cheddars, Chipotle Mexican Grille, Festival Foods, IHOP, Kohl's, Kwik Trip, Longhorn, Meijer, Olive Garden, Panera Bread, Papa Murphy's, P.F. Chang's, Piggly Wiggly, Roundys, Starbucks, Subway, Target, Walgreens and Wal-Mart/Sam's Club. In addition, **Scrip cards can also be ordered for over 500 of the country's biggest brands.** Scrip cards that are special ordered on Sunday mornings will be available to pick-up the following Sunday. Scrip cards can be purchased in the Parish Hall on Sunday mornings from 9 a.m. to noon, and weekdays in the church office during normal office hours.

MISSION PARTNER PRAYER REQUESTS FOR AUGUST 2020

DOUBLE PORTION: www.doubleportionsoupkitchen.com

Praise God for:

- A NEW completed kitchen to work from to feed the hungry who live near by
- The good health of most of our volunteer work staff
- The many people who have given food and money for the DP food program

Prayer Requests:

- That all who use the new kitchen will learn how to use it properly & take good care it
- That COVID will go away soon so that we may gather in the dining room as in the past
- For the good health of all people in the DP Program and all in the world

MOTHERS' MERCY HOME – DIOCESE OF MT KENYA SOUTH: www.mmhpp.org

Praise God for:

- The health & safety of our children & staff (no one affected by COVID -19)
- The partial opening of our churches
- The safety of the staff at the Cargo Human Care Medical Centre. (No COVID-19)

Prayer Requests:

- For the children who remain at home with guardians without attending school
- For our country where cases are rising high every day and affecting our economy immensely

BETSY HAKE – JERICHO MINISTRIES IN HONDURAS: www.settingthecaptivesfree.org

Praise God for:

- The teachers and staff who have gone beyond the call of duty during total lockdown with 60 of us at the Villa—7 without a break for 3 months, some without a break for 5 months
- Our nightly devotions that have kept our focus on Jesus during these uncertain times
- The healing of staff member Roberto's brother, a Pastor to the families of the dump, of Covid-19.

Prayer Requests:

- For the protection of our children, staff and teachers & end to the pandemic
- For our government leaders and the end of the terrible corruption resulting in collapse of the health care system with people literally dying in the streets
- For the construction of staff housing to alleviate overcrowding and for protection against scorpions and poisonous snakes

REVS. ALLEN & RACHEL HILL: www.samusa.org/missionaries-frames01.html

Praise God for:

- The Lord's grace to endure all the challenges of the worldwide pandemic

Prayer Requests:

- For Allen as he works to bring his thesis together with hope of submitting it by August and for relief of his back problems
- For clear guidance as we consider a wonderful ministry opportunity that has been presented
- For guidance and blessing as James takes a gap year before starting college