

EPIPHANY THIS WEEK

July 5 - 11, 2024

Church of the Epiphany ~ 85 Larch St. Sudbury, Ontario ~ P3E 1B8

www.epiphanysudbury.org 705-675-2279 info@epiphanysudbury.org



JESUS LEFT THAT PLACE AND CAME TO HIS HOME TOWN, AND HIS DISCIPLES FOLLOWED HIM.

MARK 6:1

WORSHIP FOR THE SEVENTH SUNDAY AFTER PENTECOST ~ JULY 7th 2024 ~

8:30am - Traditional Said Service of Holy Communion (BCP). Please note that our 8:30am worship is suspended for the summer and will resume on Sunday September 8th.

10:30am - Main Worship Service with music and Holy Eucharist (BAS).

READINGS FOR THE SEVENTH SUNDAY AFTER PENTECOST: – Ezekiel 2:1-5; Psalm 123; 2 Corinthians 12:2-10; Mark 6:1-13.

SUMMARY OF READINGS: In the passage from Ezekiel we hear the Lord's first commission to the prophet, commanding Ezekiel to preach to a rebellious people. The plea of Psalm 123 is for the Lord to assist those who are scorned and held in contempt. The gospel story tells of Jesus' rejection at Nazareth

and the subsequent call of the Twelve. Jesus' proclamation to his unreceptive hometown parallels the context in which Ezekiel's prophetic preaching occurs. Paul's mystical experience of being caught up into the third heaven is a reminder that prophetic experiences may involve both agony and ecstasy.

QUESTION(S) FOR REFLECTION: Stuff distracts us. Useless clutter we think we cannot live without can be a burden: too many coats, shoes, garden tools, or mismatched kitchen storage containers with no lids in sight as they tumble out of overstuffed cabinets. Perhaps our clutter shows up in other ways: on a computer that has grown slow from processing too many useless files, or when our minds grow dull from too much social media, Web surfing or television viewing. Do you struggle with too much stuff? How do Jesus' words about traveling light challenge you to change the way you live? How can you follow Jesus more faithfully today?

AT HOME PRAYERS: Morning – Loving God, as this day opens into new and untold possibility, purge me of my compulsive need to carry useless baggage; be it physical, mental or emotional baggage. Teach me to walk simply with you as I trust in your abundant provision. In the name of Jesus, I pray. Amen.

Evening – Lord God, as I come to the close of this day, I thank you for the gift of attentiveness and for every moment that the eye of my heart was fixed on you. When I failed, you were with me and when I wavered, you were there, for there is no place that you are not. And so, I rest in peace this night, for your grace is more than sufficient for me. I pray and give thanks in Jesus' name. Amen.



PLEASE REMEMBER - If you are not feeling well, or have any ill symptoms such as coughing, fever, fatigue, or a sore throat, please stay home and join us for the worship services that will be offered online. We are delighted to welcome you online if you are not able to join us in person.

OVERVIEW OF REV. ELIZABETH'S SCHEDULE FOR THE SUMMER MONTHS:

Apart from her vacation time in August, Rev. Elizabeth's summer schedule will fluctuate, and change given all that is now required of her in our Diocese, Deanery and Parish community.

Carrie, our Office Administrator, is always able to reach Rev. Elizabeth when needed, and will be assisting her with scheduling home and office visits. Please call Carrie if you would like to arrange a time to meet with Rev. Elizabeth.

Please be assured that if you need to speak with Rev. Elizabeth or schedule a visit for any reason, please email her at greenepiphanypriest@gmail.com or leave a telephone message for her at the church office. Thank You.



THANK YOU! – A BIG Thank You to Carrie Leatherdale, and to all those who helped provide the ministry of hospitality for our summer cold-potluck last Sunday. Thank you to Kevin for his wonderful not-too-sweet strawberry cake and to everyone who graciously provided food to share. It was all so very good!



ETW TAKES A SUMMER BREAK: Please note that Friday July 19th will be the last edition issued before our *Epiphany This Week* Newsletter takes its summer break. The next full edition of our ETW will be issued on Friday September 6th. As always, emails with important news or announcements will be sent out during the time that our ETW is off during the summer. Thank You.



THE BALCONY GARDEN PROJECT: Many of you will remember the wonderful pesto that Marg Loney made for our garden table last year. Demand was high for this tasty preserve. Marg is sharing her recipe with us and we have planted several pots of basil this year, so we will be able to produce a good deal more than last year. We are hoping to have a few volunteers who may take a turn or two in the church kitchen with the food processor, armed with Marg's recipe and all the ingredients, to turn out these jars periodically during the summer. The basil is producing well, and we could start as soon as we have a team of two people willing to take this on. It is not an arduous or very time-consuming project! If you are interested in helping out occasionally over the season with this pesto project, please call Barb Bolton at 705-674-1691 soon, so we can get teams set up. If you have a friend you would like to ask to make up your team, even better!

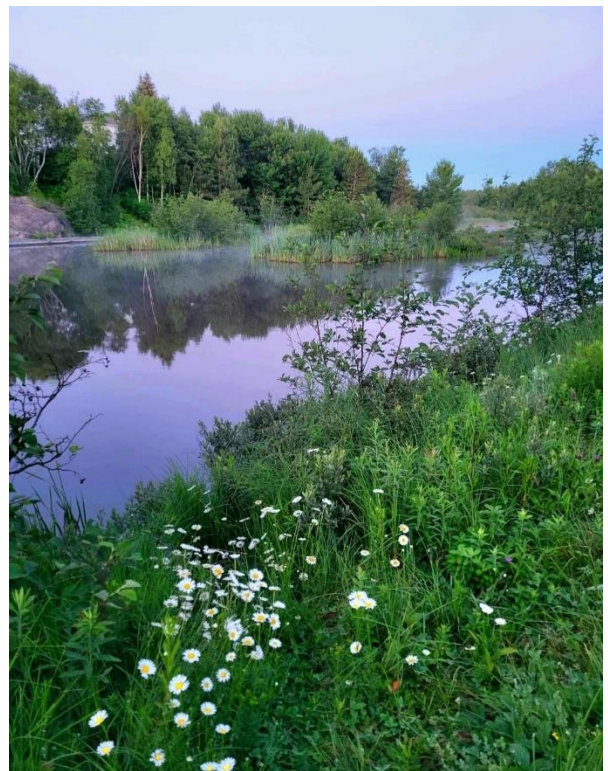


A NOTE FROM REV. ELIZABETH

Summertime and Living Takes Practice.

Dear Friends,

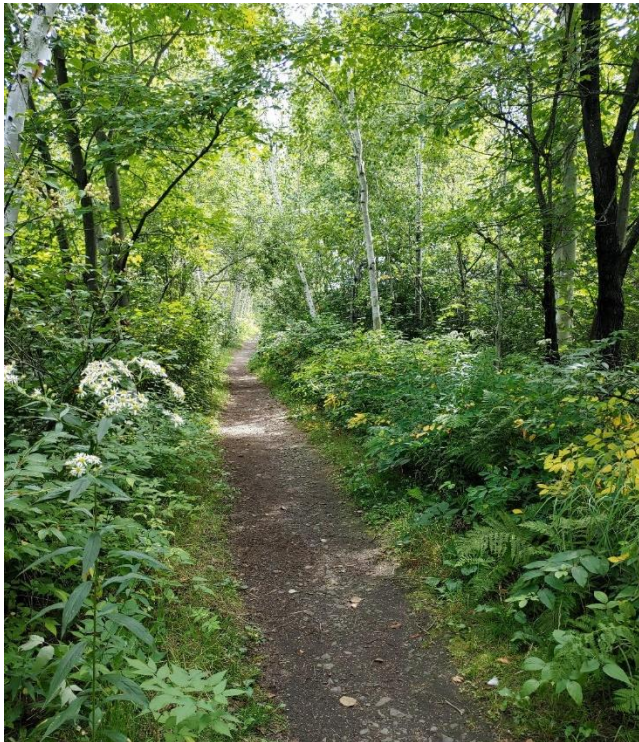
Recently I had a wonderful conversation with one of my closest and dearest friends and colleagues in the Algoma Diocese. Part of our discussion included how we are both experiencing what feels like a rapid acceleration of time. It seems like only yesterday that we were at the Clergy Retreat; and that was at the start of May! We reflected on the fact that we are each hearing similar remarks in our conversations with others. Before we know it, summer will be over and we'll be preparing for Thanksgiving and Christmas. Why is it the time seems to move so quickly? What can we do to slow down in this all-too-short summer season?



As we grow older, it is common for time to feel like it is moving faster. This phenomenon can be influenced by various factors, including our perception of time, changes in the brain, and the accumulation of experiences. Here are some reasons why time may seem to pass quickly:

1. **Perception of Time:** Our perception of time is subjective and can be influenced by our experiences and memory. When we are younger, each day, week, or year represents a larger portion of our overall life, making it feel longer. However, as we age, these time periods become a smaller fraction of our life, leading to the perception that time is passing quickly
2. **Changes in the Brain:** Research suggests that changes in the brain's ability to process information may contribute to the feeling that time is moving faster as we get older. As we age, our brain's processing speed may slow down, resulting in fewer mental images being perceived per unit of time. This can create the illusion that time is passing more rapidly
3. **Familiarity and Routine:** The more familiar we become with our daily routines and experiences, the less our brain pays attention to the details. When our days and weeks are filled with similar activities, our brain tends to lump them together, making them less memorable. As a result, when we look back on these periods, they may seem like a blur, contributing to the feeling that time has flown by.

As I was pondering the feeling of how time flies, I came across this article by Frederic and Mary Ann Brussat, authors of the highly acclaimed *Spiritual Literacy: Reading the Sacred in Every Day Life*.



Frederic and Mary Anne Brussat note that summertime and living takes practice; and they offer a month's worth of activities that can help us observe the summer season by way of a spiritual journey. I have included a portion of those activities here below. More can be found at www.spiritualityandpractice.com

I am truly grateful to have stumbled upon these meditative activities. I will be intentionally following them through the remainder of the summer. Perhaps after you read what I have provided, you would like to do the same?

From Frederic and Mary Ann Brussat. co-founders and co-directors of Spirituality and Practice.

Many of us first come to spiritual practices in the summer. There is something about the changed pace of our lives during these months that makes it a little easier to dedicate time to growth on our path. Perhaps we have (or recall) moments of heightened sensitivity to the sacred while at camp or on vacation. For some the longer days invite reflection. Others are inspired by being around children who are on holiday from school; they model play and joy and wonder.

To encourage your exploration of practices this summer, we have designed a month's worth of activities. We've looked for ideas from the world's wisdom traditions as well as in books we've read. We'll post the first week's worth now, and add more each week. Who knows, you might just stretch these 30 out for the whole summer! Or be inspired by these to make up your own practices.

1. GOLDEN DAYS.

Gold is the colour of summer. In Tibet, it is known as the colour for healing. In the first week of summer, welcome the season by filling your house and your workplace with golden objects, reflecting the colour of the summer moons.

2. WALK FOR THE GLORY OF GOD.

"Walking is the great adventure, the first meditation, a practice of heartiness and soul primary to humankind. Walking is the exact balance between spirit and humility," Gary Snyder writes in *The Practice of the Wild*. Make an intention that the next walk you take outside in nature will be dedicated

to the praise of God. Walk slowly, keeping your senses attuned to the wonders that surround you. In appreciation, say this mantra: "Glory be to God."

3. GO BAREFOOT.

Let the child in you come out to play. Taking off your shoes changes your connection with the world. You relax and let your guard down. Chief Luther Standing Bear in T. C. McLuhan's *Touch the Earth* reminds us: "It was good for the skin to touch Earth and the old people liked to remove their moccasins and walk with bare feet on the sacred Earth. . . . The soil was soothing, strengthening, cleansing, and healing."

4. CONNECT WITH YOUR ANCESTORS.

In *The Sacred Balance: Rediscovering Our Place in Nature*, David Suzuki writes: "Air is a matrix that joins all life together. . . . In everyday life we absorb atoms from the air that were once part of birds and trees and snakes and worms, because all aerobic forms of life share that same air. . . . The longer each of us lives, the greater likelihood that we will absorb atoms that were once part of Joan of Arc and Jesus Christ, of Neanderthal people and woolly mammoths. As we have breathed in our forebears, so our grandchildren and their grandchildren will take us in with their breath." Get out in the open air and breathe in the atoms of those who have preceded you. Thank God for these saints and forebears. Try to imagine someone breathing in your atoms after you have departed this life.

5. TEND YOUR GARDEN

In *Creating Eden: The Garden as a Healthy Space*, Marilyn Barrett writes: "Although weeding, cutting back, and transplanting are activities that may seem repetitive and never-ending, when seen as a necessary and integral part of the overall unfolding of the garden scheme, they become purposeful rather than boring. In fact, what may appear on the surface to be tedious physical work may, in the actual doing, be spiritually liberating. In taking time to contemplate the small — in observing the details of our gardens — we can experience life on a manageable scale." Get in touch with the spiritually liberating disciplines of attention, repetition, and humility while working in your garden. Experience your time there as a spiritual workshop.

6. FIND A NEW ROLE MODEL

Here's a good exercise by Ruth Baetz from *Wild Communion: Experiencing Peace in Nature*: "Meditate on a rock. Can you become that silent and still inside? Meditate on a cloud or blowing grass. Can you be that flexible and light inside? What personal quality do you want to develop? Find something in nature that has that quality and be it."

7. WASTE SOME TIME

"It does no good to think moralistically about how much time we waste. Wasted time is usually good soul time," Thomas Moore has observed. Summer is just the right season for idleness and just messing around with things. Quit doing and revel in just being.

All of these wonderful summer suggestions uphold that fact that our spiritual care and well being is as equally important as our mental, physical and emotional care and well-being.

My hope and prayer for all of us this summer is that we do all that can to remember and honour our spirits - that innermost place where God dwells within.

Yours Faithfully,
Elizabeth+



WE'VE BEEN BLESSED TO WELCOME SEVERAL NEW MEMBERS AT EPIPHANY SINCE THE PANDEMIC:

We will be working with IPC to create a photo directory of our Parish Family this fall. Our last one was done in 2017.

Photo dates are October 7th - 10th from 2:30 until 8:30pm each day. Appointments to have your photos taken can be made starting in August. Each family photographed receives a free copy of the



Directory and you are also able to purchase portraits at the time of the photo session. They make great Christmas Gifts!

We will need volunteers to help do some phone calls to book appointments in September and to act as greeters/hosts/hostess each photography day in October. If you are able to assist in any way please speak to Deputy Rector's Warden, Marion Collinson.



LET US PRAY

FOR MEMBERS OF OUR PARISH FAMILY: Dr. Fade and Dr. Remi Ogundimu; Carrie Leatherdale; Lenard and Donna Punstel; Craig and Shanice Walters; Eileen Thom.

FOR THOSE IN NEED: Sheila; William; Tim; Myrna; Joanna; Bill; Jean; Nick and Ellen; Karen and Corrine; Della and Sandra; Frances; Monique; Carol, Bob and Riley; Maybourne.



Watch us LIVE on Sunday Mornings at 10:30 at www.epiphanysudbury.org/our-services

Announcements for ETW should be sent to etw@epiphanysudbury.org by NOON each Thursday.

Donate Online: You can make a donation to the Epiphany, via PayPal, by clicking the "Donate Now" button at the top or bottom of each page on our website.



THE SECOND SUMMER CONCERT: this one featuring our own Margaret Kamerman

THE CHURCH OF THE EPIPHANY PRESENTS

A performance featuring the vocals of Margaret Kamerman, with Jesse Howell on clarinet and Dr. Charlene Biggs as the collaborative pianist. The program will include works by C. Schumann, W.A. Mozart, and L. Bassi.

14 SUNDAY, 2PM
JULY CHURCH OF THE EPIPHANY,
85 LARCH ST.

Free will offering to the Church of the Epiphany may be made at the door of the event.