

GRACE NOTES—September 2022

MOTHER CATHY'S CORNER

“We who are many are one body, because we all share one bread, one cup.”



Since the Reformation in the sixteenth century, Anglicans, whether lay or ordained, have received Holy Communion in the form of both Bread and Wine. The common cup is a hallmark of Anglican/Episcopal practice. Our Book of Common Prayer, on page 407 states,

Opportunity is always to be given to every communicant to receive the consecrated Bread and Wine separately. But the Sacrament may be received in both kinds simultaneously, in a manner approved by the bishop.

Our practice, as Episcopalians, has been to use a *common cup*; that is, not small individual communion cups often seen in Protestant churches, nor a single cup used only by the priest, as in Roman Catholic churches, but one or more large cups – chalices – from which communicants drink. The unity implied by the symbol of one (and only one) chalice on the altar is key, and is reinforced by the rubric, also on page 407,

During the Great Thanksgiving, it is appropriate that there be only one chalice on the Altar, and, if need be, a flagon of wine from which additional chalices may be filled after the Breaking of the Bread.

Because of this Anglican emphasis on the common cup and weekly celebration of the Holy Eucharist, the practices necessary to reduce possible exposure to the coronavirus that causes COVID-19 came as a great blow. There was great grief over the loss of in-person worship, access to Holy Communion, and the changes in practices required to maintain health and safety, particularly for those at greatest risk. Fortunately, effective vaccines have been developed, and the most recent research shows that airborne transmission of the virus is far likelier than transmission by touch, or by drinking from a common cup.

Studies during other outbreaks, including the 2009-2010 H1N1 “swine” flu pandemic, show that using a silver or gold (plated) chalice, fortified wine with a higher alcohol content (e.g. port), and good technique when administering the chalice, (i.e., thoroughly wiping both the inside and outside rim with a clean cloth) reduces the rate of infection to almost zero for otherwise healthy persons, especially when celebrant and Eucharistic ministers are scrupulous about hand-washing and use of sanitizer.

Beginning September 11th, we will resume distributing Communion in both kinds at all services.

The Eucharistic Minister with the chalice will be positioned at a distance from the celebrant. You will receive the Bread, then, if you wish, you may

1.) received the Wine by drinking from the chalice or

2.) having received the Bread on the flat of your palm, you may present it to the Eucharistic Minister who will instinct (dip) it into the Wine and return it to you, either in your hand or on your tongue*.

You may also choose not to receive the Wine. Since ancient times it has been understood that Communion in one kind only is still complete reception of the Body and Blood of our Lord Jesus.

**Intincting (dipping) for yourself is not permitted at this time, as it greatly increases the number of unsanitized fingers which may accidentally touch the Wine. Hands are far more likely to transmit microbes than a careful sip followed by effective wiping.*



AUGUST VESTRY MEETING HIGHLIGHTS

- Treasurer Dave Ferrari noted that everything is set with the auditor, who needs to meet on site prior to September 1. Diocese to be contacted regarding timing.
- Foundation sidewalk grant received and deposited. Check will be issued on demand.
- Letters regarding vestry qualifications and nominations will be generated to all congregants.
- COVID regulations reflect CDC guidelines. We're good now, but things can change. Masks are optional, but when Head Start begins (9/8) masks will be required in common areas during school hours (could change).
- Ministry Mash-Up 2.0 kickoff will be September 11, following the brick ceremony. Envelopes with instructions and materials will be dispersed then. Campaign will run for a month, with weekly reminders.
- Thank you notes were written to Ron Jackson and Bernie and Mark Ende for their generous donations of a laptop and TV screen and for two air conditioners.
- Pledge envelopes will only be given on demand.
- Vestry will solicit snowplowing bid from current provider if price is agreed upon.
- Brick Sunday is September 11. The common cup will be restored to use at the 9AM service. Only the Eucharistic Minister can intinct.
- Lewis scholarships have been extended to Connor Hamilton (Renewal) and Jenna Reese (New)

Current COVID-19 Precautions

The Vestry has determined that, going forward, we will calibrate our precautions to the level of transmission reported by the CDC, and to their recommendations. In the CDC's system, counties are assigned a weekly status of green, yellow or red, depending on rates of transmission. Therefore, we will increase or decrease the ventilation, recommend or require masks and physical distancing, and other measures depending on the current status of Onondaga County.

At the time of publication, the Head Start program will again require universal masking, therefore we will still require universal masking in common areas Monday through Friday during school hours until arrival at your destination. This requirement could change, and any changes will be reported in This Week at Grace and on our website.



Photo by Jan Kopřiva on Unsplash.com

MINISTRY MASH UP VERSION 2.0

In an effort to further identify ways to focus our ministries and resources in a more focused and purposeful way, the Vestry announces Ministry Mash Up version 2.0. Beginning September 11 and continuing through October 11th, sheets with each ministry will be posted in the Welcome Area. You will be given 5 red dots and 3 yellow dots. At any time during the month you may:

Place the red dots on ministries that you think are most important to our core mission.

Place the yellow dots on ministries you can participate in.

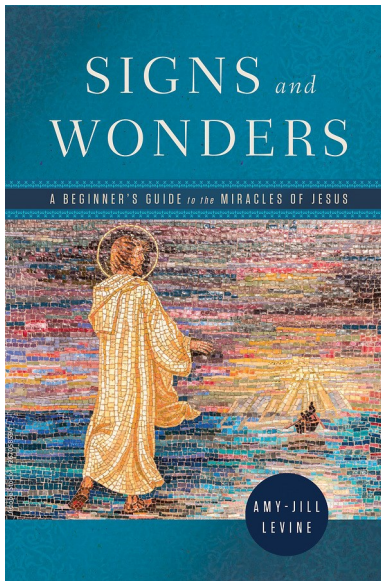
You can put more than one dot on the same ministry, but you only get to place 5 red dots, so choose wisely. All of these ministries are valuable in their own right, but we need to be intentional about our resources and this exercise can help us determine where to focus our energy.

Remember, Red=Essential and Yellow=Participate.



Photo by No Revisions on Unsplash

TUESDAY FORUM RETURNS



Beginning Tuesday, September 27 at 1:00 pm the Forum will start the season with a six-part series on Dr. Amy-Jill Levine's *Signs and Wonders: A Beginner's Guide to the Miracles of Jesus*. In this book and companion videos, she explores selected miracles of Jesus in historical and theological context. For each miracle, she discusses not only how past witnesses would have understood the events, but also how today's readers can draw meaning from Jesus's words and actions. The book is available from your favorite bookseller, and on Kindle. List price is \$16.99 (though discounts are available). The parish has ordered some copies for \$12 each which you may obtain by contacting the parish office. You can see a preview of Professor Levine talking about this book on YouTube at <https://youtu.be/Ru9yfoS6y8c>

STEP RIGHT UP....VOLUNTEERS & CONTRIBUTIONS NEEDED

We look forward to seeing your warm smile brighten the community as we join together to volunteer at the Samaritan Center in Syracuse. We will be gathering to assist with meal service on Sunday, September 25, 2022 from 12:30 pm-3:00 pm. We have a volunteer sign up sheet available in the church welcome area. Contributions to help fund the meal may be made by check or online (Please be sure to indicate it is for Samaritan Meal).

For more information about volunteering at Samaritan Center, please visit: <https://samcenter.org> or contact S. Purdy at Grace Episcopal Church



Photo Credit: jacqueline munguia via unsplash.com

HAVE YOU SEEN US ON YOUTUBE OR FACEBOOK?

Grace Church is now livestreaming to Facebook for our 9:00 AM Sunday services. We have several very regular attendees, and others find it convenient during travel or bad weather. Can't find our Facebook Page or YouTube Channel? Click the social media icons in the header and footer on our website GraceEpiscopalBaldwinsville.org.



ANNUAL BRICK DEDICATION

We look forward to seeing you on Sunday September 11th at 9:00 AM for our annual brick dedication service. Refreshments will be served, following the dedication.



COFFEE HOUR HOSTS



Thank you to the parishioners who have hosted the coffee hour after Sunday Holy Eucharist summer services thus far. We have some weeks available if you're interested in sharing some delicious treats. As it's known, "many hands make for light work", thus, if you'd like to be a host, let us know and/or ask a friend or more to help. There's a sign up sheet in the welcome area near the church entrance to host coffee hour.

ALTAR FLOWER OPPORTUNITIES



Autumn is a time with lovely flowers and interesting botanical items. It is a wonderful time of year for flowers to be displayed upon the altar. Altar decoration sponsorship is \$50 per Sunday. Decorations are available to take home after the 11:00 AM service. On Sundays when we worship at Syracuse Home one arrangement is usually brought for residents to enjoy. For more information contact the parish office.

Photo by Jiawei Zhao on Unsplash

THREADS OF LOVE



They're (almost) back! Threads of Love is an industrious group of sewers and helpers which meets most Wednesday afternoons from 1:00-3:00 in the lower level Conference room, (taking breaks during the holidays and summer months). Infant sleepers are constructed from fun fleece print fabric, and donated to local charities. The group expects to begin meeting this year on September 14th. Contact Mary Helen Foster for more information.

ALTAR GUILD

Save the date for Saturday, October 8th at 9:30am for the next Altar Guild meeting. If you'd like to serve by caring for the altar, its furnishings and its linens, we encourage you to attend the meeting for more information.



THANK YOU!

Thank you to those who continue to support the church by bringing or mailing in your offerings. For those who would like to make a gift without having to write a check and use the postal system, please consider giving online by clicking the green button on the home page of our website that says, "Give." It is an easy and safe way to give to Grace. You may also contribute in this way for flowers, or to special efforts like Samaritan Center Meals.

GIVE



HELP NEEDED



We can use your help with services in church. Will you volunteer to assist us? We are need of Lectors to read the first lesson and psalm. We email you the reading a few days prior to the service. If so, please contact the Parish Office.

Also urgently needed are volunteers to run our livestream at the 11:00 service and baptisms and funerals. No particular technical skill is needed, although familiarity with a touch-screen is helpful. Training and resources will be provided. Contact Mother Cathy or Ash McNamara



PARKING PERMITS

Students are picking up their tags to be ready for the first day of school. If you are aware of a student who would like a permit, the cost is \$100 for the academic year. Passes must be paid for before the start of school or the space will be made available to others. As of publication, there are one or two remaining spaces, but that can change quickly.



IMPORTANT DATES

Save the dates....

September 11th: Annual Brick Dedication following 9:00 AM service

September 25th: Samaritan Meal

October 2nd: St. Francis Animal Blessing

Grace Notes Submissions Deadline: The last Tuesday of every month prior to publication

COMMUNICATION COORDINATOR

OFFICE HOURS

TUES 12:00 PM - 5:00 PM WED 8:00 AM - 3:00 PM THURS 1:00 PM - 5:00 PM

Please contact our parish office
in case there have been changes to Maria's schedule

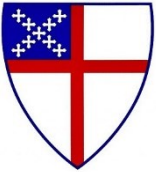


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Sunday 11:00 A.M. Holy Eucharist Rite 2 with music
Sunday 8:00 A.M. Holy Eucharist Rite 1
Beginning September 18:
September 4 & 11: Holy Eucharist 9:00 A.M.

WORSHIP



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