



ST. ANDREW'S EPISCOPAL CHURCH
301 Circle Drive • Rocky Mount, NC 27804

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Non Profit
Organization
Permit #278
Rocky Mount, NC

Return Service Requested

Our Parish Family



Let Light Perpetual Shine

Joe Suggs
August 25, 1950-June 21, 2022

Wayde Swaim
April 20, 1931-June 24, 2022

Children are a gift from God

Baptism Celebration of
Niah Hartleigh Atherton
Sunday, August 7, 2022



Confirmation, Reaffirmation, and
Reception classes will begin on Sunday,
August 7th following the 9:30am
service.



The Men's Club is meeting Saturday,
August 6th at 8am



Carriage Court School Supplies
Beginning Sunday, July 17th
through August 14th, we will
collect school supplies for the
kids at Carriage Court
Apartments. Please bring items
to the Commons by August 14th. You can find a full
list of supplies in the Commons.



UCM Cookout
Saturday, August 20th at 11am
We have been invited by our
neighbors at UCM to come and say
hello!
“Let each of us please his neighbor for his good, to
build him up “ Romans 15:2

“Follow me and I will make you fishers of people.”

THE CALL

St. Andrews Episcopal Church, Rocky Mount, NC



A Reading from St. John 6:51-58

Jesus said, “I am the living bread that
came down from heaven. Whoever eats
of this bread will live forever; and the
bread that I will give for the life of the
world is my flesh.”

The Jews then disputed among
themselves, saying, “How can this man
give us his flesh to eat?” So Jesus said to
them, “Very truly, I tell you, unless you
eat the flesh of the Son of Man and drink
his blood, you have no life in you. Those
who eat my flesh and drink my blood
have eternal life, and I will raise them up
on the last day; for my flesh is true food
and my blood is true drink. Those who
eat my flesh and drink my blood abide in
me, and I in them. Just as the living
Father sent me, and I live because of the
Father, so whoever eats me will live
because of me. This is the bread that
came down from heaven, not like that
which your ancestors ate, and they died.
But the one who eats this bread will live
forever.”

Taking In Jesus

By The Rev. George Greer



It is hard to follow Jesus Christ if you don't
believe in him! That statement appears self-
evident, but every day there are instances where those of us who
profess to follow Jesus, do not live according to his word. By not
living according to his Word, is in essence, not believing, it's not
trusting, in the word of God.

In his letter to the Ephesians, St. Paul tells us not to live in ignorance
but to work to understand the will of God. I wonder, how often do
we do that? Do we take the time seek the will of God in our lives?
Many of us go about our day without wondering what the will of God
might be for us that day. God gave us good minds; he gave us the
ability to reason; yet for some reason we choose not to use this gift.

Our passage to the left comes from St. John's sixth chapter. That
means we are talking about the Eucharist. Over and over in this
gospel John tells us: “Jesus is Lord”, “Jesus is God”, “Jesus is our
Savior”, “Jesus is truly the bread that gives life”, “Jesus is the bread
that nourishes us.”

It is important for us to regularly eat the bread of the Eucharist. Yet it
is not enough for us to just eat the bread alone. We must come to
know Jesus in the bread. We must consume Jesus in our daily lives.
What is it that they say, “we are what we eat.” When we eat the body
of Jesus, we become more like Jesus.

Continued on Page 2

Taking In Jesus, *Continued*

We take in Jesus by doing his will, by believing in him and following what he ask of us. We eat Jesus by actively loving others, even when we must deny ourselves. We take in Jesus when we care for the poor and the outcast. We take in Jesus when we recognize his presence in the Eucharist. When we eat the body of Christ, we become more like Christ.

May we all, by the grace of God, learn to walk in the way of the Lord. Amen.



HYMN Story
By the Rev. Neill Donovan

Guide Me, O Thou Great Jehovah

William Williams (1717-1781) was born the son of a prosperous farmer in Wales. He intended to become a physician, but at a revival meeting conducted by the evangelist, Howell Harris, committed himself to ministry. In



Some of the faithful present on Sunday, July 3

doing so, he solved a serious problem for Evangelist Harris. The problem was this: The Welsh love to sing, but there were few good hymns in the Welsh language. The solution was this: William Williams proved to be a prolific hymn writer—a great Welsh poet.

Williams wrote more than eight hundred hymns during his lifetime. “Guide Me, O Thou Great Jehovah” is one of the few that has been translated into English and is the only one in common use in English-language churches today.

This hymn is a prayer for a person going through tough times—a person traveling through a barren land—a thirsty person in need of water.

Have you ever felt like that? Have you ever felt confused, wondering where to turn? Have you ever felt the need for someone to point you in the right direction! Have you ever felt the need of a strong helping hand? If so, this is your hymn—your prayer. It admits, “I am weak,” but it answers, “Thou art mighty!” It asks, “Hold me with Thy powerful hand.” It prays, “Feed me till I want no more.” And then it promises, “Songs of praises, songs of praises, I will ever give to Thee.”

I don’t know if it is still true, but I am told that, for many years, Welsh crowds at rugby matches or other public gatherings would sing this hymn, much as we in the U.S. start games with the playing of the National Anthem. I am also told that many Welsh people were inspired to learn to read just so they could read the words to Williams’ hymns.

William Williams turned out to be both a great hymn writer and a great evangelist. During his many years of ministry, he traveled nearly 100,000 miles (160,000 km), often drawing crowds of 10,000 people who came to hear his preaching and sing his songs. He had a great impact on the people of Wales and, through his music, on all the world.

True Story

A number of years ago, Mother Teresa visited Australia. A young Franciscan friar was assigned to escort her. He was thrilled to have such an opportunity to learn from such a famous person, but was disappointed to find that she was always surrounded by people. He had little opportunity to talk to her. He was disappointed, but he devised an alternate plan.

Mother Teresa was scheduled to fly to New Guinea, so the young friar asked, "If I pay my own fare to New Guinea, can I sit next to you on the plane so I can talk to you and learn from you?"

Mother Teresa asked, "You have enough money to pay airfare to New Guinea?" The young man said that he did.

She said, "Then give that money to the poor. You'll learn more from them than from anything I can tell you." Jesus says, "Sell your possessions, and give alms."



Saints Alive

Feast of the Transfiguration August 6

The Transfiguration is not to be understood only as a spiritual experience of Jesus while at prayer, which three chosen disciples, Peter, James, and John, were permitted to witness. It is one of a series of supernatural manifestations, by which God authenticated Jesus as his Son. It is at one with the appearance of the angels at the birth and at his resurrection, and with the descent of the Spirit at Jesus’ baptism. Matthew records the voice from heaven saying, “This is my beloved with whom I am well pleased; listen to him” (Matthew 17:5). Briefly the veil is drawn aside, and a chosen few are permitted to see Jesus, not only as the earth-born son of Mary, but as the eternal Son of God. Moses and Elijah witness to Jesus as the fulfillment of the Law and the Prophets. In Luke’s account of the event, they speak of the “exodus” which Jesus is to accomplish at Jerusalem. A cloud, a sign of divine presence, envelops the disciples, and a heavenly voice proclaims Jesus to be the Son of God.

Immediately thereafter Jesus announces to Peter, James, and John the imminence of his death. As Paul was later to say of Jesus, “Though he was in the form of God, he did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, and was born in human likeness. And, being found in human form, he humbled himself, and became obedient unto death, even death on a cross” (Philippians 2:6-8).

The Feast of the Transfiguration is held in the highest esteem by the Eastern Churches. The figure of the transfigured Christ is regarded as a foreshadowing of the Risen and Ascended Lord. The festival, however, was only accepted into the Roman calendar on the eve of the Reformation, and for that reason was not included in the reformed calendar of the English Church. Since its inclusion in the American revision of 1892, it has been taken into most modern Anglican calendars.



Sanzio Raffaele
The Transfiguration
1518-1520

After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves.

There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.

Just then there appeared before them Moses and Elijah, talking with Jesus.

Matthew 17:1-3



E.Y.C.

Having a great time at the Rivah!

We had a blast! EYC at The Rivah!

Some stayed on dry land, except for a boat ride. Many parents enjoyed a paddle or a boat ride also. The youth learned about tides on their kayak tour, with Native Girl Kayak tours. The return trip under a local bridge required them to lay in the bottom of the boat to get under the bridge and go through a different section of the bridge. Forrest Mericle made some dogs and burgers and Rob Whistler put his EMS skills to work in some clam cuts on a couple of feet.

Thanks to the Moms who brought the other food and snacks. Abby and Kenzie Whistler brought a friend, Lauren and Meghan Renck brought their kayak paddling parents. Liam, Sydney and Maddie Mericle brought their parents. A good time was had by all! Our swim assistant Faith Modlin came too, as a backup.

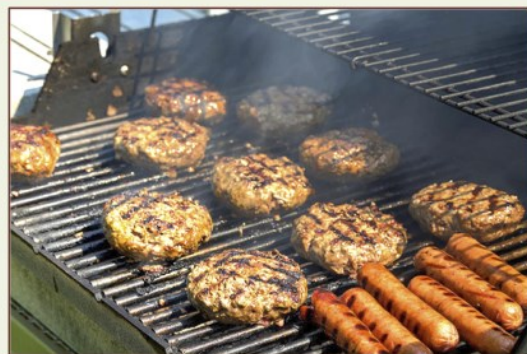


St. Andrew's Cookout with the folks at UCM.

August 20, 2022

10:30 a.m.

Location: UCM on
McDonald St.



If you give some of your own food to feed those who are hungry and to satisfy the needs of those who are humble, then your light will rise in the dark, and your darkness will become as bright as the noonday sun.

Isaiah 58:10

Kids Corner

Have you ever felt like staying home from school or church, even though you weren't sick? We all have days like that. Regardless of ones age, we all like having the occasional day to ourselves. Sometimes we don't feel like going to school or to Church. But quite often, when we go, we are glad that we did.

Sometimes people feel the same way about their responsibilities as followers of Jesus. Sometimes they don't want to go to Church. Sometimes they don't want to help someone who is need. Sometimes they don't want to visit the sick, or the lonely. Sometimes they don't feel like listening to others who want us to do more than just hear them! But Jesus tells us that if we do all these things, even when we don't feel like it, we will have a cheerful heart!

Have you ever heard the expression, "No pain, no gain?" If we decide we want to be physically fit and go to the gym to build our muscles, we have to work hard. We have to lift weights and maybe run on the treadmill. When we work hard our muscles will ache from all the activity. And as soon as we feel the pain of those aching muscles, we know that they are growing stronger -- and that's the gain that comes after the pain.

When I was in school, I struggled with geometry. Sometimes I worked so hard at trying to figure it out that I would get frustrated, sometimes I even got headaches. But as I made my way through the semester, I found that geometry was getting a little easier. I finally began to understand what my poor teacher was trying to show me. That is the gain that comes after the pain.

It's the same way when we exercise our faith. Sometimes we don't want to do some of the things that we know Jesus wants us to do. And then we work hard and do it. And sometimes that can be a little painful -- like helping when we are tired or listening when we are grumpy. But as soon as we feel ourselves reaching and stretching and working hard to be good Christians, we feel the gain. And our faith begins to grow stronger. And the next time we try it gets easier -- and that's the gain that comes after the pain.

I hope you all have a wonderful time exercising your muscles by playing in your yards or with your friends. I also pray that you will remember to exercise your faith. Remember -- no pain no gain!

Let us pray: Almighty God, we thank you for the love you poured into creating this beautiful day and for the sleep that we enjoyed last night. Help us to enjoy every moment of this new day. Be with us as we play with our friends and give us the courage to help and listen to those in need of our help. That all we do today will be done for your glory and for the benefit of my friends and family. Amen.



AUGUST 2022		AUGUST 2022				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Ms. Amy's Camp Under the Sea</i>	2 9-11am Food Pantry	3 9-10:30am Food Pantry 10:30am Healing Service	4 9-11am Food Pantry	5	6 Men's Club 8am
7 9:30 HE Rite II Niah Atherton Baptism 10:30am Confirmation Class	8 <i>Ms. Amy's Camp Trains/ Planes & Automobiles</i>	9 9-11am Food Pantry 6pm Finance Meeting 7:00pm Lion's Club	10 9-10:30am Food Pantry 10:30am Healing Service	11 9-11am Food Pantry	12	13
14 9:30 HE Rite I <i>Back to School Supplies due in commons</i>	15	16 9-11 Food Pantry	17 9-10:30am Food Pantry 10:30am Healing Service 6:00pm Vestry	18 9-11am Food Pantry 10:00am Meals on Wheels	19	20 UCM Cookout 11am
21 9:30 HE Rite II	22 TRCC auditions	23 1st Day St.A's Preschool 9-11am Food Pantry 7:00pm Lion's Club	24 9-10:30am Food Pantry 10:30am Healing Service	25 9-11am Food Pantry	26	27
28 9:30 HE Rite I	29 TRCC	30 9-11am Food Pantry	31			



August 2022



LAY/LEM READERS

August 7
 9:30 Marth Lamm
 Linda Hutcheson
August 14
 9:30 Tim Knapp
 Ramona Orzell
August 21
 9:30 Tom Drew
 Leslie Hall
August 28
 9:30 Ramona Orzell
 George Earp

ACOLYTES

August 7 George Earp
August 14 Gene Arnold
August 21 Ramona Orzell
August 28 Martha Lamm



Pantry Distributors

Tuesday—Patty Kennedy
 Wednesday—Tommy Parker
 Thursday—Elizabeth Hunter

Pantry Volunteers

Dick and Lynn Arnow
 Diane Renck

Lay Eucharistic Ministry

Linda Hutcheson

Kitchen Clean Up

Judy Anderson



*I have been crucified with Christ. It is no longer I
 who live, but Christ who lives in me. And the life
 I now live in the flesh I live by faith in the Son of
 God, who loved me and gave himself for me.*

Galatians 2:20



GREETERS

Sissy Dunton
 Martha Gallop



USHERS

August 7
 Jim Royal
 Angela Reid
August 14
 Billy Suggs
 Steve Thurkill
August 21
 Tom Drew
 Linda Hutcheson
August 28
 Dan Melnyk
 Don Mucci