

Grace Episcopal Church
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Newington, CT 06111
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The Rev. David C. Parachini, Missional Priest
The Rev. CJ Puskarz, Deacon
Mei-Tsen Chen, Organist and Choir Director
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Father David: eakp@aol.com


Holy Eucharist - Sunday at 9am
Morning Prayer - Tuesday at 8:30am

PACE OF GRACE



2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Third Easter 8:20 AM Choir Rehearsal 9:00 AM Holy Eucharist	26	27 8:30 AM Morning Prayer – C 8:30 AM Employment Group - MMR 7:00 PM Narc Anon - PH, MR	28 6:00 PM Drop the Rock – L	29 9:30 AM Tai Chi – PH 7:00 PM AI Anon - PH, MR, L	30	1 9:00 AM Zumba - PH
2 Fourth Pentecost 9:00 AM Holy Eucharist	3	4 8:30 AM Employment Group – MMR 7:00 PM Narc Anon - PH, MR 	5 6:00 PM Drop the Rock - L	6 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	7	8 9:00 AM Zumba – PH 10:00 AM Creative Energy Craft Day
9 Fifth Pentecost 9:00 AM Holy Eucharist	10	11 8:30 AM Employment Group MMR 7:00 PM Narc Anon - PH, MR	12 6:00 PM Drop the Rock - L 6:00 PM Pot Luck - PH 7:00 PM Eucharist	13 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	14	15 9:00 AM Zumba – PH 10:00 AM Creative Energy Craft Day
16 Sixth Pentecost 9:00 AM Holy Eucharist	17 5:00 PM ECW Nominating Committee (Tentative)	18 8:30 AM Morning Prayer – C 8:30 AM Employment Group MMR 12 PM Hi-Noon 7:00 PM Narc Anon - PH, MR	19 8:30 AM Chili Prep - K 6:00 PM Drop the Rock – L 6:00 PM – Potluck – PH 7:00 PM - Eucharist	20 8:30 AM Chili Prep - K 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	21	22 9:00 AM Zumba - PH
23 Seventh Pentecost 9:00 AM Holy Eucharist	24	25 8:30 AM Morning Prayer – C 8:30 AM Employment Group MMR 7:00 PM Narc Anon - PH, MR	26 6:00 PM Drop the Rock – L 6:00 PM – Potluck – PH 7:00 PM - Eucharist	28 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	28	29 9:00 AM Zumba - PH
30 Eighth Pentecost 9:00 AM Holy Eucharist	31	1 8:30 AM Morning Prayer – C 8:30 AM Employment Group MMR 7:00 PM Narc Anon - PH, MR	2 6:00 PM Drop the Rock – L	3 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	4	5 9:00 AM Zumba - PH

Room Key: PH=Parish Hall; L=Library; MMR= Music Meeting Room; MR=Meeting Room; C=Chapel; K=Kitchen



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Third Easter 9:00 AM Holy Eucharist	31	1 8:30 AM Morning Prayer – C 8:30 AM Employment Group - MMR 7:00 PM Narc Anon - PH, MR	2 6:00 PM Drop the Rock – L 6:00 PM – Potluck – OSL 7:00 PM – Eucharist - OSL	3 9:30 AM Tai Chi – PH 7:00 PM AI Anon - PH, MR, L	4	5 9:00 AM Zumba - PH
6 The Transfiguration 9:00 AM Holy Eucharist Family Promise – Parish Hall	7 Family Promise - Parish Hall	8 8:30 AM Morning Prayer – C 8:30 AM Employment Group – MMR 7:00 PM Narc Anon - PH, MR Family Promise – Parish Hall	9 8:30 AM Chili Prep - K 6:00 PM Drop the Rock – L 6:00 PM – Potluck – OSL 7:00 PM – Eucharist - OSL Family Promise – Parish Hall	10 8:30 AM Chili Prep - K 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L Family Promise – Parish Hall	11 Family Promise – Parish Hall	12 9:00 AM Zumba - PH Family Promise – Parish Hall
13 Tenth Pentecost 9:00 AM Holy Eucharist Family Promise – Parish Hall	14	15 8:30 AM Morning Prayer – C 8:30 AM Employment Group MMR 7:00 PM Narc Anon - PH, MR	16 6:00 PM Drop the Rock – L 6:00 PM – Potluck – OSL 7:00 PM – Eucharist - OSL	17 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	18	19 9:00 AM Zumba - PH
20 Eleventh Pentecost 9:00 AM Holy Eucharist	21	22 8:30 AM Morning Prayer – C 8:30 AM Employment Group MMR 7:00 PM Narc Anon - PH, MR	23 6:00 PM Drop the Rock – L 6:00 PM – Potluck – OSL 7:00 PM – Eucharist - OSL	24 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	25	26 9:00 AM Zumba - PH
27 Twelfth Pentecost 9:00 AM Holy Eucharist	28	29 8:30 AM Morning Prayer – C 8:30 AM Employment Group MMR 7:00 PM Narc Anon - PH, MR	30 6:00 PM Drop the Rock – L 6:00 PM – Potluck – OSL 7:00 PM – Eucharist - OSL	31 9:30 AM Tai Chi - PH 7:00 PM AI Anon - PH, MR, L	1	2 9:00 AM Zumba - PH

Room Key: PH=Parish Hall; L=Library; MMR= Music Meeting Room; MR=Meeting Room; C=Chapel; K=Kitchen



Pace of Grace

July/August, 2017

"The Pace of Grace" is a monthly publication of
Grace Episcopal Church, 124 Maple Hill Avenue, Newington, CT



Dear Friends at Grace Church,

Proverbs 3:5-6 is a familiar passage to many: "Trust in the LORD with all your heart; and lean not on your own understanding. In all your ways acknowledge him, and he shall direct your paths." Verse 5 is a complementary pair of commands. We are told, positively, to trust the Lord and, negatively, not to trust our own understanding. Those two things are mutually exclusive. In other words, if we trust in the Lord, we cannot also depend upon our own ability to understand everything God is doing.

Most of us have a desperate desire to understand, but in so many areas we must acknowledge that we cannot understand. We must approve of God's ways, even when we can't comprehend them. Isaiah 55:8-9 tells us why we often don't understand what God is doing: "'For my thoughts are not your thoughts, neither are your ways my ways,' declares the Lord. 'For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.'" God sees the whole picture, while we only see our tiny corner of it. To trust in the Lord with all our heart means we can't place our own right to understand above His right to direct our lives the way He sees fit. When we insist on God always making sense to our finite minds, we are setting ourselves up for spiritual trouble.

You may be facing a dead end right now—financial, emotional, or relational—but God can see a path that you don't know about. If you will trust God and keep on moving in faith, even when you don't see a way, He will make a way.

It will become more understandable as you head down the path he sets before you, but understanding is not a requirement for you to start down the path. Proverbs 4:18 says, "The path of the righteous is like the first gleam of dawn, shining brighter till the full light of day" (NIV). One day you will stand in the full light of

eternity and view the big picture. You'll see God's purpose behind the path He specifically chose for you.

What do I do in the meantime? You do what Proverbs 3 says: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he shall direct your paths." What does He mean "don't lean on your own understanding"? You don't need to try to figure it out. In truth, you're not going to understand most of the things that happen in your life until you get to heaven.

Be patient. God knows what He's doing. God knows what's best for you. He can see the end result. You can't. All those problems, heartaches, difficulties and delays – all the things that make you ask "why" – one day it will all be clear in the light of God's love.

But for now, we're learning to trust God in our personal lives and at Grace Church.

Blessings,

JoAnn Cromwell
Senior Warden



Here are the lectionary readings for each Sunday and Holy Day in July

	First reading	Psalm	Second Reading	Gospel
Fourth Sunday after Pentecost (Proper 8) July 2, 2017	Genesis 22:1-14	Psalm 13	Romans 6:12-23	Matthew 10:40-42
Fifth Sunday after Pentecost (Proper 9) July 9, 2017	Genesis 24:34-38, 42-49, 58-67	Psalm 45:11-18	Romans 7:15-25a	Matthew 11:16-19, 25-30
Independence Day July 4, 2017	Deuteronomy 10:17-21	Psalm 145	Hebrews 11:8-16	Matthew 5:43-48
Sixth Sunday after Pentecost (Proper 10) July 16, 2017	Genesis 25:19-34	Psalm 119:105-112	Romans 8:1-11	Matthew 13:1-9, 18-23
St. Mary Magdalene July 22, 2017	Judith 9:1,11-14	Psalm 42:1-7	2 Corinthians 5:14-18	John 20:11-18
Seventh Sunday after Pentecost (Proper 11) July 23, 2017	Genesis 28:10-19a	Psalm 139:1-11,22-23	Romans 8:12-25	Matthew 13:24-30, 36-43
St. James the Apostle July 25, 2017	Jeremiah 45:1-5	Psalm 7:1-10	Acts 11:27-12:3	Matthew 20:20-28
Eighth Sunday after Pentecost (Proper 12) July 30, 2017	Genesis 29:15-28	Psalm 105:1-11,45b	Romans 8:26-39	Matthew 13:31-33, 44-52



Here are the lectionary readings for each Sunday and Holy Day in August

	First reading	Psalm	Second Reading	Gospel
The Transfiguration August 6, 2017	Exodus 34:29-35	Psalm 99	2 Peter 1:13-21	Luke 9:28-36
Tenth Sunday after Pentecost (Proper 14) August 13, 2017	Genesis 37:1-4,12-28 1 Kings 19:9-18	Psalm 105:1-6,16-22,45b or 85:8:13	Romans 10:5-15	Matthew 14:22-33
St. Mary the Virgin August 15, 2017	Isaiah 61:10-11	Psalm 34	Galatians 4:4-7	Luke 1:45-55
Eleventh Sunday after Pentecost (Proper 15) August 20, 2017	Genesis 45:1-15 Isaiah 56:1,6-8	Psalm 133 or Psalm 67	Romans 11:1-2a,29-32	Matthew 15(10-20),21-28
St. Bartholomew August 24, 2017	Deuteronomy 18:15-18	Psalm 91	1 Corinthians 4:9-15	Luke 22:24-30
Twelfth Sunday after Pentecost (Proper 16) July 27, 2017	Genesis 28:10-19a	Psalm 139:1-11,22-23	Romans 8:12-25	Matthew 13:24-30, 36-43



7/10 Nancy Beilman
 7/11 Nancy DiPrato
 7/15 Sandra Lund
 7/18 Shirley Crosswaith
 7/19 Camden Tatsapaugh
 7/24 Candace Casciano
 7/24 Thomas Raimondo
 7/24 Gary St. Amand
 7/31 Nicholas Casciano



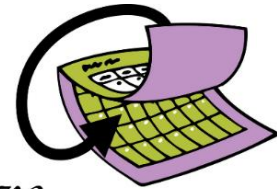
8/1 Walt and Barbara Block
 8/9 Mark and Kathy Shoemaker
 8/28 Karen and Frank Halpert



7/12 Laura and William Lynch



8/4 Valerie Dumont
 8/8 Everett Weaver
 8/9 Jacquie Tallard
 8/12 Charlie Albrycht
 8/15 Norine Barr
 8/15 Elizabeth St. Amand
 8/19 Colleen Bielitz
 8/25 Martin Dumont
 8/29 Walt Block
 8/29 Laura Lynch



Save the Date

July 1st: Zumba with Wendy
 July 2nd: Wear Red, White & Blue to church
 July 4th: Independence Day
 July 8th: Zumba with Wendy
 July 8th: Creative Energy Team Crafting Day
 July 12th: Potluck & Eucharist - Grace
 July 15th: Zumba with Wendy
 July 15th: Creative Energy Team Crafting Day
 July 18th: Hi Noon
 July 19th: Potluck & Eucharist - Grace
 July 22nd: Zumba with Wendy
 July 26th: Potluck & Eucharist - Grace
 July 29th: Zumba with Wendy
 August 2nd: Potluck & Eucharist - OSL
 August 6th-13th: Host Family Promise
 August 5th: Zumba with Wendy
 August 9th: Potluck & Eucharist - OSL
 August 12th: Zumba with Wendy
 August 16th: Potluck & Eucharist - OSL
 August 19th: Zumba with Wendy
 August 23rd: Potluck & Eucharist - OSL
 August 26th: Zumba with Wendy
 August 30th: Potluck & Eucharist - OSL





HI-NOON - A group of "Young at Heart" Church friends meets monthly (except August) for lunch and activities in the Parish Hall and short excursions. All are welcome!

July 18, Tuesday Lobster Roll & Hammonasset Park – Meet at Church 12.00 Noon – Following lunch of lobster rolls, hot dogs or kielbasa roll the group will have a short stroll on the beach and visit the new Meigs Point Nature Center

September 7, Thursday Stanley Whitman House – Farmington, Following bag lunch in Parish Hall, car pool to historic house

October 16, Monday Gouveia Vineyards, Wallingford – Meet at Church at Noon – Bring lunch & appetizers to share / eat at winery. All beverages – wine, soda, water – must be purchased at the winery.

November - Planning in progress

December 4, Monday Christmas Party – Lunch provided, Donation for meal

2018

January 8, Monday Fun and games in Parish Hall, Bring bag lunch and snacks to share.

February 5, Monday Movie Matinee, Bring bag lunch and movie snacks to share. Movie to be announced.

March TBD Restaurant Adventure



Wednesday Evening Eucharist: Beginning in July, in conjunction with Our Saviour's Lutheran Church, we will be having a Stone Soup Potluck followed by an informal Eucharist. Potluck will begin at 6 pm, with Eucharist following at 7 pm. The first night will be on Wednesday, July 12. Grace will host during July, and OSL will host in August. There will be no sign-ups; just come and bring a dish to share. If you are unable to attend church on Sunday, we hope you will be able to attend on Wednesday. We are looking forward to seeing you there!

Father David and Father Bruce



ZUMBA GOLD with Wendy – for the young-at-heart. You will find ZUMBA GOLD to be a great combination of dance, aerobics and...FUN! If you haven't tried it yet, you MUST join the PARTY and see how much fun working out can be!

If you have not worked out in a while, or you are concerned that you will not be able to keep up or learn the steps – DON'T WORRY! I will show you how to do the moves and, together, we will get you on the road to fitness and fun!

Zumba Gold is designed specifically for those students who want to join The ZUMBA dance party, but need to go a bit slower, without all the jumping around! The class is one hour and includes a warm-up, routines designed to raise the heart rate, some balance work and a cool-down/stretch.

The current schedule:
GRACE EPISCOPAL CHURCH,
Saturdays from 9:00am - 10:00am

Always FREE for Grace Church members!

Non-members: \$5.00 per class drop in rate. Special pricing punch card is available for non-members who wish to purchase 5 or 10 classes.





Creative Energy Team
July 2017

The next two craft days will be July 8th and July 15th at 10 am in the downstairs meeting room after Zumba Gold. For these two classes wear your painting clothes. Look for upcoming dates in the weekly bulletin or in an email blast. All help is truly appreciated. There is something for everyone to do, even if you don't think you are crafty. There are also some crafts that have a take-home component. It is good to get together, have some fellowship and lots of laughs.

The Silent Auction is Saturday, December 2, 2017. It will be an early evening event. We will be looking for Silent Auction baskets and gifts. Do you have a talent you could share, a treasure to give, some time to donate? Think about what you can do to make this a success. We are looking for someone to chair this event as well as work alongside the Creative Energy Team. Once the Fall Festival is over, you will have a lot of help through the day of the event and for clean-up. Is this a job you would be willing to do?

If you have any questions, comments, ideas or would like to come to a crafting date and don't know when the next one is, please call Lorraine Belyea at 860-666-3959, Lynn Page at 860-667-1835 or Valerie Dumont at 860-690-0727.

Valerie Dumont



The next Book Club meeting will be on September 23rd. We will be reading *Hidden Figures* by Margot Lee Shetterly, a fascinating piece of space history that most people don't even know about. It is a

wonderful, inspirational story. While these women endured many hardships working in the Jim Crow south, they made significant contributions to aeronautics, astronautics and America's victory over the Soviet Union in the Space Race. It should be required reading by all. There is a sign-up sheet in the narthex.

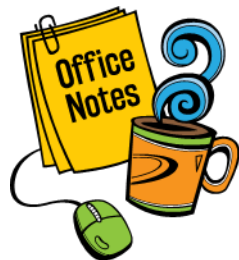
Happy Reading!

Melissa Haseley



Summer Garden Watering

There are watering tasks that you can sign up for as we have asked for the last few summers. The sign-up sheet is in the Narthex. The schedule is a week at a time from now to September 23. The watering includes the pots and urns in the Memorial Garden, the bee and butterfly garden in the front, the side garden by the kitchen door and the hanging plant in the front. The hoses will be set up and the "key" to turn on the spigots will be in an accessible place. And of course the weeding can be done at any time, so our summer mantra is "if you see a weed, pull a weed". And if everyone did that, the weeds would be kept at bay and our gardens would look well maintained.



The deadline for the September Pace of Grace is Friday, August 25th. Please make every effort to meet this deadline to allow us to distribute the issue promptly. The earlier you submit, the easier it is to publish the issue.

Summer Office Hours: Please note the office will be closed on Fridays in the summer. Office hours will be Monday 11-4; Tuesday 1-5 and Thursday 11-5.

Due to vacation, the office will be closed July 17 - July 21.

Debbie Forrest



Family Promise of Central Ct. Grace & Our Savior Host Volunteers

Last month (June 4th-11th) we hosted a family of three, father, mother and young daughter. It was good experience with some learning curves. It was a success with our volunteer help from putting together the cots and partitions, dinners, activities, sleep overseers and breakdown. We did need to reach out to the Director for help staffing and had a volunteer from Wellspring Congregation, as well as the Director himself.

**Lay Ministry Schedule
9:00 AM Holy Eucharist**

	July 2, 2017	July 9, 2017	July 16, 2017	July 23, 2017	July 30, 2017
	4 Pentecost	5 Pentecost	6 Pentecost	7 Pentecost	8 Pentecost
LECTOR	Mabel Maynard	Shirley Adams	Paul Crosswaith	JoAnn Cromwell	Karen Halpert
MINISTER OF COMMUNION	Paul Crosswaith	Mabel Maynard	Mabel Maynard	Liz Welk	Shirley Adams
CRUCIFER	Karen Halpert	Liz Welk	Karen Halpert	Liz Welk	Karen Halpert
PRAYERS	Mabel Maynard	Walt Parker	Mabel Maynard	Nancy Tatsapaugh	Beverley Manning
USHERS	Marty Dumont Chelsea Belyea	Bob MacCalmont Charlie Albrycht	Brandon & Kathy Johnson	Nancy Beilman Marianne Doolittle	Mark & Kathy Shoemaker
FELLOWSHIP					JoAnn Cromwell
NRRRC-10:30am		Beverley Manning		JoAnn Cromwell	
HTFD REGIONAL				JoAnn Cromwell	
CTR-12n					
ALTAR GUILD	Marie Ritchie Elissa Schumann Barbara Johnson	Marie Ritchie Elissa Schumann Barbara Johnson	Elizabeth Welk Kathy Shoemaker Candy Casciano	Elizabeth Welk Kathy Shoemaker Candy Casciano	Elissa Schumann Jeanne Parker Barbara Johnson
COUNTERS	Walt Parker Nancy DiPrato	Melissa Haseley Lorraine Belyea	Beverley Manning Paul Crosswaith	JoAnn Cromwell Bette Forcash	Melissa Haseley Nancy DiPrato

**Lay Ministry Schedule
9:00 AM Holy Eucharist**

	August 6, 2017	August 13, 2017	August 20, 2017	August 27, 2017
	9 Pentecost	10 Pentecost	11 Pentecost	12 Pentecost
LECTOR	Nancy Tatsapaugh	JoAnn Cromwell	Shirley Adams	Paul Crosswaith
MINISTER OF COMMUNION	Lynn Page	Karen Halpert	Paul Crosswaith	Kathy Johnson
CRUCIFER	Karen Halpert	Liz Welk	Karen Halpert	Liz Welk
PRAYERS	Karen Halpert	Paul Crosswaith	Marie Ritchie	JoAnn Cromwell
USHERS	Nancy DiPrato	Jane Stewart	Marty DuMont	Bob MacCalmont
	Lorraine Belyea	Paul Crosswaith	Chelsea Belyea	Charlie Albrycht
FELLOWSHIP				
NRRRC-10:30am	Beverley Manning		JoAnn Cromwell	
HTFD REGIONAL			JoAnn Cromwell	
CTR-12n				
ALTAR GUILD	Elissa Schumann			
	Jeanne Parker			
	Barbara Johnson			
COUNTERS	Melissa Haseley	Beverley Manning	Walt Parker	JoAnn Cromwell
	Paul Crosswaith	Lorraine Belyea	Nancy DiPrato	Paul Crosswaith