

Grace Notes is the monthly newsletter for Grace Episcopal Church in Spring Hill. It is emailed or mailed to members and friends of the church and given to visitors and interested individuals. If you would like to contribute an article or comment, please reach out to a member of the Grace Notes committee: Carol Martinez, John Harvey, and Peggy Roberts. *It is the Mission of Grace Episcopal Church to bring glory to God, build the spirituality of our people, and bring Christ to our community.*

Events and Dates of Notes

Here are just some of the dates to note on the church calendar. Information on activities and programs at Grace will be sent to you via email and Facebook.

July 22	St. Mary Magdalene
July 26	St. James, the Apostle
Aug. 6	Transfiguration of Our Lord Jesus Christ
Aug. 16	St. Mary, the virgin, mother of our Lord Jesus Christ
Aug.20-22	Episcopal Churchmen of TN, 75 th Conference
Aug. 24	St. Bartholomew, the Apostle

Services and Continuing Events

Sun.	10 a.m.	Holy Eucharist
Sun.	10 a.m.	Facebook Live Service
Mon.	1:00 p.m.	Creative Mondays, Faith Hall, 2 & 4 weeks
Tues. & Fri.	7 p.m.	AA Meeting
Wed.	11:00 a.m.-3:00 p.m.	Father Joe, Office hours
Wed.	12:00 p.m.	Celebration of the Eucharist. (Will resume July 21)
Aug. 5	12:00 Noon	Ladies Luncheon, Olive Garden, (First Thurs.)

Vicar's Vagaries:

Vicar's Vacation

Father Joe has been on vacation for the last couple of weeks. He will return this week Wednesday, July 21, for noon mass and the Mission Council meeting that same evening. Sunday, July 25, he will say mass and we are hoping he had an enjoyable and restful time off.

An Overdue Visit

Each Sunday in the Prayers of the People we pray for "all those in need of healing", recognizing by name members of our congregation, family members, friends, and others. From Sunday to Sunday, names are added, and names are removed. Some remain on the list for extended periods of time, especially those who have required hospitalization and/or lengthy rehabilitation. In normal times, they might have a reasonable expectation of a visit from the vicar or a member of the congregation. We know we have been through an extended period that has been anything but normal. Hospitals, transitional rehabilitative facilities, and long-term care facilities canceled or severely limited patient visitations. There was real concern about the safety of both the patients and visitors in these facilities. I needed a surgery but was not interested in checking into the hospital for a couple of days under the circumstances. My doctor and I compromised on having it done on an outpatient basis at the Pavilion at Maury Regional. My wife was shocked when I told her they requested she drop me off at the entrance and they would call her when I was out of recovery so she could pick me up at the curb. Different world.

As we keep our fingers crossed things are getting back to a closer-to-normal state, I've had a nagging feeling every Sunday when we pray for "all those in need of healing" that I should be doing more. I've been fortunate during the pandemic, but I have lost friends that I could not visit or even attend their

funerals. I can only imagine what their isolation was like. I pray I never find out. I recently had a weekend to myself while my wife and daughter went to check on our newest granddaughter. After reading those prayers again that Sunday, I decided I'd take a drive to Columbia when I left church. I had it on good authority two of Grace's most faithful congregants were undergoing rehabilitation for injuries at the same facility. After inquiring about Mama Flo Kline (by the way, they knew immediately who I was talking about) and Bernice Haug, I was put through the Covid protocol and escorted to Mama Flo's room to find her looking as spiffy as usual, visiting with her daughter, Cheryl. After several minutes of the obligatory hugs and greetings, I inquired about Bernice. Mama Flo said she and Bernice had just been talking about me and Bernice had said she would sure like to see me. Now I know where that nagging feeling was coming from! Mama Flo sent Cheryl to get the nurse to bring Bernice down for a visit from a mystery guest. When Bernice arrived the hugs and celebration started again. I was treated to an emotional and uplifting experience with these dear friends, and left feeling I had received more than I had given.

My takeaway from this whole experience is that we are all occupying a space here for a limited time. What we do with that time will greatly impact the fulfillment we derive from our own lives and the value we try to add to the lives of others. If you have the feeling God is placing the opportunity before you to bring some benefit to others by letting them know how much you value their friendship, take time to recognize it. You will be glad you did.

I know there are others in our congregation who from time to time visit the sick or home bound. I am not suggesting by any means we take Fr. Joe's place in providing pastoral care. Rather, if you would be interested in participating in a supporting role to help those who can't be with us in person for whatever reason, let's have a conversation.

Christ's Peace,
John Harvey, Sr. Warden

A Suggestion Regarding Prayer

Rev. Randy Hoover-Dempsey conducted the Sunday service at Grace Episcopal Church on July 11. His sermon included this suggestion regarding prayer. What follows is from a handout that he made available.

Are you looking for a new spiritual discipline to draw closer to God? How about praying your hands? Here's a practical way to improve your prayer life using the Jesus Prayer.

First, what is the Jesus Prayer? It's an ancient prayer used for centuries throughout the church. Sometimes the words vary, but the version I'm going to suggest is: "Lord Jesus, have mercy on me." The idea is that Jesus understands what we need better than we do. So, we ask Jesus to provide us with what we need.

We begin with the Jesus prayer, but we expand on the idea by adding WHO we pray for.

1. We begin with ourselves. The idea here is that we need to be filled up if we are going to have something to share. We ask God to bless us in order that we can bless others.
2. We pray for our Family, "Lord Jesus, have mercy on my family." I usually pray this prayer for each person in my family by name.
3. We pray for our Church Family, "Lord Jesus, have mercy on my brothers and sisters."
4. We pray for those with special needs, "Lord Jesus, have mercy on _____."

We also expand on the Jesus prayer by repeating each WHO three times. For example, if I'm praying for myself, I would pray:

Lord Jesus, have mercy on me.

Lord Jesus, have mercy on me.

Lord Jesus, have mercy on me.

The idea is not that God hasn't heard us the first time. By repeating the prayer three times we are focusing our attention on the people we are praying for.

So where do the hands come in? I'm a hands-on person. I need something practical to help with my spiritual practice. My hands are a reminder to pray. My right-hand fingers remind me of the four WHOs I'm praying for. My left-hand fingers remind me of how many times I've prayed for that person.

I have started this practice back a couple of years ago, and I've found it very helpful. And yes, you have fingers left over so you can adapt the method to meet your special needs.

Lord, draw us close to you and close to others as we pray.

By Rev. Randy Hoover-Dempsey

Sing and Make Music at Grace

How important is singing when we worship together? We've all missed it over the last year and a half, and each week I hear someone say how thankful they are that we're able to sing again! Each week, the singing becomes a little stronger, and more confident.

Ephesians 5:19-20 tells us to "Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ".

I have lots of hymns on my phone, and I love singing along with them. It makes distasteful chores go a little faster, and brings up wonderful memories, too. I encourage you to do this, and to let me know what your favorite hymns are—I will be sure to include them in our times of worship on Sunday mornings!

By Deanie Moore

Creative Mondays Take Place in Faith Hall

Creative Mondays are a time when artists gather to make their creations together and support one another's creative endeavors. Pat Mayo paints and serves as the artistic consultant. She brings magazines for inspiration, shares pictures of images and offers comments due to her many years as an artist and art teacher.

The event takes place on the second and fourth Mondays of each month from 1 to 3 p.m. in Faith Hall. Each artist brings their own supplies. Some sew, color, draw or paint and participants often share materials and ideas.

Pat opened the recent meeting with the following prayer:

For Church Musicians and Artists:

O God, whom saints and angels delight to worship in heaven: Be ever present with your servants who seek through art and music to perfect the praises offered by your people on earth; and grant to them even now glimpses of your beauty and make them worthy at length to behold it unveiled for evermore; through Jesus Christ our Lord. Amen.

Everyone is welcome to attend the event, members of Grace and nonmembers. Children under age 15 are welcome if they are accompanied by an adult.

For more information, please reach out to Pat Mayo or Carol Martinez.

Ladies Gather for Lunch and Fellowship

On Thursday, July 12, ladies from Grace Episcopal Church gathered at Grecian Family Restaurant for delicious food, conversation, fun, and fellowship. For many it was the first time that they had the opportunity to enjoy lunch at a restaurant with members of their church family.

Attendees were: Karyl Chastain Beal, Linda Colmore, Missy Daily, Carol Martinez, Pat Mayo, Joy McKnight, Laurie McNutt, Deanie Moore, Lynn Rieger, Peggy Roberts, Diann Schneider, and LaRue Schmelzer.

The group has decided to meet for lunch on the first Thursday of each month. Laurie McNutt, Mission Council member for Congressional Life will co-ordinate the events. For more information, check the bulletin board in Faith Hall and Grace's Facebook page.

The event began with the following prayer:

Almighty and ever living God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life and bring us all to be of one heart and mind within your holy church: through Jesus Christ Our Lord. Amen.

Some of the attendees concluded the event by ordering one of the many fabulous desserts from Grecian Restaurant to go. Everyone took home fun memories and joy after attending the event.

By Carol Martinez

Treasurer's Report

Total June revenues:	\$10,293.00
Total June expenses:	\$9,003.63
Net Balance	\$1,289.37

First Horizon checking balance:	\$7,049.14
First Horizon savings balance:	\$69,605.09

Savings Account Breakdown:	
Organ fund:	\$23,500.00
Building fund:	\$26,540.00
Undesignated:	\$19,562.23
Interest earned:	\$2.86

Dave Thomas, Treasurer

Mission Council Meeting

The Grace Mission Council met June 16 at 6:30 p.m. via Zoom. Father Joe encouraged personal contact with members who continue to join us Sundays from their living rooms. Father asked council members to contact those members by phone and invite them to Grace and assure them of our safety guidelines and the delight they will feel being a part of physical worship at Grace again. It feels a little different being able to be present in church to celebrate as a family, but everyone has expressed joy singing, being a part of communion, and seeing everyone again.

Susan Austin, Jr. Warden, reported recent repairs and maintenance on Faith Hall and the church.

- *Christian Education:* Lynn Rieger has completed the first half of her “Catechesis of the Good Shepherd” training, and her instructor, Elizabeth Nash, has offered to address the Grace congregation about the benefits of this teacher training program.
- Diann Schneider’s crochet group will meet in Faith Hall Thursday mornings.
- *Communications:* Will Pomeroy is working on the Grace Church Face Book page and website.

The Mission Council will meet again Wednesday, July 21, at 6:30 p.m.

Clergy and Staff

The R. Rev. Dr. John C. Bauerschmidt, Bishop
The Rev. Joseph N. Davis, Vicar
Deanie Moore, Director of Music
Susan Browning, Financial Administrator

The Mission Council

John Harvey, Senior Warden
Susan Austin, Junior Warden
David Thomas, Treasurer
Ed Strong, Assistant Treasurer
Laurie McNutt, Congregation Life
Les Bennett
Will Pomeroy, Communications
Diann Schneider, Christian Education

You may contribute to Grace Church at this link or by using the code below.

[https://graceepiscopalspringhill.org/#giving,](https://graceepiscopalspringhill.org/#giving)

