

Episcopal Church of Our Saviour
Newsletter
August 23, 2020
Prayer

Prayers of Comfort

We're living in interesting times, to say the least. We're experiencing unprecedented upheaval with the COVID pandemic, job loss and businesses closing, and a national reckoning with our history of systemic racism. It's times such as these that it's especially important to remain deeply grounded in prayer. Daily prayer can help us remain calm, filled with hope, and comforted in knowing that God is always with us, day and night. Here are two prayers that you might find comforting. Mother Carol+

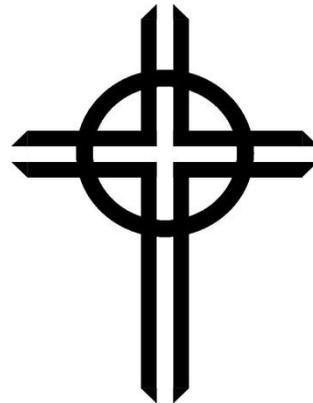
Felgild Compline

Calm me, O Lord, as You stilled the storm.
Still me, O Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in Your peace.

A Prayer before sleep

O God our protector;
by whose mercy the world turns safely into darkness
and returns again to light;
we give into Your hands our unfinished tasks,
our unsolved problems,
and our unfulfilled hopes;
for You alone are our sure defence.

Celtic Daily Prayer: Book Two



Vote Faithfully!

Did you know that the Episcopal Church takes voting seriously—and not just for Vestry elections? Presiding Bishop Michael Curry has said, “It is a Christian obligation to vote, and more than that, it is the church’s responsibility to help get souls to the polls.” To help facilitate this duty, the Church through its Office of Government Relations, has provided a handy “Vote Faithfully Election Engagement Toolkit” that you can access at

https://episcopalchurch.org/files/vote_faithfully_2020_election_toolkit_updated.pdf

The graphic features the word "VOTE" in a bold, blue, sans-serif font, with the word "faithfully" written below it in a red, cursive script font. The entire graphic is enclosed in a thin blue rectangular border.

This site provides information about what churches can and cannot do legally during election campaigns as well as links to information about voter registration, state-by-state voting procedures during the pandemic, interesting information about voting during the 1918 Spanish flu pandemic, how to deal with disinformation, and a link to a church curriculum on civil discourse. You'll find relevant Bible verses and other quotes, prayers, even music suggestions, and much more. You will find a link to the Church's Office of Government Relations (<https://episcopalchurch.org/OGR/civic-engagement>) where you can learn more about public

policy issues that concern our Church leadership. And to show your commitment you can even order a sticker that says "I'm an Episcopalian and I voted!" (Submitted by **Jane Rainey**)

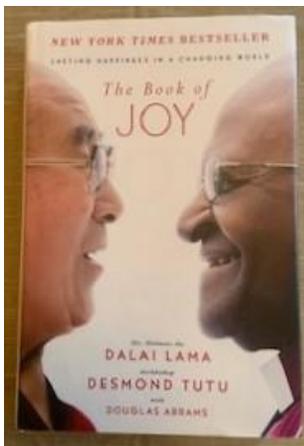
Notes from the Garden!

In the past, on Sunday mornings our parish members could buy vegetables from our Garden during the summer and early fall. The money from those purchases went to the Garden Committee budget to purchase seeds and supplies for the planting season.

Everyone is invited to help provide funds for the next planting season by buying some vegetables. **Michele Gore** will be at our church on **Thursday, August 27th** from **4:30 to 5:30 PM**, if you want to come by and purchase some produce and support this vital ministry of our parish. (Rev. Carol Ruthven)



Attention All Book Lovers!



Do you love to read? You may be interested in the Book Club that is forming at Our Saviour. Once a month the group will be read a book that pertain to our spiritual wellbeing, then we will meet to discuss our views on the text. The group will meet on Zoom until it is safe to meet in person.

Our first book selection is "*The Book of Joy: Lasting Happiness in a Changing World*" by His Holiness the Dalai Lama and Archbishop Desmond Tutu, with Douglas Abrams. The book is available on Amazon, Walmart, and several other vendors. If you need help getting a copy, please contact **Leslie Farris**.

Glenn Click and **Leslie Farris** will co-host the Book Club with our first meeting in September. Please contact **Leslie** at momfarris3@gmail.com or 859-582-6367 if you are interested in participating. Please let us know days and times that work best for you for example the 2nd Tuesday evenings or 4th Monday mornings. We will select a time that works best for folks.

Protecting God's People On-line Training Program

In keeping with the policies of Our Saviour and The Diocese of Lexington, everyone who is employed by ECOS, or who volunteers and everyone who has a key to either building needs to complete various training courses on the prevention of sexual exploitation. What began as training for the prevention of sexual misconduct toward children has grown into a training designed to help us keep all God's People safe from exploitation. There are various courses presented by Prasadium, a leader in the prevention of sexual misconduct and exploitation. Each person, depending on their role in the church, will have a group of courses to complete. If you have received the trainings before, you need to make sure you complete the refresher course every 3 years.

The courses are offered on-line and can be viewed on a tablet or computer (laptop or PC). Please call **Leslie Farris** 859-582-6367 (cell) or 859-925-5063 (home) to register for the courses, or to review your record. (The above articles were submitted by **Leslie Farris**)

Glasgow and St. Mungo

Glasgow is the largest city in Scotland and is the 3rd largest in the United Kingdom. Whereas, Edinburgh is the more tourist oriented, Glasgow is more geared toward business. It lies on the River Clyde in the Strathclyde area of Scotland. Its name means *Green Hollow*.



The oldest cathedral in Scotland is Glasgow or St. Mungo's Cathedral. Since the Reformation, it has been a Scottish Presbyterian church. It is also known as "The High Kirk of Glasgow." It is well worth a visit just to see the large Crypt. St. Mungo is said to be buried under this crypt.

St. Mungo (also known as St. Kentigern) was a missionary and Abbot in this area in the late sixth and early seventh centuries. He is considered to be the founder and Patron Saint of Glasgow. The city crest of Glasgow shows St. Mungo at the top and contains a tree, a bird, and a fish. All of these are related to miracles said to have been performed by this saint. These will be explained in the next article. (Submitted by **James Anderson**)

Icon Image: <http://www.st-kentigerns.manchester.sch.uk/year-2-sa-blog/saint-kentigerns-day>

Karon's Korner #3

Once two x-ray employees were sent on an errand for the x-ray department. One had just graduated a few months earlier. The other one had just started x-ray school. Their experience was extremely limited. They were sent to the morgue. This room was in the basement and neither had been there before.

The body was laying on the x-ray table reserved for morgue use. However, the table was across the room. No one (breathing at least) was there. The room was large and the slightest sound echoed. That being the case, both women were trying hard not to make any noise as they slowly walked across the room.

Unnoticed by either of them a pathologist had slipped into the room. Being a very intelligent man, he quickly sized up the situation and decided to act. He waited until the women had almost reached the x-ray table, then he quietly raised his clip board and struck it hard with his hand. The women almost jumped out of their shoes and made little squeaking sounds.

Then he laughed and said "Time to get to work!"

An x-ray was never taken faster than that one. And the women scooted out of the room. You might ask how could I know all of these details? I was the one who had just started x-ray school. I don't think I ever went down to the morgue again. (Submitted by **Karon Click**)

Ancient Jokes of the Day

He was only a whiskey maker, but he loved her still.

Did you hear about the fire at the circus? It was in tents!

(Submitted by James Anderson (who else?))

To submit an article or item of Interest, send an email to **Linda Myers** at rukasa05@ail.com. We appreciate all submissions.