

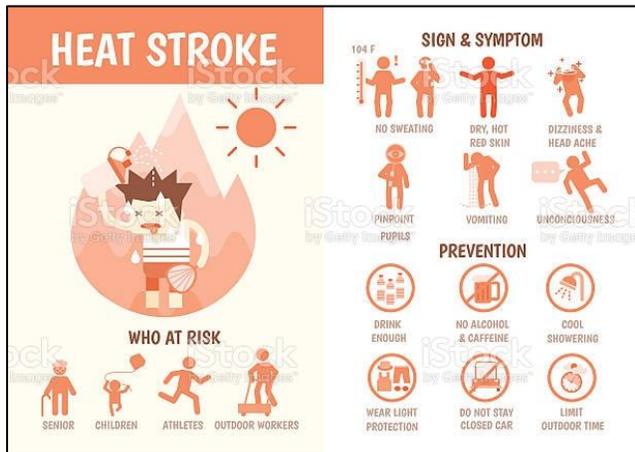
*Episcopal Church of Our Saviour
Newsletter
August 9, 2020*

Blessings for the days ahead

Go with confidence into the days ahead,
Trusting in God’s unfailing love and faithfulness.
God will not abandon you, for you are the
work of His hands—His own creation—and
His love endures forever.
So go in joy to love and serve the Lord!

Celtic Daily Prayer Book Two: Farther Up and Farther In (London: The Northumbria Community Trust, 2015), p. 1089. Mother Carol+

Thanks to all who contributed to this edition of our Newsletter. It is such a joy to open my email and see all of these fabulous entries and be the first to read them! I feel special getting the opportunity to see such fine and entertaining work. Please send along anything that you feel would be an interesting addition to this publication. My email is *rukasa05@aol.com*. I will do my best to utilize each offering. Thanks again, Linda Myers.



Beat the Heat #2

Beat the heat!!

In the first part of this article, I discussed a number of heat diseases. Today I will discuss steps to take to prevent these illnesses.

A lot of these recommendations just involve common sense. Wear light weight, light colored and loose-fitting clothing. Time your activity when its cooler in the day, either in the morning or later in the evening. Watch the heat index. If over 90, exercise extra caution. If possible, stay cool inside. If not, then take some of the extra precautions.

Pace your activity. Bring bottles of water to drink and don't forget to drink it even if you do not feel thirsty. If it's okay with your primary care doctor, a cool sports drink is a good idea. These contain electrolytes which one loses when perspiring. Use sunscreen with UVA/UVB protection. Review the signs and symptoms discussed in the first article. If you detect any of these, stop what you are doing, find a shady place, drink plenty water of water and call for help if you need it. It's a good idea to work with others so that they can help you, if needed.

People who are at high risk include:

1. are over fifty years old
2. with heart or blood vessel disease

3. who sweat poorly because of medical problems or older skin
4. infants and young children
5. have lung and kidney disease
6. are taking multiple medications, and/or diuretics, antidepressants, sedatives, or hypertension medications
7. either overweight or underweight
8. drinking alcoholic beverages

Anyone meeting these criteria should drink plenty of water. If you don't have air conditioning, close blinds to help keep your home cooler. Consider bathing in cool water.

Headache, confusion, dizziness or nausea are warning signs of heat illness. Stop what you are doing and go to a doctor or emergency room!

Beat the heat and enjoy your summer safely! C. Glen Click, M.D.

Where is Bread?

“Where is bread?” was our opening hymn in our August 2 “virtual” service.

You might have thought this an unusual title for a hymn. Unlike most of the hymns we are using, this is a contemporary hymn by Carolyn Winfrey Gillette, a Presbyterian minister and hymnwriter who has written many hymns to address current issues and who has granted permission to owners of her books and others to use her hymns in streaming services during the pandemic. “Where is bread?” takes the Gospel lesson of Jesus feeding the 5,000 (“Where is bread? The great crowd murmured...”) and applies it to contemporary challenges (“Where is bread? The call is rising; Millions cry who must be fed.”)

You can read and reflect upon all the words here:

https://www.carolynhymns.com/where_is_bread.html

I encourage you also to and reflect upon her hymns on two other timely topics. First, “There is a time for silence” addresses the Black Lives Matter movement and begins,

“There is a time for silence, a time to listen well,
a time to hear the painful stories others have to tell.”

Read the entire hymn here:

https://www.carolynhymns.com/there_is_a_time_for_silence.html

And she has written several hymns for facing the pandemic. One of these, “We grieve 100,000” begins:

“We grieve 100,000 — yet we can't understand;
we cannot grasp how many have died throughout this land.
We cannot see their faces or hear the stories told
of all the ways they blessed us — the young ones and the old.”

You can read all the verses here: https://www.carolynhymns.com/we_grieve_100000.html

And finally, another is a call to action. Verse 1 reads:

“In church, we learn of service and making sacrifice.
The preacher gives the challenge; we give our lives to Christ.
We hear the call to action — to take on mighty tasks;
God, may we all be willing to simply put on masks!”

https://www.carolynhymns.com/in_church_we_learn_of_service.html

While we are mostly limited to the “good ole hymns” (pre-1922) because of copyright restrictions, and while we enjoy singing those, it is good to have access to hymns that make us think and that speak to the challenges that face us in 2020. Jane Rainey

Garden for The Hungry



Our church garden is growing and thriving this year. This ministry is especially important right now, during a pandemic, with the increased needs of our community.

We have been tilling, planting, weeding, and harvesting for months with 14 volunteers, from ages 4-70+! Of course, we are not all working the garden together on the same days, so we can easily practice social distancing. The garden is beautiful with seventeen different vegetables, seven herbs, and a variety of flowers. We hope all of you will come for

a

walk through the garden and smile when witnessing God's beauty and abundance.

We have certainly been blessed by our work (except for weeding). We also will need help with harvesting and delivering during the month of August, if you have a free hour please join us in this time. We deliver to 3 different food banks in Madison County, 2 churches with food banks. These include God's Outreach, Grace Now, Berea Food Banks, A.M.E. church lunch program, St. Thomas Food Bank, and some of our homeless friends and parish members.

As we are apart from being together for worship, this is a wonderful endeavor to show God's love to our community and reach out to people who are searching for a place of acceptance and a place to worship in the future. Plus, we can all lift our voice in prayer and say "You were hungry and we fed you".

Thank you for all your help, support, and prayers. We love our parish and garden. Janie Jordan

Photo taken in garden of The Episcopal Church of the Transfiguration, Bat Cave, North Carolina

Karon's Korner #2

Bob Hope was one of my father's favorite comedians. We watched his TV program and all of the USO shows he did for GI's overseas. Did I mention that my father was career Air Force, including 14 months during the Korean War?

Well when we heard that Bob was coming to UK for "Little Kentucky Derby" we were all for it. A group of med students, etc., got together and pooled student ID's for tickets. The big day arrived. It seemed like the entire student body was streaming toward Memorial Coliseum. We had great seats on the floor. The show started and Bob had a group of performers with him that were top notch.

Everything went well until Bob told one joke. "It seems a grasshopper went into a bar and jumped up on the counter. The bartender looked at him and asked 'Did you know we have a drink named after you?' The grasshopper looked up and said 'Irving?' There was a conspicuous silence. But Bob went right on with the show. Every time he had a pause, he would say "Irving". After the third or fourth time saying this, he had the audience rolling on the floor, laughing. The beer drinking crowd still didn't know what a grasshopper was but they loved his showmanship. Karon Click

New Friends Roundtable is Key to Forming Diverse Friendships

Since moving to Nashville six years ago to be near my daughter and family, I've become friends with Regina and Rosa, twin sisters who are movers and shakers in the predominately black St. Andrew's Presbyterian Church here in Nashville. Another new friend is Anita, a younger black woman who leads a Bible class at a predominately white Baptist church in a Nashville suburb.

How did I get out of my white, middle-class comfort zone to form friendships with people who are not just like me? It all began more than two years ago when my friend Dolores and I looked around our nearly all-white church in the West End of town. At that moment, we both realized a need to get acquainted with people of other races and creeds. But how to do it?

After much prayer and discussion with friends and clergy, we were led to invite a small, but diverse group, to join us for a simple meal in one of our homes. We called our plan the New Friends Roundtable. The twins were recommended to us by their pastor. Anita and Dolores met at a community breakfast where they discovered mutual interests. Since that first dinner together, we have continued to meet and talk. We've attended services at St. Andrew's on several occasions, even joined the women of the church for a ladies tea where we were gently chided for not wearing hats.

At our second dinner, Dolores and I hosted a smaller group that included Onasile, a gifted black massage therapist/musician and a delightful black couple, Rhonda and Marcus, who attend a predominately black Baptist church in an adjoining county. We learned a lot from that meeting, especially when Rhonda looked around the table and said, "I can't believe a white person invited us into her home."

Both Onasile and Marcus had very neat braids called "locks." Dreadlocks, they emphatically explained, are unruly and not the same thing!

At our next simple meal, Onasile's wife Shannen joined us. They are a loving interracial couple whose story touched us deeply. They spoke of places where they dare not travel in this country. I've learned so much from this couple whose love transcends race.

While the pandemic has interfered with our plan to host a monthly meal, Dolores and I have decided to fight back. Going forward, we plan to invite new friends and old for dessert and conversation at least once a month in the courtyard of our condo complex. When a vaccine becomes available, we'll get back to our monthly dinners. I can hardly wait!

Please let me know if you'd like to know more about how to start your own New Friends Roundtable. My email address is sandraplant70@gmail.com. Sandra Plant

A Fabulous Recipe from Jane! Who Can Resist?

Ice Cream Pie – An easy recipe for warm pandemic summer days— only a few ingredients to gather at the grocery. You may recognize it from ECOS potlucks where I double the recipe.

Line 9-inch pie plate with **vanilla wafers**.

Heat over medium heat until melted and thickened and then cool slightly:

1 cup chocolate chips

1 cup miniature marshmallows

1 cup evaporated milk (or evaporated skim milk)

Put a layer of **vanilla ice cream** in the pie plate, followed by a layer of the chocolate mixture. Repeat.

Sprinkle **pecan pieces** on top. (optional)

Freeze overnight. Enjoy!



The back story: This 1968 recipe came from the *Robert E. Lee Episcopal Church cookbook* in Lexington, Virginia. (In 2017 the church's name was changed to Grace Episcopal Church, the name it had held from the time of its founding until 1903.) The recipe more recently appeared in the 1997 "Beako Cookbook" from the Primary Day School in Bethesda, MD, thanks to my twin nieces, Lauren and Rachel, who added the following to the instructions: "First of all, eat a vanilla wafer, a couple of chocolate chips, and a few marshmallows just to make sure they taste OK. Now you are ready to begin." Jane Rainey

Announcements and Notifications

Getting unordered seeds and stuff in the mail? A consumer advisory message from the Federal Trade Commission

August 7, 2020, Jennifer Leach, Associate Director, Division of Consumer and Business Education, FTC

Those mysterious seeds from China have been in the headlines, but we're also hearing about other stuff that people are getting that looks connected to the seed mystery. There could be a few things going on, so let's start unraveling the Great Unwanted Goods Mystery of 2020.

First, DON'T PLANT MYSTERY SEEDS. And don't throw them away. Instead, follow [the USDA's advice](https://www.aphis.usda.gov/aphis/newsroom/stakeholder-info/sa_by_date/sa-2020/sa-07/seeds-china) on what to do. (https://www.aphis.usda.gov/aphis/newsroom/stakeholder-info/sa_by_date/sa-2020/sa-07/seeds-china)

Did you order something and get seeds or other junk instead? If that's you, dispute the charges for the thing you didn't get. We hear that some sellers might be sending stuff so they can show payment companies the tracking numbers to prove they delivered something to you. So: tell the payment service you used (PayPal, for example), and your [credit or debit card company](#) right away that you got seeds, never got anything, or got something other than what you ordered. If the seller tries to use a tracking number to prove it delivered, point out anything to show that it's not credible — maybe a weight listed that's different from the package you got, or a different delivery address.

You might have read about the "brushing" scam. In this one, somebody sends you stuff, unordered, because it lets them give themselves a great review **in your name**. Annoying, but whatever, right? Nope. More than annoying. It could mean that the scammers have created an account in your name, or taken over your account, on online retail sites. Or even created new accounts (maybe lots of them) in other names tied to your address. Letting them post lots of seemingly-real reviews. So keep an eye on your online shopping accounts. If you spot activity that isn't yours, report it to the site right away, and think about changing your password for that site.

Finally, if you got seeds or anything else in that mail that you didn't order, you don't have to pay for it. You also never have to return [unordered merchandise](#). Is it jinxing us to ask how much weirder 2020 can get? Let's be careful out there. And if you spot a scam, tell the FTC: [ftc.gov/complaint](https://www.ftc.gov/complaint).

https://www.consumer.ftc.gov/blog/2020/08/getting-unordered-seeds-and-stuff-mail?utm_source=govdelivery

Ancient Joke of the Week

A prison bus and a cement mixer collided on the highway. Police advised the citizenry to be on the lookout for a group of hardened criminals.