



# Open Doors

The Newsletter of St. James Episcopal Church

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July/August 2012

F R O M T H E



Last week, parishioners received a letter from the vestry, which expressed concern at negativity that has been reported in our parish. People's

reactions have varied, from being unaware that there were any issues, to being thankful that we've named something that they have experienced, to being hurt that such a thing is happening here. And a number of people have asked what the vestry thought would be the result of this.

The reality is that we were not sure. Every parish has its own issues, and we need to be able to address them in order to grow as disciples of Christ. We had seen something happening, and after much discussion, we thought the best way to deal with it was to bring it to light through a letter (following the model of the New Testament!), and then see what emerged. As I said in my sermon on Sunday, this does not mean that there is something terribly wrong with our parish; rather it is a healthy sign of our maturity as Christians. There is a high level of trust among us, and we are very committed to one another. And above all else, we want to follow Jesus Christ, and to pattern our lives after him.

We have been delighted at some of the positive suggestions that have been made. They have included long-time members offering to mentor newer members, some established members offering to "host" tables at coffee hour and invite those whom they don't know well to sit with them, and having a regular (perhaps monthly) informal pot-luck lunch after church and Sunday School, so that we can get to know each other better,

All of these are ways that we can strengthen our relationships here at St James, which was one of the goals that we believe God has been calling us to for some time - to build relationships in Christ. We look forward to hearing more great ideas!

Blessings,  
Raewynne

## WARDENS' COLUMN

Why doesn't he/she love me? It's one of those questions most of us have asked ourselves at some point in our life. Most likely we were in our teens and it was our first "crush". It was someone we admired, and thought was either good looking, funny, or maybe smart. We wanted their attention, to be with them. We wanted their love. But they weren't interested or maybe didn't even notice us and it hurt.

This is the good news of the gospel. He notices us, we have his attention, and he wants to be in relationship with us. But it is a relationship unlike any that we can truly understand. His relationship with each of us is very intimate and has been compared to that of a marriage. It is often said that the true love in a marriage is the closest we can come to understanding God's love for us. Throughout the gospels Jesus often refers to himself as the bridegroom, further alluding to this analogy of marriage in His relationship with us. This analogy is perhaps why recently as a parish we honored our "Golden Couples" of 50 or more years of marriage. As Christians we truly appreciate the loving relationship of a good marriage.

With Jesus as our mirror, He likewise calls each of us Christians into a relationship with each other, our Christian community, the Church, the body of Christ. Similarly, these Christian relationships are unlike any the world knew prior to His incarnation, and the death and resurrection of Jesus Christ. In our baptism we are married to Christ and to each other as Christians. Indeed, it is an intimate relationship. It is a relationship that abides in love. And as St. Paul taught, a relationship between our spiritual selves.

But we are only human, and we fail. We fail to love God as ourselves, and we fail to love

our neighbor as He loves us. And yet, God continually calls each of us back into relationship with him and with each other. That is also the good news of the gospel. He forgives us and wants to be with us. As Christians we are called to do the same. Abide in love and seek reconciliation.

This is not so easy. We are proud, we like to be right. And as former Dean of Long Island, the Rt. Rev. Robert Wilshire would often point out, "as Episcopalians, we often believe that God likes us best." But there is no place for pride in our relationship with God or with each other. We are to walk humbly with our God. And we should not confuse being right with being righteous. My mother would tell me, "sometimes being right and 50 cents will get you a cup of coffee." The righteous simply do their best to follow Jesus.

And what would Jesus do (WWJD)? He would walk humbly, abide in love, seek reconciliation, heal the sick, and most of all teach the good news of the gospel.

Shalom,  
*Debbie & Chris*

## SUMMER BIBLE STUDY

The Wednesday night Bible study will meet for two evenings during the summer, July 18<sup>th</sup> and August 22<sup>nd</sup> at 7:15 p.m. in the Webster room. We are continuing our study of Mark with the help of N.T. Wright's study guide. We usually explore a chapter or two for an hour to an hour and a half, and then finish our gathering with Compline. We invite all to join us as we immerse ourselves in the Word. Even if you have never been a part of a Bible study before, we encourage you to give it a try this summer!

- *Wylie Hunt*

**ST. JAMES FEAST DAY**  
**Potluck Picnic**  
**Sunday, July 29, 2012**  
**Following the 9:30 a.m. service**

Come celebrate St. James! Bring a lawn chair or a blanket for seating, a dish to share, and join in the fellowship, food, and fun.

Watch the Sunday bulletin and “This Week at St. James” in the coming weeks for further information.

- *Lil Moleti*

### **OUTREACH**

**The Smithtown Emergency Food Pantry** was busy in May when parishioners spent the month serving the community. A total of 605 individuals (155 families, 327 adults, 247 children 5 - 18 years of age, 31 children infant to 4 years of age) received food. Thanks again to all who signed up, and especially to Claudette Plaschka, St. James’ Coordinator. Since the children are now home for the summer, the pantry needs more kid-friendly lunch items. They especially need canned fruit, fruit juice, peanut butter and jelly, baked beans, tuna fish, canned meats, and ravioli. If our food cart starts getting full, please take a turn delivering the food to the pantry. Our next month to serve is in December.

The Food Pantry has recently received the following donations from local businesses:

- \* \$2,000 from Citizens Bank (now acquired by People’s National Bank) in celebration of the opening of their branch office at Stop & Shop in Smithtown.
- \* \$1,000 from American Roadside Burgers in Smithtown as part of their Memorial Day celebration.

**Bread for the World** is a collective Christian voice urging our nation’s decision makers to end hunger. St. James Church is a Covenant Church in BFW. Since 1987 we have sent over 3,000 letters to Congress advocating for the poverty stricken and hungry in our own country and throughout the world. We know the budget is tight and we must work to reduce our deficit, but our choices must not hurt the most vulnerable among us. For three Sundays in June our parishioners signed 154 more letters, urging Congress to form a circle of protection around funding for vital programs that serve the greatest – and sometimes the only – defense between millions of families and hunger. Thank you to all who took the time to sign these letters. Thanks also go to Sandy Grigoletto, our BFW representative, for organizing this letter-writing campaign. In the fall, we will be giving BFW a check for \$250 from our Outreach budget to help them meet their goals.

**Protestant Campus Ministry at Stony Brook University** takes a bit of a break during June and July, but the expenses don’t! Chaplain Brenda’s health insurance bill comes due monthly and goes up yearly, as many of ours do. The Board of PCM is committed to keeping our Chaplain healthy so her Christian spirit shines brightly for students, faculty, and staff.

### **Episcopal Charities of LI is still accepting donations during their annual appeal.**

Our parish receives 25% of each dollar contributed. The other 75% goes directly to the ministries and services that benefit people in Brooklyn, Queens, Nassau, and Suffolk counties. All annual operating expenses and fund-raising costs are fully underwritten by income from an endowment fund. What other charity can claim 100% of what you give goes to those it serves? Checks made out to “Episcopal Charities” with St. James Church, St. James” on the

memo line may be sent to: Episcopal Charities of Long Island, 36 Cathedral Avenue, Garden City, New York 11530.

- Sue Krall  
Outreach Chair

**LOOKING FORWARD TO  
THE HARVEST FESTIVAL  
September 29<sup>th</sup>**

**Craft Table:** Do you like to make things? The craft table is seeking handcrafted items to sell at the Festival. Any kind of craft is welcome. Or, if you have an idea, but do not have the time or talent to create it, speak to Linda Misa of Pat Kregler, perhaps we can help.

**STRAWBERRY FESTIVAL  
REVENUE REPORT**

Despite the less than perfect weather, the Strawberry Festival/Yard Sale was a successful event.

<u>Table</u>	<u>Revenue</u>	<u>Expenses</u>	<u>Profit</u>
Grandma's Attic	\$1,444.58	-----	\$1,444.58
Grandpa's Attic	\$643.15	-----	\$643.15
Baked Goods	\$470.10	-----	\$470.10
Crafts	\$111.70	-----	\$111.70
Lunch	\$484.50	\$174.18	\$310.32
Plants	\$654.50	-----	\$654.50
Strawberries	\$699.75	\$543.96	\$155.79
Jam/Jelly	<u>\$1,788.95</u>	<u>\$264.05</u>	<u>\$1,524.90</u>
Totals	\$6,297.23	\$982.19	\$5,315.04
		6/17 donation	<u>+ \$20.00</u>
			\$5,335.04

- Art Strassle  
Festival Treasurer

**Jam Table:** The jam table would appreciate donations of 8 oz. canning jars, as they will start making jam for the Festival during August. Your donations help keep expenses down and profits up.

**Jewelry Table:** As always, the jewelry table depends on your generosity in donating your no longer treasured costume jewelry for our sale. If you are planning on weeding out your jewelry box for the fair, we would appreciate it if you would give your donation to the committee early so that we have more time to sort, card, price, and display your gems. If you love jewelry, join our committee. It's a lot of fun. Thank you for your continued support. - Polly Neyssen.

**COFFEE HOUR HOSTS**

Do you like to meet new people? Do you have a little extra time on Sunday morning? Why not volunteer to be a coffee host? You will be paired with an experienced host to help you learn the ropes, and you will have the opportunity to get acquainted with our newer and long time parishioners. If you are interested, speak to any of the coffee hour hosts, or contact me at [patkreg@verizon.com](mailto:patkreg@verizon.com).

- Pat Kregler

## COMING SOON - SABBATICAL

Every five years, clergy in parishes in our diocese go on sabbatical leave. The word sabbatical shares the same roots as the Biblical word Sabbath, meaning to rest; to cease. Sabbath is holy time set aside for physical, emotional, spiritual and mental renewal. The practice of Sabbath is our answer to God's command once a week to take a break from the daily grind.

Likewise a sabbatical is simply an extended Sabbath, providing an opportunity to step off the treadmill for renewal of vision and hope, nourishing the soul and rebuilding the body. A Sabbatical is time to disengage from our everyday lives in order to rest, travel, study, reflect, pray, worship and renew relationships. It is far more than a vacation, it is a season of spiritual growth for everyone involved.

The Rector began here at St James in January, 2007. She will be taking sabbatical leave and vacation from August 27 through November 28, 2012, and will participate in a wilderness pilgrimage in Israel and Jordan, and visit with family in Northern Ireland and England (spending most of her time with little Lockie and his family). While she is away, we are delighted to have the presence of the Rev. David Gable, who is well known to us, having been our supply priest on numerous occasions. He will be with us on Sundays during this time. Pastoral care will be coordinated by the church office and wardens, with the assistance of David along with clergy from nearby parishes. And of course our congregation will be well taken care of by our wardens, Debbie and Chris, and our vestry.

We are blessed to have such great resources. Those three months are a sabbatical of sorts for the members of St. James as well. We'll get to know our leadership better. We'll

probably get to know one another better. And hopefully, we'll get to know God better too!

*- Raewynne Whiteley*

## SUFFOLK SUMMER SUMMITS

All Episcopalians in the Archdeaconry of Suffolk are invited to attend the Suffolk Summer Summits. Join with other members of the Archdeaconry for fun, food, and fellowship, and explore what God is calling us to do in this part of the Diocese.

Summit 1 is scheduled for Thursday, July 19, 5 - 8 p.m., at St. Luke's Church, East Hampton. Summit 2 is scheduled for Thursday, August 16, 5 - 8 p.m. at St. Lawrence of Canterbury, Dix Hills.

Burgers, hot dogs, and sandwiches will be provided. Please bring a beverage, side, salad, or dessert. Bring your own lawn chairs, blankets, and other furniture. R.S.V.P. to the Ven. Hickman Alexandre, [hialex@hotmail.com](mailto:hialex@hotmail.com) or 631-286-0726 by July 17 for East Hampton or by August 14 for Dix Hills.

## LUNCH BUNCH JULY MEETING

The Lunch Bunch will hold its July get-together at Red Lobster, 2220 Nesconset Highway, Stony Brook (in the Waldbaum shopping center) on Tuesday, July 31<sup>st</sup> at 12:30 p.m. Everyone is invited to join in the fun. Contact Fjeril Deal (724-3720) to make your reservation.

*- Fjeril Deal*

## ATTENTION GOLFERS

The Swingers golf group invites you to join us on Tuesday mornings, weather permitting, for 9 holes of golf on the VA Hospital's course in Northport. We meet at 9 o'clock. Following golf, we gather at Shanahan's restaurant at 515 Old Dock Road in King's Park around noon for lunch and a lot of banter. You are welcome to join either golf, or lunch, or both. For more information, contact Mike Neyssen at 751-8451 (email: [mpneyssen@optimum.net](mailto:mpneyssen@optimum.net)) or Art Gureck at 751-2614 (email: [awgureck@optonline.net](mailto:awgureck@optonline.net)).

- Mike Neyssen

## SUMMER OFFICE HOURS

The office will be on summer hours during July and August. Starting July 9<sup>th</sup> and ending September 1<sup>st</sup> the office will be open Monday through Thursday from 9:00 a.m. to 4:30 p.m.

## PRAYER SHAWL MINISTRY NEWS

On May 24<sup>th</sup>, Jeanne Provenzano, wife of our Diocesan Bishop, contacted me to inquire about partnering with our prayer shawl ministry to provide prayer shawls for St. John's Hospital in Far Rockaway. St. John's Hospital is the only facility in the region with a labor and delivery unit, and serves many who have limited access to health care, and/or begin prenatal care late in the pregnancy. Jeanne went on to tell me that Mother Cecily Broderick, together with nursing staff and Episcopal Church Women throughout the Diocese, had planned a baby shower for thirty expectant mothers who could not afford to purchase necessities for

their babies. The shower was to be held on June 20<sup>th</sup>, less than a month away.

My first immediate reaction was that there was no possibility we could pull together thirty shawls in such a short amount of time. Our little group only had three shawls in stock. So I did not respond to Jeanne immediately, but instead wrote to Sue Seel, co-convenor of our Shawl Ministry, to ask her advice. Sue immediately responded, "Sounds great to me! Would be so special for those moms and babies....I can have another one made by then!" Buoyed by Sue's enthusiasm, I started to pray in earnest, and cast out an appeal to the dozen or so women in our group. I got a mixed response. A few said yes, they could finish a shawl in time, but most were too busy, or unable to do so.

I prayed some more, and actively started to worry, instead of trusting in God. *"Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?" Matthew 4:30*

I cast my net further, and e-mailed the convenors of prayer shawl ministries at Emmanuel Church, Great River, St. Mark's, Islip, St. Cuthbert's, Selden, The Setauket Presbyterian Church, and First Presbyterian Church of Smithtown. I also sent an e-mail to the Parish Office at Sts. Philip and James Roman Catholic Church in St. James. My inbox was flooded with affirmative answers! The response was overwhelming, and I could hear God reminding me, *"Why are you fearful, o ye of little faith?" Matthew 8:26.*

Another appeal went out for baby items, clothing, and toiletry articles, and I passed the list along to the women I had previously contacted.

On Friday, June 15<sup>th</sup>, three weeks after the original request from Jeanne, I took a day off from work and drove around the Island collecting donations. My entire care had already been filled the evening before with donations from Sts. Phillip and James, who gave us 15 prayer shawls, diapers, wipes, clothing, and toiletry articles. St. Cuthbert's gave us 4 shawls, St. Mark's gave us 5, along with clothing, books, and stuffed animals. The First Presbyterian Church gave us 2 shawls, along with crocheted articles of clothing, and money to purchase more. The Cathedral of the Incarnation produced 2 shawls, and Emmanuel Church donated 7. Our little group came up with 7 shawls, including a gorgeous one in blue made by Raewynne, who also made two pairs of mary-jane booties, and Joan Bengtson contributed a lovely rose colored shawl. Friday afternoon, Sue Seel and I wrapped thirty of the shawls in tissue paper and ribbon, and added a little note with prayers for the mothers-to-be, and their babies. Additionally, we gave 12 extra shawls, a total of 42!

Saturday morning I drove in 11 large cartons of shawls, baby items, diapers, and wipes to the Mercer School in Garden City to leave for the ECW to collect and take to the hospital. Each young mother at the shower on the 20<sup>th</sup> was to receive a gift basket, a shawl, and a \$150 gift card.

Thank you to all who contributed so generously and lovingly to this ecumenical outpouring of love. I am sure those mothers felt extremely blessed and encouraged by these gifts, such tangible symbols of God's grace and love. We certainly felt blessed by the effort. Jesus said, "...if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." *Matthew 17:20.*

Prayers and donations for these expectant mothers continue to be most welcome. Please send checks to Mother Cecily Broderick, St. John's Episcopal Hospital, 327 Beach 19<sup>th</sup> Street, 9<sup>th</sup> floor, Far Rockaway, NY 11691 (please make checks payable to St. John's Hospital).

- Wylie Hunt

### **TEN TOP REASONS NOT TO GO TO CHURCH THIS SUMMER**

Yes, it's that time of year. The weather warms up and all across America, school gets out, people go on vacation, and churches empty out. Young children everywhere play that game with their hands: "Here is the church, here is the steeple, open the doors, *where are* all the people?"

It's different in places like Martha's Vineyard or Key West or Kennebunkport where congregations swell with the summer population. But for the rest of us attendance drops off dramatically. The relaxed nature of summer church can be a welcome change to the break-neck pace of the program year – for both clergy and laity alike. But it can also border on depression if there's a corresponding lack of energy and passion.

Rather than ignore this trend I thought I'd help everyone justify opting out of church for the summer. So as we officially mark the first day of summer, here we go:

**1. It's not air-conditioned.** True (*except at St. James*). But I believe Jesus said to the disciples in the Garden of Gethsemane, "Won't you sweat with me one hour?" Or something to that effect (I realize recent scholarship suggests he may have been speaking directly to priests who think it's

okay not to wear a chasuble during the summer). Plus, bulletins make terrific personal fans. If you're lucky, your spouse/child/pew mate/random visitor will make you feel like Pharaoh by fanning you throughout the service. I keep waiting for a father-of-the-bridal to donate air conditioning for the church in time for his daughter's August wedding. It hasn't happened yet, but there's a brass plaque I'm just itching to put on an air duct in honor of said family.

**2. I have a boat.** Of course you do. If you live on the South Shore of Boston like I do, everyone seems to own a boat. Boats are great – Jesus spent a lot of time on boats since his disciples were mostly fishermen. He preached from them, calmed storms in them, and walked on water towards them. Come to church this summer before launching your boat and I guarantee you'll hear at least one Biblical story involving boats and/or water. (Note to my friends in the Heartland: ignore this one or substitute "RV" for "boat").

**3. The lawn needs mowing.** What, your teenager isn't mowing your lawn just to pitch in around the house and demonstrate his/her love for you? Mowing your lawn on Sunday morning is a sure way to annoy the neighbors. And when you want to add that mother-in-law suite onto the back of the house you sure want their support when petitioning the town. Don't risk it; come to church and save the lawn for later.

**4. The kids have a game in Duxbury.** Or wherever. Summer travel teams are both fun and time-consuming. I've personally spent much of my time the last several years on mosquito-infested fields from Marshfield to Rockland. When games take place on Sunday mornings tell the kids about Sandy Koufax. The Dodger great refused to pitch Game 1 of the 1965 World Series because it was Yom Kippur. He stood up for his faith

and his team still won the championship. They won't like it but it will make a lasting impression.

**5. There's church in summer?** Yup. Every Sunday morning just like the rest of the year. God never takes a vacation, which is simply more proof that God is not French.

**6. I'm away for the weekend.** That's great – I hope you have a relaxing time. And I bet there is even a small Episcopal church nearby. Look for one of those red, white, and blue "The Episcopal Church Welcomes You" signs or use Google and your GPS to guide you into a pew on Sunday morning. You don't even have to behave well since it's not your church – sigh loudly when you don't like a point in the sermon; scoff when the collection plate goes by; don't take a shower.

**7. There's no church school.** You can't teach kids to eat out in a restaurant if you never take them to one. The same holds true for appropriate church behavior. As for older kids who are "bored" during the service, send them to the acolyte master (assuming he/she is around during the summer) to get suited up for some gentle on-the-job training. The summer is a great time to learn the acolyting ropes. At St. John's we're bucking this trend by offering a summer church school program called Animal Crackers put together by Heifer International. If it's nice outside, we'll even meet in the church courtyard.

**8. I gave up summer church for Lent.** I don't believe that's an approved Lenten discipline. But if you're simply not in the habit of going to church in the summer, this is the year to break it! Amaze and inspire your friends as you receive the spiritual refreshment that comes with regular church attendance. Don't be surprised if people start coming up to you and saying, "You

look great! Have you lost weight?" And you'll be able to respond with "I look fabulous because I've been going to church during the summer."

**9. I'd rather be outside.** Well, we'll be sure to keep the windows open so you can see the beauty of the earth from your pew. Maybe we'll move coffee hour outdoors on nice days but the good news is you won't need to put on sunscreen before church. And, as far as I know, no one has been eaten by black flies during the litany.

**10. I have a 9:00 a.m. tee time.** Perfect. Come to the 8 o'clock service. The 37 minutes you spend in church might even help your game. The 8 o'clock is actually a great option during the summer for people who want to get a jump on the day, get out to the beach, take a hike, go boating or whatever. You can experience the beauty of Elizabethan English and then speak to one another in thee's and thou's the rest of the day.

I hope you've found a good reason in this list to stay away from church until after Labor Day. But if not, enjoy worshipping the risen Christ throughout the summer months and may the days ahead be a time of rest, refreshment, and relaxation.

(From <http://frtim.wordpress.com/2012/06/20/top-ten-reasons-not-to-go-to-church-this-summer-2/>)

## JULY CALENDAR

- 1 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**
- 2 Family Bible study 6 p.m.  
Food Addiction group 7:30 p.m.
- 3 Yoga class 8:00 a.m.

- Holy Eucharist 9:30 a.m.  
Recovery group 7:30 p.m.
- 4 **Independence Day** - office closed
- 5 N.A. meeting 7:30 p.m.
- 6 Food Addiction group 7:30 p.m.
- 8 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**  
Parish Life Committee 11 a.m.
- 9 Food Addiction group 7:30 p.m.
- 10 Morning Prayer 9:30 a.m.  
Yoga class  
Recovery group 7:30 p.m.
- 11 Knitters group 10:30 a.m.
- 13 Food Addiction group 7:30 p.m.
- 15 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**  
Bishop's Discernment  
Committee 4:00 p.m. - 6:00 p.m.
- 16 Food Addiction group 7:30 p.m.
- 17 Holy Eucharist 9:30 a.m.  
Yoga class  
Recovery group 7:30 p.m.
- 18 Knitters group 10:30 a.m.  
Bible study 7:15 p.m.
- 19 Suffolk Summer Summit  
5 - 8 p.m., East Hampton  
N.A. meeting 7:30 p.m.
- 20 Food Addiction group 7:30 p.m.
- 22 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**
- 23 Food Addiction group 7:30 p.m.
- 24 Holy Eucharist 9:30 a.m.  
Yoga class  
Recovery group 7:30 p.m.
- 25 Knitters group 10:30 a.m.
- 27 Food addiction group 7:30 p.m.
- 29 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**  
with Baptism  
Feast of St. James celebration  
Pizzuto/Montemarano wedding  
12 p.m.
- 30 Food Addiction group 7:30 p.m.
- 31 Holy Eucharist 9:30 a.m.  
Lunch Bunch 12:30 p.m. at Red

Lobster in Stony Brook  
Yoga class  
Recovery group 7:30 p.m.

### **JULY BIRTHDAYS**

Elizabeth DeFilippis  
Abby Coleman  
Duncan Marshall  
Nancy Caponegro  
Pat Kregler  
Ken LeCluse  
Ariel Rung  
Raewynne Whiteley  
Barbara Bastin  
Joan Bengtson  
Deidre DeSimone  
Jasmine Green  
Eowyn Jeffrey  
Edie DeFilippis

### **JULY ANNIVERSARIES**

Les & Joan Bengtson  
Steve & Dara Linthwaite  
Donald & Karen Noack  
Donald & Lisa Scott  
Robert & Cynthia Bennett

### **AUGUST CALENDAR**

- 1 Knitters group 10:30 a.m.
- 2 N.A. meeting 7:30 p.m.
- 3 Food Addiction group 7:30 p.m.
- 5 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**  
Confirmation 2 p.m. - St. Mark's  
Westhampton Beach
- 6 C.F.E. meeting 7:15 p.m.  
Food Addiction group 7:30 p.m.
- 7 Holy Eucharist 9:30 a.m.  
Yoga class 3:30 p.m.  
Recovery group 7:30 p.m.
- 8 Knitters group 10:30 a.m.
- 10 Food Addiction group 7:30 p.m.
- 12 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**
- 13 Vestry meeting 7:30 p.m.  
Food Addiction group 7:30 p.m.
- 14 Holy Eucharist 9:30 a.m.  
Yoga class 3:30 p.m.  
Recovery group 7:30 p.m.
- 15 Knitters group 7:30 p.m.
- 16 Suffolk Summer Summit  
5 - 8 p.m., Dix Hills
- 17 Food Addiction group 7:30 p.m.
- 19 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**
- 20 Food Addiction group 7:30 p.m.
- 21 Holy Eucharist 9:30 a.m.  
Yoga class 3:30 p.m.  
Recovery group 7:30 p.m.
- 22 Knitters group 10:30 a.m.  
Bible study 7:15 p.m.
- 24 Food Addiction group 7:30 p.m.
- 26 **Holy Eucharist I 8:00 a.m.**  
**Holy Eucharist II 9:30 a.m.**
- 27 Food Addiction group 7:30 p.m.
- 28 Holy Eucharist 9:30 a.m.  
Yoga class 3:30 p.m.  
Recovery group 7:30 p.m.
- 29 Knitters group 10:30 a.m.
- 31 Food Addiction group 7:30 p.m.