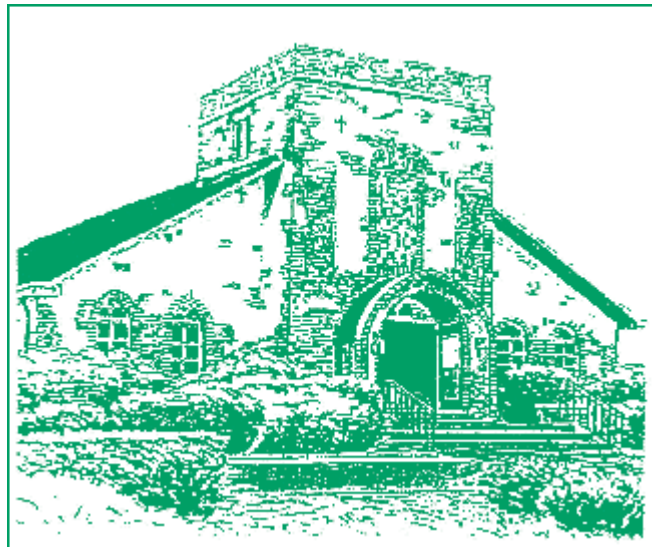


WELCOME TO THE PARISH FAMILY OF ST. MARY'S EPISCOPAL CHURCH

315 Lake Shore Road, Lake Ronkonkoma, NY 11779,
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Visit our web: www.stmaryonthelake.org



Fr. John Shirley, Priest in Charge

631-588-1888 ext. 12

stmarysrector@optimum.net

House Blessing or Confession:

can be scheduled with the priest upon request.

Kathleen White, Warden 631-680-8496

Thomas Herbst, Warden 631-374-7121

CHURCH STAFF

Debra Annunziato.....Parish Administrator Ext. 10

Kim DwyerBookkeeper Ext. 11

Chris Kovarik.....Choir Director/Organist

Kurt Herrmann..... Sexton

OFFICE HRS:.....Monday - Friday

9:00 am to 2:00 pm

In case of an emergency after hours contact

Fr. John (570) 854-9320

PLAYTIME PRESCHOOL STAFF..... Mon. - Fri.

LisaAnn Herrmann, Director631-737-5183 Ext.18

Jeanne Herbst.....Administrative Director

631-737-5183 Ext.15

NEARLY-NEW SHOP.....631-588-1888 Ext. 21

Open Mon., Weds., Fri. 11:00am - 3:00pm

Sat. 10:00am - 2:00pm

CLOTHING PICK-UP631-234-0000 Ext. 115

FOOD PANTRY -Open Fri-10:00am-12:00pm Ext 20

SUNDAY MASS SCHEDULE

8:00 am No Choir

10:15 am With Choir

SUNDAY SCHOOL 9:00 to 10:00 am

WEDNESDAY MASS

12:00 pm No Choir

BAPTISMS: Baptisms are celebrated during Sunday worship services, except during Lent. Parents & godparents will be instructed concerning the meaning of baptism and the responsibilities of the parents & the godparents. Appointments must be made with the Rector.

MARRIAGES: Arrangements are to be made with the Rector at least six (6) months before the wedding. If the Rector agrees to solemnize the marriage, then marriage preparation sessions will be scheduled. As directed by the Canons of The Episcopal Church, at least one (1) of the party is to be baptized.

ST. MARY'S VESTRY

Wardens: Kathleen White and Thomas Herbst

Treasurer: Donna Claire **Clerk:** Peter Kane

Vestry: Ronald Jolley, Peter Kane, Jim McArthur, Amanda Meyer, John Meyer, Adam Mosher, Kathe Murray, Joan Purrington, and Dona Valkavich

Youth Rep: Megan Kidby and Brandon Bowe

1867-2019: 152 Years of Sharing God's Love

Ninth Sunday after Pentecost

Proper 14

August 11, 2019

Please be silent before the liturgy begins and silence phones.

The Word of God

- Processional HymnHymnal 68
- Salutation BCP 355
- Gloria.....Hymnal S280
- Collect BCP 232

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

- 1st. Reading..... Isaiah 1:1, 10-20
- Psalms 50:1-8, 23-24 BCP 654

Responsively, breaking at the asterisk

- 2nd ReadingHebrews 11:1-3, 8-16
- GradualHymnal 533
- The Gospel..... St. Luke 12:32-40
- Sermon..... Seminarian James Reiss
- Nicene Creed BCP 358
- Prayers of the People (Form III) BCP 387
- Confession and Absolution..... BCP 352 & 353
- The Peace

The Holy Communion

- Offertory
- Eucharistic Prayer B BCP 367
- Sanctus.....Hymnal S125
- The Lord's Prayer.....
- Our custom is to hold hands during The Lord's Prayer*
- The Breaking of the Bread.....BCP 364
- Agnus Dei.....Hymnal S161
- Communion Hymn.....Hymnal 317
- Post-Communion Prayer.....
- BlessingBCP 365/6
- Announcements.....
- RecessionalHymnal 699
- Dismissal..... BCP 366

OUR WORSHIP IS DONE. LET OUR SERVICE BEGIN!

CELEBRANT

Fr. John Shirley

MINISTERS

USHERS

- 8:00 Kathleen White
- 10:15 Martin Bennett

ACOLYTES

- 8:00 Peter Kane
- 10:15 TBD

LECTORS

- 8:00 Martin Claire
- 10:15 Anthony Fernandez

EUCCHARISTIC MINISTERS

- 8:00 Peter Kane
- 10:15 Tom Herbst & Jim McArthur

ALTAR GUILD

Doreen James, Joan Purrington & Cathy O'Connor

TELLERS

Donna & Martin Claire

PRAY FOR THE SICK

David Bennett, Cheryl Bonaro, Lisa Bonilla, Kathleen Craddock, Paulie DiAferio, Rosemarie Dorsty, Holly Duffy, Robert Hauck, Daniel Herbst, Jeanne Herbst, Doreen James, Toni Kalata, Peter Kane, Jr., Al Kelly, Louis Khlut, Betsy Kidby, Richard Kliphon, Ken Lakeman, Kim Lakeman, Bob Lehman, Cora Liao, Mike Lindsley, Dorothy Manos, Dawn McAllister, Madison Milio, Karen Murphy, Meaghan Murray, James Oomen, Daniel Pierce, Marisa Pizza, Joan Purrington, Carol Singer, Alyssa Somma, Connie Staffa, Ed Stumpf, Michael Tirelli, Michaela Valkavich, Joseph Walsh, Kathleen Zamias, Paul, Nicholas, Dorothy, Wayne, Joseph, Kevin, Steven, Christin & Mark

Happy Birthday

- Aug 11.....Laurie Best
- Aug 12..... Grace Meyer
- Aug 13..... Nicholas Staffa
- Aug 14..... Heather Batt
- Aug 16..... Kenneth Wardwell, Ruth Widmann

Happy Anniversary

- Aug 11.....Michele & Thomas White
- Aug 14..... Erdine & John Marshall

Offering for Aug 4, 2019

General Pledges1,908.00
 Plate Offering70.00
 Solar Panel Fund.....58.00

Total \$2,036.00

Attendance for Aug 4, 2019

8:0017
 10:1545

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7



St. Mary's Prayer Chain:

Call Jeanne Herbst at 631-588-1888 ext. 15

Let us pray for one another.



*Please help feed those in need by donating very much needed **canned vegetables (excluding green beans) & Macaroni (no spaghetti)**. Also needed are peanut butter & jelly, tuna fish, canned ravioli, pancake mix, rice, and cereal. Thank you!*

Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.
Matthew 25:40

WHAT'S HAPPENING THIS WEEK

Sun. Aug 11 Mass 8:00 am & 10:15 am
 Blood Drive 8am-2pm
Mon. Aug 12 Nearly New 11:00 am - 3:00 pm
 Rebos (AA) 7:30 pm – 8:45 pm
Tue. Aug 13 Boy Scouts 7:00 - 9:00 pm
Wed. Aug 14 Mass 12:00 Noon
 Nearly New 11:00 am - 3:00 pm
 Ultreya - Blue Room 7:30 pm
Thu. Aug 15 Mass St. Mary the Virgin 7:30 pm
 Rebos (AA) 7:30 pm – 8:45 pm
Fri. Aug 16 Food Pantry 10:00 am - 12:00 pm
 Nearly New 11:00 am - 3:00 pm
 It's All About Change (NA) 7:30 pm
Sat. Aug 17 Nearly New Closed
 Steps to the Lake (NA) 10:00 – 11:30 am

Health & Safety Tips:

Building A Healthy Parish One Tip at a Time

Morning Drinks To Get Your Day Started:

Water-The benefits of drinking water (at least 2 cups) first thing in the morning are plenty. Besides flushing out toxins and providing some much needed hydration, this amount of water can increase your metabolism. Infuse your water with lemon (or other citrus), herbs, cucumber and fruit.

Green Tea-Boost your metabolism with Green Tea, which comes with several health benefits thanks to its high dose of antioxidants.

Bulletproof Coffee-While coffee alone has been shown to benefit metabolism, drinking a cup of bulletproof coffee first thing in the morning will provide double duty. When it comes to making bulletproof coffee, try coconut oil but be sure not to replace a nutritious breakfast with this delicious morning starter.

Vegetable Juice-If your caffeine just isn't doing the trick, think about switching your cup of coffee for a glass of green juice.

The nutrients found in vegetables -- specifically leafy green vegetables like kale and spinach -- are proven to promote energy levels.

Goji Berry Juice-This small super food packs a big punch. With vitamins, minerals, antioxidants, and eight essential amino acids, goji berries are one of the most nutritionally dense foods on the planet. Start your day with a glass of goji berry juice for a dose of vitamins with a side of serious energy.

Ginger tea is a popular common cure of stomach woes, and for good reason. Sipping on ginger tea first thing in the morning can ease stomach discomforts such as, nausea, vomiting and diarrhea. To make ginger tea, add a few tablespoons of finely grated fresh ginger to a cup of boiling water and steep for five minutes.

For more information on drinks to turbo charge your morning click here: https://www.healthline.com/health/food-nutrition/what-do-drink-in-the-morning?slot_pos=article_1&utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=generalhealth&utm_content=2019-07-30&apid=25043865#hydrate-first

ANNOUNCEMENTS & REMINDERS

Blood Drive Today: 8am - 2pm in the Nearly New parking lot.

St. Mary the Virgin Mass: On Thursday, August 15th at 7:30 pm there will be a mass to celebrate St. Mary the Virgin, our Patron Saint. Please plan on joining Fr. John for this special mass.

Ultreya: We will be hosting Ultreya on Wednesday, August 14, 2019 at 7:30 pm in the Blue Room. It is open to everyone, not just those who have made a Curcillo. Please attend and share in our journey with Christ. Questions or more information, please contact Kathleen White.

UTO Boxes: Please don't forget to fill your UTO boxes and as you fill them, please put them in the collection plate. We will be turning in all of the money collected at the Diocesan convention this fall.

Altar Flowers: The flowers on the altar today are given in Thanksgiving from Laurie Best.

If you would like flowers placed on the altar in memory of someone, or in thanksgiving for someone or something, please call the office with your request at least a week in advance. If you would like an announcement included in the bulletin, please provide two weeks advanced notice.

Playtime Registration: Fall registration for 2019-2020 is now going on. Please call 631-737-5183 to register your 3-4 year olds or for more information.

Playtime Open House

Thursday, August 29th.

4:00 pm - 7:00 pm

Wednesday's Noon Mass: Please join Fr. Shirley on Wednesdays at noon for our beautiful mid-week mass.

Solar Panels: By going green and installing the panels we are not only helping the environment but St. Mary's will be saving over \$5000 a year. We still need your help. Please adopt a panel or a piece of a panel. Thank you.

Bible Study: Bible Study continues on Wednesdays at 6:30 pm except for the last Wednesday of the month, which will be a Potluck Supper instead.

Mass Cards: If you would like to get a mass card to have a mass said for someone, please call the office 631-588-1888 ext. 10 and we will make the arrangements.

Adopt-a-Bill: Please check the board in the back of the church and adopt one of our bills to help out during the summer months. Thank you.

MEDITATION:

Luke 12:32. Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom.

Ps 50:1-8, 23-24 or Ps 33:12-22 / Isaiah 1:1 10-20 or Genesis 15:1-6 / Hebrews 11:1-3, 8-16 / Luke 12:32-40

There are different estimates of exactly how many times Jesus speaks some variation of "Do not be afraid." No matter the number, the recurring message is clear: *Do not be afraid.*

Life is a creative process. The tools we might need as we make our way through life are not laid out for us ahead of time like instruments in an operating room. We make it up as we go--with God's help and mercy--and sew up the wounds or make room for wholeness as best we can. It is only by looking back that we can discern a design in the shapes and colors and forms. When we are in the midst of life, and especially when we are trying to picture an invisible and unknown future, it is easy to be afraid. There is so much we don't know....so much we don't understand. *Do not be afraid.*

Forward Day by Day

**BE STRONG
& COURAGEOUS.
DO NOT BE
AFRAID;
DO NOT BE
DISCOURAGED,
FOR THE
LORD
YOUR GOD WILL
BE WITH YOU
WHEREVER YOU GO.**

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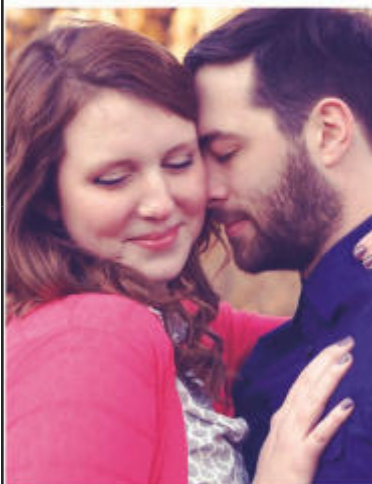
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