

KTF July 17, 2025

Dear Ones,

Seventeen years ago today, at around 5:30 AM, my sister Sherry entered into the life eternal. It's hitting me a little harder this year, as I realize that of the seven people who used to sit around the dinner table every evening, nearly half are now on the other side of the veil. The image comes from something we sang at Marcia Pottle's burial last Saturday, *Will the Circle be Unbroken?*

One by one their seats were emptied./One by one they went away.

Now the family is parted./Will it be complete one day? *CHORUS*

I'll be honest, I started to cry as it was being sung (and struggled to keep it together enough to finish the liturgy), because I could only picture the empty seats at the table here. But as I have sat with it a while, I am finding it oddly comforting. Maybe it's because the readings this week are about hospitality, but I am taking some delight in the idea that when I arrive at that heavenly banquet, there will be people holding a seat for me. I was listening to podcast this week that made the point that we are the only ones feeling the absence, because we are still limited by finite time and space. Those we love are not just holding a seat at the table for us—they are already enjoying our eternal presence there with them.

We have 'a foretaste of that heavenly banquet' every Sunday as we gather for communion. As you receive the bread and wine this week, I pray that you have a sense of the whole communion of saints—past, present and future—surrounding you.

In the meantime....*keep the faith*,

Nancy+

THIS SUNDAY'S READINGS

Genesis 18:1-10a * Psalm 15 * Colossians 1:15-28 * Luke 10:38-42

BIRTHDAYS AND ANNIVERSARIES

Jason Long (7/22)

CREATION CARE TIPS

"Lather, Rinse, Repeat" and other lies Madison Avenue told us

"Lather, rinse, repeat!" The healthy human scalp makes sebum, and we wash it away when we shampoo. A little sebum is necessary, a little more might be tolerable, and too much is yucky, smelly, and in some cases, downright gross. You'll know you have too much sebum if you run your fingers through your hair and feel a thick coating that doesn't rinse off without detergent (we're not talking about normal scalp oil).

Too much sebum builds up when a person doesn't have regular access to clean water for bathing. (Think of backpackers a month into their trek, someone who lives under a bridge, or tenement dwellers who have no running water.)

Shampoo to the rescue! But unless you fall into a category similar to the backpacker or the homeless person, you don't need to lather, rinse, and repeat. Washing our hair once or twice a week works well for most of us with only one lathering.

Why have we heard these directions so often? The answer can best be written with a capital S with two vertical lines through it – the ol' dollar sign. If you lather twice, you use twice as much shampoo. And double shampoo results in double profits. You only need to lather, then rinse well. Try it for yourself. You may save \$\$.

“Bigger is better!” Maybe. I’ve never owned an 8-cylinder car. One 6-cylinder car and several 4-cylinder cars have kept me going faster than I should for 50+ years.

In 1969 Chevy introduced the Corvette T-top with a V-8 engine. It’s one of a small handful of cars that can make my heart go pit-a-pat. Another is the 1971 Jaguar E-type Series 3, with optional V-12 engine. Does either car need those extra cylinders? Probably not. In fact, we all know that an engine that’s too big can get a driver in deep trouble. If you haul a trailer full of horses or your home-away-from-home, or you plow snow, or live atop a mountain and have a steep driveway, you appreciate – and need – a powerful engine. The rest of us have little need for the extra horses under the hood. And think of the purchase price, fuel, repair costs and insurance money we save if we don’t have big vehicles!

“It’s recyclable!” “In areas where facilities exist.” Yes, that small print gets us every time. Take-out boxes that look like cardboard, but are lined with plastic so the salad dressing doesn’t dribble out, plastic ‘clam shell’ containers that hold salad greens, and several other convenient packages have that aggravating little note, “Recyclable in areas where facilities exist”. Ever wonder where that is, since it’s not here? Me too!

– Patty Watts, Christ Church Earth Keeper

Hurt not the earth—neither the sea—nor the trees. Revelation 7:3

CALENDAR

SUN:	9:30 AM	Sunday School
	10:15 AM	Eucharist
	2:00 PM	Bethel House Church Cranes’ House Blessing in Topsham
WED:	9:00 AM	Eucharist/Bible Study
THU:	9:00 AM	Christ Church Book Group/Zoom
	7:15 PM	Zoom Compline

ANNOUNCEMENTS

Summer Garden Maintenance We are looking for volunteers to maintain the gardens in the front—mostly weeding and maybe a little trimming. Would you like to help?

Rector’s Vacation Nancy will be on vacation July 28 through August 11.

Hazardous Waste Disposal Day is coming to Norway - South Paris Transfer Station. And it’s free for residents. Saturday, July 26, 9 AM to noon. Check your workshop, shed, garage, and under the kitchen sink for stuff that shouldn’t go in the regular trash. Check avcog.org: Hover over municipal services. On the left side of the page you’ll see all sorts of info on Environmental Services!

Coffee Hour (From Holly Stuhr) Do you have what it takes? I am pretty sure you do! I know covering coffee hour at church sounds like a big deal, but not at Christ Church Norway! The coffee, juices, crackers, and paper goods are all provided and stocked up. You just need to bring a little fruit and veggie (who doesn’t love carrot sticks) maybe some cheese and a baked good. If you’re in the mood to bake, now is the time to try out a new recipe or make an old favorite. If you are short on time or don’t like to bake, pick something up at the store. Our group is pretty happy with just about anything. Remember, it’s a snack to tide you over till lunch somewhere else. A little nibble to start a conversation with someone new. A chance to break bread together. Consider contributing something to a potluck coffee hour or volunteering for an open slot. Many of our regulars are away, so the numbers are smaller but so are the volunteers.

Next potluck coffee hour is August 3. Your guest preacher and celebrant that day will be the Rev. Barbara Barth, and it will be the anniversary of her ordination. I hope you will be sure to congratulate her!