

Dear Ones,

Several of our Chapel Kids attended Camp Bishopswood this year. I asked them what they liked best about their time there. Here are their responses:

- Thursday evening service; Chapel Singers
- Reflecting together on the story of the paralytic lowered through the roof
- Games and sports, especially “wide games” (camp-wide games) that required teamwork and problem-solving
- Paddleboarding, swimming (including synchronized!), battle boards, diving to see fish, especially the bass at the bottom of the lake; fire relay
- “BNN” (Bishopswood News at Nine), skits
- Making new friends (including clergy, international campers, and New Mainers)—even the ones who snore

Many thanks to those of you whose generosity helped make their participation happen. If you would like to see the slideshow from their weeks, here is week one: <https://www.facebook.com/share/v/19AZyyVLx4/>
And here is week two: <https://www.youtube.com/watch?v=63YoWWgDY7I>

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

THIS SUNDAY’S READINGS

Genesis 28:10-19a * Psalm 139: 1-11, 22- 23 * Romans 8:12-25 * Matthew 13: 24-30, 36-43

BIRTHDAYS/ANNIVERSARIES

Jose Garcia 7/19, Jason Long 7/22

CREATION CARE TIPS

JUST RELEASED: The Clean Fifteen and the Dirty Dozen lists

No, they’re not a new list of the best fifteen jokes you can tell in church and the raunchiest twelve someone might tell in a pub long after my bedtime. The “Clean Fifteen” is an annually updated list of the cleanest fruits and vegetables in grocery stores. And by cleanest, the researchers mean least amount of pesticides, ranked by volume and by severity of damage they can cause to the consumer.

Of course, if there’s a “best of” list, there’s a “worst of” list, too. That’s the Dirty Dozen. These are also ranked by volume of pesticides and severity of damage they can cause. Each year the Environmental Working Group researches lots of samples of all kinds of fruits and vegetables. (Maybe that’s why the list of the previous year’s winners and losers takes six months to be published!)

The Environmental Working Group doesn’t publish these to discourage people from consuming fruits and vegetables; on the contrary, the hope is that people will read the lists and make wise choices to eat MORE fruits and vegetables, but to wash all produce before eating it, and to choose the organic varieties of produce that are on the dirty list, whenever it’s available and affordable.

Without further ado, here are the cleanest: Pineapple, Sweet Corn (fresh and frozen), Avocado, Papaya, Onions, Frozen Sweet Peas, Asparagus, Cabbage, Cauliflower, Watermelon, Mangoes, Bananas, Carrots, Mushrooms, Kiwi.

And here are the dirtiest: Spinach, Kale along with Collard and Mustard Greens (#2), Strawberries, Grapes, Nectarines, Peaches, Cherries, Apples, Blackberries, Pears, Potatoes, and Blueberries. For more information and a full list of the 51 worst culprits, visit the Environmental Working Group website, <https://www.ewg.org/>

I hope these lists will help you make informed decisions in the grocery store, at the farmers' markets, and at the dining room table. Bon Appetit!

– Patty Watts, Christ Church Earth Keeper

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

CALENDAR

SUN:	10:15 AM	Eucharist/In-person and online
	1:30 PM	Jodi Carter funeral, Middle Interval Mtg House
TUE:	5:15 PM	Vestry (postponed from last week)
WED:	9:00 AM	Eucharist/Bible Study
THU:	7:15 PM	Zoom Compline

ANNOUNCEMENTS

A/C in church is not functioning. Vestry is weighing the option of repairing the existing unit vs. installing a heat pump, which will also help with fuel costs in the winter.

Volunteer opportunities *Many thanks to all those who have been working on these tasks!* There are still plenty of ways to help. Speak to Jen Lehr for more information.

United Thank Offering I'm going to guess that, if asked, a lot of us could list some things we DON'T like about summer, e.g., temps in the 90s, ticks, deer eating our plants. However, I bet we would all have longer lists of what we love and are grateful for in summer. My list includes Maine's hundreds of lakes, including a large one right in Norway, summer fruits, cookouts, July 4th celebrations, etc. Take a few moments to remind yourself of what you love about summer—then drop a quarter or dollar bill in your UTO box for each one. *Give thanks to the LORD, for he is good; his love endures forever. Psalm 107:1*

Youth program in Bethel Speak to Rosemary for more info about the program for kids at the Bethel Historical Society, Thursday mornings.

The Committee on Indian Relations for the Diocese of Maine is seeking new members. Interested? Be in touch with the chair, The Rev. Annette Joseph, revarjoseph@gmail.com.

Summer Coffee Hour Please feel free to move coffee hour outside if the weather allows.

Vestry Meeting, Tuesday 5:15 PM Postponed from last week.

Sunday School is on hiatus for the summer.

For ongoing and up-to-date information about diocesan activities and news, as well as news from other congregations, sign up for **the DioLog**. <https://episcopalmaine.org/newsletter/>

MINISTRIES LIST

	<u>This week:</u>	<u>Next week:</u>
Lector 1:	Michelle Christoph	Fran Martin
Psalmist:	Tom Knight	Peter Hammond
Lector 2:	Nancy Mering	Patty Watts
Acolyte:	Peter Hammond	Patty Watts
Euch. Minister:	Jim Christoph	Michelle Christoph
Usher:	David Mering	Janet Harvey
Altar Guild:	Caroline Leonard	Jan & Doug Wall
Coffee Hour:	Caroline Leonard	Jan & Doug Wall
Counter:	Tom Knight	David Mering
Closer:	Carlyn Kroitzsh	Peter Hammond