

Dear Ones,

I have been missing my parents this week, because I wish I could ask them what they remember of the Bicentennial celebrations 50 years ago. I was a kid, and I have some fun memories of playing my trumpet (probably badly) in a parade; wearing a bonnet (Little House on the Prairie was a big thing just then), and wondering to myself what I would be doing half a century later (priesthood never even crossed my mind). But I would like to be able to ask them what they remembered about the time and their hopes for the future. I also know my dad would be heartbroken by a lot of what is going on these days, and for that I can be glad he didn't live to see it.

But we are people of prayer, and so I leave you with these two from the prayer book:

Collect for Independence Day:

Lord God Almighty, in whose Name the founders of this country won liberty for themselves and for us, and lit the torch of freedom for nations then unborn: Grant that we and all the people of this land may have grace to maintain our liberties in righteousness and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

For our nation:

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace: Give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

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

Nancy+

THIS SUNDAY'S READINGS

Genesis 24:34-38, 42-49, 58-67 * Psalm 45:11-18 * Romans 7:15-25a * Matthew 11:16-19, 25-30

BIRTHDAYS AND ANNIVERSARIES

Michelle and Jim Christoph (7/3)

CREATION CARE TIPS

It's going to be a scorcher!

This was the warning my mother would give as she glanced at the bright red sun out our kitchen window. And she was almost always right. That old sailors' adage "Red sun at night, sailors' delight; red sun at morning, sailors take warning" held true, even though we were 25 miles inland from the Long Island Sound. I guess I've always been a bit of a weather nerd. And I know I still am. On Tuesday I spent some time on the [Weather.com](https://www.weather.com) website and found some surprising and unsettling information.

The first information that surprised me is that heat caused more weather-related deaths (averaged to 273 per year) in the US than flooding, rip currents, and wind combined (averaged to 246 per year), on average in the ten-year period of 2015-2024. Deaths from lightning, hurricanes, winter, cold and tornadoes totaled 161 average per year in the same period. Do you find that hard to swallow? I did. But heat is sneaky. And heat with humidity is deadly if we're not careful. Sweating is a bodily function that helps cool the body. But when humidity is high, sweat doesn't evaporate on the skin, so it can't help in cooling the body. If the region affected by a heat wave doesn't cool down when the sun sets, the prolonged high temperature will be more dangerous than if the nights are cool and the days are hot. Here we're lucky that our nights cool off!

The second set of facts was found in a graph that showed 18 years' worth of data on weather-related deaths. The data presented showed a steep spike in heat-related deaths beginning in 2020 and would suggest that our weather events have become more extreme and more dangerous. That conclusion backs up the predictions that global warming will cause more frequent and more severe storms, and more frequent and more severe extreme weather events (such as hurricanes, heat waves, and tornados.)

What to do in a heat wave? The [Weather.com](https://www.weather.com) website posted information published by the US CDC, and I am going to list it for you here:

- Stay in air-conditioned buildings as much as possible (libraries have AC)
- Don't rely on a fan as your main cooling source when it's very hot outside
- Drink more water than usual and don't wait until you are thirsty to drink
- Don't use the stove or oven to cook – it will make you and your house hotter (or wait until the evening cools to cook for the next day's meals)
- Wear loose, lightweight, light-colored clothing (and wear a hat in the sun)
- Take cool showers or baths to cool down (put a wet washcloth on your neck)
- Don't engage in very strenuous activities and get plenty of rest (great time to catch up on correspondence or reading)
- Check on a friend, neighbor or family member, especially the elderly – and have someone check on you.

One last suggestion for these hot days: pray for the roofers, road crews, driveway pavers, and field workers whose jobs put them in danger of heat stroke and heat exhaustion, that they may go through the season without harm, and that they have sympathetic and caring bosses.

PS: CMP has sent out an email with another set of suggestions for weathering this hot spell. If you didn't receive it, you can go to their website cmpco.com/summer-energy-tips

– 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
WED: 9:00 AM Eucharist/Bible Study
THU: 7:15 PM Zoom Compline

ANNOUNCEMENTS

Our organist, Susan, is on vacation this week so we will be singing a capella.

Volunteer opportunities A list of maintenance jobs which need your help has been posted on the bulletin board across from the office. Put your name by any you want to work on and contact Jen Lehr for more info. ***Many thanks to all those who have been working on the gardens, and to Jen L and Mike B for the new shades in the office suite!***

Please let me know if you want to be part of a team that visits **Agassiz Village**, a non-profit organization providing summer camp and year-round programming for children from underserved communities across the Northeast. It is located in Poland on Thompson Lake.

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

Sabbatical Teams The different teams have been posted—sign up for which one(s) you want to be on! I want to start pulling the teams together for an initial conversation within the next few weeks. Members of the Education Team are already putting together a study of a book by Richard Rohr.

Thursday lunch any interest in gathering for lunch once or twice a month on Thursdays?

Sunday School is on hiatus, but if everyone knows they will be here on the same Sunday and lets us know by Wednesday, we can pull together something focused around a Bible story. Also wondering if there would be any interest in something during the week?

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:	Jill Cunningham	Bruce Watts
Psalmist:	Rosemary Laban	Fran Martin
Lector 2:	Br. Matthias Tanner	Jason Long
Acolyte:	Doug Wall	Michelle Christoph
Euch. Minister:	Peter Hammond	Tom Knight
Usher:	Rosemary Laban	Jen Lehr
Altar Guild:	Marg Means	Caroline Leonard
Coffee Hour:	Jill Cunningham	Michelle Christoph
Counter:	Carolyn Tanner	Marg Means
Closer:	Jen Lehr	Tom Knight