



ST. THOMAS' PARISH

EPISCOPAL CHURCH • DUPONT CIRCLE



SEE CHRIST
BE CHRIST



Eleventh Sunday after Pentecost – August 21, 2022

Welcome to St. Thomas' Parish and to our worship season after Pentecost! Your presence amongst us overflows our joy. Together, we all tell the Good News of God's love in Christ. Sing and pray with us as you are comfortable. You are welcome to fully participate in every part of this service, including Holy Eucharist (aka the Lord's Supper, Holy Communion, or Mass). Nursery Care with a lesson for the day is on the fourth floor. If you would like to learn more about St. Thomas' Parish, the Episcopal Church, or deepening your faith with us please fill out a welcome card and hand it to an usher or clergy person. We will continue to require mask wearing during public worship. Masks will remain optional for meetings, coffee hour and most serving opportunities.

Our hymns today are reprinted under One License # A-734785.
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Prelude

Amazing Grace
Arr. By George Shearing
Sung by Brynn Farlow with Nancy Carol James as the pianist

Words of Welcome

Opening Hymn #594 in Blue Hymnal

God of grace and God of glory

Opening Acclamation

Celebrant: Blessed be the one, holy, and living God.

People: Glory to God for ever and ever.

The Collect for Purity

Celebrant: The Lord be with you.

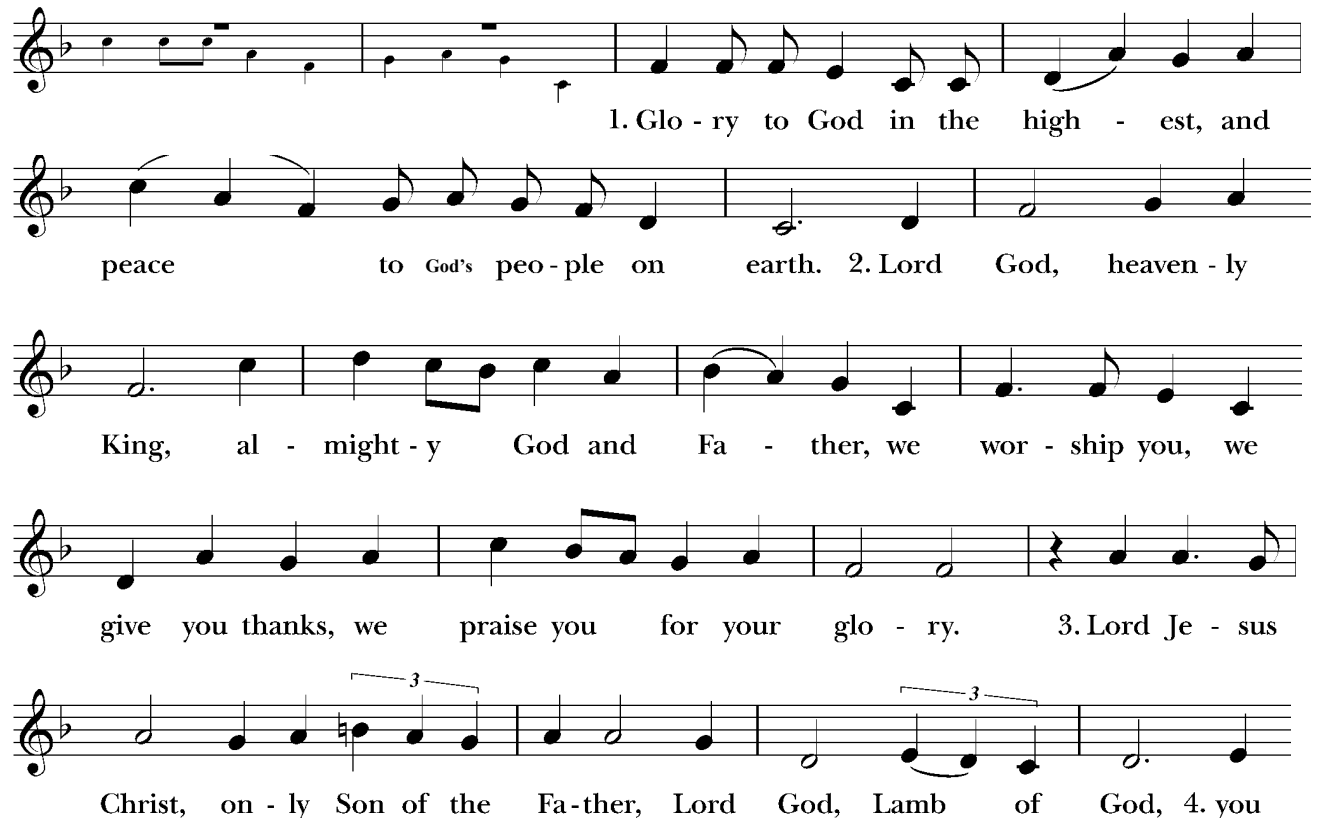
People: And also with you.

Celebrant: Let us pray.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid:
Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly
love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

Gloria S280

Glory to God



1. Glo - ry to God in the high - est, and
peace to God's peo - ple on earth. 2. Lord God, heaven - ly
King, al - might - y God and Fa - ther, we wor - ship you, we
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you

take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -
ceive our prayer. 6. For you a - lone are the Ho - ly One,
you a - lone are the Lord, 7. you a - lone are the Most
High, Je - sus Christ, with the Ho - ly Spi - rit, in the
glo - ry of God the Fa - ther. A - men.

The Collect

Celebrant: The Lord be with you.
People: And also with you.
Celebrant: Let us pray.

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

First Reading Jeremiah 1:4-10

The word of the LORD came to me saying,

"Before I formed you in the womb I knew you,
and before you were born I consecrated you;
I appointed you a prophet to the nations."

Then I said, "Ah, Lord GOD! Truly I do not know how to speak, for I am only a boy." But the LORD said to me,

"Do not say, 'I am only a boy';
for you shall go to all to whom I send you,

and you shall speak whatever I command you,
Do not be afraid of them,
for I am with you to deliver you,

says the LORD."

Then the LORD put out his hand and touched my mouth; and the LORD said to me,

"Now I have put my words in your mouth.
See, today I appoint you over nations and over kingdoms,
to pluck up and to pull down,
to destroy and to overthrow,
to build and to plant."

Lector: Hear what the Spirit is saying to the Church.

People: Thanks be to God.

Psalm 71:1-6 (read by all)

Saint Helena Psalter

- 1 In you, O God, have I taken refuge; *
let me never be ashamed.
- 2 In your righteousness, deliver me and set me free; *
incline your ear to me and save me.
- 3 Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.
- 4 Deliver me, my God, from the hand of the wicked, *
from the clutches of the evildoer and the oppressor.
- 5 For you are my hope, O God, *
my confidence since I was young.
- 6 I have been sustained by you ever since I was born;
from my mother's womb you have been my strength; *
my praise shall be always of you.

Sequence Anthem

WLP 782

Gracious Spirit

We will sing verses 1-2 before the Gospel & verse 3-4 after.

1. Gra - cious Spir - it, give your ser - vants joy to set sin's
2. Word made flesh, who gave up glo - ry to be - come our
3. Lov - ing God, who birthed cre - a - tion from the noth - ing -
4. Tri - une God, e - ter - nal Be - ing, nev - er end - ing,

cap - tives free, hope to heal the bro - ken - heart - ed,
 great high priest, tak - ing on our hu - man na - ture
 ness of space, kin - dling life where all was emp - ty,
 un - be - gun, bound - less grace and per - fect jus - tice,

peace to share love's li - ber - ty. Through us bring your balm of
 to re - deem the last and least: let your cour - age and com -
 turn - ing cha - os in - to grace: when we feel con - fused and
 right - eous and for - giv - ing One: so en - fold us in you

glad - ness to the wound - ed and op - pressed; help us claim and
 pas - sion shape and guide our min - is - tries; as our Sav - ior
 fruit - less, dawn up - on our rest - less night; give us faith's im -
 mer - cy that our wills and yours u - nite; through us may the

show God's fa - vor as show a peo - ple called and blessed.
 and our Shep - herd, lead us to the truth that frees.
 ag - i - na - tion, hope's re - new - ing, love's de - light.
 world be - hold you, find your love, your truth, your light.

The Holy Gospel

Luke 13:10-17

(The Gospel will be proclaimed in both Spanish & English)

Celebrant: The Gospel of our Lord Jesus Christ according to Luke.

People: **Glory to you Lord Christ.**

Un sábado Jesús se había puesto a enseñar en una sinagoga; y había allí una mujer que estaba enferma desde hacía dieciocho años. Un espíritu maligno la había dejado jorobada, y no podía enderezarse para nada. Cuando Jesús la vio, la llamó y le dijo:

—Mujer, ya estás libre de tu enfermedad.

Entonces puso las manos sobre ella, y al momento la mujer se enderezó y comenzó a alabar a Dios. Pero el jefe de la sinagoga se enojó, porque Jesús la había sanado en sábado, y dijo a la gente:

—Hay seis días para trabajar; vengan en esos días a ser sanados, y no en sábado.

El Señor le contestó:

—Hipócritas, ¿no desata cualquiera de ustedes su buey o su burro en sábado, para llevarlo a tomar agua? Pues a esta mujer, que es descendiente de Abraham y que Satanás tenía atada con esta enfermedad desde hace dieciocho años, ¿acaso no se la debía desatar aunque fuera sábado?

Cuando Jesús dijo esto, sus enemigos quedaron avergonzados; pero toda la gente se alegraba al ver las grandes cosas que él hacía.

~~~~~

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Celebrant: The Gospel of the Lord.  
People: Praise to you Lord Christ.

### The Sermon

The Rev. Linda Kaufman

✠ *Please observe a moment of silence following the sermon.*

### Nicene Creed

**W**E BELIEVE IN ONE GOD, the Father, the Almighty,  
maker of heaven and earth, of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father, God from God, Light from Light,  
true God from true God, begotten, not made, of one Being with the Father;  
through him all things were made.

For us and for our salvation he came down from heaven,  
was incarnate of the Holy Spirit and the Virgin Mary and became truly human.  
For our sake he was crucified under Pontius Pilate; he suffered death and was buried.  
On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,

who with the Father and the Son is worshiped and glorified,  
who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen

### Prayers of the People, Form IV

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them and love one another as he loves us.

*Silence*

Lord, in your mercy

**Hear our prayer.**

We pray for those on our parish prayer list. Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles and bring them the joy of your salvation.

*Silence*

Lord, in your mercy  
**Hear our prayer.**

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

*Silence*

Lord, in your mercy  
**Hear our prayer.**

I invite your prayers of petition or thanksgiving, in silence, aloud, or in the comment section online.

*Silence.*

Celebrant:

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever.

**Amen.**

## **Confession and Absolution**

Let us confess our sins against God and our neighbor:

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

Celebrant:

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

## **The Peace**

Celebrant: The Peace of Christ be always with you.

**All: And also with you.**

## Welcome and Announcements

### *Birthdays Prayer: (said by all)*

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up when they fall; and in their hearts may your peace which passes understanding abide all the days of their lives; through Jesus Christ our Lord. Amen.

### *Anniversary Prayer: (said by all)*

Eternal God, creator and preserver of all life, author of salvation, and giver of all grace: Look with favor upon the world you have made, for which your Son gave his life, and surround this couple with your love. Grant that their wills may be so knit together in your will, and their spirits in your Spirit, that they may grow in love and peace with you and one another all the days of their lives, through Jesus Christ our Lord. Amen.

## Offertory Music

The Lake Isle by Ben Moore

Sung by Brynn Farlow with Nancy Carol James as the pianist

Let us with gladness present the offerings and oblations of our life and labor to the Lord. The ushers will collect a financial offering during the Offertory. If you'd prefer to give electronically to our operating funds, please text STTHOMASDC (\$) to 73256 or follow the QR Code.

When you scan this QR Code with your phone's camera, it will take you directly to St. Thomas' Giving Page.



## The Great Thanksgiving

Enriching our Worship, Eucharistic Prayer 3

Celebrant: The Lord be with you.  
People: **And also with you.**  
Celebrant: Lift up your hearts.  
People: **We lift them to the Lord.**  
Celebrant: Let us give thanks to the Lord our God.  
People: **It is right to give our thanks and praise.**

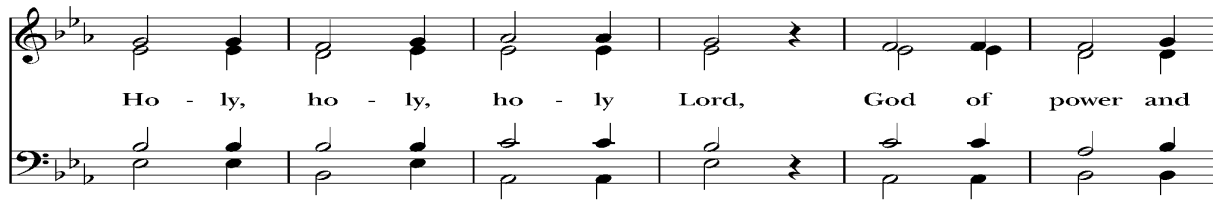
*The Celebrant continues*

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; you brought forth all creatures of the earth and gave breath to humankind.

Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; and so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

Sanctus

Hymnal S130



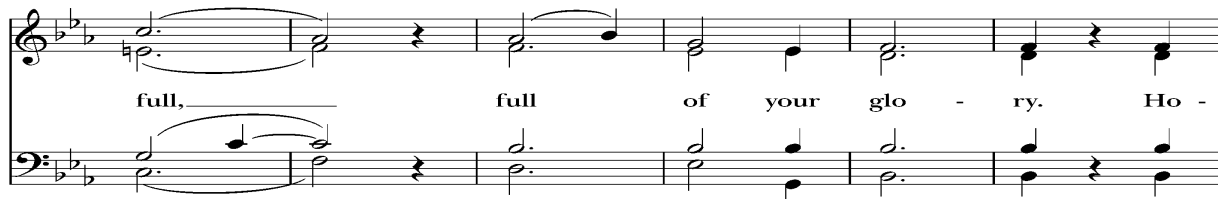
Ho - ly, ho - ly, ho - ly Lord, God of power and



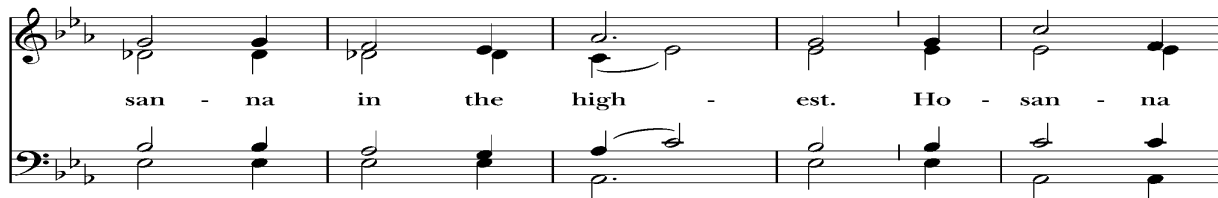
might, Ho - ly, ho - ly, ho - ly Lord,



God of power and might, hea - ven and earth are



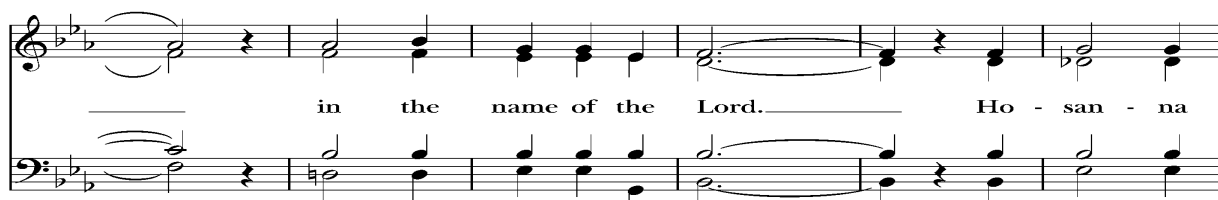
full, full of your glo - ry. Ho -



san - na in the high - est. Ho - san - na



in the high - est. Bless - ed is the one who comes



in the name of the Lord. Ho - san - na



in the high - est. Ho - san - na in the high - est.

*Then the Celebrant continues*

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

**Dying, you destroyed our death.**

**Rising, you restored our life.**

**Christ Jesus, come in glory!**

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice, and love.

Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with our patron, Saint Thomas, and all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

**Blessed are you now and for ever. AMEN.**

## The Lord's Prayer

As our Savior Christ has taught us, we now pray,

OUR FATHER IN HEAVEN,  
hallowed be your name,  
your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and forever. Amen.

PADRE NUESTRO, que estás en el cielo.  
Santificado sea tu nombre.  
Venga tu reino. Hágase tu voluntad  
en la tierra como en el cielo.  
Danos hoy nuestro pan de cada día.  
Perdona nuestras ofensas,  
como también nosotros perdonamos  
a los que nos ofenden.  
No nos dejes caer en tentación  
y líbranos del mal.  
Porque tuyo es el reino, el poder, y la gloria  
Por los siglos de los siglos. Amén

## The Breaking of the Bread

Celebrant: Alleluia. Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast. Alleluia.

Celebrant: The Gifts of God for the People of God.

Take them in remembrance that Christ died for you,  
and feed on him in your hearts, by faith with thanksgiving.

## Distribution of Holy Communion

*All are welcome to receive holy communion here at St. Thomas' Parish. The bishop has given the diocese permission to share the bread and wine at communion again. She does not permit us to intinct, or dip, our wafers in the wine. An usher will invite the congregation to come forward row by row to receive. When you come forward, there are two stations to receive bread. Gluten free wafers are available. If you prefer a blessing, please cross your arms over your chest to indicate this to the priest.*

Communion Hymn #304 in Blue Hymnal

I come with joy

## Post Communion Prayer

✠ All pray together

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Christ our Savior. Amen.

## **Blessing**

God make you an instrument of God's peace:

Where there is hatred, sow love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

God our Mother,

grant that we may not so much seek to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

And the blessing of God Almighty, Creator, Redeemer, Sustainer, be among us always. **Amen.**

**Final Hymn #397 in Blue Hymnal**

**Now thank we all our God**

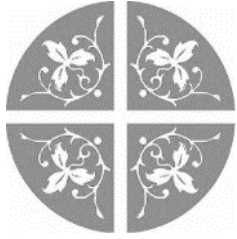
## **Dismissal**

**Celebrant:** Let us go forth into the world, rejoicing in the power of the Spirit.

**People:** Thanks be to God.

## **Postlude**

**Come Away to the Skies ~ Arr. By George Shearing  
Sung by Brynn Farlow with Nancy Carol James as the pianist**



# ST. THOMAS' PARISH

EPISCOPAL CHURCH • DUPONT CIRCLE

August 21, 2022

Dear Friends,

Welcome to our worship! We are so glad you've joined us today. Throughout our announcements you'll find invitations to participate in worship, community service, caring for one another, and more.

God bless you,

The Rev. Lisa Ahuja, Rector



This week, we welcome The Rev. Linda M. Kaufman who will preach. Linda has a fierce love of justice; she embodies that love in her work to end homelessness and white supremacy. Using humor, compassion, and the awesome ability to tell stories, she is able to move a group of people to do things they never thought possible. Her thirty-five-year commitment working with homeless individuals has galvanized into a joyous and steely resolve to end homelessness and white supremacy. She is a frequent and sought-after speaker at conferences and churches. Should she ever retire from justice work, Linda plans to be a barista making exquisite though fleeting foam art on espresso drinks.



# St. Thomas' Parish

August 21<sup>th</sup> - August 28<sup>th</sup>, 2022

Weekly Schedule



Figure 1 Scan w/  
Phone Camera for  
Announcement Links

**Sunday, August 21<sup>st</sup> – Phoenix Newsletter Deadline Due Today!**

9:30am to 12:00pm – Nursery (4<sup>th</sup> floor)  
10:30am to 11:30am – Holy Eucharist (2<sup>nd</sup> Floor Nave)  
11:30am to 12:15pm – Coffee Hour (1<sup>st</sup> floor Commons + Garden)  
1:00pm to 2:00pm – Japanese Class (4<sup>th</sup> Floor) & 2:00pm to 4:00pm – East Sea Sword School (4<sup>th</sup> Floor)

**Monday, August 22<sup>nd</sup> – Office Hours: 10am to 3pm**

8:00am to 6:00pm – Keegan Theatre Summer Camp (1<sup>st</sup> Floor Commons & Chapel + 2<sup>nd</sup> Floor Nave)  
8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
7:30pm to 9:00pm – AA Meeting (4<sup>th</sup> floor)

**Tuesday, August 23<sup>rd</sup> – Office Hours: 10am to 3pm**

8:00am to 6:00pm – Keegan Theatre Summer Camp (1<sup>st</sup> Floor Commons & Chapel + 2<sup>nd</sup> Floor Nave)  
8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
1:30 to 3:00pm – Staff Meeting (1<sup>st</sup> Floor Commons)

**Wednesday, August 24<sup>th</sup> – Office Hours: 10am to 3pm**

8:00am to 6:00pm – Keegan Theatre Summer Camp (1<sup>st</sup> Floor Commons & Chapel + 2<sup>nd</sup> Floor Nave)  
8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
6:00pm to 9:30pm – GMCW Auditions (2<sup>nd</sup> Floor Nave & 1<sup>st</sup> Floor Commons)

**Thursday, August 25<sup>th</sup> – Office Hours: 10am to 3pm**

8:00am to 6:00pm – Keegan Theatre Summer Camp (1<sup>st</sup> Floor Commons & Chapel + 2<sup>nd</sup> Floor Nave)  
8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
5:00pm to 6:30pm – Capital Clubhouse Employment Dinner (4<sup>th</sup> Floor Kitchen & Parish Hall)

**Friday, August 26<sup>th</sup> – Office Hours: 9am to 12pm**

8:00am to 6:00pm – Keegan Theatre Summer Camp (1<sup>st</sup> Floor Commons & Chapel + 2<sup>nd</sup> Floor Nave)  
8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
6:00pm to 7:30pm – Yoga with Asiya (1<sup>st</sup> Floor Commons)  
8:00pm to 9:00pm – NA Meeting (4<sup>th</sup> floor)

**Saturday, August 27<sup>th</sup>**

6:30am to 6:00pm – Refugee Welcome (1<sup>st</sup> Floor Commons + 4<sup>th</sup> Floor)  
11:30am to 12:15pm – Spanish Language Eucharist (2<sup>nd</sup> Floor Nave)

**Sunday, August 28<sup>th</sup> – Back to School Blessing**

9:30am to 12:00pm – Nursery (4<sup>th</sup> floor)  
10:30am to 11:30am – Holy Eucharist (2<sup>nd</sup> Floor Nave)  
11:30am to 12:30pm – Fairy Jennabelle Face Painting & Back-to-School Fun (1<sup>st</sup> floor Commons + Garden)  
12:00pm to 2:00pm – Sexton Staff Meeting (Church Administrative Office)  
1:00pm to 2:00pm – Japanese Class (4<sup>th</sup> Floor) & 2:00pm to 4:00pm – East Sea Sword School (4<sup>th</sup> Floor)

## Worship with St. Thomas'

### Back to School Blessing, Sunday August 28

On August 28 we will bless students and educators of all ages at our 10:30 am service. This service will include a children's sermon. Some students and educators bring backpacks, or items they will use along to the blessing. Following the service, we will have special activities outside to greet the new school year. This is a great opportunity to invite someone to join you at St. Thomas'!



### Congratulations to the Rev. Catherine Manhardt!

We are collecting donations until August 15<sup>th</sup> to help start Catherine's discretionary account. To contribute to this fund, which she will use to assist people in need, please include "Rev. Catherine's Discretionary Account" in the memo of your check or give through Realm to the fund called, "Rev. Catherine's Discretionary Account."

## Take Action with St. Thomas'

### Help Welcome Migrants

Our parish's work to provide a welcoming space to migrants transiting through DC and the organizations helping them figure out their next steps continues - with a new partner! We are now sharing Saturday hosting duties with New York Avenue Presbyterian Church in downtown DC, so our schedule has changed a bit and for now we are hosting every other week. Our volunteers prepare and serve food, distribute donated clothing, direct people around the building, run errands to pick up supplies, and create a friendly environment for people living through extreme stress. *How can you help?*

**Volunteer!** Sign up for a slot on one of our upcoming hosting days, August 13<sup>th</sup> and August 27<sup>th</sup>:

<https://tinyurl.com/5n77sx2y>

**Donate supplies or money!** We especially need new underwear, both men's and women's (sizes small and medium) and new or gently used casual shoes (sturdy, good for walking in). If you would like to contribute funds, you can do so online (in Realm, mark your contribution Refugee Support) or via check (with a note in the memo line).

**Feed people!** Do you like grocery shopping or cooking for a crowd? Get in touch with Carol Coonrod ([csoonrod@gmail.com](mailto:csoonrod@gmail.com)) and Elizabeth Terry ([elizterry@gmail.com](mailto:elizterry@gmail.com)) if you'd like to be part of the team planning and preparing meals.

**Be a tour guide!** This is a new initiative - As many of our guests won't leave DC until the evening or perhaps even a day or longer later, we'd like to offer them some opportunities to get a glimpse of the nation's capital before they move on. If you have a car and would enjoy taking a few of our guests on a brief sightseeing trip on a Saturday afternoon, get in touch with Carol and Elizabeth (see above for email addresses).

**Worship with us!** At around 11:30 am on the dates we host, we offer a brief bilingual service where we can give thanks for our guests' presence with us and pray for their safety on the road ahead. Drop in and join in this blessing - and whether or not you are able to be with us in person, please continue to keep our guests and all migrants and refugees around the world in your prayers.

## Other Community Announcements

### Sharing your announcements in the Sunday bulletin and Phoenix

Please send all announcements to Robert at [administrator@stthomasdc.org](mailto:administrator@stthomasdc.org) on or before the Sunday prior to distribution. We aim to send announcements out three weeks prior to the event or service opportunity in order for sufficient time to plan.

### Kundalini Yoga

Joins us for Kundalini Yoga & Meditation every Friday 6:00pm to 7:30pm

Follow the link for more information: <https://kundaliniyogadc.eventbrite.com>

No prior experience is needed, and modifications are offered.

Please bring your own Yoga Mat.

Price of admission is \$11.00, paid with Cash or through Venmo or CashApp - @Asiyajaved





**KUNDALINI  
YOGA &  
MEDITATION**

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**FRIDAY JULY 29TH**  
6 PM -7 :30 PM

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**ST THOMAS' PARISH**  
1517 18TH ST NW,  
WASHINGTON, DC  
20036

**\$11**  
VENMO OR CASHAPP  
@ASIYAJAVED

<https://kundaliniyogadc.eventbrite.com>

NO PRIOR EXPERIENCE NEEDED  
MODIFICATIONS OFFERED

PLEASE BRING YOUR OWN YOGA MAT



## WHAT IS KUNDALINI YOGA?

- Yoga of Awareness
- Energy Movement
- A Spiritual experience that leaves you centered and grounded
- Soothes and strengthens the nervous system

**WHAT TO EXPECT:**

- Rhythmic movement coordinated with breath
- Breath work
- Mantras and chanting
- Meditation

**WHAT TO BRING:**

- an open mind
- yoga mat
- blanket (optional)
- bolster (optional)
- water

**CAN ANYONE JOIN?**

- Yes, everyone is welcome!
- Modifications and Visualization techniques offered
- Simply come experience, meditate, sing and chant

# BACK TO SCHOOL SUNDAY - AUG. 28

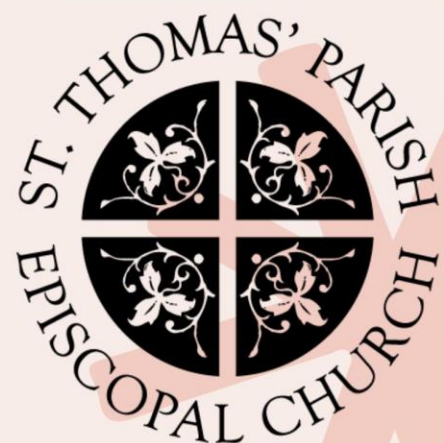
**YOU ARE INVITED TO JOIN US  
ALL ARE WELCOME!**

On August 28 we will bless students and educators of all ages at our 10:30 am service. This service will include a children's sermon. Some students and educators bring backpacks, or items they will use along to the blessing.

Following the service, we will have special activities outside to greet the new school year. This is a great opportunity to invite someone to join you at St. Thomas'!

## **SPECIAL GUEST**

The Fairy Jennabelle will be visiting to paint faces for kids of all ages.



## Celebrating Our August Birthdays

Jason Forman (August 1)  
Rick Ramponi (August 1)  
Joseph Coleman (August 9)  
Linda Hollingsworth (August 10)  
Bobby Bosfield (August 13)  
Gregory Mackmin (August 16)  
Alex Mann (August 16)  
Clay Dursthoff (August 17)  
Mark Gangler (August 18)  
Matthew Fallon (August 24)  
Oz Holman (August 30)  
Gary Palmer (August 31)

*If your birthday or anniversary is not listed here, please let us know at [administrator@stthomasdc.org](mailto:administrator@stthomasdc.org).*

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### Parish Prayer List

Lynette Alexander  
Alan Allison  
Shaune Bazner  
John Bisco  
Peggyann Cohen  
Kevin Costigan  
Liz Dahlen  
Craig Evertt  
Carol Goldman

Pam Greer  
Jan Harrison  
Betsy Hollingsworth  
James Insinga  
Judy Johnson  
Mike Knapp  
Dave Kucharski  
Hugo Llanos  
Rich Manhardt

Joe Rivas  
Bishop Gene Robinson  
Jane Saari  
Eric Scharf  
The Sommer Family  
Chris Spangler  
Chester Thompson  
Mitch Walker

### *For those who have died*

Evangelos Fachios  
Esther Insinga  
Kristin Jones  
The Rev. Lincoln Frank Stelk  
Maria Marina Viera  
Muriel Yager

You may submit a name for the list by sending an e-mail to: [administrator@stthomasdc.org](mailto:administrator@stthomasdc.org)



# ST. THOMAS' PARISH

EPISCOPAL CHURCH • DUPONT CIRCLE

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*"As St. Thomas' Parish we are followers of Jesus, striving to see Christ in each person, and to be Christ in our community, our city, and our world."*

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## Vestry

Gregory Zitterkob, Senior Warden  
Karen Garlick, Junior Warden  
Clay Dursthoff, Treasurer  
Jocko Fajardo, Secretary  
Knight Champion, Brian Crane, Reggie Greer, Jennifer Mahle,  
Noel Miller, Brett Snyder, John Trumbo

## Staff

|                               |                          |                                                    |
|-------------------------------|--------------------------|----------------------------------------------------|
| The Rev. Lisa Saunders Ahuja  | Rector                   | lahuja@stthomasdc.org<br>cell: 202-361-2018        |
| The Rt. Rev. V. Gene Robinson | Bishop in Residence      | @BishopGRobinson                                   |
| Michael Lodico                | Director of Music        | mlodico@stthomasdc.org                             |
| Robert Alexander              | Administrative Assistant | administrator@stthomasdc.org<br>cell: 301-580-6392 |
| Diana Diaz                    | Nursery Attendant        |                                                    |
| Fabian Berrios                | Sexton and Nursery       |                                                    |
| Hamida Gawhari                | Sexton                   |                                                    |
| Candace McLamore              | Sexton                   |                                                    |
| Tyrone Moore                  | Sexton                   |                                                    |

## St. Thomas' Parish

1517 18<sup>th</sup> Street NW Washington, DC 20036 (202) 808-3326  
www.stthomasdc.org ✉ [info@stthomasdc.org](mailto:info@stthomasdc.org)



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