



ST. THOMAS' PARISH

EPISCOPAL CHURCH • DUPONT CIRCLE



SEE CHRIST
BE CHRIST

The Thirteenth Sunday after Pentecost September 4, 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

Prelude on Amazing Grace

arr. Craig Phillips

Words of Welcome

Opening Hymn #8 in Blue Hymnal

Morning has broken

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 us, O Lord, to trust in you with all our hearts; for, as you always resist the proud who confide in their own strength, so you never forsake those who make their boast of your mercy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

First Reading

Jeremiah 18: 1-11

The word that came to Jeremiah from the LORD: "Come, go down to the potter's house, and there I will let you hear my words." So I went down to the potter's house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him.

Then the word of the LORD came to me: Can I not do with you, O house of Israel, just as this potter has done? says the LORD. Just like the clay in the potter's hand, so are you in my hand, O house of Israel. At one moment I may declare concerning a nation or a kingdom, that I will pluck up and break down and destroy it, but if that nation, concerning which I have spoken, turns from its evil, I will change my mind about the disaster that I intended to bring on it. And at another moment I may declare concerning a nation or a kingdom that I will

build and plant it, but if it does evil in my sight, not listening to my voice, then I will change my mind about the good that I had intended to do to it. Now, therefore, say to the people of Judah and the inhabitants of Jerusalem: Thus says the LORD: Look, I am a potter shaping evil against you and devising a plan against you. Turn now, all of you from your evil way, and amend your ways and your doings.

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

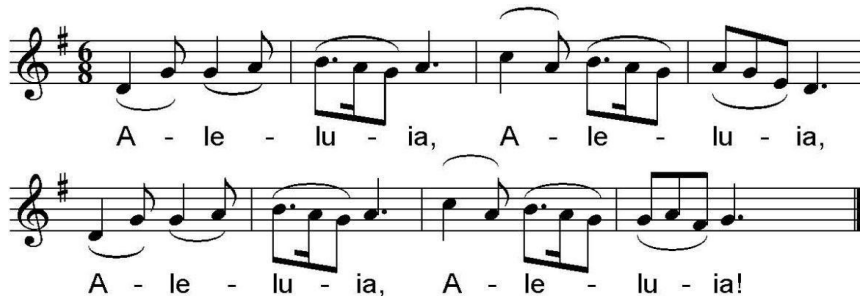
People: Thanks be to God.

Psalm 139:1-5, 12-17

Saint Helena Psalter

1. O God, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.
2. You trace my journeys and my resting-places *
and are acquainted with all my ways.
3. Indeed, there is not a word on my lips, *
but you, O God, know it altogether.
4. You press upon me behind and before *
and lay your hand upon me.
5. Such knowledge is too wonderful for me;
12. For you yourself created my inmost parts; *
you knit me together in my mother's womb.
13. I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.
14. My body was not hidden from you, *
while I was being made in secret
and woven in the depths of the earth.
15. Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written in your book; *
they were fashioned day by day,
when as yet there was none of them.
16. How deep I find your thoughts, O God; *
how great is the sum of them!
17. If I were to count them, they would be more in number than the sand; *
to count them all, my life span would need to be like yours.

Alleluia (sung before and after the Gospel)



The Holy Gospel

Luke 14: 25-33

(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.**

Entre tanto, el hijo mayor estaba en el campo. Cuando regresó y llegó cerca de la casa, oyó la música y el baile. Entonces llamó a uno de los criados y le preguntó qué pasaba. El criado le dijo: "Es que su hermano ha vuelto; y su padre ha mandado matar el becerro más gordo, porque lo recobró sano y salvo." Pero tanto se enojó el hermano mayor, que no quería entrar, así que su padre tuvo que salir a rogarle que lo hiciera. Le dijo a su padre: "Tú sabes cuántos años te he servido, sin desobedecerte nunca, y jamás me has dado ni siquiera un cabrito para tener una comida con mis amigos. En cambio, ahora llega este hijo tuyo, que ha malgastado tu dinero con prostitutas, y matas para él el becerro más gordo."

»El padre le contestó: "Hijo mío, tú siempre estás conmigo, y todo lo que tengo es tuyo. Pero había que celebrar esto con un banquete y alegrarnos, porque tu hermano, que estaba muerto, ha vuelto a vivir; se había perdido y lo hemos encontrado."

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Now large crowds were traveling with Jesus; and he turned and said to them, "Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, 'This fellow began to build and was not able to finish.' Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions."

**Celebrant:** The Gospel of the Lord.

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

## The Sermon

Herschel Wade

✠ *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

### *Birthday 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

Paperless song *Where I go in the world*  
led by Heather Hurlburt & Michael Lodico

Ana Hernández

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.



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:

**Hymn WLP 785**

**“Santo, Santo, Santo”**

*Sung first in Spanish, and then in English*

San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi  
 Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.  
 heart is glad to say the words: you are ho - ly, Lord.

*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 #336 in Blue Hymnal    Come with us, O blessed Jesus**

## 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 #541 in Blue Hymnal Come, labor on

**Dismissal**

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

People: Thanks be to God.

**Postlude** Fantasy on *Praise to the Lord the Almighty* arr. Craig Phillips



# ST. THOMAS' PARISH

EPISCOPAL CHURCH • DUPONT CIRCLE

September 4, 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



Welcome our new seminarian, Maria Teresa Bautista-Berrios!

On September 11, we welcome our new seminarian, Maria Teresa Bautista-Berrios! Maria Teresa is currently a seminarian at Virginia Theological Seminary working towards her Master in Divinity degree on her journey towards ordained ministry. Before her move to the East Coast, Maria Teresa was a Missioner/Church Planter at Episcopal Church in Northshore, with the focus of developing an Episcopal presence in the East Harris Convocation of the Diocese of Texas. Previously, Maria Teresa was the Missioner Associate for Houston Canterbury, an Episcopal Campus Ministry at Texas Southern University, University of Houston, San Jacinto and Houston Community College.

Maria Teresa graduated from the University of Houston-Downtown with a B.S. in Psychology in 2018. Prior to work in the Diocese of Texas, Maria Teresa was working as a Community Organizer with The Metropolitan Organization (TMO), as well as the Youth Group Coordinator for Epiphany Episcopal Church. Maria Teresa was previously the Chair for the Commission on Black Ministry in the Diocese of Texas.

Maria Teresa grew up within the Episcopal Diocese of Washington D.C. and moved to Houston in 2014, along with her parents, The Rev. Simon and Amarilis Bautista and her siblings Tito, Leaquina and Lily. With two parents from the Dominican Republic, Maria is bilingual in both Spanish and English. She is currently enjoying newlywed life with her husband Fabian and their puppy Noelani.



# St. Thomas' Parish

September 4 – September 11, 2022

*Weekly Schedule*



*Figure 1 Scan w/  
Phone Camera for  
Announcement Links*

**Sunday, September 4<sup>th</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)  
12:00 pm to 2:00 pm – Discernment Committee Meeting  
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, September 5<sup>th</sup> – Office Closed for Labor Day**

7:30pm to 9:00pm – AA Meeting (4<sup>th</sup> floor)

**Tuesday, September 6<sup>th</sup> – Office Hours: 10am to 3pm**

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, September 7<sup>th</sup> – Office Hours: 10am to 3pm**

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, September 8<sup>th</sup> – Office Hours: 10am to 3pm**

8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
7:00 pm to 8:00 pm – Finance Committee (Zoom)

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

8:30am to 4:30pm – Capital Clubhouse (4<sup>th</sup> floor)  
5:00pm to 6:00pm – Sidewalk Series (Garden)  
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, September 10<sup>th</sup>**

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

**Sunday, September 11<sup>th</sup> – Holy Eucharist with Baptism and Choir Commissioning**

9:30am to 12:00pm – Nursery (4<sup>th</sup> floor)  
10:30am to 11:30am – Holy Eucharist with Baptism (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)

**Please note: Robert Alexander, our Parish Administrator, is away this month with a family emergency. Please keep his mother in your prayers. Please continue to use the [administrator@stthomasdc.org](mailto:administrator@stthomasdc.org) email, as we check it daily.**

## Worship with St. Thomas'

### Join the St. Thomas' Choir

We are pleased to invite singers to consider joining our choir. We will rehearse in the nave on Sunday mornings at 9.30am beginning September 11th to provide music for the 10.30am Sunday services. The St. Thomas' Choir is an intergenerational choir of all ages and skill levels. All are welcome to learn and share a wide variety of sacred music as we grow in our spiritual journey. If interested in learning more about the choir, please speak to me following a Sunday service or email me at [mlodico@stthomasdc.org](mailto:mlodico@stthomasdc.org)

## Study with St. Thomas'

### Children's Bible Story and Activity

Each week we have a story from holy scripture and activity in the parish nursery during our worship. All children are welcome to attend and will be brought back to worship at the time of the peace.

### Confirmation Classes to Start in October

Confirmation is the rite in which we express a mature commitment to Christ, and receive strength from the Holy Spirit through prayer and the laying on of hands by a bishop. Please be in touch with Rev. Lisa ([lahuja@stthomasdc.org](mailto:lahuja@stthomasdc.org)) if you would like to be prepared for Confirmation in the Episcopal Church, or if you've been confirmed in another tradition and would like to be received.

## 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, September 10<sup>th</sup> and September 24<sup>th</sup>:  
[tinyurl.com/5n77sx2y](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

### **Free Concert by the World Music Collective, St. Thomas' Ensemble in Residence**

Join the World Music Collective on September 17th at 6pm in the Nave as we perform our first residency program at St. Thomas' Parish. Throughout this season, we will be highlighting members of our ensemble from musical traditions around the world through performances and community engagement events. This month, we will focus on our bass player Pepe Gonzalez. Pepe has been a prominent member of the DC music scene since his late teens when he formed one of the first integrated bands (between African Americans and Hispanics) in the Washington, D.C. area, ZAPATA, which opened for acts including Miles Davis, Herbie Hancock, Weather Report, and Sly and the Family Stone. For this concert, we selected a list of jazz standards and original compositions that reflect Pepe's deep roots in the DC jazz community.

Additionally, musicians from the World Music Collective will join us for the Sunday morning service on September 11th as a preview for their concert as they begin their residency at St. Thomas'.



## 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

FRIDAY JULY 29TH  
6 PM -7 :30 PM

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

## Sharing your announcements in the Sunday bulletin and Phoenix

Please send all announcements to [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.

## Celebrating Our September Birthdays

Barbara Hays (September 3)  
Candace McLamore (September 12)  
Florence Asha Lodico (September 13)  
Bob Sheavly (September 13)  
Doug Dreier (September 22)  
Cindy Adkins (September 24)  
Mary de Boer (September 27)  
Danielle Germain (September 28)  
John Stanton (September 29)

*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

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

*For those who have died*

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                |
| Araceli Ma                    | Temporary Admin Assistant | ama@stthomasdc.org                          |
| Diana Diaz                    | Nursery Attendant         |                                             |
| Fabian Berrios                | Sexton and Nursery        |                                             |
| Hamida Gawhari                | Administrative Assistant  |                                             |
| Jafar Lesani                  | 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)



