



SAINT MARK'S EPISCOPAL CHURCH

A LION'S SHARE

AUGUST 3, 2024

Saint Mark's Playing Bocce!



Saint Mark's has four teams in our newly formed nine team Bocce League sponsored by the Chamber of Commerce of Greater Westhampton. We play at Glovers Park in WHB.



Dear Family and Friends of Saint Mark's

Saint Mark's is 100 years old, and the Vestry and I are extending an invitation to gather as we celebrate the founding of our parish here in Westhampton Beach. Mark your calendars, the Celebration will take place on Sunday, September 29, 2024. Our day will begin at 12 Noon as we celebrate the Sacraments of Confirmation and Holy Eucharist. Bishop Lawrence Provenzano will be our celebrant and preacher. There will only be one service on that day. We also look forward to blessing and dedicating our beautiful new pipe organ. Should you not be able to attend in person the service will be streamed live on the internet.

Following this glorious service, you are invited to gather with your church family in our Parish Hall for a catered lunch and festivities.

To mark the occasion, we are creating a *Book of Memories and Thanksgiving* with pages available for you to extend your well wishes, thanksgivings, make dedications, and share fond memories. The contributions made for this will help to defray costs. Also, please send us any pictures that you have of special occasions that you celebrated at Saint Mark's, such as weddings and baptisms, for our history display.

This is an exciting time and we look forward to celebrating this milestone with you all.

Faithfully yours in Christ,

Fr. Chris Jubinski
chris.jubinski@stmarkswhb.org

Marj Kulesa
marjkulesa@gmail.com
Event coordinator

Please return your reservation to the church office by **September 7, 2024**

Cost: \$50 adults over 18, \$20 Children over 3

Reservation(s) for:

Name: _____

Book of Memories and Thanksgiving: please send your photos, stories, or dedications to Fr. Chris and Marj Kulesa by August 31, 2024 (*electronic preferred*). Payment can be mailed to the church office or dropped off when you are here.

- \$100 full page
- \$ 50 half page
- \$ 25 quarter page

40 Main Street • P.O. Box 887 • Westhampton Beach, New York 11978 • 631.288.2111 • www.stmarkswhb.org

Summer Worship Schedule

From June 1st through September 8th

Saturdays at 5:00 p.m.

"Mass on the Grass"

Come as you are outdoors in the Columbarium Garden

Sundays at 10:00 a.m.

Holy Eucharist

July & August in the Parish Hall

Refreshments and fellowship time follow all services.



Recent Happenings at Saint Mark's



Saint Mark's is one of the proud sponsors of the Wednesday evening Summer Concerts at the Gazebo located at the Village Green. We all sit together in a section in the back by the Post Office. Bring a lawn chair, something to drink, and you can even do some dancing too!



August 4, 2024 – Pentecost 11 (B)
Your Guide to the DFMS, Part 10

Throughout the summer, our bulletin inserts will feature resources available to you, your ministry, your congregation, and your diocese from the Domestic and Foreign Missionary Society – the formal, incorporated name for The Episcopal Church. Learn more by scanning each department’s QR code or visit iam.ec/teguide.

The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace a personal, spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings, and make an offering for each blessing. UTO is entrusted to receive and distribute 100% of the offerings to support innovative mission and ministry throughout The Episcopal Church and Anglican Communion.



Access our numerous and varied gratitude-themed resources.

Register your gratitude for the blessings of your life through a gift to the United Thank Offering.

Apply for United Thank Offering grants.

The Way of Love is a way of life. More than a program or curriculum, it is a return to the ancient pathways and Rules of Life that followers of Jesus have observed for centuries. They knew the power of commitment to a core set of practices—turn, learn, pray, worship, bless, go, rest—and the power of gathering in a small group where you find love and support for living into these commitments.



Use “My Way of Love” to guide your spiritual life.

Review the Way of Love Starter Pack.

Watch “Traveling the Way of Love” with your small group.

Listen to the “Way of Love” podcast.

Build an intentional small-group ministry in your congregation.

The Office of Young Adult and Campus Ministries supports ministries of, to, and with young adults (ages 18-30) both on and off college campuses through the communities, resources and networks of The Episcopal Church. Through leadership development, networking across the church, gathering online and in person, and offering support through each diocese and province, we strive to create a community of leaders and young adults engaged in mission and ministry together. Youth ministry calls for passion, patience, and faithfulness—pointing out the sacred in the midst of the chaos of adolescence and walking faithfully with young people as they transition from child to



young adult. Youth ministry is a bridging ministry of education, connection, formation, and hopefully, transformation. Learn about offerings from **the Office of Youth Ministries** below.

Learn more about the vital work of young adult and campus ministries.

Invite young adults to find new faith communities.

Connect with young adult and campus ministers at the annual leadership conference.

Sign up for Episcopal Youth Ministry Network News.

Meet the 2024 GCOYP members and learn more about the joy of EYE/EJE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10 Pentecost (Proper 12B) 10:00am Holy Eucharist 11:00am Coffee Hour	29 Mary and Martha of Bethany Parish Office Closed	30 William Wilberforce, Social Reformer, 1833 6:30pm Covenant Class	31 Ignatius of Loyola, Priest and Spiritual Writer, 1556	1 Joseph of Arimathea 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing	2	3 [Joanna, Mary, and Salome, Myrrh-Bearing Women] 5:00pm "Mass on the Grass"
4 11 Pentecost (Proper 13B) 10:00am Holy Eucharist 11:00am Coffee Hour	5 Parish Office Closed 6:15pm Bocce League	6  TRANSFIGURATION The Transfiguration of our Lord Jesus Christ 12:00pm Westhampton Women's Group 12:30pm Staff Meeting	7 John Mason Neale, Priest and Hymnographer, 1866	8 Dominic, Priest and Friar, 1221 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing	9 Edith Stein (Teresa Benedicta of the Cross), Philosopher, Monastic, and Martyr, 1942	10 Laurence of Rome, Deacon and Martyr, 258 5:00pm "Mass on the Grass"
11 12 Pentecost (Proper 14B) 10:00am Holy Eucharist 11:00am Coffee Hour	12 Florence Nightingale, Nurse, 1910 Parish Office Closed 6:15pm Bocce League	13 Jeremy Taylor, Bishop and Theologian, 1667	14 Jonathan Myrick Daniels, Martyr, 1965	15  Saint Mary, the Virgin 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing	16	17 Samuel Johnson, 1772, Timothy Cutler, 1765, and Thomas Bradbury Chandler, 1790, Priests The Baptists of Mantua, and Virginia Dare, 1587 5:00pm "Mass on the Grass"
18 13 Pentecost (Proper 15B) 10:00am Holy Eucharist 11:00am Coffee Hour	19 Parish Office Closed 6:15pm Bocce League	20 Bernard of Clairvaux, Monastic and Theologian, 1153 12:30pm Staff Meeting 6:30pm Vestry Meeting	21	22 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing	23 Martin de Porres, 1639, Rosa de Lima, 1617, and Toribio de Mogrovejo, 1606, Witnesses to the Faith in South America	24 Saint Bartholomew the Apostle 5:00pm "Mass on the Grass"
25 14 Pentecost (Proper 16B) 10:00am Holy Eucharist 11:00am Coffee Hour	26 Parish Office Closed 6:15pm Bocce League	27 Thomas Gallaudet and Henry Winter Syle, Priests, 1902 and 1890 or [Simcon Bachos the Ethiopian Eunuch]	28 Augustine of Hippo, Bishop and Theologian, 430	29 The Beheading of Saint John the Baptist 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing	30 Margaret Ward, Margaret Clitheron, and Anne Line, Martyrs, 1588, 1586, and 1601, and Charles Grafton, Bishop and Ecumenist, 1912	31 Aidan of Lindisfarne, Bishop, 651 5:00pm "Mass on the Grass"

AQION'S SHARE

The Weekly Newsletter of
Saint Mark's Church
A Parish in the Episcopal
Diocese of Long Island

ST. MARK'S CHURCH

40 Main Street
P.O. Box 887
Westhampton Beach, NY 11978

Phone: 631.288.2111

E-Mail:

kate.gabrielsen@stmarkswhb.org

Website: www.stmarkswhb.org

OFFICE HOURS

Tuesday to Friday
9:00 a.m. to 2:00 p.m.

WEEKEND SERVICES

Sat. 5:00 a.m.—Holy Eucharist
Sun. 10:00 a.m.—Holy Eucharist
(Livestreamed)

THURSDAY SERVICES

11:00 a.m.—Holy Eucharist with
Prayers for Healing



The Rt. Rev. Lawrence Provenzano
Bishop of Long Island

The Rt. Rev. GERALYN WOLF
Assisting Bishop of Long Island

The Rt. Rev. DANIEL ALLOTTEY
Assisting Bishop of Long Island

The Rt. Rev. WILLIAM FRANKLIN
Assisting Bishop of Long Island

The Rev. Christopher D. Jubinski
Rector

Email:

chris.jubinski@stmarkswhb.org

Cell: 410.253.3664

The WEEK AHEAD

Monday, 08/05	Church Office Closed 6:15 to 8:15 p.m. St. Mark's Bocce League – Glovers Park, WHB Village
Tuesday, 08/06	8:00 a.m.– 3:00 p.m. Westhampton Garden Club Annual Meeting - Parish Hall
Wednesday, 08/07	7:30 p.m. Alanon Meeting – Atwater Room
Thursday, 08/08	10:00 a.m. Bible Study – Atwater Room 11:00 a.m. Mid-Week Service – Fr. Chris' office 12:30 p.m. Threshold Singers – Atwater Room
Saturday, 08/10	5:00 p.m. Holy Eucharist Columbarium Garden – The Rev. Dr. Anne Gavin Ritchie, Officiant 6:00 p.m. Fellowship/Coffee Hour
Sunday, 08/11	10:00 a.m. Holy Eucharist in the Parish Hall – The Rev. Dr. Anne Gavin Ritchie, Officiant 11:00 a.m. Fellowship/Coffee Hour

Saturday 5:00 p.m. Participants	
LEM/Lector	Carol Laube
Usher	Tom Hadlock
Fellowship Hour	Angie Cabell
Sunday 10:00 a.m. Participants	
LEM	Carol Fittou
Lector	Tom Hadlock
Ushers	Rich Caccavano Bill Glover
Altar Guild	Edie Hofmann Lee Wadelton
Fellowship Hour	Jackie Moss
August Birthdays	
Peter Williams	08/03
C.J. Jubinski,	08/08
Virginia Gilmore	08/09
Catharine Nobiletti	08/10
Lee Wadelton	08/10
Jean Scopinich	08/10
Christiana Moyle	08/10
Tom Hadlock	08/14
Allison Christensen	08/17
Joyce Hale	08/18
Kent Wolgemuth	08/18
Matthew Kern	08/20
Hunter Fritz	08/20
Finn Norton	08/22
Kurt Hofmann	08/23
Colbie Canty	08/25
Rich Wolkiewicz	08/26
Freear Pollard Barnwell	08/27
Marcia Palmer	08/27
Thomas Simson	08/28
Nicholas Towle	08/29
August Anniversaries	
Jeanine Graviano & Kelly Pickering	08/01
Tim & Janet Jurgielewicz	08/07
Steven and Margaret DeCaro	08/15
Thomas & Lois Simson	08/22
Michael & Sundy Schermeyer	08/22
Fr. Chris & Carol Jubinski	08/24
Kieran and Hannah Quinn	08/26

Services		In Person	On Line
07/27 Holy Eucharist	5:00 p.m.	20	
07/28 Holy Eucharist	10:00 a.m.	40	84
	Total	60	84

08/01 Bible Study 10:00 a.m.
 08/01 Mid-Week Service 11:00 a.m.

Please Pray for Your Parish Every Day at 12:00 Noon. And, remember the People of Israel, Palestine, Sudan, Armenia, Ukraine, Haiti, and the United States of America too!

The flowers on the Altar are given for the Glory of God by Carol Smith in loving memory of her husband, Leonard R. Smith and by Victoria Garcia in loving memory of her dear friend Christine Mainwaring-Samwell.



ANNOUNCEMENTS

Our church email provider Microsoft Outlook Exchange is experiencing difficulty submitting aol and yahoo emails. As such, parishioners with these email providers are not receiving emails from the church office. If you are one of these individuals and have a second email address kindly forward it to Kate at kate.gabrielsen@stmarkswhb.org.

UNAFRAID: Living with Courage and Hope in Uncertain Times is the current book study, which takes place at 10:00 a.m. on Thursday in the Atwater Room. Learn how to face and overcome the fears we feel about loneliness, illness, financial insecurity, disappointing others, failure, insignificance, and aging. Unafraid is Hamilton's insightful and impassioned response. Drawing on recent research, inspiring real-life examples, and fresh biblical insight, Hamilton uses a mixture of facts and faith to help readers understand and counter fears related to such outsize perils as death and illness, as well as the everyday anxieties all of us encounter. He invites us to: Face our fears with a bias of hope, Examine our fears in light of the facts, Attack our anxieties with action, Release our cares to God.

AMPLIFY MEDIA – This is a great online resource with hundreds of uplifting videos on a wide range of topics such as the Bible, parenting, how to pray, and our current study...how to live an UNAFRAID life. These are just more tools for your "spiritual toolbox." This works on iPhones, Android, and even Roku on TV's. Please let me know if you have any problems logging on. To sign-in go to <https://my.amplifymedia.com/amplify/login> and the Congregation Code is DVFPNB. This a personal gift from me to our parish and please reach out if you need help signing in. – Chris +

MID-WEEK EUCHARIST AND HEALING SERVICE takes place at 11:00 A.M. in the Rector's office.

THE ST. MARK'S BOCCE LEAGUES play at Glover's Park in the Village, on Monday at 6:15 PM

PARISH SURVEYS: New members, please see Kate in the church office.

ORGAN HELP NEEDED: Stephen Hunt, our Music Director, is in need of workers to help with the organ. If you can spare some time, please contact him at stephenhuntmusic@gmail.com

Altar Flowers - If you would like to dedicate flowers for the Altar contact Laura Bott at 631-722-4749 or email her at Laura.bott17@gmail.com. There are two vases available for **September 15 & 22nd**. Each vase of flowers is \$40.00 each. Please remember to contact Laura if you sign up in the book.

Mark Your Calendar:

- **Saturday, August 17 - Westhampton Beach Flute and Clarinet Academy will present a concert here at St. Mark's at 2:00 p.m. Reception to follow.**
- **Sunday, September 29 – Saint Mark's Confirmation & 100th Anniversary Celebration at 12:00 Noon.**

We ask that you remember those for whom prayers are requested:

Kurt Andon (Req. by Sundy Schermeyer), **John Andren** (Parishioner), **Aubrey** (Req. by Margie DeCaro), **Bentley** (Req. by Margie DeCaro), **Noah Berger** (Req. by Jenn Kast), **Stan Billie** (Req. by Jenn Kast), **Bridget** (Req. by Catharine Nobiletti), **Rich Cassavano** (Parishioner), **Deana Chiusano** (Req. by Jinny Gilmore), **Abby Connett** (Req. by Nancy Connett, .), **David Fridae**, **Owen Foster** (Diane & John Stewart's grandson), **Nancy Fraser** (Req. by Ki Nobiletti), **Fred Rees Garcia** (son of Victoria Garcia), **Roberta Good** (Diane Stewart's Sister), **Max Gorman** (Req. by Kate Gabrielsen), **Elaine Hanes** (Req. by Kate Gabrielsen), **Barbara Ireton** (Req. by Carol Smith), **Gretchen & Jim Jubinski** (Fr. Chris' Parents), **Cole LoRusso** (Marj Kulesa's Nephew), **John & Anita Martinelli** (Req. by Jinny Gilmore), **Fred Meyer** (Parishioner), **Earl Meyers** (Jinny Gilmore), **Jock McLean** (Parishioner), **Sean McLean** (Req. by Jock McLean), **Carol Marin**, (Req. by Jinny Gilmore), **Sudie Nostrand** (Carol John's Sister), **Paul Oele** (Parishioner), **Cassie Panzarino** (Req. by Jinny Gilmore), **Michele Parks** (Req. by Marjorie Kulesa), **Joan Petrella** (Parishioner), **Kenneth Reeves** (husband of Louise Reeves), **Jean Scopinich** (Parishioner), **John Stewart** (Parishioner), **Sarah Witters** (Req. by Victoria Garcia), **Stephen Wyman** (Req. by Sandy Wyman. **(If there are any names that can be removed, kindly contact Kate in the church office 631-288-2111.)**)

We pray for those serving in the Armed Forces: Amanda E. Degener, Kyle M. Degener, George L. Degener, Jesse Fritz, Nicholas LoRusso, Joshua Rudd, Rob Scribner and James Mercready.

ORGAN CONSTRUCTION JOBS



This week we have been blessed with some extra special help. This charming volunteer, sanding some wood, came all the way from Bamberg Germany!



Above is the Static Reservoir which is the main pressure regulator for the entire organ. It lives over the chancel in the attic. On the left, Chris is holding one of the wind lines that comes from the static reservoir. These 6" wind lines feed pressurized air to the entire organ. Two of them will go to the organ case on the left side of the chancel, and two will go to the organ case on the right side.

Here is Marcia doing one of the six steps to finish all the boards. Each must be sanded, brushed with alcohol to raise the grain, then sanded again before staining and then given two coats of shellac. She is working very hard under serious supervision.



As you can see, volunteers run the gamut. Call or text Stephen and you too can be part of this jolly team. 631 294-3404

SUMMER 2024

THE 35TH ANNUAL



GAZEBO CONCERT SERIES



**Now on
Wednesdays at
7:00 PM!**

PRESENTED BY

Kerrigan Country Realty, Taylor's Sushi Suite & The Sinesky Family

WITH THE GENEROUS SUPPORT OF

The County of Suffolk ★ The Town of Southampton

Kiwanis Club of Greater Westhampton ★ Rotary Club of Westhampton

St. Mark's Episcopal Church of Westhampton ★ Village of Westhampton Beach

June 26: Gene Casey & The Lone Sharks

July 3: The North Shore Pops

July 10: Cold Spring Harbor Band: *A Billy Joel Tribute*

July 17: Citi Lites: *The Best of the '60s, '70s, '80s*

July 24: Dr. K's Motown Revue

July 31: The Sound Symphony with Soprano Christine Cornell

August 7: The Chiclettes: *A Tribute to Female Artists Through the Decades*

August 14: The HooDoo Loungers: *From Classic Jazz to Classic Soul*

August 21: The Dedications: *'50s/'60s Rock & Roll and Doo-Wop*

August 28: Darren Ottati: *Songs from Broadway, Silver Screen & American Songbook*

September 4: Fast Lane: *Eagles Tribute Band*

ALL CONCERTS ARE NOW ON WEDNESDAYS from 7:00 to 8:30 PM

Location: WHB Village Green – Corner of Main St. & Mill Rd.

Rain Date: Thursday following the originally scheduled date, same time and location.

Now
Available!



What if you could stay engaged and encouraged anywhere and anytime with a library of the best resources for study and reflection?

Through any device you now have 24/7 access to motivating stories, insightful teaching, and powerful resources.

Welcome to Amplify!

**OUR CHURCH AMPLIFY MEDIA WEBSITE: <https://my.amplifymedia.com/amplify/login>
CONGREGATION CODE: DVFPNB**

Readings for Sunday, August 4, 2024 – The Eleventh Sunday after Pentecost (Proper 13B)

The Collect for the Eleventh Sunday after Pentecost

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

First Reading -Exodus 16:2-4,9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger." Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not." Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, "I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, "What is it?" For they did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat."

Psalms 78:23-29 *Attendite, popule*

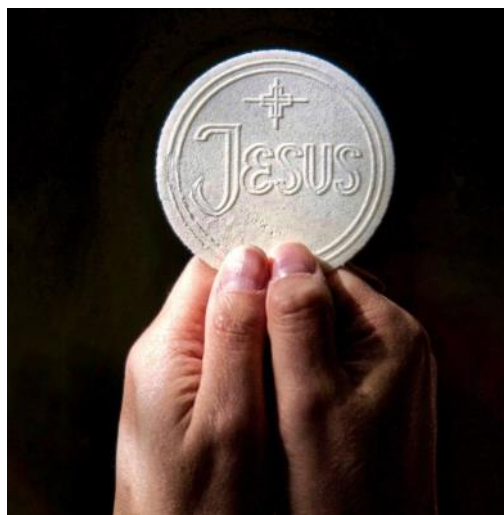
- ²³ So he commanded the clouds above *
and opened the doors of heaven.
- ²⁴ He rained down manna upon them to eat *
and gave them grain from heaven.
- ²⁵ So mortals ate the bread of angels; *
he provided for them food enough.
- ²⁶ He caused the east wind to blow in the heavens *
and led out the south wind by his might.
- ²⁷ He rained down flesh upon them like dust *
and winged birds like the sand of the sea.
- ²⁸ He let it fall in the midst of their camp *
and round about their dwellings.
- ²⁹ So they ate and were well filled, *
for he gave them what they craved.

The Epistle—Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

The Gospel—John 6:24-35

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."



Notes On This Sunday's Readings

Today we hear the response of the crowd after Jesus had fed the 5,000 people with five loaves and two fish. Then we hear the first part of the discourse from the Gospel of John on Jesus as the bread of life. Starting with bread as a material object and earthly food, Jesus then leads his hearers to an understanding of communion or fellowship with him as food for our spiritual nature. It is that spiritual nourishment which gives eternal life.

The Old Testament reading is the account of God feeding the people during the Exodus wanderings with manna, described as bread from heaven. A continuing theme throughout the Old Testament is God's provision of food for the people, a provision that is a sign of God's salvation.

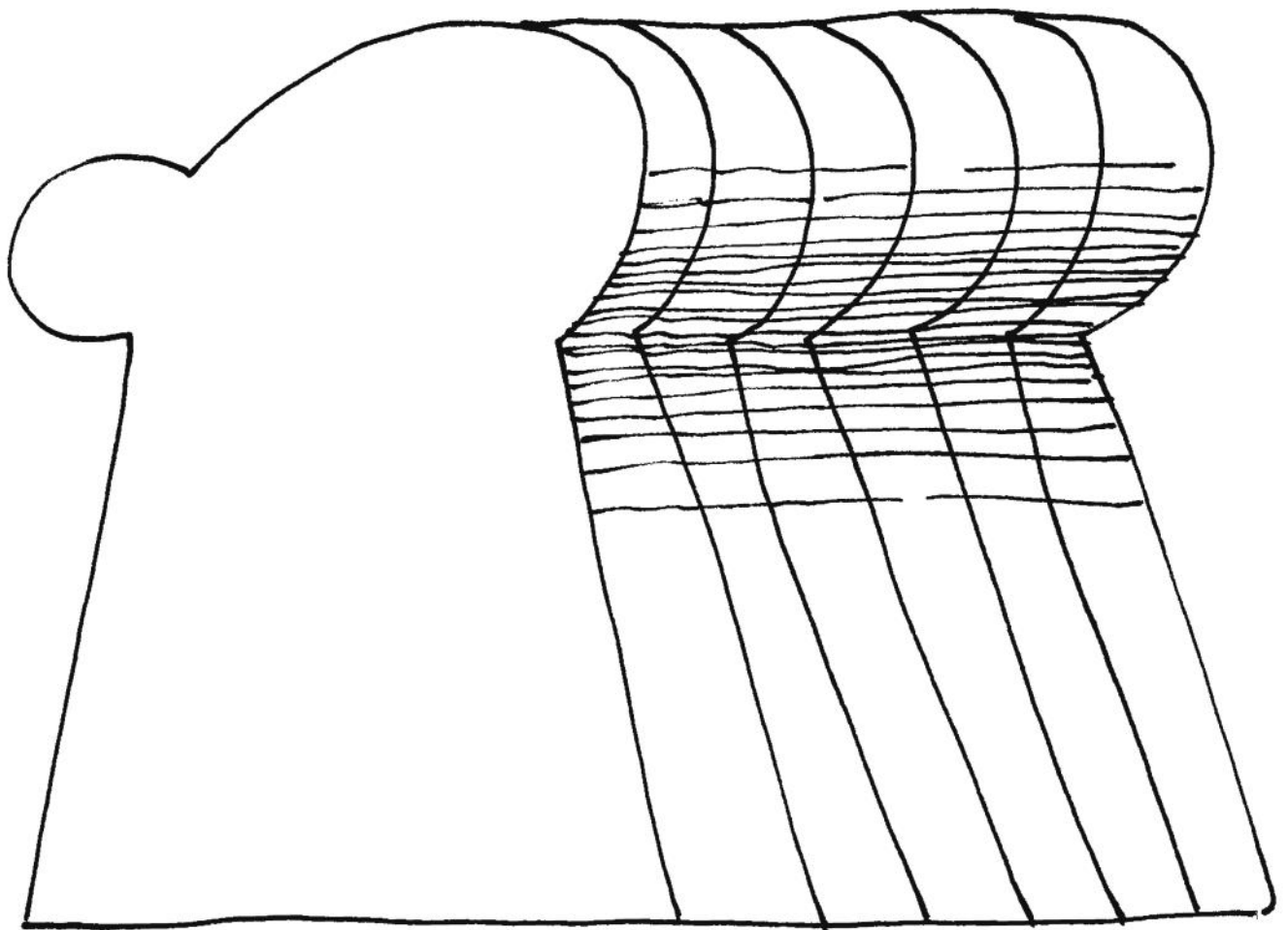
In today's reading from Ephesians, one of the Pauline tradition's strongest themes is introduced. We are in unity with God and with all people through our baptism. Baptism has joined us together into one life as the body of Christ—the same body which we receive in Holy Communion.

The Christian Gospel takes as its basis the nature of human life in this world and sees our life as being shot through with signs of the fuller life that is ours in Christ. Ours is not a religion of the spirit alone, nor is it solely a means of dealing with material life in this world.

As bread and wine are revealed in the liturgy to be instruments of God's presence in us, so all of life is revealed as the sacrament of God in the world; we remember that we are (in the words of St. Augustine) "...means of grace and vehicles of the eternal charity."

From The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year. Copyright © 2009 by Michael W. Merriman. Church Publishing Incorporated, New York.

Jesus said to
them, 'I am the
bread of life.'



Rites of Passage

August Birthdays

03 Peter Williams
08 C.J. Jubinski,
09 Virginia Gilmore
10 Catharine Nobiletti
10 Lee Wadelfon
10 Jean Scopinich
10 Christiana Moyle
14 Tom Hadlock
17 Allison Christensen
18 Joyce Hale
18 Kent Wolgemuth
20 Matthew Kern
20 Hunter Fritz
22 Finn Norton
23 Kurt Hofmann
25 Colbie Canty
26 Rich Wolkiewicz
27 Freear Pollard Barnwell
27 Marcia Palmer
28 Thomas Simson
29 Nicholas Towle

August Anniversaries

01 Jeanine Graviano & Kelly Pickering
07 Tim & Janet Jurgielewicz
15 Steven and Margaret DeCaro
22 Thomas & Lois Simson
22 Michael & Sundy Schermeyer
24 Fr. Chris & Carol Jubinski
26 Kieran and Hannah Quinn



On the Lighter Side...



Mrs. Jones got a little too used to watching online worship from home.

Parish Office
40 Main Street
P.O. Box 887, WHB, NY 11978
Office Phone: 631.288.2111



Parish Office Hours
T—F 9:00 a.m. to 2:00 p.m.
kate.gabrielsen@stmarkswhb.org
Kate Gabrielsen, Parish Administrator