

# NETWORK NEWS

ST. ANDREW'S July—August 2020

Several years ago, when I was putting together a pastoral care workshop on grief, Father Charlie Tirrell recommended *Necessary Losses* by Judith Viorst. We have to give up in order to grow.

## Jay's Say:

In our worship broadcast on 28 June, we hear the scariest story in scripture as God asks Abraham to sacrifice his son. When Isaac says, "But Father, where is the lamb for the burnt offering?" we hear an echo of our own inchoate apprehension as young children. Each of us realizes that our parents are separate from us and that we have to leave behind the illusion of absolute shelter and absolute safety.

The bliss of mother-child oneness is our first loss. We don't consciously remember it, of course, but it's the first of many renunciations. And it's unavoidable if we are to become independent selves capable of standing on our own. Throughout our life we grow by giving up. It's basic psychology. It's also what Jesus taught.

COVID-19 has underlined the enduring truth that we are powerless to offer ourselves or those we love protection – from anxiety and danger and pain, from the inroads of time, from the coming of age, from the coming of death.

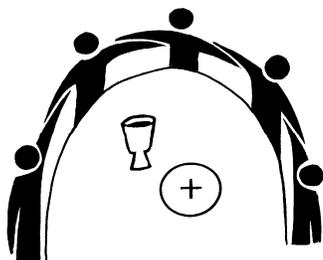
Somehow the deaths during this COVID exile have been more difficult to bear – Marjorie Forbes, Priscilla Ohler, Karin Nelson, Bill Whitehouse, Rob Freitas, Hank Otto, Sheila Mitchell. The pandemic prevents us from gathering together to give thanks for their lives and to hear Christ's promise of eternal life. Our loved ones are safe in God's eternal care, but in our isolation, it's harder for us to experience the emergence of blessing from the curse of death.

Biblical faith teaches that the road to human flourishing is paved with renunciation and sacrifice. I'm curious about what our coronavirus exile has done for you spiritually. I wonder, too, about how the convulsions in our nation have affected you. Can we rescue progress from the pain?

The Eucharist is vital for my spiritual wellbeing, not least because it leads us from the agony of brokenness to the bliss of unity with God, each other, and all creation.

### Inside this issue:

<i>Birthdays, Updates</i>	2
<i>Children &amp; Church Together</i>	3
<i>Wardens' Words, Recipes</i>	4
<i>Music</i>	5
<i>Summer Worship</i>	6-7
<i>Announcements</i>	8
<i>Calendar</i>	9
<i>Spiritual Communion</i>	10
<i>Youth, Recipe</i>	11
<i>Carbon Footprint</i>	12
<i>Parish Directory</i>	13



**Parish Updates**

**Deaths**

*17 May*

**Robert "Rob" Freitas**

*8 June*

**Henry "Hank" Otto Jr.**

*22 June*

**Sheila Mitchell**



**GIVING TO OUR COMMUNITY**

Because our mission at St. Andrew's Thrift Shop is to offer outreach to the community in our area, the Thrift Shop designed three "Giving to Our Community Days" -- Saturday, 27 June and Wednesdays, 1 and 8 July (weather permitting). Hours coincide with the hours of the Food Pantry, 4 to 6 PM on Wednesdays.

In the interests of public health, all clothing will be displayed outside in our parking lot on Gould Road and will be available at no cost to those in need during this challenging time. Any cash donations will be accepted but not required. We are asking everyone to wear a mask and respect social distancing. All church volunteers will be wearing masks and gloves.

Following our clothing drive in June, we are not accepting donations until further notice. No plans have been made at this time for future Giving to Our Community Days. The youth of our church helped with this innovative project as well as Jay, our rector, and the always faithful volunteers. Thank you to everyone. - Jackie Thompson

**Parish Birthdays**



John Chiarella	1		
Bill Kelly	2	Julie Boardman	2
Frances Wilson	3	George Sutherland	4
Jeanne Edwards	6	Julia Koumrian	9
Virginia Register	6	Becky Forbes	10
Jacqueline Thompson	6	Jeremy Kellett	10
Shirley Avery	7	Florence Wiltshire Millett	11
Chloe Midgett	8	Suza Bowser	14
Gregory Vogt	8	Kathryn Potter	15
Troy Densmore	12	Ann Feeley-Kieffer	16
Kate Kelly	12	John Tilley	17
Stevie Spina	14	Erin Wheeler	18
Nonie Reynders	15	Janet Miller Haines	20
FiFi Mitchell	22	Tricia Tilley	21
Claire Pace	23	Michele Frenkiewich	22
Jerry Coogan	27	Jacob Densmore	23
Anne Hall	27	Janie Webster	24
Susan Clark	31	Bobbie Hambley	28

Our next **Last Sunday** outreach offering will be in August. Please watch for email and Sunday bulletin notices on our webpage.





## Children & Church Together Engaging Families at St. Andrew's —Aaron Jenkyn—

One evening at Epiphany, just after my son Teddy turned three, he pulled at my shirt during the Eucharist and not so quietly whispered in my ear, “I am so hungry for Jesus!” Though I would love to think that his enthusiasm for the Eucharist was due to a deep spirituality, it is much more likely that he knew what was coming, homemade Communion bread that we had just taken out of the oven. That year, our first year worshipping at Epiphany, our family made the altar bread for Communion each Saturday during Lent, using Rosie Best’s recipe for sweet bread. The boys eagerly helped mix and roll and make the cross on the top of the bread as we shared stories and talked about the many ways God would use this bread to feed those we love (*see Communion Bread from Luther Seminary, p. 4*). For my family, baking communion bread together brought the eucharistic mystery out of the realm of disembodied ideas and into our messy family kitchen. It has been an invitation to prepare our hearts and minds for worship – to enter into the mystery in a new way. In our kitchen we plunged our hands into a bowl of sticky dough and baked it into bread that we would later see prayed over, broken and shared with a community of people seeking communion with God and with each other.

As we move back into in-person worship, we have been asked to bring an offering of bread from our household for Holy Communion. I invite you to enter into the formative practice of baking your own bread during this time. For our family this has been a blessed shared experience, but if you are a single person or want to carry out this task on your own, it can be as much of a spiritual and prayerful experience for you. This spiritual practice will remind you that God chooses to take up residence in the most humble places: flour and water, your grandmother’s measuring cups, the borrowed rolling pin, the quiet moments while the bread bakes. It will connect you to the fields and the farmers and store clerks and the many hands that have labored to bring the wheat and the water into your kitchen, and with your hands, loaves will be shaped, and from these loaves, God makes himself known to us in the person of Jesus, the “bread of God who comes down from heaven and gives life to the world” ([John 6:33](#)).

I’ve thought of that moment in church with Teddy often during this time of exile. I have been so hungry for Jesus, longing for the Eucharist and looking forward to the day I can share space with those I love. As that day draws near, I know it won’t look the same as in the days before pandemic, but that’s ok. Perhaps this time of exile is calling us into a new way of being in communion with each other and with the world around us. I wonder if some of the traditions and ways we have adapted during this time will be remembered with great fondness as a time we grew in faith and love.

**COMMUNION BREAD** (small batch )  
from Aaron Jenkyn

Makes 2 small cracker-size pieces

3 T Flour

1-1/2 T Water

1 t olive oil

1/8 t salt

Mix all four

ingredients together in a bowl until a sticky dough forms. Sprinkle the dough with flour and divide into two balls. Roll each ball into a 2- to 3-inch round approximately 1/8 inch thick. Lightly grease a frying pan and cook over medium-high heat for two minutes on each

side. The loaves, more like crackers than bread, are done when lightly browned on each side.

*More – large batch– recipes pp. 4 & 11*

## The Wardens' Words:

Your Vestry has been hard at work these last few months as we try to figure out how to re-open the church while following Diocesan and state guidelines. Several members have taken on specific tasks. Joe Daly is coordinating the physical layout for both outdoor and potential indoor worship. Bruce and Lin Potter are reflecting on how worshipers access outdoor worship – parishioner will be invited to pre-register but space will be saved for a few members of the general public. Russ Register has been researching how to implement contact tracing and Mike Quinn will be monitoring local public health concerns. Marni is working on how we re-open our building midweek and to outside groups.

We have been blessed with the talents of Jack, Aaron, Nicole, Suza and Jay during this quarantine. Our church services have been wonderful – beautiful music, wonderful photography from parishioners, and of course, meaningful sermons. We have also had the chance to listen to the Bishop preach every other Sunday and to visit the National Cathedral too! Many of you have stayed in touch through the Sunday coffee hour ZOOM meeting and other ZOOM meetings as well. We didn't even know about ZOOM in January!

Starting on 19 July, we will begin to experience the best of both worlds as people may gather for worship **outside** the church every other Sunday at 8 and 10, weather permitting. Its success relies on our ability to be self-disciplined, remaining at safe distances, wearing masks, and bringing our own bread for the Eucharist. The 8 o'clock service will be live-streamed and also available later for viewing. After the services on the 19<sup>th</sup> we will be in a position to determine if any adjustments need to be made.

Until then, stay safe and wear your mask! – *Bruce Avery and Marni Eaton*

### COMMUNION BREAD RECIPE from Society of St. John the Evangelist

4 C whole wheat flour  
2 t salt  
4 t baking powder

In a small bowl, mix well:

1/2 C milk  
1/2 C water  
1/2 C vegetable oil  
1/2 C honey

Pour liquid into the flour mixture and stir until thoroughly blended; dough should be soft and moist, not sticky.

Turn out onto a lightly floured board and knead briefly. For

ease of handling, divide into two portions. Roll out each portion on floured board about 3/8 inch thick. Cut into 6-inch-diameter rounds. Incise with a cross using a sharp knife dipped in cool water.

Place on oiled cookie sheet and bake 12 to 14 minutes at 400°. Cool and wrap well before refrigerating/freezing.

*(Recipe may be halved or quartered.)*

*Please see p. 11 for a similar communion bread recipe in preparation for outdoor Eucharists.*

### COMMUNION BREAD from Luther Seminary

2 C whole wheat flour  
1 C white flour  
1-1/4 t baking powder  
1-1/4 t salt

4 t oil  
3/4 C + 2 T hot water

3 T honey  
3T molasses

Sift dry ingredients 3 times. Stir in oil. Mix wet ingredients together and add to dry until sticky dough forms. Shape as described at left and on p. 11. Bake at 350° for 10 minutes, brush tops with oil and bake another 5 to 8 minutes. Cool and store.

## FROM OUR DIRECTOR OF MUSIC

When I was 24, I was part of a climbing expedition in Nepal. There were 12 French climbers, me, and a group of about 40 Nepali guides and porters. Each evening, the French climbers would sit in a tent and eat a fancy meal cooked by a French-trained Nepali chef. The porters would sit a couple of hundred yards away, eating dhal bhat, drinking raksi and telling jokes. I found myself gradually eating more often with the porters and even though I didn't know a lick of Nepali, we still managed to spend the evening talking and joking together. They talked in their language and I talked in mine and we joked and hollered. It was a very joyful and connecting experience.

One of the most beautiful music experiences I've ever had was one Pentecost Sunday about 10 years ago. I had a choir of 12 singers, about half of whom had no singing experience whatsoever. I had somehow convinced them to each improvise a verse of the psalm. I played a very light piano accompaniment and the choir stood in front and went down the line, each person making up a melody to go with the verse of the psalm. It was deep and poignant, the entire congregation became still and each voice rang through the church, declaring its own unique beauty. Many of us who were there still talk about that to this day.

I was teaching a small music group called the Creative Kids and I had them improvising on xylophones. At one point, I asked them to imagine something very sad that they had experienced. I said they should try to keep that feeling in mind while they improvised. I counted them in and immediately it was like grief entered the room. There was another parent in the room and we both looked at each other with tears welling up. When I remember that moment, I can still feel that profound grief in my chest.

In each of these stories, there is something meaningful and profound that happens and in each case, it happens in spite of the participants not having much skill or learning. The people present were able to tap into something that transcended those things we often consider to be basic. What this thing is that they tapped into is very difficult to describe. In fact, it might be that it can't be described, seen or taken a hold of. Sometimes folks call it a "flow state." Musicians might say they're "in the groove." A meditator enters "concentration." A Christian might call it "prayer." This is something subtle and basic and it seems that we somehow constantly lose touch with it. I could joyfully communicate with forty poor Nepali porters despite having no common language and yet I often find that conversations I have with those who speak my own language lack that simple joy and connection. Those choir folks on Pentecost didn't know anything about singing and were able to hold a congregation rapt with improvisation, while often trained musicians practice and practice and yet when they perform are unable to connect with their audiences.

It makes me think of Scrooge from the Christmas Carol. He had all this wealth and yet he couldn't find happiness. We might have all of this learning, or skill, or credential, status, whatever, and yet when we lose touch with this basic flow that holds us, we become tight in body and mind. Like Scrooge, we have to let it go. There's a nice way I've found to practice this. Whatever you are doing - singing, washing the dishes, just sitting there - you can just relax a bit and let your awareness expand to whatever is around you. Then whatever you are doing, just focus on doing that. Your mind will drift away and you can just start over - relax a bit, expand your awareness and focus on what you're doing. Try it for a minute and then let it go. — *Jack Barben*

## Summer Worship Plan

Episcopal Churches of St. Andrew, New London and Epiphany, Newport

### Overview

Beginning on 18-19 July, we shall offer in-person, outdoor Eucharists on alternate weekends at our usual times (Epiphany at 5 PM on Saturdays and St. Andrew's at 8 & 10 AM on Sundays).

### On-line worship

Jack Barben will continue producing musically-rich, pre-recorded worship that will air every other Sunday at 8 AM. On the other weekends when gathered worship is offered, the service will be livestreamed at 8 AM from the grounds of St. Andrew's Church on Gould Road. The Eucharist will include a prayer for Spiritual Communion for those who are not physically present.

### In-person worship

Up to fifty people may assemble for each in-person outdoor Eucharist. Participants will have no symptoms of COVID-19, will wear face coverings, and will maintain physical distancing. Household groups will bring their own seating (e.g. lawn chairs or a blanket), their own bread for consecration, and their own hand sanitizer. Services will take place at 5 PM on Saturdays at Epiphany, Newport (2 Cedar Street) and on Sundays at 8 & 10 AM at St. Andrew's, New London (52 Gould Road). The service will be broadcast live at 8 AM. People over 65 years of age and with underlying health conditions are reminded that the CDC advises against attending public gatherings. Parishioners will prayerfully discern for themselves whether to attend gathered worship but are advised to err on the side of caution.

### Pre-registration

Parishioners will pre-register for services by "household." In most cases, a household will consist of a literal household of family members who regularly interact with each other without physical distancing, but a household may also consist of close friends who have ceased physically distancing from each other.

Pre-registration for up to 44 individuals will be accepted for each service. Households will be encouraged to pre-register via email

[office@standrewsnl.org](mailto:office@standrewsnl.org) but may also pre-register by telephone (526.6344). Name, address and telephone number will be provided for each participant at the time of registration. Each household will receive an email confirmation which should be brought to the worship service so that greeters can tick off each member of the party and record any changes. This will be essential if the need for contact tracing arises.

Six "places" will be reserved for members of the public who arrive without having pre-registered. *(Continued on next page)*



## Summer Worship Plan, *continued*

### **Eucharistic Practice**

People will receive communion in one kind — the bread. Each household will bring a small amount of bread to be consecrated and shared. Communion bread is usually unleavened to signal the link with the original Passover — the Hebrews had to eat hurriedly so that they could escape from their enslavement in Egypt. Jesus instituted the Eucharist within the Jewish Passover meal on the night before he died. Households are encouraged to bake their own unleavened bread for the Eucharist (*see pp. 3, 4 & 11 for recipes*). Failing that, pita bread is widely available in stores and contains only a little yeast. Matzos is an unleavened flatbread that could also be used.

Each household will include a “communion caretaker” who will have been briefed about Eucharistic theology and sanitary practice. S/he will hold a plate with the bread during the Eucharistic Prayer and raise it at the words of institution (“who in the same night that he was betrayed, took bread . . .”), at the epiclesis (“sanctify these gifts by your Holy Spirit”), and at the concluding “Amen.” The communion caretaker will supervise the distribution of the consecrated bread to the household and ensure that all the bread is reverently consumed.

The altar will have both chalice and paten, and a small amount of bread and wine will be consecrated and consumed by the presider. A Prayer for Spiritual Communion will be provided for those watching at home.

### **Space**

Outdoor Eucharists will be celebrated on church grounds where we have access to electricity and WIFI. Both Epiphany and St. Andrew's are blessed with natural spaces that offer some shade. Households might also invest in a large golf umbrella. Stewards will be spaced around the perimeter of the outdoor worship space to direct participants to the registration area. A photo of the gathering will be taken so that we have comprehensive visual record of seating just in case the need for contact tracing arises.

### **On-Site Greeting and Registration**

A welcoming steward will greet people, confirm that all individuals are in good health, ensure that the household has a sufficient quantity of bread, and remind participants about maintaining physical distance from other households. Orders of Worship will be picked up by each household from a table. Members of the public who have not pre-registered will provide information for contact tracing and will receive a blanket or chair and a piece of bread.

### **Other practicalities**

We have purchased a sound system and also hope to have a portable loop induction system in place for those with hearing aids. There will be no singing, nor any physical exchanging of the Peace. There will be no Offering taken but collection plates will be strategically placed for envelopes and cash donations. If the weather is poor, the outdoor Eucharists will be canceled. Those leading the service (presider, preacher, lectors, intercessors) will worship in church at 8 AM, and the service will be live-streamed so that people can participate at home.

### ***Faith and Issues***

During this summer *Faith and Issues* will continue to meet via Zoom on Saturday mornings from 9:00-10:30. Please feel free to join the discussions each week or for a particular book.

On 4 July we will finish discussing *American Nations-A History of the Eleven Rival Regional Cultures of North America* by Colin Woodard.

On 11 July we will begin reading and discussing *Jesus and The Disinherited* by Howard Thurman.

We spend approximately a month with each book, and future books will be listed in the *Faith and Issues* section on the church website under **Learn**.

Contact Katrina Wagner for more information or to sign up. – *Katrina Wagner*

### ***New Art Committee***

At their June meeting the Vestry blessed the idea for a new Art Committee, and we look forward to getting started. It's our hope that both our worship and other gathering experiences can be enhanced by first taking a serious look at the art work and architecture currently in place in the sanctuary, parish hall, hallways, outdoor spaces, and even the bathrooms. Then, with the help of everyone's prayers and ideas, we'll make some decisions about the overall effect we'd like to achieve. For a start, we'll look at what may need to be saved "as is," cleaned, repaired, replaced or retired.

Serving on the Art Committee are Suza Lambert Bowser, Marni Eaton, Mary Eysenbach, Alice Perry, Alison Vernon, Greg Vogt and Katrina Wagner.

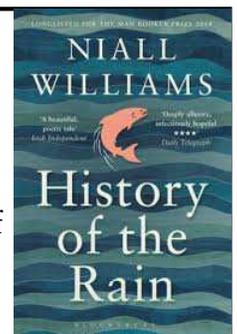
Please have a look at the Art section under Inform on St. Andrew's web page. Mary has posted some photos and descriptions of some of our present architectural and fine arts heritage (see pp. 2 & 9). She discovered intriguing information buried in long-forgotten files!

Please, be in touch with your thoughts and suggestions. We look forward to hearing from you! – *Katrina Wagner*

### ***Reel and Novel Theology***

We will discuss the novel *History of the Rain* by Niall Williams. Look for an invitation to join a Zoom call, or perhaps we will consider meeting in person. Stay tuned!

We don't yet have a reel in mind for August . . . Please speak to Shelly in the office if you are interested in leading one of these discussions and/or have suggestions for reading and viewing in the months ahead.



**Please keep in mind that the titles we choose – book or film – are meant to shape our understanding of ideas like love, compassion, forgiveness, redemption; in other words, those markers we encounter in following Christ.**

## Calendar of Events

### July:

- 1 (Wednesday) – Thrift Shop open outdoors, 4-6 PM (*see p. 2*)  
 8 (Wednesday) – Thrift Shop open outdoors, 4-6 PM (*see p. 2*); Novel Theology, 7 PM (*see p. 6*)  
 12 and 26 (Sunday) – St. Andrew's own pre-recorded worship, 9 AM and on demand  
 15 (Wednesday) – Kathleen Rusnak's first lecture on parables unique to Matthew, 10 AM  
 19 (Sunday) - In-person outdoor worship on Gould Road lawn, 8 and 10 AM (*see pp. 6-7*)  
 24 (Friday) - Friendly Kitchen (*below*)

### August:

- 2, 16\* and 30 (Sunday) – In-person outdoor worship on Gould Road lawn, 8 and 10 AM (*see pp. 6-7*)  
 9 and 12 (Sunday) – St. Andrew's own pre-recorded worship, 9 AM and on demand  
 11 (Wednesday) - Reel Theology, 7 PM (*see p. 6*)  
 28 (Sunday) - Last Sunday, open plate recipient to be determined

\* 10 AM at Camp Coniston on 16 August. Watch for details.



*Long-time St. Andrew's parishioner Maxine Boyd created the St. Andrew banner that hangs on the reredos to the right of the altar. As we worship outside this summer, our patron St. Andrew keeps watch inside.*



*Normally the site of our 8 AM services in the summer months, due to the unusual circumstances this summer Old St. Andrew's will not be open for worship.*

We have been serving dinner at **Friendly Kitchen** in Concord for about 15 years. We are scheduled to cook and serve dinner on Friday, 24 July. They continue to serve two meals a day to anyone who is hungry. The plan is for our team to prepare a dinner to be served as takeout. This ministry makes a difference to those in need!



**Help Re-Stock the KLS Community Food Pantry**

**July: Cereal**

**August: Hearty soups and stews**

Paper towels, toilet paper, coffee (regular, decaf and instant), peanut butter and jelly, cake and brownie mixes and monetary donations are always welcome.

## Lay Contemplation: Spiritual Communion

*An occasional column where parishioners write about issues that concern them related to church life and/or spiritual and theological matters. Submissions are welcome at any time. – Ed.*

With all of you who have offered sincere words of gratitude for the quality experience we have enjoyed through our pre-recorded Sunday services, I am in full agreement. I always attend and look forward to those every-other-week services, grateful for the readings, prayers and sermon, the visual images and opportunity to sing along. Yet, I have also discovered a need to further my Sunday morning worship experience by attending services from the Washington National Cathedral each week where the full liturgy for Holy Eucharist is offered.

What is it that draws me there so forcefully, considering that I hear the same lessons I heard about one hour earlier? I am pulled in by the remarkably talented musicians and musical selections that I sing along to; sermons by Cathedral clergy and prominent guest preachers have been nothing but timely and outstanding; and I especially savor the familiarity and comfort of The Great Thanksgiving, beginning with the words "Lift up your hearts." I can sing along to the Sanctus and Benedictus (as noted elsewhere in this newsletter, during our outdoor in-person worship, singing is not permitted), then hear of God's acts of salvation history and Jesus' words from the Last Supper. Following the breaking of the bread and fraction anthem we are invited to pray together:

*My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot receive you in the Sacrament of your Body and Blood, come spiritually into my heart. Cleanse and strengthen me with your grace. Lord Jesus, let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.*

The consecrated sacrament is left on the altar for viewers to partake of spiritually as a soloist sings the communion anthem: a profound visual experience. Following the anthem, WNC recently concluded with the familiar and beloved post-communion prayer from *The Book of Common Prayer*, p. 361, "Almighty and everliving God, we thank you for feeding us with the **spiritual food** of the most precious Body and Blood of your Son our Savior Jesus Christ . . .". Where, we have in the past said these words after our return to our pew from the altar rail, the words "spiritual communion" resonate in a new and satisfying way when said after literal spiritual communion.

Please bear in mind that within our tradition it is important that you and the bread be physically present at the consecration by the priest in order to consume the bread. It would not be appropriate at home online to watch our outdoor in-person Eucharist, or any other, with your own bread as if it has been consecrated via the ether. From home, the experience is truly and only "spiritual."

In conclusion I will quote from "Resuming Care-Filled Worship and Sacramental Life during a Pandemic," an ecumenical document which Jay shared with the Vestry recently: "Widely-held Christian tradition affirms that when we cannot receive both bread and cup . . . **the grace of the sacrament is still fully available. Whenever the sacrament is offered to us and the intention to receive is present, so is God's grace.**" For that, and much more, I am truly thankful. — *Alice Perry*

## High School Youth Group Happenings

Despite the challenges presented by the Covid-19 pandemic, the high school students have been able to stay connected with each other over the past few months through several Sunday morning Google Meets (similar to Zoom) calls. Many thanks to Ayla Frankiewich for heading this up!

Sadly, we were unable to go on our service trip to Navajoland over spring break. But we continue to be in partnership with the St. Christopher's Mission there and are hopeful that we will have the chance to travel to Utah sometime in 2021.



On 2 June, the St. Andrew's Youth Group sponsored a community-wide vigil to stand in solidarity with victims of racial injustice. More than 200 people congregated on the town green in New London - over half of them teens or young adults. It was a truly touching event which served as the impetus for the March for Racial Justice the following Monday, 8 June. If you haven't had a chance to view the video that Suza Lambert Bowser made of this event, please take a moment to check it out here: <https://www.youtube.com/watch?v=tdb3qm7L5R4>

Several members of the Youth Group also helped take in donations and sort clothing for the Thrift Shop, now opened back up to the community (*see p. 2*).

We have four graduates this year. Congratulations to Peter Koumrian, Kate Kelly, Patrick Seward and Shane Boucher! They will be sorely missed, but we are so excited for them as they head off on their next adventure! If you haven't seen the special tribute to the Class of 2020 (thank you again, Suza!), you can watch it here: <https://www.youtube.com/watch?v=cGwdiM9aa3c&feature=youtu.be> – Lisa Kelly

Mix thoroughly in a large bowl:

- 4 C whole wheat flour
- 1 t salt
- 4 t baking powder

In a small bowl, mix well:

- 1 C water
- 1/2 C vegetable oil
- 1/2 C honey

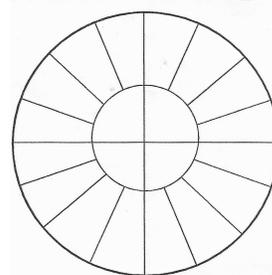
Add the liquid to the flour mixture and stir until a soft dough is formed. Knead for about 5 minutes. Divide into 12 equal pieces. Roll out each piece on a floured surface into a circle about 6 inches diameter. Use a 6-inch round template (lip of a round container) to cut out each host.

Use a small template to lightly score a circle in the center, then use a spatula to score straight lines as shown (*right*). Push just deep enough to make marks but not cut all the way through.

Bake on cookie sheets lightly sprayed with oil at 375° about 12 minutes (until edges just

### COMMUNION BREAD RECIPE from Virginia Theological Seminary

begin to lightly brown). When partially cool place in plastic freezer bags. (*Recipe may be halved or quartered.*)



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## Reducing St. Andrew's Carbon Footprint

The church's carbon footprint is about to get smaller. At its June meeting, the Vestry unanimously approved the installation of two condensing propane boilers this summer to replace our current oil-fired boilers which are "end-of-life." These new boilers, in combination with the insulation work that was completed last winter, will make the church more energy efficient starting this fall.

The condensing propane boilers we have chosen will significantly reduce our carbon footprint because:

- Propane is less carbon-intensive than oil.
- Each boiler will be programmed to burn at up to ten different levels of intensity, depending on demand, which means we won't waste fuel by creating excessive heat that doesn't get used.
- The condensing function provides further efficiency during "shoulder seasons", which are the majority of the year.
- In future years, as St. Andrew's improves the quality of insulation of the building through further "green projects," the boilers will adjust to these efficiencies by operating at lower burn levels and we will not run the risk of the boilers being "over-sized" for a tighter building envelope.

The Green Committee explored many options for heating the church before concluding that condensing propane boilers were our best option. Implementing this choice was easier said than done. We had to ensure that this technology was compatible with our existing heat distribution system of hot water piping. And we had to find a reputable vendor who would sell and install boilers at a reasonable price. Many thanks to Green Committee members Woody Canaday and Harvey Best who spent countless hours this spring researching and consulting with vendors.

Some of you may be wondering whether condensing propane technology could be utilized in your home. It most certainly can and it is well-worth considering. In addition, there are numerous good options for home energy efficiency that are not financially realistic for St. Andrew's at this time.

- Air-sourced heat pumps efficiently use electricity to heat and cool specific rooms, and sometimes an entire house or apartment. Electricity is less carbon intensive than propane. But this option was not financially viable for St. Andrew's because of the structure of our "commercial" electricity rate.
- Homeowners can take advantage of federal tax credits that are available in 2020 and 2021 for solar panels, solar-powered water heaters, and ground-sourced heat pumps (also known as geothermal). As a nonprofit, St. Andrew's does not have direct access to these tax incentives. If St. Andrew's were to install solar, it would be best to wait a couple of years as the prices are expected to come down.

Of course, insulation and air sealing are the very first thing to consider when it comes to home energy efficiency. To learn more, visit <https://vitalcommunities.org/energy/weatherize/kearsarge/> — Ed Hoyt, Chair of St. Andrew's Green Committee

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