

## **ANNOUNCEMENTS FOR SUNDAY, AUGUST 8, 2021**

*REMINDER: We have regathered for in person worship each Sunday at 10 am, and no reservations are needed. For those not ready to return, the livestream continues on our YouTube Channel*

### **MESSAGE FROM ROBIN+**

We have probably all heard the saying, “Two steps forward, one step back.”

We refer to it whenever we feel like we have stalled out, fallen behind, or have not made the progress we expected. Sometimes it’s an encouragement to keep trying, other times it is an excuse for a setback.

This pandemic has felt like “Two steps forward, one step back” hasn’t it? Sometimes we think that when scientists change their recommendations, they must have been wrong. But science is truth in progress and when the recommendations change it means we have more knowledge than we did before. I give thanks for scientists who are continuing to study the COVID 19 virus, and who adapt the guidelines to keep us safer. In a world where society has come to expect an answer for everything, and a black and white judgment of true or false with no gray area in between, this pandemic has been one of the greatest challenges of all times for everyone.

With new information about the Delta variant and increasing percent positivity rates in our community, we are going to take a step back to keep everyone safe and show our love for one another.

At this time, the Diocese is not issuing a mandate, but strongly suggests that everyone, whether vaccinated or not, wear a mask when indoors in a group setting. Please see the communication from Bishop Susan Haynes elsewhere in this eNews.

Our worship service will continue in its shorter format for a while longer. Sunday refreshments will continue but we ask that you wear a mask when you are not eating, and keep a safe distance from each other. Please wear masks for indoor meetings and keep them brief.

For now, we will not require sign in or seating in every other pew for worship, but we ask that you keep a safe distance from one another and wear a mask. We have plenty of space so please spread out. If you are unvaccinated or immunocompromised and feel safer at home the livestream is available each week. I will bring communion to you at your request. We will continue to monitor and adjust our protocol as conditions change.

I know this is a disappointment, but let’s recognize that we have made so much progress, learned many things about controlling the spread of the virus, and have done a fantastic job of pivoting from the usual way of doing things to new ways of making sure that worship, study, mission, and fellowship continue. Two steps forward, one step back – let’s choose to hear it as an encouragement. We are people of faith and God’s people have always taken two steps forward and one step back. There is no stopping the Good News of God in Christ Jesus. Walk on - and love one another!

## **Delta Variant Guidelines**

### **FROM BISHOP HAYNES AND THE HEALTH ADVISORY PANEL**

Unfortunately the Coronavirus is upon us again, this time in the form of the Delta variant. Cases are on the upswing and percent positivity is rising again. Bishop Haynes convened the Health Advisory Panel on Monday, August 2 to seek their counsel.

The Health Advisory Panel offered the following website as a resource:

**<https://covid.cdc.gov/covid-data-tracker/#county-view>**

This map tracks by county the level of transmission risk in each state from low to moderate to substantial to high. This can be tracked on a daily basis by county. **The CDC recommends that indoor masking continue in places where transmission risk is high**

Additionally the Health Advisory Panel offers the following resource:

**<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>**

This is a list of guidelines from the CDC for people **who are fully vaccinated**.

**At this time the Diocese is not imposing any diocesan wide mandates. Congregations are encouraged to monitor the transmission risk in their area and to mandate indoor masking if the transmission risk is high. Congregations are further invited to monitor percent positivity rates in their areas and to consider what further restrictions they might impose if the percent positivity rate rises above 8%. AT THE VERY LEAST INDOOR MASKING SHOULD BE STRONGLY ENCOURAGED IF NOT MANDATED DURING PUBLIC WORSHIP.**

The Health Advisory Panel notes that the rolling 7 day average of cases is increasing dramatically as each day unfolds. Anecdotally a substantial number of cases are considered breakthrough in that they are being found in people who are fully vaccinated. The Health Advisory Panel expects that the rise in Delta variant cases will peak in late August, early September.

Many congregations are already returning to some of the protocols which were in place prior to May 15 when all restrictions were lifted. Each congregation, in conjunction with clergy and vestry, should decide their own protocols with the following guidelines:

- **Masking, even for fully vaccinated people, is strongly advised.**
- **Social distancing should be observed where possible.**
- **Attention should be given to ensuring adequate ventilation.**
- **Services should be shortened where possible.**
- **Any congregational singing should be with masks.**
- **Any coffee hour observed should be with individually pre-packaged food and drinks.**

**PLEASE CONTACT THE DIOCESAN OFFICE WITH QUESTIONS OR IF YOU NEED ASSISTANCE IN DECIDING PROTOCOLS.**

## **DEATH OF A FORMER PARISHIONER**

Jane “Janie” Duckett Yates Smith, of Winston-Salem, NC, died on Saturday, July 31, 2021. Born in Petersburg, VA, on April 2, 1948, she was the daughter of the late Dr. Munford Radford Yates and Frances Jones Yates. A memorial service of celebration will be held at St. Leo the Great Catholic Church in Winston-Salem on Thursday, August 5, at 11:00 AM. Burial will be held on Friday, August 6, at Blandford Cemetery, in Petersburg, VA.

## **CHRISTMAS OUTREACH AT CHRIST AND GRACE**

Whether or not you celebrate Christmas in July, it's time to think about Christmas!

Christ and Grace has for years supported a ministry of assisting local families with food and gifts who would not otherwise be able to provide Christmas for their children.

If this ministry is one that brings you joy, please consider how you might use your gifts to organize this Christmas outreach in our community. In the past we have worked with the Angel Tree ministry and that is still a great option, if we have someone in place to lead it so that we can register our church with Angel Tree by the September 1 deadline.

Angel Tree provides gifts and gift cards to the children of incarcerated parents, keeping these struggling families connected as we share God's love and abundance with them. This option is easy to facilitate.

If you can lead this effort or have other ideas about ways that Christ and Grace can share the love of God and the hope of Christmas with those in need, please contact Debbie Newman (804-691-8153) or Robin Teasley (804-733-7202). To learn more about Angel Tree contact Laura Nelson, our local Angel Tree contact (1-800-55-ANGEL) or visit the website at [www.prisonfellowship.org](http://www.prisonfellowship.org).

## **PRAYER LIST**

We beg you to feed the hungry, protect the refugee, embrace the distressed, house the homeless, nurse the sick, and comfort the dying. Especially we pray for James Christiansen, Thomas Clark, Shannon Farthing, Melba Felty, Kathy Hackett, Rod Hale, Heydon Lewis, Shelley Richardson, Mark Sheffield, Mary Villeponteaux, David and Wyatt.

To add someone to our prayer list, please contact the church office at 733-7202. We will keep names on the list about a month so please contact us if they need to remain longer.

To send a note of encouragement to parishioners on the Prayer List, please go to [www.christandgrace.org](http://www.christandgrace.org) and under "About Us" you will find the online directory. Contact the church office at 733-7202 for log in password or additional assistance.

## **HOLY COMMUNION**

Our service of Holy Communion is held in person and live-streamed each Sunday at 10 AM on our YouTube channel. Please call the church office at 804-733-7202 or email Robin at [rteasley@christandgrace.org](mailto:rteasley@christandgrace.org) if you would like a home visit with communion.

## THE COLLECT

Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## Psalm 34:1-8

### *Benedicam Dominum*

- 1 I will bless the LORD at all times; \*  
his praise shall ever be in my mouth.
- 2 I will glory in the LORD; \*  
let the humble hear and rejoice.
- 3 Proclaim with me the greatness of the LORD; \*  
let us exalt his Name together.
- 4 I sought the LORD, and he answered me \*  
and delivered me out of all my terror.
- 5 Look upon him and be radiant, \*  
and let not your faces be ashamed.
- 6 I called in my affliction and the LORD heard me \*  
and saved me from all my troubles.
- 7 The angel of the LORD encompasses those who fear him, \*  
and he will deliver them.
- 8 Taste and see that the LORD is good; \*  
happy are they who trust in him!

## John 6:35, 41-51

Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."