

From the Partlow's

Dear People of God,

Sufism is the mystical expression of Islam. It originates in ancient Persia which is to say modern Iran. It has much in common with the mystical expressions of Judaism, Buddhism, and Christianity.

The Sufi tell of the disciple who asked the elder, "Is there anything I can do to make myself enlightened?"

The Elder responded "*As little as you can do to make the sun rise in the morning.*"

To which the disciple responded "Then, of what use are the spiritual exercises you prescribe?"

Elder "*To make sure you are not asleep when the sun begins to rise.*"

I encountered this little gem on line recently. It may have resonated with me because I recently finished a book on "Mindfulness". Mindfulness is a spiritual practice to help us not sleep walk through life like zombies. I am still discovering parts of my life that I completely missed the meaning of at the time.

In the story of the bridesmaids and the oil lamps, Jesus admonishes us to keep awake. In the garden the night of Jesus arrest for trial and execution, he asked the disciples to stay awake with him.

What spiritual practices do you follow to keep "awake"? Life is just too good to miss.

Faithfully,

Bob and Ruth

**WHEAT "An all Member" Quarterly meeting was held
Thursday July , 2014 Mt. Olivet Baptist Church
15583 Coatesville Rd, Beaverdam, VA**

(Report/Update to follow)

MISSION - WHEAT Assist neighbors in need in Western Hanover County by providing emotional, spiritual and physical support so that God's children can thrive, succeed and love others.

VISION -Helping neighbors in Western Hanover County that are in crisis by providing emergency assistance.

CORE VALUES: Faithful, Inclusive, Respectful, Caring, Responsible

Kitchen Update

Thanks to those who have picked up their items, BUT there are still many items in the parish hall that need to be claimed or find a new home prior to August 2!!

Work begins on August 4. Anything left at that time will be donated to Goodwill or disposed of.

CARITAS is coming! VOLUNTEERS NEEDED:

August 25th pm until 26th am

Prepare and serve supper and breakfast

Prepare bag lunches

Accompany guests to showers and laundromat

Stay the night with guests and CARITAS supervisor

For further information please contact:

Jenny Smith (241 1896) - micaminefarm@yahoo.com

Howard Anderson (804 514-6309) - hpjar@msn.com

Lemonade on the Lawn

We still need volunteers for lemonade and snacks this summer. It is a great way to have summertime fellowship after the Sunday service. You are not limited to lemonade and cookies! We could have ice cream, flavored frozen ice. You might even want to include a gluten free product in your selection. You are only limited by your imagination and what the kids will enjoy please contact Mac Chenault by calling him at or emailing him at mchenault@chenaultlawoffices.com or 804-537-4003.

Parish Records

Ruth is updating the Parish Records. Alistar Macdonald was here working on Thursday reviewing earlier records,. Does anyone know where the Parish Registers for the years 1905-1950 are? If so, please let Ruth know ASAP.

Looking Ahead

Sunday, August 10 Justin Davis at Fork Church
Justin, a 2014 graduate of VCU, will be with us to share his experiences in the Young Priest Initiative of the Diocese of Virginia (See Justin's article below)

August 26 – The Reverend Nicholas Forti arrives to take up his duties as Priest-in-Charge

August 26 – Vestry meeting 7-9PM

August 28 – 9AM-4PM - DAR meeting Scotchtown Chapter – Parish Hall

August 29 & 30 - Youth Confirmation Retreat

August 31 – First Sunday service with the Reverend Nicholas Forti

The following is Justin's introduction:

Hello all! My name is Justin Davis and I will be serving as a missionary with the Young Adult Service Corp of the Episcopal Church (YASC for short).

I have spent the last four years at Virginia Commonwealth University, a religious studies major with a minor in business, and I hope to one day become an ordained minister. I have attended Grace and Holy Trinity Episcopal Church in Richmond for four years, where I have been active in the Episcopal Campus Ministry. I have also interned for Grace and Holy Trinity for three years. Two of these years I spent as a youth intern and one year as a Campus Ministry Intern. This summer I am working in Fauquier County, Virginia at Leeds Episcopal Church as an intern with the Young Priest Initiative. During my upcoming year with in YASC, I will be serving with the Mission to Seafarers in Hong Kong. You will be able to learn more about the programs I am working with, and follow my personal experiences while in Hong Kong at my blog.

I am asking you all especially for your thoughts and prayers in the upcoming year. I will be fundraising throughout the summer for this trip. My goal is to raise \$10,000 before the last week of August, which is when I leave. Donations can be sent to Grace and Holy Trinity Episcopal church at 8 N. Laurel Street, Richmond VA 23220 with "Justin Davis YASC" in the memo. All donations are tax deductible, and I can provide you with a tax ID. Feel free to send me an email at davisjb4@vcu.edu if you have any questions or concerns. Once again thank you for your thoughts and prayers as this new adventure begins.

We are asking the Vestry to designate the loose offering on that day to Justin's ministry. We hope our young people and parents will be encouraged by what we hear.