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Anglican aerobics, pew calisthenics, whatever you want to call them, to the uninitiated, the various postures we assume and when we take them can be quite confusing. I do not doubt that for many a life-long Episcopalian it can also still be confusing. Remember, our physical posture in worship reflects not only our "knowledge" of how to do worship, but our discipleship.

So for all of us, here is a brief explanation of why and what we do.

1. The rubrics (the text in italics in the BCP) are descriptive and prescriptive on what we do in our worship. By definition we are not left to our individual tastes and desires in Prayerbook worship, as we are called to worship in Common. Note: It is a major violation of our Canons to intentionally ignore or change either the rubrics or the words of the Book of Common Prayer without the Bishop's permission.

2. Generally, the Church stands to praise, kneels for prayer (especially litanies and confession), and sits to listen. The general structure of the Office and Eucharist bears this out, although, there are more prescriptive rubrics in the Office than the Eucharist.

3. During the Sunday Eucharist, it has become custom to stand from the "processional" through the Collect of the Day. The BCP is prescriptive in stating that the people are to stand for the Opening Acclamation, and this

The Good News

July 22, 2016



Construction Update

We are simply awaiting the arrival of the capstone for the new ledges and the installation of the stained glass window.

Saturday (7/23) Special Event on the Grounds

Our friends, who meet 6 days per week, at noon, in the Rectory are hosting their annual picnic in the parking lot, beginning at 1:00 p.m. They have extended a welcome to all members of the Parish.

Morning Prayer - Standard Schedule

Morning Prayer is offered at 7AM on Monday, Tuesday, Wednesday, Friday, and at 7:30 AM on Thursday. The fourth Thursday at 7:30 AM is Holy Eucharist.

Intercessory Prayer - Summer Schedule

Intercessory Prayer is offered at 8 p.m. on Monday, and on Thursday at 10 a.m. There is no Wednesday session scheduled for the summer.

Adult Study

Wednesday at 6PM.

We are moving through the New Testament into the Apostolic period. We will be reading together the Epistles of Paul to the Corinthians as well as those of St. Clement to the Corinthians. Copies of St. Clement's work will be passed out.

Coffee Hour Hosts Needed

It's time to schedule hosts to serve from August 2016 through January 2017. We invite all you veterans to return to the roster, and we need some new folks, too. If you are currently scheduled as a host, we will ASSUME you'll continue UNLESS you let us know

has been extended to include the Collect of the Day. In some places, the people still kneel for the Collects for Purity and the Day, however, that is not general custom.

4. In the Eucharist, we sit to listen to the words of God read to us from the lectionary, the Psalm, and the homily. We stand for the reading of the Gospel as a gesture of respect to the Word of God who dwelt among us, Jesus Christ. This is done for the same reason it is traditional to stand when a head of state or a member of the royal houses enters the room. We also stand for the Creed which is essentially a song of praise.

5. In some places it is still traditional to kneel for the prayers of the people. However, in most congregations these are done standing, as the BCP is not prescriptive here. Local custom, therefore, applies.

6. We kneel for the confession. Full stop. While Rite II's rubrics do not include this language, it is implied from the rubrics in the Office, the introduction to confession Rite I, (the first is always the preferred, even if rarely used), and in the rubrics for the absolution in Rite II where the bishop or priest is instructed to stand to deliver the absolution. Classically, the only one who did not kneel during confession was the celebrant, as they are in the role of alter Christus.

The reason for kneeling is exactly what you think it is. It is a physical posture that communicates that we are supplicants. It is after the absolution that we stand and receive the peace from one another. We stand, then, as the forgiven and reconciled made worthy to stand only by the grace and forgiveness afforded through Jesus Christ.

to the contrary. If you'd like to join this ministry, please do so by calling one of us or speaking with us in person. We'll be delighted to include you and will teach you. We supply beverages and ask you to bring snacks. You can keep it simple; we don't expect lunch. Thanks so much. Ann Sokan, 664-1639 and Linda Thomas, 242-7160

Outreach Opportunities

Outreach Committee next meets on Sunday, July 31st, 8:30 a.m.

Many thanks for your fine generosity to our Items-of-the-Month program from The Outreach Committee! Unfortunately, our work is never done. In August we will collect school supplies for Oakland School, items that will be needed throughout the school year. Here are some suggestions: Crayola crayons packs, baby wipes for hands after having peanuts, chalk, pencils, hard plastic pencil boxes, erasers (big pink ones and pencil-top erasers), markers, pens, Sharpies, highlighters. Also, soccer and playground balls, jump ropes, Lego's, puzzles, games for K--5 kids, such as Connect 4, chess boards, etc. And please continue to collect coupons for schools. Father Dave will be delivering supplies and coupons to Oakland School.

Parish Schedule for the week of July 23-30

Coffee Hour follows worship, in the Parish Hall

Saturday-until evening-Noontime Group annual picnic

Sunday-8:30 a.m.-Guild of the Holy Rosary

Monday-7:00 a.m.-Morning Prayer

Monday-8:00 p.m.-Intercessory Prayer

Tuesday-7:00 a.m.-Morning Prayer

Wednesday-7:00 a.m.-Morning Prayer

Wednesday-5:30 p.m.-Guild of the Holy Rosary

Wednesday-6:00 p.m.-Bible study

Thursday- 7:30 a.m.-Holy Eucharist

Thursday-10:00 a.m.-Intercessory Prayer

Friday-7:00 a.m.-Morning Prayer

Office Hours: Monday - Friday: Mornings, 8:00 a.m.- noon

If you have anything you would like added to the schedule or announcements in the bulletin and news letter please send an email reply to the newsletter, or call the office.

The Guild of the Holy Rosary

Several of our members have formed a guild for the promotion and praying of the Rosary. The Guild has put together a devotional

So, what if we can't kneel? There are two options: sit in a forward leaning position, or stand in a version of the solemn bow that the altar servers use entering and exiting the Sanctuary.

7. For the Eucharistic Prayer, the BCP has returned to the earliest level of the tradition and in both rites allows the worshiper to either stand or kneel, depending on the prayer. In both rites we stand for the opening dialogue (Sursum Corda) and the Sanctus. In Rite I we are directed to "kneel or stand" after the Sanctus and throughout the remainder of the Eucharistic Prayer.

In Rite II it is more complicated. Like Rite I we stand through the Sursum Corda and Sanctus. In Prayers A, B & D the rubrics then direct us to "stand or kneel". Prayer C has no directions, thus indicating standing as the appropriate posture as we are already doing so.

When the BCP lists a "this or that" in a rubric, the assumption is that the first is the primary instruction. Thus for Rite I the preferred posture is kneeling and for Rite II the preferred posture is standing. Of course, unlike confession, this is a preference not a prescription (other than to say sitting is neither).

So, what does this mean? In Rite I if you can kneel, kneel, if not stand as long as you are able. In Rite II, if you can stand, stand. If you prefer to kneel, that is acceptable, but not required. If you need to sit due to physical health issues, then please do so. Altar party, please take note in which Rite you are serving and do what the BCP lists as its preference.

For the post-communion prayer, blessing, and dismissal, please use

manual that they are eager to share with anyone who wishes. They meet at 8:30AM each Sunday and 5:30 PM on Wednesday to pray together, and invites all members of St. Matthew's to join them in prayer. Please join the Guild in prayer for our Church, our Parish, our clergy, and each other.

Good News Daily

This Week's Good News Daily is [here](#).

Readings & Music for July 24th, 2016

Hymns: # 366, # 711, # 294, # 615, # 488

Genesis 18:20-32

The Lord said to Abraham, "How great is the outcry against Sodom and Gomorrah and how very grave their sin! I must go down and see whether they have done altogether according to the outcry that has come to me; and if not, I will know."

So the men turned from there, and went toward Sodom, while Abraham remained standing before the Lord. Then Abraham came near and said, "Will you indeed sweep away the righteous with the wicked? Suppose there are fifty righteous within the city; will you then sweep away the place and not forgive it for the fifty righteous who are in it? Far be it from you to do such a thing, to slay the righteous with the wicked, so that the righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do what is just?" And the Lord said, "If I find at Sodom fifty righteous in the city, I will forgive the whole place for their sake." Abraham answered, "Let me take it upon myself to speak to the Lord, I who am but dust and ashes. Suppose five of the fifty righteous are lacking? Will you destroy the whole city for lack of five?" And he said, "I will not destroy it if I find forty-five there." Again he spoke to him, "Suppose forty are found there." He answered, "For the sake of forty I will not do it." Then he said, "Oh do not let the Lord be angry if I speak. Suppose thirty are found there." He answered, "I will not do it, if I find thirty there." He said, "Let me take it upon myself to speak to the Lord. Suppose twenty are found there." He answered, "For the sake of twenty I will not destroy it." Then he said, "Oh do not let the Lord be angry if I speak just once more. Suppose ten are found there." He answered, "For the sake of ten I will not destroy it."

Psalms 138

Confitebor tibi

1 I will give thanks to you, O Lord, with my whole heart; *
before the gods I will sing your praise.

2 I will bow down toward your holy temple
and praise your Name, *
because of your love and faithfulness;

the posture associated with that particular Rite. The only exception to this is that it is customary to kneel when the Bishop gives a blessing.

I hope this helps explain a little of what we do, and how it reflects our discipleship, but if you want to discuss further, please feel free to call on me.

See you soon.

Dave+

Ministry Links

St. Matthew's Webpage
The Episcopal Diocese of
Springfield
Rector's Blog

3 For you have glorified your Name *
and your word above all things.

4 When I called, you answered me; *
you increased my strength within me.

5 All the kings of the earth will praise you, O Lord, *
when they have heard the words of your mouth.

6 They will sing of the ways of the Lord, *
that great is the glory of the Lord.

7 Though the Lord be high, he cares for the lowly; *
he perceives the haughty from afar.

8 Though I walk in the midst of trouble, you keep me safe; *
you stretch forth your hand against the fury of my enemies;
your right hand shall save me.

9 The Lord will make good his purpose for me; *
O Lord, your love endures for ever;
do not abandon the works of your hands.

Colossians 2:6-15, (16-19)

As you have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

[Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ. Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God.]

Luke 11:1-13

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John

taught his disciples." He said to them, "When you pray, say:
Father, hallowed be your name.
Your kingdom come.
Give us each day our daily bread.
And forgive us our sins,
for we ourselves forgive everyone indebted to us.
And do not bring us to the time of trial."
And he said to them, "Suppose one of you has a friend, and you
go to him at midnight and say to him, 'Friend, lend me three
loaves of bread; for a friend of mine has arrived, and I have
nothing to set before him.' And he answers from within, 'Do
not bother me; the door has already been locked, and my
children are with me in bed; I cannot get up and give you
anything.' I tell you, even though he will not get up and give
him anything because he is his friend, at least because of his
persistence he will get up and give him whatever he needs.
"So I say to you, Ask, and it will be given you; search, and you
will find; knock, and the door will be opened for you. For
everyone who asks receives, and everyone who searches finds,
and for everyone who knocks, the door will be opened. Is there
anyone among you who, if your child asks for a fish, will give
a snake instead of a fish? Or if the child asks for an egg, will
give a scorpion? If you then, who are evil, know how to give
good gifts to your children, how much more will the heavenly
Father give the Holy Spirit to those who ask him!"

Ministry Assignments for July 24 & 31

24-July

7:30

Greeters: Ray Durham

Lector: Julie Bennett

E.M.: Chris Bennett

10:00

Acolytes: Liam Halt, Jack & Nolan White

Crucifer: Alex Davingman

Lector: Amy Halt

E.M.: Bob Kohlhase

Monday Counter: Susan Clark

Coffee Hour: Dedee Champion & Matt Matsuda

31-July

7:30

Greeters: Doug and Dede Dyson

Lector: Bill Johns

E.M.: Bill Johns

10:00

Acolytes: Chris Bennett, Shelley Brenneman Carter, Sarah Halt

Crucifer: Collin Bennett

Lector: Ann Sokan

E.M.: Shelley Brenneman Carter
Monday Counter: Roy Laws
Coffee Hour: Roger & Debbie Thomas

Birthdays & Anniversaries July 24th -30th

Anniversaries

Marisa & Eric Owens

Birthdays

Tim Leighton
Halian Littlefield

Collect for Sunday, July 24th, 2016

O God, the protector of all that trust in thee, without whom nothing is strong, nothing is holy; Increase and multiply upon us thy mercy, that, thou being our ruler and guide, we may so pass through things temporal, that we finally lose not the things eternal; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

Contact Information

St. Matthew's Episcopal Church

