

CHRIST *Episcopal* CHURCH
WARREN - OHIO



The Crossroads
June 2020

A Long Strange Trip

To quote the Grateful Dead, “What a long strange trip it’s been!” That’s an understated description of 2020. These have been strange times. Only those topping the 100-year-old mark would have experienced anything like this Coronavirus Pandemic. Here is a list of my personal experience of 2020: New Year’s Day we took Aley for an emergency C-section, Sam was diagnosed with Mast cell cancer and then operated on two weeks later. Two weeks after that we began hearing of this crazy virus that was ravaging China. In another week we were told that it was under control in the US, but the CDC formally applied the name ‘pandemic’ to the crisis. Soon after, schools closed, restaurants soon followed, and we couldn’t find any toilet paper. Mass hysteria ensued and just like that, we preachers became Televangelists. Then my Dad took a turn for the worse and succumbed to the cancer he’d been fighting for five long years. They say that God doesn’t give you more than you can handle...which is awkward theology because God doesn’t really give us anything but his almighty presence. Still, suffice it to say, God has been on my speed-dial throughout this year!

And God is so good. So good, that he ‘saved a wretch like me’ like *Amazing Grace* promises...a hymn that Fr Joe Ashby played in a Eucharistic celebration in memory of my father. So, we endure.

And the Good News is, that if we can do so safely, our society is making strides in reopening our stores and restaurants and day cares and yes, even our churches. I am happy to report that we are attempting to provide an in-person service this Pentecost Sunday, May 31 at 10:00am. I must warn you that we are *NOT* ‘getting back to normal’. Because our Christian mandate is to love God and our neighbor, we will be

having church in the most safe way we can imagine as prescribed by a college of Bishops and Lay leaders who have come up with a list of best practices.

Briefly, these are the most important and necessary changes to our coming liturgies:

- **Social Distancing:** maintaining six feet of separation between individuals who have not been quarantined together. In the pews, in the hallway, during the Peace, etc.
- **Facial covering:** Everyone will be required to wear masks upon entering the building. If you don't have one, we will provide one for you. This is a way we can love our neighbor, especially those who are most vulnerable to contracting the COVID-19 virus of which approximately 70% of our congregation is at high risk or immune-compromised.
- **No Singing:** Singing increases the risk of spreading the virus exponentially. (Please see Jamie Shiell's, our Director of Music, explanation of the science behind this.)
- **No Communion:** Only the celebrant will receive the sacrament on behalf of the congregation to minimize physical touching of any kind. Others may say a prayer for spiritual communion. We will reevaluate as we go forward.
- **Disinfection of all 'high-touch' surfaces:** pews, restrooms, doorknobs, light switches, etc. after gatherings. Also, we will provide extra hand sanitizing stations.

As I mentioned above, if we can adhere to these practices, we will greatly shorten the time of Phase 2 and help prevent a secondary spike in the number of new cases. If we cannot accomplish these practices and/or there is a significant increase, we will likely go back to only virtual services.

That being said, if you are at risk or feel uncomfortable going out or if you are sick, please stay home. Just because we are starting the process of opening up doesn't mean

you are obligated to come to church. Rest assured that we will continue to offer virtual services via YouTube, Facebook, and our website: christchurchwarren.org.

As much as I want to see you and give you a hearty handshake or a proper hug, I love you too much to do so. We will be cautious in our return to in-person gatherings of all kinds. In addition, we have new parameters for special liturgies like weddings and funerals. Please feel free to call the office for more information.

If we can stick this out a little further, this 'long strange trip' will arrive at a place for which we all long.

Please remember that I am lovingly yours in Christ,

Fr Jeff+



We are in need of volunteers to work in the gardens at the church. If you have nothing better to do and love to pull weeds, we need you. Come when you can and bring some gloves, a bucket and a tool to dig with. Did you know weeding burns approximately the same amount of calories as playing table tennis?

Irish Blessings for the Coronavirus Crisis by Chris Fox

May the road rise up to meet you,
But please do not meet up with anyone else.
May the winds be at your back,
And your coughs be in your elbow.
May the sun shine upon your face,
The rain fall upon your fields,
And until we meet again, in no less than fourteen days,
Though potentially up to four months,
May God hold you in the palm of his thoroughly washed hand.

Lincoln School Update

On May 22 nd Lincoln School closed for summer vacation. In preparation for closing school the Pantry needed to be cleaned out. Bags of food were packed and distributed. School food service continues to provide lunch every day to the students during summer months. The first day of the 2020-2021 school year begins August 20 th . At that time the Pantry is bare. Second Harvest deliveries do not begin until school starts. In preparation for the opening of the Pantry contributions to Blessing Boxes can help “ramp up” food supplies. This is a HEADS UP. Later in the summer food will once again be collected for Lincoln School Pantry to ensure the shelves are stocked when the kids arrive. The week of May 18 th the kids turned in the rest of their homework. Some were not excited about summer vacation. So as a special little gift the Summer Fun Bags were distributed. According to the Community Liaison, it was a perfect happy summer introduction! The bags contained a coloring book, crayons, bubbles and chalk. The Community Liaison wrote “I just wish you could have seen how excited the kids were!



A Message from Lincoln School

You and your church friends are so wonderful and have done so much for us at Lincoln!
THANK
YOU!!

Warren Family Mission Update

Since the Lincoln Food Pantry is closed contact was made with Warren Family Mission (WFM) to gather information on the Mission's needs. Clothes still cannot be collected due to restrictions. Clothes are however still being distributed to the point that the closets are bare. Please save your clothes until a time when the restrictions are lifted. Personal hygiene items are still not being distributed on a regular basis. Food is their greatest need. The WFM provides two food programs. The meal program provides bagged lunch and dinner Monday through Saturday and breakfast on Sunday. Prior to the coronavirus pandemic they distributed 10,000 meals/month. Today that number has

grown to 19,000 meals/month. The second is a food bag distribution program. Food items needed are snacks for the lunch bags, canned fruits and vegetables, soups, peanut butter, cereal and macaroni and cheese.

Blessing Box

A Christ Church's answer to the community's need. The Blessing Box is "open" to receive your gifts. The box is located outside the narthex for ease of drop off delivery. Thank you for your caring generosity!

Red Door Cafe

On April 19 Joe Gladd, Steve Watts, Wynn and Jan Henrey traveled to St, Johns in Youngstown to feed those in need at their weekly food café. We served pulled pork sandwiches, carrots, potato chips, packaged cookies for their brown bag lunches. The weather was chilly and we only passed out 24 lunches. Normally we serve anywhere between 60 and 100 people. Our next outing will be July 12. Hopefully by then we will be over the pandemic and can serve our typical meal out of the kitchen. If this ministry is something that you would like to try please contact Wynn or Jan Henrey at 330-395-4812. We are always looking for new volunteers.

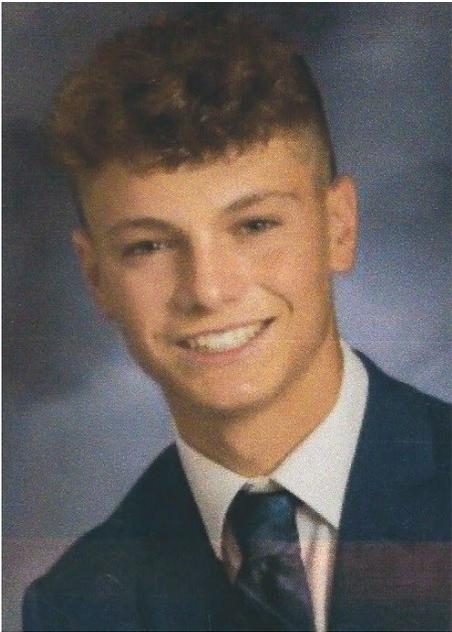
Altar Guild

I would like to thank all our dedicated members of altar guild for their continued service. Even through the pandemic we have been called upon to prepare the altar for our Communion Sundays. Hopefully this won't last much longer. In the upcoming weeks in June if we are still doing social distancing I may call upon you to prepare the altar for our weekly virtual services. If you are uncomfortable doing this I totally understand, just let me know when I call you. Again, thank you for your service.

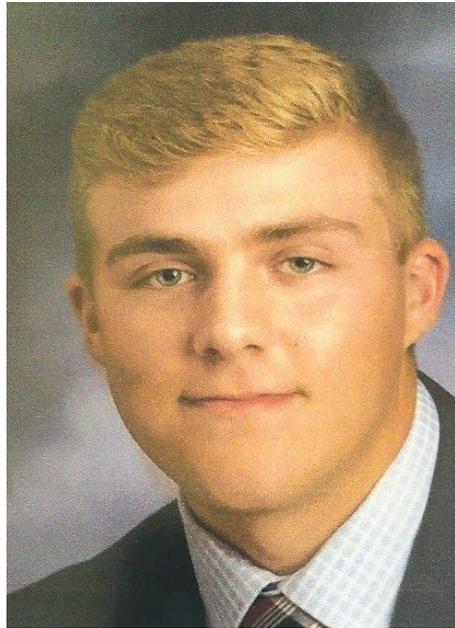
Jan Henrey

Medical emergencies: For all medical emergencies call 911. If the emergency involves any type of poison, call poison control at 1-800-222-1222. When calling 911, give the operator as much information as possible, i.e. type of emergency, what help is needed, exact address, phone number, information on a medic alert bracelet or necklace if present. Don't hang up until you are told to do so by the 911 operator. If another person is available, have them go outside to flag down the emergency vehicle and direct them into the person in need of help. Do not move the victim unless they are in danger from a fire. If they are not breathing or their heart has stopped, begin chest compressions at the rate of 100 per minute.

Our 2020 Seniors



Gage Tomko
Howland High School
University of Mount Union
Civil Engineer
Golf Team



Zachary Snelson
Howland High School
Summa Cum Laude
The Ohio State University
Attending Honors College
Medical Laboratory Science
Pursuing a Medical Degree



Lauren Scott
Howland High School
Accepted Dana School of Music,
Youngstown State University,
and Fullsail University, Florida
Major in Voice and Music Production



Mason Burge
John F Kennedy High School
United States Navy
Religious Program Specialist

| FINANCIAL HIGHLIGHTS | | | | |
|-----------------------------|-------------------|-----------|---------------------|------------|
| | April 2020 | | Year to Date | |
| | Actual | Budget | Actual | Budget |
| Income | | | | |
| Pledges | \$13,549 | \$9,500 | \$46,206 | \$43,529 |
| All Other | \$7,433 | \$10,978 | \$38,706 | \$39,485 |
| Total Income | \$20,982 | \$20,478 | \$84,912 | \$83,014 |
| Expenses | \$22,618 | \$22,849 | \$95,610 | \$97,249 |
| Excess/(Deficit) | (\$1,636) | (\$2,371) | (\$10,698) | (\$14,235) |

June Birthdays

Jeannine Morris (2nd)
 Lesley Gaskell (2nd)
 Wynn Henrey (3rd)
 Barbara Johnson (4th)
 Brandon Giovannone (5th)
 Colin Snelson (6th)
 Amanda Baker (11th)
 Irv Jones (13th)
 Kristen Doan (17th)
 Jim Moore (20th)
 Richard Begg (21st)
 Zachary Hall (22nd)
 John Costianes (25th)
 Jean Pinti (28th)
 Marissa Vath (28th)
 Elizabeth Ann Clark (29th)

Children's Ministry

Greetings Godly Play Family!

Since March we all have faithfully been in quarantine, a time etymologically understood universally as a forty-day period. We have surpassed that in length and are slowly returning back to "normal." As our Church services start to resume as socially distant and mask-wearing, the diocese has not yet enabled gathering of our youth and children. This is considering the difficulty for the children to be socially distant and wear a mask successfully for any given time limit. Having said this, we at Christ Episcopal Church have offered our Godly Play Online and recently started Zoom meetings with our children. Since the Godly Play model is one of interactivity, I think the zoom meetings have been more productive. Of course, you parents/ guardians are the **professors** of what real catechism is, through your tireless example of Christian living everyday! This Sunday is **Pentecost**, the birthday of the Church and a renewal of our commitment to The Holy Spirit, which is the enlivening force behind all our church activities. It has will also be the end of our Godly Play lessons for the church year. This Sunday will be the end of our formal Godly Play Meetings online. I would like to continue using **Zoom** periodically through the Summer to help the children connect!

Be assured that I am a constant advocate for our youth and children's programing here at Christ Episcopal. I am in dialogue with the diocese regarding the formulation of our beloved Vacation Bible School, which I intend can be scheduled later in the Summer. I am dedicated to this happening in some form or another. The children deserve this!

If your child is interested in joining our Zoom meeting, please see check out our Facebook page or send me a Message on Facebook Messenger or email me at formation@christchurchwarren.org and I will gladly add you to our group.

With my prayers for a renewed and enlivened community,

Paul Keriotis, Director of Spiritual Formation

Music

Don't Wet Your Neighbor!

It was in the fourth century that Augustine of Hippo said, "He who sings, prays twice". I am not exactly sure what he knew then, but, what we now know from scientist is that this saying is literally true. The human brain is divided into two hemispheres. The left hemisphere is attributed to handling speech. The right hemisphere is where music happens. So, when we sing texts, the entire human brain is engaged.

This understanding explains much of our liturgical action. Historically, the church (or the priest/cantor) has sung very significant parts of the liturgy. This has included the Gloria, Sanctus, Gospel, Prayers, etc. In addition, we have continued to add to the canon of belief statements and understandings through authoring hymns and spiritual songs that are sung by gathered assemblies.

At Christ Church, singing is a unique part of our culture – it is, in many ways, a primary language of our faith. Our Parish Choir has a longstanding history of excellence. Our children sing. Our Congregation sings. We have also offered music to the community through our extensive concert series. It is who we are and helps us communicate to whom we belong.

A serious pandemic has changed us. It has taken the lives of some in our community. It has certainly affected someone we all know and love. My own Mom suffered from Covid-19 and was hospitalized for six days. This pandemic has caused us to modify (temporarily) how we practice our faith. It has caused us to modify how and when we sing in order to protect others.

If we are to take the gospel seriously, we are called, then, to temporarily cease our public singing as an act of love. Jesus says, "A new command I give you: Love one another. As I have loved you, so you must love one another" (John 13:34) Loving our neighbor, our fellow parishioner, has much to do with protecting them. As John Wesley (former Anglican Priest and founder of the Methodist Church) said when referring practicing the Christian faith, "in all things, do no harm".

You might ask these questions... how much damage can singing do? Jamie, you've just spent three paragraphs telling us how important singing is and now you want us to stop? Is this more dangerous than speaking? Can it really be THIS important? Some answers... First, I want to say, THIS IS TEMPORARY! When the professionals and scientists have determined it is safe, we will return to singing because it is essential to practicing our faith.

Now, why we must cease. The act of singing requires several things from the human anatomy that causes singing to be considered "superspreading". To sing, you begin with inhalation. When you inhale, the abdominal muscles relax, the diaphragm lowers, the intercostal muscles raise the ribcage and all of this causes a suction which pulls air

into the lungs. Then, when you exhale (to sing), the reverse happens with the abdominal muscles contracting. This action forms consistent pressure against the larynx (or vocal folds – vocal chords). The muscles around the larynx basically contract at different levels to allow air through which vibrates the vocal folds to create different pitches. This pressure caused by the muscles around the larynx contracting while the abdominal muscles are also contracting, creates a pressure chamber in the lungs which can certainly stretch the walls of the lungs, loosens particles and then sends them out of the body under much more pressure than just speaking.

Here is the best analogy I can create... Think of a water hose in your yard. If your neighbor stood in the edge of their yard, and you stood in your yard, let's say... six feet apart. You point the water hose at your neighbor, then have someone else go to the spigot and turn it on and off rapidly multiple times. It might or might not wet your neighbor. If you place your hand in front of the hose end, it probably isn't going to wet your neighbor. This is basically how the act of talking could affect someone.

Now, place a sprayer nozzle on the end of your hose. It will create pressure in the hose, just like the pressure created in your lungs during singing. Stand in the same position as earlier, point the hose (with nozzle) at your neighbor and have someone turn on the hose and keep it on for as long as it might take you to sing through one line of a hymn. Your neighbor is going to get wet! (and probably fairly irritated with you!). Place your hand six inches in front of the nozzle and turn the hose back on. Your neighbor is going to get wet again (and so are you!). This is how singing works.

I am sad that we can't sing. Singing in the church has defined my professional life and my ENTIRE life as a Christian. This is new and uncharted territory. But I know it is temporary. I know we will sing again. We MUST sing again! It is how God made us. We are God's people, the sheep of God's pasture. We are made to offer praise to God with our singing voices.

For the time being, we will sing in our hearts. And... that which we sing in our hearts will be made known to our God... and we will trust that our God will make all things right!

I leave you with a collect from my colleague, Jessica Nelson:

O God, who alone hearkens to the songs of our souls: tune our hearts to sing your praise that we, singing your songs in a strange land, may continue to magnify and praise your name forever and ever; through Jesus Christ our Lord, Amen.

Pax+

Jamie Shiell

Director of Music and the Arts

p.s. please don't try the water hose experiment if you want to be a good neighbor