

# 11th Sunday after Pentecost



The Valley Bulletin, August 8, 2021

# WELCOME

If you are visiting, we welcome you into our midst.

Whoever you are and wherever you are on your journey in faith, you are welcome.

It is a blessing to have you worship with us today!

The Parish of the Valley respectfully acknowledges that we gather for worship on the unceded territory of the Algonquin Anishinabeg people.

## Let's Pray

**For the Church in the World** we pray for the Church of South India (United).

We pray for our Companion Diocese of Jerusalem. We pray for Linda Nicholls, our Primate, Anne Germond, our Metropolitan, and Mark MacDonald, National Indigenous Archbishop.

**In our Diocese of Ottawa we pray for:**

- For Shane Parker, our Bishop; for Michael Bird, Honourary Assistant Bishop and our Incumbent; for our Associate Incumbents, Matthew Brown, Susan Clifford, and Gillian Hoyer. COVID 19 - Pray for all who are affected by this Pandemic.
- For St. Clare's, North Dundas, Holy Trinity, Bearbrook, St. Mary's, Navan, St. Mary the Virgin, Blackburn & for the residents, staff & chaplains of the Ottawa Carleton Detention Centre.
- For The Church of St. John the Evangelist, Eganville, part of the Parish of the Valley.

**For the life & members of our Parish of the Valley Community, this week we pray for:**

Sandra Slater, Richard & Pauline Smerdon, Donna Smith, Frank & Donna Smith, Sheila Smith, and all members of their families.

**For the sick and those who have asked for our prayers ...**

*Alice & Petawawa:* Mark, Susan, Brian, Al, Dave, Laura, Joan, Laurie.

*Barry's Bay & Whitney:* Patricia, Elspeth, Debra, Mary-Jayne, Violet, Fern, John, Shirley, Marilyn, Betty, Elva, David, Susie, Freda, Andrew.

*Beachburg:* Ernie, Thyra, Anne, Sandra, Nathan, Bill.

*Killaloe/Tramore & Eganville:* Phyllis, Bob, Sue, Pauline, Jim, Hanna, Scarlett, Toots, May, Denise, Forest, Dwayne, Rosemary.

*Pembroke:* Alix, Rita, Lois, Doris, Susan, Kevin, Anne, Gale, Lomie, Rob, Rolla, Jessie.

*Stafford / Cobden:* Margaret, Susan, Ryan, Dakota, Haley, Ruth, Iris, James, Sharon, Dave, Nicholas, Peggy, Carolyn, Hillary, Sharon, Glen, Andrew, John.

# Readings

AUGUST 8, 2021– 11TH SUNDAY AFTER PENTECOST

2 Samuel 18:5-9, 15,31-33; Psalm 130; Ephesians 4:25-5:2; John 6:35, 41-51

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## Upcoming Readings

AUGUST 15, 2021– ST. MARY THE VIRGIN

Isaiah 7:10-15; Psalm 132:6-14; Galatians 4:4-7; Luke 1:46-55

AUGUST 22, 2021– 13TH SUNDAY AFTER PENTECOST

1 Kings 8:22-30,41-43; Psalm 84; Ephesians 6:10-20; John 6:56-59

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## Offerings

Please continue to make your regular offerings, as our major expenses continue during this time of pandemic. All members of the Parish of the Valley are encouraged to mail in weekly offerings (cash or cheque), sign up for Pre-Authorized Remittances (PAR), or give online with credit card using the website *Canada Helps*. Please see our website for a list of church and treasurer mailing addresses and online giving information.

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## Open for In-Person Services

Our church buildings across the Parish of the Valley are open for Sunday worship with Yellow COVID protocols in place. Please visit [www.ValleyAnglicans.ca](http://www.ValleyAnglicans.ca) or call our main office at Holy Trinity Pembroke for a full list of service times and locations.





## **COVID-19 and the common cup**

### **A message for congregations**

Bishop Shane Parker has announced that churches in our diocese can resume use of the common cup in Holy Communion. This change, after 16 months of pandemic hygiene measures, may be worrying for many of us. Please be assured this step is only being taken because it is known to be very low risk. What follows is a summary of a paper by Bishop Shane's public health advisor, Rev. Michael Garner. Michael is the associate incumbent of St. Thomas the Apostle church in Ottawa, but before joining the priesthood, he worked in public health and epidemiology for more than 20 years, including 13 years as an infectious disease epidemiologist at the Public Health Agency of Canada. The full-length paper was written for the national House of Bishops.

People have questioned the hygiene of sharing chalices during communion for more than 100 years, but during the AIDS epidemic in the 1980s, research showed the risk of transmitting HIV by using a common cup was very low. Since then, research on infection risks at communion has focused on whether viruses or bacteria can be found in the common cup after the service, and so far there is no documented evidence of diseases being spread by sharing the cup.

People also worry that during a regular communion service, the chalice will be contaminated by the saliva of the participants. While it's true a shared cup could transmit infection through saliva, the risk is extremely low, with no documented cases of any disease ever being spread that way. In the case of COVID-19 the risk is even lower because it's spread by aerosols and droplets: the fact is, the risk of catching COVID is far greater from breathing air exhaled by an infectious person next to you than from sharing a common cup.

It's essential, however, that in addition to wiping the chalice carefully after each participant drinks from it, we maintain the practices that have kept us safe so far: keep screening people to ensure no one who has symptoms, or who has recently travelled (or who has been exposed to others who have) do not attend services in person. Keep everyone physically distant during Holy Communion.

**However, the most important thing is that you do what you feel is best for yourself and your loved ones. In the Anglican church, communicating in either kind, just bread or just wine, is considered full communion. You need not share the cup if the idea makes you uneasy. Simply fold your hands across your chest when it is offered. Please do not attempt to dip the bread into the chalice (intinction) as this practice is strictly prohibited in our diocese.**



# Parish Announcements

## Physically, yet never spiritually distanced.

In the midst of countless service and activity suspensions in Anglican churches across the country, Canadian Anglicans demonstrate their resilience, love for God and love for one another as they forge new pathways of prayer and community through online worship and gathering.

For Parish of the Valley Online Worship visit:

<https://www.valleyanglicans.ca/podcasts/media>

Other Anglican Resources & Services:

Online Worship from Christ Church Cathedral Ottawa:

<https://www.ottawacathedral.ca>

Bulletin Cover dedicated to Psalm 130

Cover: *Untitled*, Emily Carr, 1938-39

**For More Information  
visit us online**

[www.valleyanglicans.ca](http://www.valleyanglicans.ca)

@valleyanglicans on Facebook, Twitter, & Instagram



**Parish of the Valley**

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