

### *On the mind of the Rev. Deacon Denise LaVetty...*

Last Saturday I attended a lovely Eucharist honoring my friend and fellow deacon, Vonnie Hubbard. She was being honored by the City of Newburgh, New York, for her work in the community. It was a packed, un-air-conditioned church (in case you forgot, last weekend was wicked hot and humid). Bishop Mary Glasspool was the celebrant and preacher and I was assigned as “Bishop’s Chaplain”.

So, what does that mean? Well, it’s usually a pretty easy gig and you basically lead the Bishop around, holding the Bishop’s crosier (that’s that shepherd walking stick they carry) and at times during the service, the mitre (the big fancy hat). In we processed and, so far, I was doing okay with the big stick, and as the service progressed, juggled the big stick, the fancy hat, and the service leaflet.

Often there’s a stand for the crosier and you would simply pop it in there until needed. There was none such item available nor was there any other appropriate spot for me to put it. So, I just held it...and held it...and held it. It got heavy and it was unwieldy and I needed to be sure it remained in the proper position with the curved part on top facing forward. I almost lost it a couple of times (the crosier, not my temper). I was hot and I was tired and my arm was aching. But hold it I did, until we processed out after nearly two hours.

The following day we had our glorious Homecoming Sunday here at Incarnation. As we were fussing behind the scenes pulling last minute changes and details together, it seemed we needed someone to carry our banner. I volunteered “I can carry the banner!” (*Can someone please remind me never to utter these words again?*) And carry it I did! I had not anticipated how awkward the thing is or that I would not be able to see where I was going with it in front of me. And I had to ask myself “How am I once again toting a large, heavy, gawky item?” I felt a bit dizzy as it seemed to sway with its top-heavy-ness. At one point, I was just laughing behind that banner. I miraculously guessed where to turn and managed to get it safely into its stand.

Sometimes things are heavier and more cumbersome than we expect.

We all have times when we’re carrying an unexpectedly heavy load and we feel we could easily just collapse – physically, mentally, spiritually. And when people tell me things that are weighing heavily on their hearts, I feel like I’m accepting some of the weight of what they carry. Perhaps you’ve experienced this. At times, it’s a heavy load and it can be wearing. But somehow the load is lifted and it’s carried and we come out the other side.

We all have the capacity to not only do our own heavy lifting but to take on some of the burdens of others. We have the capacity but sometimes we must dig a little deeper to get to it, to maybe set aside tired arms and tired hearts. We have the capacity to carry, to hold one another up, and we usually carry a bit beyond our comfort zone. That’s the zone where the Holy Spirit meets us. We open that channel with our willingness, our self-emptying, and let the power of the Holy Spirit do her thing. And we come out the other side.

“Come to me all you that are weary and are carrying heavy burdens, and I will give you rest.”  
Matthew 11:28

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### **TODAY AFTER CHURCH**

Visitors are invited to pick up a welcome bag at the back of the church following the service.

All are welcome to Coffee Hour in the Parish House.

Faces of Incarnation. Are you ready for your “close-up”? Deacon Denise is asking everyone to offer a photo (or she can take one at Coffee Hour) which you can choose (1) to have used for internal purposes only (to be uploaded to the church database viewable by Incarnation staff) or (2) to also be displayed with others in the Parish House, captioned with names. This will help us all get to know each other better and more quickly – putting faces to names and names to faces. Thanks in advance for your participation and...don’t forget to SMILE!

**12:30 to 1:15 p.m.** Come to the Parish House Dining Room to help make sandwiches and pack lunches for Ecclesia Ministries of New York, which serves those who are food and housing insecure. The Rev. Deacon Denise LaVetty serves an Ecclesia congregation that currently worships in the courtyard of Church of the Transfiguration (29th Street, between 5th and Madison) every Sunday from 2:00 to 3:00 p.m. Parishioners are also invited to attend this 2:00 p.m. service of Holy Eucharist and then distribute the lunches.

**1:00 p.m.** Parishioners who have reserved a ticket for today's Mets game will meet the Rev. Adrian Dannhauser at Coffee Hour to travel together to Citifield. We'll walk to Grand Central and take the 7 train to the stadium.

### THIRD THURSDAY RETURNS

**Thursday, September 21, 7:00 to 8:30 p.m.** Join us for our first "Third Thursday" of the program year, when we'll gather in the Assembly Hall after Candlelight Communion for refreshments and a themed activity. The Rev. Dr. Nate Lee will lead a forum titled "Rooted in Abundance" to help us explore what it looks like to ground ourselves fully in the limitless life of God.

### OUR BELIEFS, OUR PRACTICES, OUR PARISH

**September 24, October 1 and 8, 12:30 to 1:15 p.m.** Aimed primarily at helping newcomers and new members integrate into the parish, this three-part class is open to everyone who would like to know more about what our church believes and does. In this series, we'll cover Christian doctrine foundational to our faith, spiritual practices in the Episcopal tradition, and the different ways of serving the church and serving the world through the church. We hope you can join us! Contact the Rev. Dr. Nate Lee ([nlee@churchoftheincarnation.org](mailto:nlee@churchoftheincarnation.org)) for more information.

### RELIGIOUS BOOK SALE AT LOGOS

**Wednesday, September 27, 11:00 a.m. to 8:00 p.m.** Join parishioner Harris Heally, owner of Logos Bookstore, for the sale of the season! Enjoy a discount of 25% off all in-store religious books, as well as musical CDs and cassettes of all kinds. The day will be highlighted by a "Discount Partytime" from 5:30 to 7:30 p.m., which includes refreshments. Logos is located at 1575 York Avenue (between 83<sup>rd</sup> and 84<sup>th</sup> Streets). Hope to see you there! More information is available at [logosbookstorenyc.com](http://logosbookstorenyc.com).

### ORGAN CAMPAIGN



We are moving along with plans to restore and renew the organ. Scan the QR Code to watch a video about the specific restoration work needed. We are also engaging an independent feasibility study to formally assess support for a campaign in the parish and to determine a realistic and achievable campaign goal. Feasibility study survey materials were recently sent to those on our email distribution list (search for the subject line "Church of the Incarnation Feasibility Study"). Please respond by the survey deadline of **September 28**. We welcome your feedback, which will allow us to make important decisions about how to move forward.

### EVERY WEEK AT INCARNATION

**Sunday Bible Study:** Bible Study is held in the Parish House from 10:00 to 10:30 a.m.

**Sunday School for Children:** During the 11:00 a.m. service, children ages 3 to 9 (pre-K through 4<sup>th</sup> grade) depart the service with their teacher for Sunday School in the Parish House. Nursery care is provided in the Parish House from 10:45 a.m. to 12:45 p.m. Learn more about Family Ministries at Incarnation, including offerings for older children, on the church website.

**Wednesday Holy Eucharist:** Join us each Wednesday at 12:15 p.m. for this Rite I spoken service of Holy Eucharist, which includes a brief homily, organ music, and healing prayer with holy oil.

**Thursday Candlelight Communion:** Join us each Thursday at 6:15 p.m. for Candlelight Communion, a service of Holy Eucharist that incorporates chant and silence as well as elements of contemporary worship. This service is informal and contemplative, with music led by a Cantor and a brief reflection by one of the clergy. You can also stream this service at [youtube.com/churchoftheincarnation](https://youtube.com/churchoftheincarnation).

**Daily Office:** Services of Morning Prayer and Compline are held via Zoom. To view the weekly schedule, go to [churchoftheincarnation.org/worship](http://churchoftheincarnation.org/worship). To receive Zoom access, join our email distribution list by filling out the yellow Connect Card found in your pew or signing up through our website.