

The Episcopal Parish of Saint Paul

Newton Highlands, Massachusetts

Nineteenth Sunday after Pentecost

Holy Eucharist

October 19, 2025 at 10:00am



From wherever you have come, with whatever you bring, you are welcome here.

NINETEENTH SUNDAY AFTER PENTECOST (PROPER 24, YEAR C)

Holy Eucharist with Joyful Noise

Prelude

Musicians

From wherever you have come, with whatever you bring, you are welcome here.

Gathering Rites / *Book of Common Prayer* p. 355

Gathering Hymn

Please rise as you are comfortable.

Hymnal 1982, #668 – I To the Hills Will Lift Mine Eyes

1 I to the hills will lift mine eyes; from whence shall come my aid?
2 God will not let thy foot be moved, God's own God safe - ly keeps;
3 Thy faith - ful guard-ian is our God, thy shelt - er and thy shade;
4 From e - vil God shall keep thee safe and shall thy strength re - store

My help is from our God a - bove who heaven and earth hath made.
with watch - ful and un - tir - ing eye God slum - bers not, nor sleeps.
nor sun by day, nor moon by night, need make thy soul a - fraid.
and guard thy go - ing out and in, both now and ev - er - more.

Words: *The Psalms of David in Meeter*, 1650, alt.; st. 4, F. Blad Tucker (1895-1984; para. Of Psalm 121. St. 4, Copyright © The Church Pension Fund. Music: *Burford*, from *A Book of Psalmody*, 1718.

Opening Acclamation

Presider Blessed be God: most holy, glorious, and undivided Trinity.

People And blessed be God's reign, now and for ever. Amen.

The Collect for Purity

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Savior. Amen.

Hymn of Praise



* Let us praise God to - geth - er all as one.



Let us praise God to - geth - er all as one.



As we join all as one, with our face to the ris - ing



sun, O God, have mer - cy on us.

Collect of the Day

Presider God be with you.

People **And also with you.**

Presider Let us pray.

Almighty and everlasting God, in Christ you have revealed your glory among the nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession of your Name; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE WORD OF GOD

Please be seated

The First Reading

Genesis 32:22-31

The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a person wrestled with Jacob until daybreak. When the person saw that they did not prevail against Jacob, they struck Jacob on the hip socket; and Jacob's hip was put out of joint as they wrestled. Then the person said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So they said to him, "What is your name?" And he said, "Jacob." Then the person said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked them, "Please tell me your name." But they said, "Why is it that you ask my name?" And there the person blessed Jacob. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Penuel, limping because of his hip.

Lector Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

The Psalm

Psalm 121

We will pray the psalm responsively by whole verse

I lift up my eyes to the hills;
from where is my help to come?

**My help comes from God,
the maker of heaven and earth.**

God will not let your foot be moved;
the One who watches over you will not fall asleep.

**Behold, the One who keeps watch over Israel
shall neither slumber nor sleep;**

The Holy One watches over you
and is your shade at your right hand,

**So that the sun shall not strike you by day,
nor the moon by night.**

God shall preserve you from all evil
and is the One who shall keep you safe.

**God shall watch over your going out and your coming in,
from this time forth for evermore.**

This week's Psalm is from the St. Helena Psalter

As for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of Christ appearing and Christ's kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favorable or unfavorable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

Lector Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Sequence Hymn

Please rise as you are comfortable.

Hymnal 1982, #631 – Book of Books, Our People's Strength

1 Book of books, our peo - ple's strength, ser - vant's, teach - er's, he - ro's
2 Thank we those who toiled in thought, man - y di - verse scrolls com -
3 Praise we God, who hath in - spired those whose wis - dom still di -

trea - sure, bring - ing free - dom, spread - ing truth,
plet - ing, po - ets, pro - phets, schol - ars, saints,
rects us; praise God for the Word made flesh,

shed - ding light that none can mea - sure: wis - dom comes to
each a word from God re - peat - ing; till they came, who
for the Spi - rit which pro - tects us. Light of know - ledge,

those who know thee, all the best we have we owe thee.
told the sto - ry of the Word, and showed God's glo - ry.
ev - er burn - ing, shed on us thy death - less learn - ing.

Words: Percy Dearmer (1867-1936). By permission of Oxford University Press. Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673); alt. *Das grosse Cantional oder Kirchen-Gesangbuch*, 1687; harm. George Herbert Palmer (1846-1926).

Presider The Holy Gospel of our Savior Jesus Christ according to Luke.

People **Glory to you, O Christ.**

Jesus told his disciples a parable about their need to pray always and not to lose heart. He said, "In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.' For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'" And the Savior said, "Listen to what the unjust judge says. And will not God grant justice to God's chosen ones who cry out to God day and night? Will the Holy One delay long in helping them? I tell you, God will quickly grant justice to them. And yet, when the Son of Humanity comes, will he find faith on earth?"

Presider The Gospel of our Savior.

People **Praise to you, O Christ.**

Sermon

Priest-in-Charge

The Nicene Creed

The Nicene Creed is the historic statement of faith of the Church. It helps to knit the Church together across peoples and places, time and space. We pray it together as a single body, a member of the one holy catholic and apostolic Church.

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation
he came down from heaven,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father,
who with the Father and the Son is worshiped and
glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Prayers of the People

Intercessor Let us pray for the Church and for the world.

Grant, Loving God, that all who praise your Name may be united in your truth, live together in your love, and reveal your glory in the world. We pray for the worldwide Anglican Communion, for the Episcopal Church, for our presiding bishop, Sean, and our diocesan bishop, Julia. We pray for all ministers – lay and ordained – and we pray for our own Parish of St. Paul; Trinity Church, Rockland; St. Luke's Church, Scituate; Church of the Holy Nativity, South Weymouth; All Saints' Church, Whitman; and for the Commission on Ministry. Either in silence or aloud, for whom else in the Church do we pray today?

(You are invited to add your own prayers.)

Silence

God, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the ways of justice and peace, that we may honor one another and serve the common good. Either in silence or aloud, for which peoples and leaders of the world do we pray today? *(You are invited to add your own prayers.)*

Silence

God, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory. Either in silence or aloud, for what in God's creation do we pray today? *(You are invited to add your own prayers.)*

Silence

God, in your mercy
Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as Christ loves us. Either in silence or aloud, for whom and what do we give thanks in our lives today? *(You are invited to add your own thanksgivings.)*

Silence

God, in your mercy
Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; all those who suffer from addiction or depression; all those who live in and with fear; and all those who may need encouragement and uplift. Give them courage and hope, and bring them the joy of your peace and salvation. We pray especially for Kirsten; Nancy Williamson; Paul Friedman; Terry; Jim Nolan; David Murphy; David Tabors; Kristin; Deb; Tom; Sean and Jack; and for the peoples and ministries of the Global Village Children's Project, the Centre Street Food Pantry, AA, and NewCity Church. Either in silence or aloud, for whom else do we pray today? *(You are invited to add your own prayers.)*

Silence

God, in your mercy
Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom. Either in silence or aloud, whom do we remember today by name? (*You are invited to offer names.*)

Silence

God, in your mercy
Hear our prayer.

Prayer for the Social Order (*BCP* p. 820)

Intercessor Together let us pray.

All Almighty God, who has given us this good land for our heritage: We humbly ask you that we may always prove ourselves a people mindful of your favor and glad to do your will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought together out of many peoples and languages. Give the spirit of wisdom to those whom in your Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to your law of love, we may show forth your praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, give us grace to trust in you; all which we ask through Jesus Christ our Savior. Amen.

Silence

Presider offers a collect

Confession of Sin and Absolution

Presider Let us confess our sins against God, our neighbor, and ourselves.

All O God, we bring you our failure, our hunger, our disappointment, our despair, our greed, our arrogance, and our fear. We have not loved you with our whole hearts. We have not truly loved our neighbors as ourselves. We are sorry, we are humbled, and we pray that you will strengthen us with your grace. We turn to you, O God. We renounce evil, we claim love, we choose to be made whole. Forgive us and renew us now.

Silence

Presider Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Jesus says, "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (*Mt. 11:28-30*).

The Peace

Presider The peace of Christ be always with you.

All **And also with you.**

The congregation is invited to exchange signs of peace.

THE HOLY COMMUNION

Offertory Sentence

The Presider offers instructions for communion, and bids the offertory sentence.

Offertory Anthem

Choir

Lift Thine Eyes (from *Elijah*)

Lift thine eyes, O lift thine eyes to the mountains, whence cometh help.

Thy help cometh from the Lord, the Maker of heaven and earth.

He hath said, thy foot shall not be moved.

Thy Keeper will never slumber.

Felix Mendelssohn (1809-1847)

The Doxology – Old Hundredth

Please rise as you are comfortable.

Praise God from whom all blessings flow

Praise God all creatures here below

Praise God above all life and death

Creator, Christ, and Holy Breath. Amen.

Eucharistic Prayer B

Presider God be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to God.**

Presider Let us give thanks to the Holy One our God.

People **It is right to give our thanks and praise.**

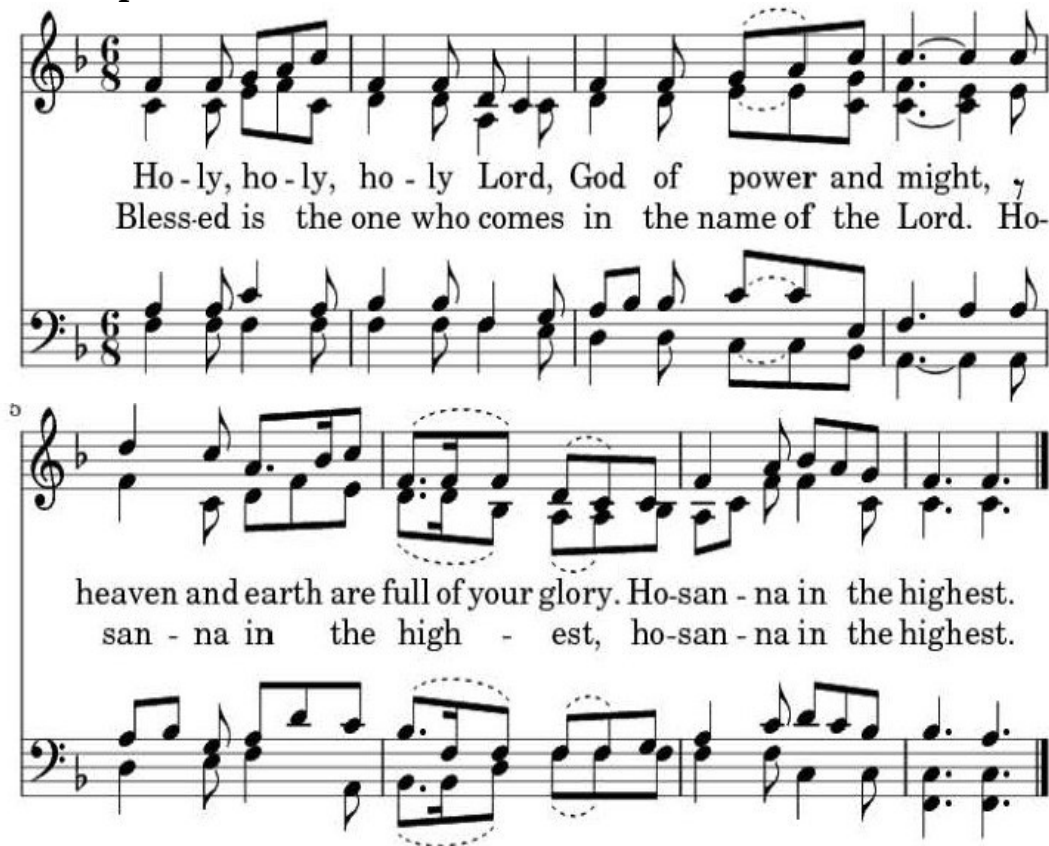
Presider

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth.

Presider offers a Preface.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Presider and People



Ho - ly, ho - ly, ho - ly Lord, God of power and might,
Bless-ed is the one who comes in the name of the Lord. Ho-

heaven and earth are full of your glory. Ho-san - na in the highest.
san - na in the high - est, ho-san - na in the highest.

Please rise, sit, or kneel as you are comfortable.

The Presider continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in Jesus Christ, the Word made flesh. For in these last days you sent Jesus to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In Christ, you have delivered us from evil, and made us worthy to stand before you. In Christ, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before Jesus died for us, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to Jesus's command, O God,

Presider and People

**We remember Christ's death,
We proclaim Christ's resurrection,
We await Christ's coming in glory;**

The Presider continues

And we offer our sacrifice of praise and thanksgiving to you, O Savior of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and the Blood of the new Covenant. Unite us in the sacrifice of Jesus Christ, through whom we are acceptable to you, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [_____ and] all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Savior, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. AMEN.

The Lord's Prayer

You are invited to say whichever version of the Lord's Prayer moves you.

Presider

As our savior Christ has taught us, we now pray

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

The Breaking of the Bread

Presider Alleluia. We who are many are one body;
People **For we all share in the one bread. Alleluia.**

Presider
The Gifts of God for the People of God.

Communion

Jesus says, "Come and see."

You are welcome at this Table, exactly as you are, because of who you are. If you feel called to the Table, please come forward to receive Communion.

Gluten-free communion bread is available. Please let the priest know when you come for communion.

If you do not wish to receive the consecrated wine, please know that receiving the consecrated bread alone constitutes a full Communion.

If you do not desire Communion, you are welcome to come forward for a blessing – please cross your arms over your chest to indicate that you desire a blessing.

Prayer of Spiritual Communion

(The following prayer of Spiritual Communion is said privately and is intended for individuals participating remotely, and for individuals who may not wish to receive Communion or a blessing.)

In union, O God, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. And since I cannot receive you today in the sacrament of bread and wine, I ask you to come spiritually into my heart. Cleanse and strengthen me with your grace, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Postcommunion Hymn

You are invited to stand, sit, or kneel as you are comfortable.

Hymnal 1982, #318 – Here, O My God, I See Thee Face To Face



1 Here, O my God, I see thee face to face;
2 Here would I feed up - on the Bread of God;
3 I have no help but thine; nor do I need
4 Mine is the sin, but thine the right - eous - ness;



here would I touch and han - dle things un - seen;
here drink with thee the roy - al Wine of heaven;
an - oth - er arm save thine to lean up - on;
mine is the guilt, but thine the cleans - ing Blood.



here grasp with firm - er hand e - ter - nal grace,
here would I lay a - side each earth - ly load,
it is e - nough, my God, e - nough in - deed;
Here is my robe, my re - fuge, and my peace;



and all my wea - ri - ness up - on thee lean.
here taste a - fresh the calm of sin for - given.
my strength is in thy might, thy might a - lone.
thy Blood, thy right - eous - ness, O Love, my God.

Words: Horatius Bonar (1808-1889). Music: Nyack, Warren Swenson (b. 1937). Copyright © 1970, Warren Swenson.

Postcommunion Prayer

You are invited to stand as you are comfortable.

People and Presider

Eternal God,

you have graciously accepted us as living members

of our Savior Jesus Christ,

whose love is the source of all life and the desire of our lives,

and you have fed us with spiritual food

in the Sacrament of Christ's Body and Blood.

Send us now into the world in peace,

in the promise of Christ's love, which defeats evil and death,

and grant us strength and courage,

in face of fear and doubt,

through the power of the Holy Spirit,

to be the church, a community of flawed and forgiving disciples,

to love and serve you,

to seek justice and to live in peace,

with gladness and singleness of heart;

through Christ our Savior,

for the glory of God alone. Amen.

The Postcommunion Prayer is an adaptation from the Holy Eucharist: Rite Two (Expansive Edition) and the Statement of Faith from the Iona Abbey Worship Book (2001).

Blessing

Processional Hymn

Hymnal 1982, #530 – Spread, O Spread, Thou Mighty Word

Words: Jonathan Friedrich Bahnmaier (1774-1841); tr. Arthur William Farlander (1898-1952) and Charles Winfred Douglas (1867-1944), alt. St. 4, F. Bland Tucker (1895-1984). Copyright © The Church Pension Fund. Music: *Gott Sei Dank*, melody from *Geistreiches Gesangbuch*, 1704; adapt. and harm. William Henry Havergel (1793-1870).

1 Spread, O spread, thou might - y word, spread the king - dom of our God
2 word of how the Au - thor's will made the world, and keeps it, still;
3 word of how the Sa - vior's love earth's sore bur - den doth re - move;
4 word of how the Spi - rit came bring - ing peace in Je - sus' name;
5 Word of life, most pure and strong, word for which the na - tions long,

1 that to earth's re - mot - est bound all may heed the joy - ful sound;
2 how God's on ly Child they gave, earth from sin and death to save;
3 how for - ev - er, in its need, through Christ's death the world is freed;
4 how Christ's nev - er - fail - ing love guides us on to heaven a - bove.
5 spread a - broad, un - til from night all the world a - wakes to light.

Announcements

Dismissal

You are invited to stand as you are comfortable.

Presider Let us go forth into the world, rejoicing in the power of the Spirit.

People Thanks be to God.



TODAY'S LITURGY

Participants

The Rev. Dr. Meghan T. Sweeney – Priest-in-Charge

Phil Whitbeck – Lector of First Reading and Leader of Psalm

David Montgomery – Lector of Second Reading

Carter Lustig – Acolyte

Margaret Hummel – Intercessor and Lay Eucharistic Minister

Brenda Carter – Pianist

Ellie Pandorf and Amy Trueblood – Altar Guild

Natalie Brelsford – Usher/Attendance

Kathryn Anderson and Kim Koger – Counters

Will Holz – Tech

Front Cover Art

Herrel, Edie Mae. Look up for Faith, Hope and Love, from **Art in the Christian Tradition**, a project of the Vanderbilt Divinity Library, Nashville, TN.

<https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=59848> [retrieved October 8, 2025]. Original source: Image was donated by Edie Mae Herrel and Dan Herrel, dkherrel@hotmail.com, nancynuss@gmail.com, Patrick.herrel@hotmail.com.

PRAYERS

In Our Diocesan Cycle Of Prayer:

For the Episcopal Church; for Sean Rowe, our Presiding Bishop, and Julia Whitworth, our Diocesan Bishop; all ministers – lay and ordained – and we pray for our own Parish of St Paul; Trinity Church, Rockland; St. Luke's Church, Scituate; Church of the Holy Nativity, South Weymouth; All Saints' Church, Whitman; and for the Commission on Ministry.

Parish Prayer List – Prayers are Requested for:

Kirsten; Nancy Williamson; Paul Friedman; Terry; Jim Nolan; David Murphy; David Tabors; Kristin; Deb; Tom; Sean and Jack; and for the Global Village Children's Project, the Centre Street Food Pantry, AA, and NewCity Church.

SERVICE ANNOUNCEMENTS

Happy Birthday Bailey Whitbeck (October 19)!

Happy Birthday Jack Blay (October 22)!

Happy Anniversary Joan Brandmahl and Dave Oliphant (October 24)!

ANNOUNCEMENTS

Bp. Julia's Visitation - A Great Day - Thank you!

With deep gratitude to everyone for the great care, hospitality, attentiveness, and welcome you extended to Bishop Julia at her first visitation to POSP on September 28. It was a great day! Here is an excerpt from her sermon:

So when you [the Parish of St. Paul] offer sanctuary to another, the whole Body of Christ is made more whole. When you partner with friends and neighbors and strangers nearby or across the globe, the whole Church is drawn closer to God's dream. When you called a woman priest or an LGBTQ leader - a priest, or deacon - or advocate for folks who needed advocacy, when you tend the earth, when you care for one another in times of need, you do it as part of the Communion of Saints. The wider Church needs you and is blessed by you, St. Paul's. You're not some small corner of the body, you're its heart. Your courage, your justice, your vision for the world, they strengthen the whole church.

If you would like to watch the liturgy, please go to the St. Paul's Facebook page or scan this QR code:



What's Happening at the Parish of St. Paul - Save the Dates!

- Friday, October 24: Pizza and Compline at 7pm
- Sunday, October 26: Centre Street Food Pantry Ingathering
- Friday, October 31: POSP open for Trick or Treating! Beginning at about 5:15pm
- Sunday, November 2: Feast of All Saints and All Souls

Pizza and Compline -- Friday, October 24 at 7pm

Grounded in the night prayers said before bed at the end of the monastic round of daily prayer (the liturgy of the hours), Compline is a simple evening service of readings and prayers. We will gather at 7pm for pizza, followed by Compline at 7:30pm. If you can, please RSVP (using the QR code or telling Rev. Meghan) by Thursday, October 23 so we have a sense of how much food to order.



Feast of All Saints and All Souls -- Sunday, November 2

For our parish observance of the Feast of All Saints and All Souls on November 2, you are invited to participate in two ways:

1) Altar of Remembrance: We will have a display of photos of our saints and loved ones. Please bring photos with you to church on October 27 and November 3 to be placed on the altar of remembrance.

2) Names of Those with God: We will remember those who have died and entered into the hosts of heaven. If you have a name or names you would like included, please complete the form using the QR code below by Monday, October 27.



Supporting the Centre Street Food Pantry -- Sunday, October 26

From parishioner Margaret Hummel: It's time to contribute to the Centre Street Food Pantry over the next few weekends, with the **final collection taking place on Sunday, October 26**. Based out of Trinity Church, Newton Centre, the Centre Street Food Pantry currently serves 200 households a week. It's particularly important this year, because the Greater Boston Food Bank, from which the pantry buys most of the food they distribute, has had its budget CUT by \$2.3 million by somebody in Washington.

Here's how the pantry describes itself: "The Centre Street Food Pantry provides families within our community with consistent access to nutritious food in a dignified, sensitive and inclusive environment. We are a 501(c)3 nonprofit organization."

Here's how to contribute:

If you want to give food, pick up a copy of the Kids Club Shopping List on the table at the back of church, and put the items in the big box at the back.

To give money, write your check to either the pantry or to St. Paul's with a memo saying it is for the pantry. Or just put cash in an envelope (please designate it's for the pantry) in the collection plate.

If you have any questions, please be in touch with Margaret Hummel.

Prayer List

If you would like to add a name to the prayer list, please email Lise in the parish office or use this QR code.



Altar Flowers

If you would like to contribute altar flowers for a thanksgiving or memorial, please be in contact with Lise in the parish office.

Pastoral Care

If you desire pastoral care for a particular need, please be in contact with Rev. Meghan. It could be as simple as a private prayer request emailed to her, or an in-person conversation about something of concern. Rev. Meghan or our pastoral care intern, Jason von Ehrenkrook, are available to meet with you.

Receive the Parish Newsletter!

The newsletter is sent about once per week (occasionally more often if there is a pressing notice, for example, of snow cancellation, etc.). **The newsletter contains reflections from parishioners and *lots* of information and announcements about our diocese, the greater church, and other goings-on in and around town and in the world, that are not printed in this bulletin.**

Scan to access
this week's newsletter



Scan to sign up to
receive the newsletter



Can Redemption Volunteers

Volunteers sought to assist with can redemption for the Plenty ministry. Please connect with Christopher Gruener or speak with Rev. Meghan if you can assist.



Staff and Office Hours

Priest-in-Charge: The Rev. Dr. Meghan T. Sweeney – meghan@parishofstpaul.org. Office Hours: In-Person, usually on Wednesday, 9am -1pm and by appointment (please email Rev. Meghan directly if you would like to make an appointment).

Parish Administrator: Lise Brody – office@parishofstpaul.org. Office Hours (may vary): Tuesday, Wednesday, Thursday 9am-1pm

Vestry

If you have any questions, comments, or concerns, please feel free to be in touch with your vestry. The next Vestry Meeting is on November 19.

Priest-in-Charge: The Rev. Dr. Meghan T. Sweeney

Co-Warden: Kim Koger, mkskoger5@gmail.com

Co-Warden: David Montgomery, dmontgomery@montlegal.com

Treasurer: Richard Pearce, Richard@northinfo.com

Clerk: Bernice Cramer, bernicecramer@gmail.com

Kathryn Anderson, kmanderson.english@gmail.com

Chris Gruener, crossroadscounseling101@gmail.com

Lee Hatfield, leebrateshatfield@verizon.net

Dustin Ledgard, ledgarddustin@gmail.com

Elected Parish Leaders

Delegates to the Charles River Deanery: David Montgomery and Mary Lou Pierron

Delegates to the Diocesan Convention: Jack Blay and Mary Lou Pierron; alternate Kim Koger

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www.parishofstpaul.org

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