Can Communion make me sick?

This is a question that has been bandied about the church since germs were discovered in the 19th century. This is particularly the case when discussing the use of the common chalice, the cup which contains the wine which we believe to be the sacramental blood of Christ. In fact there was quite a furor, especially in conservative Christian circles at that time because scripture suggested Jesus shared the cup of blessing with his followers, but separate cups seemed more antiseptic. The latter won out over the biblical account (so much for fundamentalist faith), and the little cups of grape juice have become standard for most Protestant communion services.

Meanwhile, Episcopalians kept to the common cup, and I suspect there are those wags out there who might suggest that we would rather risk infection rather than change something! And while concerns are raised in our church from time to time (most recently twenty or so years ago with the rise of AIDS and the lack of knowledge over its transmission), we have remained steadfast in sharing the chalice.

This discussion has now been renewed with the threat of an H1N1 (swine) flu pandemic. Certainly a disease of this virulence is a cause for concern. It has brought back memories of the Spanish influenza of the early 20th century, which killed millions of people during its circumnavigation of the
planet. I personally know the effects: my mother’s father was on the burial detail on the ship bringing the troops to France during World War I because he never got sick, which was attributed to his following his father’s advice of eating raw potatoes (a very good source of vitamin C). My father’s mother’s first husband died during this time. Christ Church recorded seven deaths during the month of October 1918, and services were cancelled on October 6th and 13th. We cannot underestimate the calamitous nature of this event. Nevertheless parish life did go on. In the parish register, Fr. Rigg notes that at the annual parish meeting held on November 3rd, 1918, those in attendance voted 43-4 in favor of putting Eucharistic candles on the altar—the very ones we use today.

Obviously, we have far better medications and procedures than were available 90 years ago. Those most at risk will be inoculated against the disease. And the H1N1 strain, while highly communicable, is generally not very severe. But what about the common cup?

First, my heart of faith just cannot believe that the body and blood of my Lord would make me sick. My research informs us that the silver out of which the chalice is made has antiseptic properties. It works by disabling the enzyme that enables the bacterium, virus or fungus to absorb oxygen, so the bug literally suffocates. The alcohol in the wine also serves as a bit of a disinfectant. The chalices are thoroughly washed in warm soap and water after each use. My own experience suggests that infection from the chalice is unlikely. I have been at the receiving end of the chalice at the end of every Eucharist at least three times a week for 20 years. I have consumed the last of the wine during all seasons of the year, in nursing homes, hospitals and nursery schools, and I very rarely catch anything. When I do, I can almost always trace it to a member of my family and not to church.

A major study entitled, “The Effects of Receiving Holy Communion on Health” was done by Anne Lagrange Loving, Roman Catholic microbiologist who was then an assistant professor at Felician College in Lodi, NJ, and was published in the Journal of Environmental Health, Vol. 60, 1997. She is presently a science professor at Passaic County Community College in Paterson. (As a side note, she was on the Channel 3 morning program last year, having discovered that 70% of the lemon wedges we get with our drinks in restaurants contain dangerous microbial growth). The article is long, but her conclusion was,
No significant differences were found in the rates of illness among Christians who receive Holy Communion, Christians who attend church but do not receive the sacraments, and people who do not attend Christian services. The only significant health factor found in this study was the presence of young children in the household, a commonly observed phenomenon.

Those of us who have or work with kids can second that final finding!

So there is some good evidence that church will not make us sick. However, it does not preclude us taking reasonable precautions, most especially with the most germ laden parts of our bodies: our hands. I wash my hands before each service, and also use hand sanitizer, and I will ask the Lay Eucharistic Ministers (LEM) to do the same. For those on the other side of the altar rail, you may prefer receiving the wine via intinction (the reverent dipping of the host into the chalice). If that is the case, please let the LEM handle it, as they have a better sight line into the cup. You may also communicate in one kind (which I would recommend if you are sick yourself), as the full benefits of the Eucharist are fully received in either bread or wine. For the sake of order, and to maintain connection with those around you at the altar rail, just cross your arms across your chest when the LEM comes by. And if you are concerned about shaking hands during the Peace, a bow or a verbal exchange is appropriate. Personally I kind of like the fist bump, which, though a bit informal conveys a sense of joy and solidarity, which is certainly appropriate to the occasion.

Ultimately, I believe that the wise use of the good reason which God has given us will see us through. Have faith in the Lord who healed (and heals) the sick. Appreciate the protection of God’s angels who watch over the faithful. And don’t panic. Stress lowers your resistance to disease, and can make you sick!

See you well (and in church),

Richard
Flowers will be placed on the altar in August in loving memory of:

2 Frank A. Hartshorne by Evelyn Hartshorne
9 Dorothy and Rowland Ricketts by Jean Ricketts
16 Nancy C. Ransome by her daughters Leslie, Betsy and Jane Betty Griffith and Virginia Silcox by Ruth Lintz
23 Albert Thompson by Florence D. Thompson Edgar R. Stephens by Ann M. Stephens
30 Elise Fries by Megan, Joe and Marlie Guichetéau Emily and Robert Robertson by Bud Robertson Alice and Edward Lewis by Len and Judy Lewis

In August the Chapel Sanctuary Light will be lit in loving memory of:

2 Franklin and Ruth Class given by Donald and Sarann Foster
9 Edith and William H. Bishop given by Harold Bishop
16 Ruth A. and Horace S. Hollingsworth, Sr. given by Sharon and Gus Hollingsworth
23 Howard L. and May B. Lippincott given by Barbara L. Martin
30 Alice and Edward Lewis and Elise Fries given by Len and Judy Lewis

Made a member of Christ’s one holy catholic apostolic church through Baptism on August 9, 2009:
Daniel Harry McClernan
Son of Paul and Debra McClernan

Open Dates for Altar Flower Memorials:

2009 October 25 November 22 November 29
2010 April 25

The cost for Memorial Altar Flowers is $35.00 per date. If you would like a memorial date, please send the date you wish, names of those to be remembered, the person giving the memorial and a check made out to “The Altar Guild” for $35.00 per date to the Parish Office. Call Altar Guild Directress,

Thanks to the good work of our Welcoming Committee, a slightly modified version of the following flyer will be in the church pews within the next few weeks. It is intended to help newcomers and visitors understand what we are doing during our worship services. Please take a few moments to review it, so that if you see someone lost or struggling with the liturgy, you can give them a helping hand.

Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it”. Hebrews 13:2.

A GUIDE TO WORSHIP at Christ Church

We welcome those who are visiting with us. Whether you are here for the day, or seeking a permanent church home, we hope you will feel part of our parish family.

We use three resources in our worship. The Book of Common Prayer, which is the red book, our hymnal, which is the blue book and the worship bulletin. The readings, and the appropriate page numbers can be found in the worship bulletin.

Sit, Stand, Kneel or What?
To avoid any confusion about when to sit, stand or kneel, the Officiant will generally direct the worshippers. General rules to follow:

We stand during the processional and recessional, remaining standing until directed by the Officiant.

We sit during the first and second readings and during the reading of the Psalm, which is read responsively dividing at the asterisk.

During the reading of the Gospel we stand until the reading is completed and we are instructed to sit.

At the conclusion of the sermon, we stand and reaffirm our faith by reading The Nicene Creed.

We stand when the congregation sings, but sit or kneel during choir anthems.

We pray that this guide will guide you into deeper worship of God at Christ Church.

Communion
All baptized Christians are invited to receive Holy Communion, regardless of your denominational background.

We kneel throughout communion as you are physically able.

To receive communion we kneel or stand at the altar rail, place one hand over the other to receive the bread then lift it to your mouth.

Take the chalice of wine by the base, and guide it to your lips.

If you do not wish to drink from the common cup, you may let the chalice bearer dip the bread into the wine and place it in your mouth.

If you or your children do not wish to receive communion, you are invited to come to the altar rail and kneel to receive a blessing. Cross your arms over your chest as a sign that you will not be receiving communion, and the priest will give you a blessing.

A word about silence.
“The silence of worship is equally as important as the ‘noise’ of worship. Silence takes the worshiper out of time and into God’s eternity”. – Andrew Hill

At Christ Church we observe silence for 10 minutes before each Sunday service, when the first bell is rung. Silence is also observed between the lessons, before the confession, during Communion, and while the candles are extinguished. We invite you to take this time to let God speak to you.

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The Convention and Triennial Meeting of the Episcopal Church Women was held in Anaheim, California from July 8 to 18th. Our Diocesan Bishops, The Right Reverend George E. Councell and the Right Reverend Sylvestre D. Romero, were in attendance in Anaheim as well as the Diocesan Delegates and Alternates from New Jersey.

The opening of the Triennial was particularly special. Traditionally, the Presiding Bishop of the Episcopal Church greets the delegates, and that tradition was upheld this year. The difference was that the Presiding Bishop was for the first time a woman: The Most Revd Katherine Jefferts Schori. It was an exciting moment, and her presence was a living icon of the vital place women have in our church.

Christ Church Riverton was represented at the 76th General Convention and the 46th Triennial Meeting of Episcopal Church Women in another way beyond having Nancy Gorman as secretary of the National Board of Episcopal Church Women. For at the entrance to the plenary room there was a prayer box which received prayer requests and petitions. The box used was the one from the tower entrance of Christ Church Riverton – the one which receives prayers, comments and suggestions from our parishioners. Each day the Triennial’s Chaplain, the Revd. Ellen Sloan would gather up the requests, and include them in the intercessions for the day.

In this photo it is pictured at the Triennial Meeting with the holy water receptacle in the form of a large shell.

August Birthday Celebrants

17. Robert Martin Jr. 34. Brian Pansius 44. William Knowles 45. William Knowles
25. Benneninghoff 42. Brian Pansius 60. William Knowles 61. William Knowles
27. Dana Giordano 44. Brian Pansius 64. William Knowles 65. William Knowles
32. William Knowles 49. Brian Pansius 74. William Knowles 75. William Knowles

Wedding Anniversaries

August and September, 2009

Dr. Jonathan C. and Grace C. Ogbonna — August 2
Donna and Don Haas — August 2
Paul and Susan Stevens — August 23
Louise and Elwood Vaughn — August 24
Jack and Doris Harrison — August 31
Annmarie and Jim May — September 5 50th Anniversary
Madeline and Bob Ray — September 10
John and Rosanne Martin — September 10
Chris and Bob Fest — September 18 61st Anniversary
Fran and Albert Wardwell, Jr. - September 21

“O God, send your blessing upon these your servants, that they may so love, honor and cherish each other in faithfulness and patience, in wisdom and true godliness...” Amen.
In September flowers will be placed on the altar in loving memory of:

6  James Gordon Hoff given by Ila Hoff
Herbert Neil Scott given by his family
Franklin and Ruth Class given by Sarann and Don Foster
13  Steve H. G. Smith given by Ed Smith and family
    George and Sally Jane Mattis given by George and Cindi Cammarota and
    Ogden Mattis
20  Evelyn R. Halter, Helen and John Rahelic and Florence and Elmer Vaughn given by Elmer and Louise Vaughn
27  Louise and Clarence Mattis given by George and Cindi Cammarota and
    Ogden Mattis

In September the Chapel Sanctuary Light will be lit in loving memory of:

6  Howard and Edna Penchard given by Doris and Jack Harrison
13  Tyler Anthony Karakashian given by Ted and Donna Karakashian
20  Helen Jones Gorman and Fran Messenger given by Sally Barnes and
    Kathy Legander
    Ruth Wardwell given by Fran and Al Wardwell, Jr.
27  Ruth E. Wardwell given by her loving family

Open Date for the Chapel Sanctuary Light:
October 25, 2009
The cost for the Chapel Sanctuary Light is $8.00 Per date
If you wish to have a memorial, please send the name(s) of those being remembered, the person giving the memorial and your check made out to “The Altar Guild” to the Parish Office 500 Fourth St., Riverton NJ 08077
For more information, please call Altar Guild Directress Phaedra Pollock 856-829-9482.

A member of our Parish family who died since the last Tower Bell was published:
James Stewart Meckel  July 13, 1928  —  June 10, 2009

May his soul, and the souls of all the departed, through the mercy of God, rest in peace.

As a result, Christ Church will be having an Invite a Friend Sunday on October 25th. Please consider ways in which you can help in bringing those whom you know to Christ Church, and to Christ!

The Key Strategy: Finding the Bridges of God

When a North American mainline congregation, such as an Episcopal church, is growing, it’s usually reaching out to people who are already in the existing social networks of the church’s active members. These “bridges of God” are key in helping unchurched people “cross over” to Christian life and witness.

In a research project completed by LifeQuest, it was found that about 65 percent of those who visit a church do so because a friend invited them. While factors such as the rector’s influence and the Sunday School may account for some first-time visitors, the majority choose to come because a family member, friend, coworker, or neighbor invited them to do so. Formal studies conducted by many organizations repeatedly reaffirm that the most influential factor in bringing people to a church is the direct invitation or positive recommendation of others. No other factor is even close in importance.

**Invite a Friend Sunday** provides an ideal opportunity for you to invite others to your church. You may well change their lives — and your own life — in the process of extending the invitation.

Lyle R. Schaller’s eighteen years of research into growing and non-growing congregations across North America provides one of the most extensive database of any church growth researcher.

For many years, Schaller has asked church members questions such as, “Why are you a member of this parish rather than some other church in this community?” He reports that “between two-thirds and three-fourths of the people gave responses which can be classified as friendship or kinship ties.”

Significantly, Schaller reports that “in most rapidly growing congregations, two-thirds to seven-eighths of the recent adult new members first attended at the invitation of a friend or relative.”

Even more significant, in rapidly growing congregations, friendship ties are mentioned more often than kinship ties. By contrast, in the declining parish, kinship ties account for a substantial number of all members, while friendship ties are rarely mentioned.

The moral: the parish that seeks to grow should look at how friendship ties can be increased between individual members and...
CAMPERS’ THANKS

Another season of “Camp Faith”, the Bible-based summer camp at St. Paul’s Church in Camden has successfully concluded, and thanks to generous donations from many at Christ Church, Riverton, the attendance cost of five campers was almost fully covered. In the final tally, Christ Church parishioners contributed an impressive $1,877 to cover the $400 cost for the five-week program, for four campers and nearly 70% of the cost of a fifth camper. The camp provided an opportunity for these inner-city children to participate in a variety of fun, creative, and instructive activities, both in and outside of Camden, and all within a spiritual setting. They, and Florence Thompson and Keith Betten, your Project Interaction coordinators, thank each and every one of you!

Midweek Services to Resume

The First Thursday-of-the Month Healing Service and Eucharist will resume at 7:15 p.m. September 3 in the Chapel.

Wednesday morning Holy Eucharists will resume at 9:30 September 9 in the Chapel

The Rector’s Bible Study will resume at 10:15 a.m. September 16 in the Parish House following the 9:30 Holy Eucharist.

Acolyte anyone?

Christ Church is recruiting persons young and old who would like to serve at the altar as acolytes.

The word acolyte is derived from the Greek word akolouthos, meaning companion, attendant, or helper. The ministry of acolyte has its roots in the Old Testament of the Holy Bible, where the prophet Samuel is seen assisting the priest Eli in the shrine at Bethel and the Elisha is seen assisting the prophet Elijah.

In the Episcopal Church altar servers are called acolytes and can be of either sex or age from the age of 10 up.

An acolyte assists in worship by carrying a processional cross, lighting candles, holding the Gospel book, holding candles or “torches”, assisting the priest set up for and clean up the altar after communion, swing incense or carry the incense boat, hand the offering plates to ushers, and any other tasks as seen fit by the priest or the acolyte warden.

Confirmation is not a requirement to be an acolyte. However, those young persons wishing to be Confirmed when the Bishop comes next year are required to be trained and to serve as a pre-requisite for Confirmation.

If you or your child (or both of you) are interested please contact Father Wrede or the parish office.

The Rector, Wardens and Vestry of Christ Church, Riverton Request the honor of your prayers and presence at the Celebration of the 125th Anniversary of the Consecration of Christ Church in Riverton The Rev. Richard C. Wrede, Rector, Celebrant The Rev. Dr. Alan K. Salmon, Rector emeritus, Preacher Sunday, 27 September 2009 Being the Seventeenth Sunday after Pentecost At 10 o’clock in the morning 301 Main Street at Fourth Street, Riverton, NJ Reception following Note: Several of our young people will be receiving their first holy communion at the church’s celebration Sept. 27th. If there are any others who are interested in being admitted to the sacrament, please contact Fr. Wrede by September 15th.
MEMBERS OF OUR PARISH
WHO HAVE GRADUATED OR
HAVE RECEIVED SPECIAL HONORS
- - -CONTINUED

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 Dr. Kimberly Dorel Mueller and Dr. Thomas Mueller Award for Selfless Service to the class of 2009
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Please send your graduate’s information to the Parish Office, 500 Fourth Street, Riverton or e mail christriverton@juno.com

With the recent bout of tropical weather it seems hard to believe that our Autumn schedule is just around the corner. Even if your Summer travels took you no further than the Delaware River or the Jersey Shore, it is time for our minds to return to Riverton!

Choir season begins with our opening rehearsal Thursday, September 10 at 8:00 in the upper parish hall. We warmly welcome returning choir members and also welcome new ones. This is the perfect time to start singing with our choir as we prepare for our first Sunday service September 13. Sunday morning rehearsal and warm-up begin at 9:15 sharp in church.

The first special event we will be singing for will be the anniversary service Sunday, September 27 at 10:00. Music will include the "Deutsche Messe" by Franz Schubert and "Build Thee More Stately Mansions" by Gordon Young. Let our seasoned choir members help you learn the music if you are joining us for the first time.

A special service of Evensong will be celebrated Sunday, November 15 at 4:00. The featured anthem will be Anton Bruckner's "Locus iste", an anthem celebrating the dedication of a church.

I look forward to greeting parishioners and choir members and hearing about your Summer adventures.
The Bread of Life Food Pantry

Thank you for your recent food donations, offers to volunteer, and financial support for preparing for opening day operations. The Bread of Life Food Pantry served 22 households representing 57 people when they officially opened their doors, Saturday, August 15th. Turnout was light, but is expected to grow rapidly as the good news travels throughout the hungry and needy in our tri-boro communities. About 1/3 of the food stock was used and will need to be replenished before the next day of operation on Saturday, September 19th. Remember...there are three different opportunities for you to help each month:

- Christ Church has been asked to collect:
  - Cookies
  - Snacks (Rice Krispies Treats, Goldfish, etc.)
  - Kool-Aid
  - Pudding and Jello
  - Peanut Butter
  - Jelly

  There is a box marked BREAD OF LIFE FOOD PANTRY in the church entry way for these donations.

  The food collection will not interfere with the donations brought to Burlington County Community Services, as those items not requested by the local pantry will still be brought to Delanco.

- We have been asked to provide:
  - 2-3 volunteers a month to assist when the Food Pantry’s doors are open (usually the 3rd Saturday of the month)
  - call Sherrie Gill 856-234-7847

- Contributions of $25 per month for operational expenses of the pantry may be made payable to Epworth UMC and should indicate Food Pantry on the memo line. Checks may be sent directly to Mr. Dale Neas, Epworth Bread of Life Food Pantry Chair, Epworth United Methodist Church, 501 Morgan Avenue, Palmyra, NJ 08065. Christ Church has already made a 12 month financial commitment.

Prayer Circle Coordinator: Lynne Meckel - Members of this group maintain a daily round of intercessions. Lynne Meckel, 856-829-8163, is the coordinator for the Prayer Circle Group. Please call Lynne to add any names for whom you wish prayers to be offered for whatever reason, or to receive names for your own prayer list. Please note: Names to be put on the Prayer List will be on for one month unless otherwise specified.

Food Sunday is every Sunday - Our continuing effort to aid the poor in our local area (County-wide) through the efforts and efficient organization of Emergency Services is expressed through this simple means - ANY SUNDAY, bring in a couple of non-perishable food items (baby formula, dry milk, cereal, canned foods, peanut butter, pasta, sauce, tuna, etc.) Annamarie and Jim May will continue to make deliveries to Emergency Services when necessary.

The Lions Club is collecting used eyeglasses. There is a box in the Parish House for these glasses. Let your friends and neighbors know about this. Your unwanted eye wear may dramatically improve someone’s life. Your used glasses may provide an adult with the clear vision necessary to maintain employment or give a child the chance to stay in school.

Emergency Services is still collecting “cents off” coupons. June Goyne is coordinator for this project. Boxes are in the church entry to receive your coupons. Call June at 856-829-5463. With the economy the way it is, there is a greater need now for coupons than before!

Project Interaction Breakfast Club — August 30, 2009 Volunteers from our Parish will go to St. Paul’s Camden Sunday, August 30 to prepare breakfast for the homeless. We are responsible for the 5th Sundays in this outreach program. If you would like to join this group, or get more information, call Keith Betten 856-786-1914.

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We have a serious need for Acolytes.

8 a.m. and 10 a.m. Services

Adults or young people age 10 and up

Men, women, boys or girls

You do not have to be Confirmed to be an Acolyte but you will need to be an Acolyte to be Confirmed.

Jeff Mack will begin training at the end of September, and we look forward to a good group of trainees.

Please see Father Wrede or call the Parish Office.
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Another season of “Camp Faith”, the Bible-based summer camp at St. Paul’s Church in Camden has successfully concluded, and thanks to generous donations from many at Christ Church, Riverton, the attendance cost of five campers was almost fully covered. In the final tally, Christ Church parishioners contributed an impressive $1,877 to cover the $400 cost for the five-week program, for four campers and nearly 70% of the cost of a fifth camper. The camp provided an opportunity for these inner-city children participate in a variety of fun, creative, and instructive activities, both in and outside of Camden, and all within a spiritual setting. They, and Florence Thompson and Keith Betten, your Project Interaction coordinators, thank each and every one of you!

Midweek Services to Resume

The First Thursday-of-the Month Healing Service and Eucharist will resume at 7:15 p.m. September 3 in the Chapel.

Wednesday morning Holy Eucharists will resume at 9:30 September 9 in the Chapel

The Rector’s Bible Study will resume at 10:15 a.m. September 16 in the Parish House following the 9:30 Holy Eucharist.

Acolyte anyone?

Christ Church is recruiting persons young and old who would like to serve at the altar as acolytes.

The word acolyte is derived from the Greek word akolouthos, meaning companion, attendant, or helper. The ministry of acolyte has its roots in the Old Testament of the Holy Bible, where the prophet Samuel is seen assisting the priest Eli in the shrine at Bethel and the Elisha is seen assisting the prophet Elijah.

In the Episcopal Church altar servers are called acolytes and can be of either sex or age from the age of 10 up.

An acolyte assists in worship by carrying a processional cross, lighting candles, holding the Gospel book, holding candles or “torches”, assisting the priest set up for and clean up the altar after communion, swing incense or carry the incense boat, hand the offering plates to ushers, and any other tasks as seen fit by the priest or the acolyte warden.

Confirmation is not a requirement to be an acolyte. However, those young persons wishing to be Confirmed when the Bishop comes next year are required to be trained and to serve as a pre-requisite for Confirmation.

If you or your child (or both of you) are interested please contact Father Wrede or the parish office.

The Rector, Wardens and Vestry of Christ Church, Riverton Request the honor of your prayers and presence at the
Celebration of the 125th Anniversary of the Consecration of Christ Church in Riverton
The Rev. Richard C. Wrede, Rector, Celebrant
The Rev. Dr. Alan K. Salmon, Rector emeritus, Preacher
Sunday, 27 September 2009
Being the Seventeenth Sunday after Pentecost
At 10 o’clock in the morning
301 Main Street at Fourth Street, Riverton, NJ
Reception following

Note: Several of our young people will be receiving their first holy communion at the church’s celebration Sept. 27th. If there are any others who are interested in being admitted to the sacrament, please contact Fr. Wrede by September 15th.
The Key Strategy: Finding the Bridges of God

When a North American mainline congregation, such as an Episcopal church, is growing, it’s usually reaching out to people who are already in the existing social networks of the church’s active members. These “bridges of God” are key in helping unchurched people “cross over” to Christian life and witness.

In a research project completed by LifeQuest, it was found that about 65 percent of those who visit a church do so because a friend invited them. While factors such as the rector’s influence and the Sunday School may account for some first-time visitors, the majority choose to come because a family member, friend, coworker, or neighbor invited them to do so. Formal studies conducted by many organizations repeatedly reaffirm that the most influential factor in bringing people to a church is the direct invitation or positive recommendation of others. No other factor is even close in importance.

Invite a Friend Sunday provides an ideal opportunity for you to invite others to your church. You may well change their lives — and your own life — in the process of extending the invitation. Lyle R. Schaller’s eighteen years of research into growing and non-growing congregations across North America provides one of the most extensive database of any church growth researcher. For many years, Schaller has asked church members questions such as, “Why are you a member of this parish rather than some other church in this community?” He reports that “between two-thirds and three-fourths of the people gave responses which can be classified as friendship or kinship ties.”

Significantly, Schaller reports that “in most rapidly growing congregations, two-thirds to seven-eighths of the recent adult new members first attended at the invitation of a friend or relative.”

Even more significant, in rapidly growing congregations, friendship ties are mentioned more often than kinship ties. By contrast, in the declining parish, kinship ties account for a substantial number of all members, while friendship ties are rarely mentioned.

The moral: the parish that seeks to grow should look at how friendship ties can be increased between individual members and

September Birthday Celebrants

1 Grace Ogbonna 14 Alvie Jayne 21 George Conover II
2 Miriam Mack 15 Craig Moorer 22 Daniel Hollingsworth
3 Bobby Engel 16 Elizabeth Strunk 23 Alex Ward
4 Cheryl Stevens 17 George Cammarota 24 Robert Bostock
5 William Hossler, Jr. 18 Christina Stevens 25 Joanne Grimes
6 Josiah Murphy 19 Liz Matt 26 Judith Lewis
7 Julia Lewis 20 Ted Fergus 27 Ginni McMenamin
8 Glenn Elise Paulsen 21 John Kellejian 28 Adam Fries
9 Ellen Gunn 22 William Hossler, III 29 Ginni McMenamin
Nathan Karakashian 23 Meghan Scott
Brooke Garwood 24 George Cammarota
Sarah Martin 26 Joanne Grimes
12 Kerry Durgin Krebs 27 Tibor Toth Jr.
Renae Warren 28 Adam Fries
13 Shaun Iversen 29 Emily Quinn
Dennis Gunn 30 James May III
14 Alvie Jayne 31 Robert Mags, Jr.
21 George Conover II
15 Craig Moorer
22 Daniel Hollingsworth
16 Elizabeth Strunk
23 Alex Ward
17 George Cammarota
24 Joanne Grimes
18 Christina Stevens
25 Judith Lewis
19 Liz Matt
20 Ted Fergus
21 John Kellejian
22 William Hossler, III
23 Meghan Scott
24 George Cammarota
25 Robert Maggs, Jr.
26 Joanne Grimes
27 Tibor Toth Jr.
28 Adam Fries
29 Emily Quinn
30 James May III

Would you like to be more INVOLVED at Christ Church?

Opportunities for Christian study, fellowship and service abound:
- Children’s Church School
- Adult Choir
- Episcopal Church Women
- Altar Guild
- Ushers
- Wardens and Vestry
- Project Interaction (Camden Food and clothing Program)
- Acolytes
- Chalice Bearers
- Food Program for Emergency Services and Post House

For more information, please check appropriate lines above, sign and place this information in the offering plate, e-mail your fields of interest to christriverton@juno.com or mail to 500 Fourth Street, Riverton NJ 08077. Be sure to include your name address & phone number.
In September flowers will be placed on the altar in loving memory of:

6  James Gordon Hoff given by Ila Hoff
    Herbert Neil Scott given by his family
    Franklin and Ruth Class given by Sarann and Don Foster
13  Steve H. G. Smith given by Ed Smith and family
    George and Sally Jane Mattis given by George and Cindi Cammarota and Ogden Mattis
20  Evelyn R. Halter, Helen and John Rahelic and Florence and Elmer Vaughn
    given by Elmer and Louise Vaughn
27  Louise and Clarence Mattis given by George and Cindi Cammarota and Ogden Mattis

In September the Chapel Sanctuary Light will be lit in loving memory of:

6  Howard and Edna Pencharz given by Doris and Jack Harrison
13  Tyler Anthony Karakashian given by Ted and Donna Karakashian
20  Helen Jones Gorman and Fran Messenger given by Sally Barnes and Kathy Legander
    Ruth Wardwell given by Fran and Al Wardwell, Jr.
27  Ruth E. Wardwell given by her loving family

Open Date for the Chapel Sanctuary Light:
October 25, 2009

The cost for the Chapel Sanctuary Light is $8.00 Per date
If you wish to have a memorial, please send the name(s) of those being remembered, the person giving the memorial and your check made out to “The Altar Guild” to the Parish Office 500 Fourth St., Riverton NJ 08077
For more information, please call Altar Guild Directress Phaedra Pollock 856-829-9482.

A member of our Parish family who died since the last Tower Bell was published:
James Stewart Meckel July 13, 1928 — June 10, 2009

May his soul, and the souls of all the departed, through the mercy of God, rest in peace.
The Convention and Triennial Meeting of the Episcopal Church Women was held in Anaheim, California from July 8 to 18th. Our Diocesan Bishops, The Right Reverend George E. Councell and the Right Reverend Sylvestre D. Romero, were in attendance in Anaheim as well as the Diocesan Delegates and Alternates from New Jersey.

The opening of the Triennial was particularly special. Traditionally, the Presiding Bishop of the Episcopal Church greets the delegates, and that tradition was upheld this year. The difference was that the Presiding Bishop was for the first time a woman: The Most Revd Katherine Jefferts Schori. It was an exciting moment, and her presence was a living icon of the vital place women have in our church.

Christ Church Riverton was represented at the 76th General Convention and the 46th Triennial Meeting of Episcopal Church Women in another way beyond having Nancy Gorman as secretary of the National Board of Episcopal Church Women. For at the entrance to the plenary room there was a prayer box which received prayer requests and petitions. The box used was the one from the tower entrance of Christ Church Riverton – the one which receives prayers, comments and suggestions from our parishioners. Each day the Triennial’s Chaplain, the Revd. Ellen Sloan would gather up the requests, and include them in the intercessions for the day.

In this photo it is pictured at the Triennial Meeting with the holy water receptacle in the form of a large shell.
Flowers will be placed on the altar in August in loving memory of:

2  Frank A. Hartshorne by Evelyn Hartshorne
9  Dorothy and Rowland Ricketts by Jean Ricketts
16 Nancy C. Ransome by her daughters Leslie, Betsy and Jane
     Betty Griffith and Virginia Silcox by Ruth Lintz
23  Albert Thompson by Florence D. Thompson
     Edgar R. Stephens by Ann M. Stephens
30 Elise Fries by Megan, Joel and Marlie Guicheteau
     Emily and Robert Robertson by Bud Robertson
     Alice and Edward Lewis by Len and Judy Lewis
     John Ransome by Barbara, Babs and Anna Ransome

In August the Chapel Sanctuary Light will be lit in loving memory of:

2  Franklin and Ruth Class given by Donald and Sarann Foster
9  Edith and William H. Bishop given by Harold Bishop
16  Ruth A. and Horace S. Hollingsworth, Sr. given by Sharon and Gus Hollingsworth
23  Howard L. and May B. Lippincott given by Barbara L. Martin
30 Alice and Edward Lewis and Elise Fries given by Len and Judy Lewis

Made a member of Christ’s one holy catholic apostolic church through Baptism on August 9, 2009:
Daniel Harry McClernan
Son of Paul and Debra McClernan

Open Dates for Altar Flower Memorials:

2009  October 25      November 22        November 29
2010  April 25

The cost for Memorial Altar Flowers is $35.00 per date. If you would like a memorial date, please send the date you wish, names of those to be remembered, the person giving the memorial and a check made out to “The Altar Guild” for $35.00 per date to the Parish Office. Call Altar Guild Directress, Thanks to the good work of our Welcoming Committee, a slightly modified version of the following flyer will be in the church pews within the next few weeks. It is intended to help newcomers and visitors understand what we are doing during our worship services. Please take a few moments to review it, so that if you see someone lost or struggling with the liturgy, you can give them a helping hand. “Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it”. Hebrews 13:2.

Commemoration
All baptized Christians are invited to receive Holy Communion, regardless of your denominational background.

We kneel throughout communion as you are physically able.
To receive communion we kneel or stand at the altar rail, place one hand over the other to receive the bread then lift it to your mouth.
Take the chalice of wine by the base, and guide it to your lips.
If you do not wish to drink from the common cup, you may let the chalice bearer dip the bread into the wine and place it in your mouth.
If you or your children do not wish to receive communion, you are invited to come to the altar rail and kneel to receive a blessing. Cross your arms over your chest as a sign that you will not be receiving communion, and the priest will give you a blessing.

A word about silence.
“The silence of worship is equally as important as the ‘noise’ of worship. Silence takes the worshiper out of time and into God’s eternity”. – Andrew Hill

At Christ Church we observe silence for 10 minutes before each Sunday service, when the first bell is rung. Silence is also observed between the lessons, before the confession, during Communion, and while the candles are extinguished. We invite you to take this time to let God speak to you.

We pray that this guide will guide you into deeper worship of God at Christ Church.
Dates to Remember

August 30 — Project Interaction, St. Paul’s Camden

September
3 - 7:15 p.m. Healing Service and Eucharist in the Chapel
6 - 8 and 10 a.m. Holy Eucharist
7 - Labor Day
9 - 9:30 a.m. Holy Eucharist in the Chapel
10 - 8 p.m. Choir rehearsals resume in the Parish House
13 - Homecoming Sunday—Start of Church School and Choir
16 - 9:30 a.m. Holy Eucharist;
10:15 Bible Study resumes in the Parish House
17 - 8 p.m. Choir rehearsal in the Parish House
19 - Bread of Life Food Pantry At Epworth Methodist
20 - 8 a.m. Holy Eucharist; 10 a.m. Morning Prayer
21 - 7 p.m. Vestry meeting in the Parish House
23 - 9:30 a.m. Holy Eucharist
10:15, Bible Study in the Parish House
24 - 8 p.m. Choir rehearsal in the Parish House
24 - 7:15 p.m. Chime Choir practice starts
27 - 125th Anniversary of Christ Church

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Family Caregiver Support Group

If you are caring for someone with Alzheimer’s Disease, who is caring for you?

The informational and supportive group design makes it possible for families to learn more about the disease as well as understand their feelings about the changes dementia has made on their daily lives. Family caregiver support groups will help you:

- Learn practical care giving information
- Get support
- Learn about your local community resources.

Regular meetings: 1st Wednesday of each month at 6:30 p.m. at Riverview Estates, 303 Bank Ave., Riverton
For more information call Jane Evans 856-829-2274, ext. 13

No significant differences were found in the rates of illness among Christians who receive Holy Communion, Christians who attend church but do not receive the sacraments, and people who do not attend Christian services. The only significant health factor found in this study was the presence of young children in the household, a commonly observed phenomenon.

Those of us who have or work with kids can second that final finding!

So there is some good evidence that church will not make us sick. However, it does not preclude us taking reasonable precautions, most especially with the most germ laden parts of our bodies: our hands. I wash my hands before each service, and also use hand sanitizer, and I will ask the Lay Eucharistic Ministers (LEM) to do the same. For those on the other side of the altar rail, you may prefer receiving the wine via intinction (the reverent dipping of the host into the chalice). If that is the case, please let the LEM handle it, as they have a better sight line into the cup. You may also communicate in one kind (which I would recommend if you are sick yourself), as the full benefits of the Eucharist are fully received in either bread or wine. For the sake of order, and to maintain connection with those around you at the altar rail, just cross your arms across your chest when the LEM comes by. And if you are concerned about shaking hands during the Peace, a bow or a verbal exchange is appropriate. Personally I kind of like the fist bump, which, though a bit informal conveys a sense of joy and solidarity, which is certainly appropriate to the occasion.

Ultimately, I believe that the wise use of the good reason which God has given us will see us through. Have faith in the Lord who healed (and heals) the sick. Appreciate the protection of God’s angels who watch over the faithful. And don’t panic. Stress lowers your resistance to disease, and can make you sick!

See you well (and in church),

Richard
planet. I personally know the effects: my mother’s father was on the burial
detail on the ship bringing the troops to France during World War I
because he never got sick, which was attributed to his following his fa-
ther’s advice of eating raw potatoes (a very good source of vitamin C). My
father’s mother’s first husband died during this time. Christ Church re-
corded seven deaths during the month of October 1918, and services were
cancelled on October 6th and 13th. We cannot underestimate the calami-
tous nature of this event. Nevertheless parish life did go on. In the parish
register, Fr. Rigg notes that at the annual parish meeting held on November
3rd, 1918, those in attendance voted 43-4 in favor of putting Eucharis-
tic candles on the altar — the very ones we use today.

Obviously, we have far better medications and procedures than were avail-
able 90 years ago. Those most at risk will be inoculated against the dis-
ease. And the H1N1 strain, while highly communicable, is generally not
very severe. But what about the common cup?

First, my heart of faith just cannot believe that the body and blood of my
Lord would make me sick. My research informs us that the silver out of
which the chalice is made has antiseptic properties. It works by disabling
the enzyme that enables the bacterium, virus or fungus to absorb oxygen,
so the bug literally suffocates. The alcohol in the wine also serves as a bit of
a disinfectant. The chalices are thoroughly washed in warm soap and
water after each use. My own experience suggests that infection from the
chalice is unlikely. I have been at the receiving end of the chalice at the
end of every Eucharist at least three times a week for 20 years. I have
consumed the last of the wine during all seasons of the year, in nursing
homes, hospitals and nursery schools, and I very rarely catch anything.
When I do, I can almost always trace it to a member of my family and not
to church.

A major study entitled, “The Effects of Receiving Holy Communion on
Health” was done by Anne Lagrange Loving, Roman Catholic microbiolo-
gist who was then an assistant professor at Felician

College in Lodi, NJ, and was published in the Journal of Environmental
Health, Vol. 60, 1997. She is presently a science professor at Passaic
County Community College in Paterson. (As a side note, she was on the
Channel 3 morning program last year, having discovered that 70% of the
lemon wedges we get with our drinks in restaurants contain dangerous
microbial growth). The article is long, but her conclusion was,