



GRACE *and* ST. STEPHEN'S
✦ EPISCOPAL CHURCH ✦

Grace Notes ~ July 29, 2026

Recycling at GSSE
EfM: Wide Angle Lens
Prayer List
This Week's Happenings

**Episcopalians for Justice
& Mercy (EJM)**
Have Something to Share?
Get the Information You Need

Recycling at GSSE

✓ DO put these in the recycling bins

- Paper & cardboard — newspapers, magazines, office paper, junk mail, catalogs, paperback books, phone books, flattened cardboard boxes, cereal/tissue boxes, paper bags, greeting cards, juice/egg cartons (clean)
- Metal — aluminum cans, steel/tin food cans, empty aerosol cans
- Plastic bottles, jugs & tubs marked #1, #2, or #5 (water/soda bottles, milk jugs, detergent/shampoo bottles, yogurt containers, peanut butter jars, etc.). Caps can stay on.
- Glass bottles & jars (food & beverage only)
- Key rules that make it work: Everything must be empty, clean, and dry, put items in loose (never bagged) and flatten cardboard so it fits



✗ DON'T put these in the recycling bins

- Plastic bags, plastic film, wrappers, or bubble wrap
- Styrofoam / polystyrene (cups, packing peanuts, takeout containers)
- Food or liquid of any kind (including greasy pizza boxes)
- Dirty or wet paper/cardboard
- Batteries (especially lithium — fire hazard)
- Electronics, light bulbs, cables
- Clothes, shoes, toys, diapers
- Ceramics, dishes, mirrors, window glass, or hardback books
- Yard waste, construction debris, or hazardous materials

Quick tip: When in doubt, throw it in the regular trash. One dirty or wrong item can contaminate a whole load.

EfM: Wide Angle Lens Class

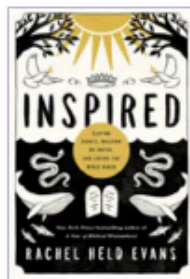
In conjunction with the Classic Education for Ministry Class offered at Grace and St. Stephen's, we're now also offering a 1-year program for those who may want to:



- Try EfM without the 4-year track for the Classic program
- Continue their small group experience after they have graduated from the 4-year program
- Engage in formation learning through a variety of learning resources: Videos, podcasts, blogs, and short readings.
- Limit the reading, watching, and listening prior to the seminar to 60-90 minutes

Throughout this one year program, we'll dive deeper into our own personal call to lay ministry. Here are the readings for the Wide Angle Lens program:

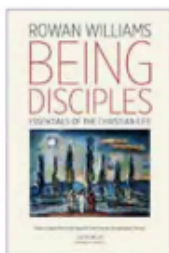
Wide Angle



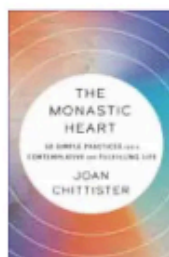
Evans, Rachel Held. 2018.
Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again. Cambridge University Press.



Charleston, Steven. 2021.
Ladder to the Light. Broadleaf Books.



Williams, Rowan. 2016.
Being Disciples: The Essentials of the Christian Life. Eerdmans.



Chittister, Joan. 2021.
The Monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life. Convergent Books.



Varghese, Winnie. 2016.
Church Meets World. Morehouse Publishing.

The EfM classes will be limited to 11 students so if the Wide Angle Lens option interests you, please contact: [Martha Basenberg](#)

Where Grace and St. Stephen's will have an EfM group that will begin in September.
When The EfM group will meet on Monday mornings from 9:00 to 11:30.

If you would like to know more about EfM or Sewanee Theological Seminary, you can visit their [website](#). Questions?

Prayer List

Those in crisis of health or circumstance: Debbie Barents, David Buckley, Ed Quinn, KJ Ramsey, Anne Trinajstich

Those in need of ongoing prayer: Ted Arnn, Gail Ash, Sallie Beattie, Bob Black, Judy Couchman, Stuart Eyman, Eunice Ferguson, Staci Fox, Barb Good, John Hough,

Rejoice in hope; be patient in affliction; persevere in prayer.

ROMANS 12:12



Annika Johnson, Maggi Johnson, Sheilah Johnson, Dorothy Kipp, Al Larson, Alex Lindberg, Leigh MacHaffie, Devon Mack, John McVicker, Debra Millsap, Sinnikka Pember-Coulter, Elizabeth Phillips, Melody Pugh, Edie Reichert, Frank Shelton, Kitty Taylor, Carol Townsley, Jill Wasinger, Pam White, Susan Willet, Alice, Jennifer, Nancy, Nick H., Oliver & Family, Piper, Wes

Those in harm's way: William Brown, Frederick Jones, Bill Mack, Rachel Pearson, Adam Tahyar, Thomas Ward, Nicholas Wolf

This Week's Happenings

Wednesday 7/29

- **Holy Eucharist**, 5pm, St. Stephen's Chapel

Thursday 7/30

- **Morning Prayer**, 9am, on Facebook
- **Centering Prayer**, 11am, Blaik Library

Friday 7/31

- **Chanted Noonday Prayer**, 12pm, St. Stephen's Chapel

Saturday 8/1

- **Men's Bible Study**, 8am, Weir Conference Rm

Sunday 8/2

- **Rite I Holy Eucharist**, 8am, Nave
- **Nursery Available**, 9am -12pm
- **Rite II Choral Eucharist**, 10:30am, Nave
- **Sandwich Sunday**, 12pm, Taft Hall

Monday 8/3

- **Noonday Prayer with the Anglican Rosary**, 12pm, St. Stephen's Chapel

Tuesday 8/4

- **Morning Prayer**, 9am, on Facebook
- **Salsa Dancing with Lambarado**, 5:30pm, Parish Hall



Episcopalians for Justice & Mercy (EJM)



Episcopalians for Justice and Mercy is a group dedicated to living out our baptismal call to "strive for justice and peace among all people, and respect the dignity of every human being."

Through prayer, education, conversation, advocacy, and service, the group explores ways to respond faithfully to issues affecting our local community and the wider world.

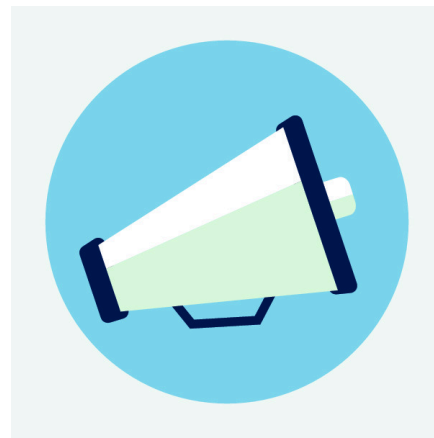
To learn more about upcoming meetings, educational opportunities, service projects, and special events, and to subscribe to their newsletter, please email [EJM](#). You can also connect with them on [Facebook](#), [Instagram](#), and [TikTok](#).

Have Something to Share?

Grace Notes, our weekly parish newsletter, is one of the ways we stay connected, share stories, and celebrate the life of Grace & St. Stephen's—and we'd love your help shaping it.

We invite submissions from anyone in the parish! This might include:

- Reflections and prayers
- Ministry updates or upcoming events
- Photos from parish life
- Short stories of joy, service, or meaningful moments at Grace & St. Stephen's



If you have something on your heart or a story you'd like to share, we'd be delighted to hear from you. Submissions of all kinds are welcome, whether polished or still taking shape.

Please send your contributions to our [newsletter email](#) by 5pm on Tuesday for inclusion in the newsletter the following day. If you have questions or aren't sure whether your idea is a good fit, don't hesitate to reach out—we're happy to help.

Thank you for being part of what makes this parish so vibrant and alive.

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