



The Messenger

August 2026

Emmanuel Episcopal Church
P. O. Box 1028
400 Highland Avenue
Coos Bay, OR 97420

Rector Reflection

In this month's installment of learning about Episcopal church things... we are going to reflect on what is sometimes called "*Episcopal calisthenics*". Why do we stand to sing or kneel to pray? When and Why do we make the sign of the cross during the service? When and Why do we bow?

The best way to begin is by thinking of worship as a 'sensual' experience. That is to say, Liturgical worship engages all the senses. 1) We see beautiful things: Stained glass, gleaming white linens on the altar, hangings on the pulpit and lectern and altar, banners and clergy vestments that reflect the Liturgical season's color and mood. We see flowers. We see candles. 2) We smell incense (sometimes) and for those of us who love it we are reminded that this is a special place where our prayers rise like the smoke. 3) We hear the Word of God, the sermon, music, and the prayers. 4) We touch with handshakes at the passing of the peace. 5) We taste the consecrated bread and wine of the Eucharist.

All these things together are special and take us to a spiritual awareness that this place is special and set apart for a sacred purpose. These are all ways in which we engage not only with our intellect but with our flesh as we give honor and worship to God. In the common gestures of our worship style, we also stand to sing and kneel (if able) to pray. Sometimes people will lift their hands to pray. These are all postures that engage our whole body with the words of our prayers. We make the sign of the cross when we speak the name of the Holy Trinity. We cross ourselves when we pray for those who have died. This gesture is understood to be a bodily prayer. A way of truly hearing what has been said and to ask for ourselves God's blessing. Likewise, you may notice that some of us bow our head when the name of Jesus is spoken. This is an act of pious worship. Not letting the name of Jesus slip through our mouths without recognizing the sacredness of His name. At the reading of the Gospel many make a small sign of the cross with their thumb on their forehead, on their lips and over their heart to prepare themselves to hear from Jesus. The words may even be uttered: "May the Word of God be in my mind, on my lips and in my heart". During the Creed it is common to bow at the waist when we come to the line: "...and became man" as a way of being in awe of the Word becoming flesh. We bow from the waist as we sing the Sanctus "Holy, Holy, Holy" for the same reason. And a third time at the great AMEN at the conclusion of the Eucharistic prayer. At the Eucharist we get up and go forward and receive the Body and Blood of Jesus Christ from sacred vessels. All this physical activity is not just custom! It is a spiritual AND bodily offering that acknowledges we are truly in the presence of the Living God and that God alone is worthy of such worship. No one "has" to offer these gestures. Jesus still welcomes and blesses us even if all we can do is sit and listen. The 'dance' of all this movement in liturgical worship is to keep our minds focused on what we are hearing and saying so that we do not fall into the trap of going through the motions. We offer such bodily motion as a thank offering to God for the life and the promise of new life that has been revealed to us in Christ.

Hope this is helpful!

Peace to you and those you love.

See you Sunday! *Patti+*





God's River of Love

Sunday, July 12, we had Psalm 65: 5-14 as the Psalm appointed for the day. Verse 9 reads, "You visit the earth and water it abundantly; you make it plenteous; the river of God is full of water."

When I quickly glanced at this verse prior to the service starting, I misread it to read, "the river of God is full of love." I started thinking about all that our rivers provide – water, wildlife habitat, recreation of many kinds, fun, cleansing, land formation/distribution, climate effects, contemplation, peace, and much more. We are fortunate to have so many rivers in our area.

So, if God's love is like a full river – what is that telling us? His love is overflowing, constant, renewing, providing a habitable environment, strong, joyous, re-creating, and much more.

God's river of love flows at Emmanuel. We can all do our part to help keep the river flowing and share His love.

Thanks for being part of God's river of Love.

Your grateful Senior Warden, *Nancylee Stewart*



Coos Food Cupboard

For the month of August, the food cupboard would appreciate donations of toilet paper and/or canned fruit. Please also consider a monetary donation to the Coos Food Cupboard. Please make checks out to "Coos Food Cupboard". Checks can be dropped off at the parish office or mailed to P.O. Box 1028, Coos Bay, OR 97420. **Donations are tax-deductible.**

Would you like
to help at the
food pantry?



VOLUNTEERS NEEDED! Ready to volunteer? Please contact Brian Sullivan for more information. Phone: 541-217-0258 or Email: brianjcfc@gmail.com

Thank you as always for your generosity and support of the Coos Food Cupboard!

Brian Sullivan, CFC Board Member



An Update!

Our program continues to support families across our coastal community, serving those here in town as well as in Myrtle Point and Bandon. We are now part of the Diaper Bank, providing 100 diapers and wipes per child each month to help meet essential needs. We continue to offer breakfast in the morning and snacks in the afternoon, creating a consistent and nurturing environment for children. We are deeply grateful for the ongoing donations, and clothing contributions have made a meaningful impact in helping provide new clothes for the families we serve.



Our Schedule:

Tuesday - Toddler TECP
 Wednesday- Wobbler TECP
 Thursday - Toddler TECP
 1st and 3rd Friday - Outreach Respite

Pictures!



Staff Spotlight

Kallie M- Executive director
Katie D - Outreach coordinator
Claire F - Site coordinator
Erin H - Outreach coordinator
Steffanie S - Assistant teacher
Karen - Volunteer
Char - Volunteer
Rhoda - Volunteer

Pictures!



Contact

Checkout our website!

Coastalfamilies.org





The Care Closet

For many families, the weight of everyday life can feel overwhelming. When a family is worried about where they will sleep, how they will provide meals, or whether they can afford basic necessities, even the smallest support can create a moment of relief. The Coastal Families Relief Nursery Care Closet exists to help carry some of that weight.

The Care Closet provides families with essential items that help meet immediate needs and reduce the financial strain of daily living. Through generous community support, families can access new clothing with tags still attached, children's clothing, adult clothing, personal hygiene products, cleaning supplies, and pantry-stable food items. When our budget allows, we are also able to provide comfort items such as candles, chapstick, and other small "luxuries" that remind families they are seen, valued, and cared for.

For families experiencing homelessness, living in tents or vehicles, or struggling to keep utilities turned on, these resources can be life-changing. A bottle of shampoo, a warm outfit for a child, a bag of pantry staples, or cleaning supplies can mean one less thing a parent has to worry about while they focus on creating stability for their family.

The Care Closet is more than a collection of donated items, it is a tangible reminder to families that their community cares about them. Every item provided helps create dignity, comfort, and stability during some of the most challenging seasons of life.



Number of items checked out from the closet.

2026

Jan- 136

Feb- 92

Mar- 120

Apr- 96

May- 163

Jun- 196

2025 year total- 3,568

2024 year total- 3,053





Emmanuel's 2026 Fall Rummage Sale

Emmanuel's Fall Rummage Sale will be on Saturday, September 12th. This sale is an annual autumn tradition and an essential part of Christmas Outreach fundraising. Every year we team up with local schools to provide generous Christmas baskets for local families in need, which include individually wrapped presents, books and socks. We also extend help to the families enrolled in the Coastal Families Relief Nursery by providing them with soap, sundries, and gift certificates. Necessities that are so appreciated by all!

We cannot do all this great outreach without the proceedings from the Fall Rummage, so help us make this year another great success! Bring the items you would like to donate on Thursday, September 10 or Friday, September 11 from 10:00 AM – 2:00 PM, including gently used clothing, collectables, books, tools, etc. It is helpful if you price the items you donate before dropping off but is not necessary. And on Saturday, make sure you come to shop and find new treasures! Bring friends and help spread the news. Posters will be available for distribution in the parish office in late August.

TO RECAP

Bring Priced Donations: Thursday, September 10 and Friday September 11, 10:00 AM - 2:00 PM
Sale: September 12, 8:00 AM - 2:30 PM

If you would like to help with accepting goods, sales, or transporting goods after the sale, please contact Susan Foreman (541-808-5242 or smforeman.sf@gmail.com) or Terrye Laird (tlaird55@hotmail.com or 541-756-7164). Thank you!



Come enjoy a **Free meal with us.**

Community Meal available to all.

"5th Saturday" of August 29, 2026
11:00am – 1:00pm

At Harmony Methodist Church
123 Ocean Blvd SE, Coos Bay

Menu: A Scrumptious Surprise!
Served by Emmanuel Episcopal Church

Also requesting support from 9:00am to 11:00am for preparing the meal and then from 11:00am - 1:30pm for serving and cleaning up.

Any questions?

Please contact Nancy Layne @ 541-435-0054.



Pierce Davidson Birthday - August 3

Amanda Sullivan Birthday - August 3

Bob Richardson Birthday - August 3

Liz Cowden Birthday - August 4

Beth & Ted Bennison Anniversary – August 6

Sue Wall Birthday - August 9

Revs' Patti & Doug Hale Anniversary - August 11

James & Jacob Pewitt Yancey Anniversary – August 11

Kate Moody Birthday – August 17

Nancylee Stewart Birthday - August 17

Faye Stuart Birthday - August 17

Chuck & Diana Wall Anniversary - August 22

Rev. Patti Hale Birthday - August 23

Nadine Archer Allen Birthday - August 27

Xandra McKeown Birthday - August 29

Robert Cribbins Birthday - August 30

Barbara (Praus) Verger Birthday - August 30

If you don't see your name(s) on the birthday and anniversaries list, please let Kerri in the office know so we can add you to our parish list. *Thank you!*

****September Newsletter Submissions Deadline is Tuesday, August 25th****