



THIS Sunday, May 31 is Trinity Sunday. Being the fifth Sunday of the month, we will do **Rite I**. For all of you who are missing the 8 AM service and the Rite I liturgy, this day is for you!

May 30, 2026

“Now there are a variety of gifts, but the same spirit”. 1 Corinthians 12



This past Sunday, the epistle reading was the very familiar words from Paul’s letter to the church in Corinth. He lists some of the varieties of gifts, but stresses that they are all “activated” by one and the same spirit. And he likens these gifts to the body, which, though one, has many members.

Mark Nepo takes this analogy one step further as he talks about how all plants, flowers and trees are uniquely themselves, but all come from the same soil. In the same way the gifts that we are born with are all connected and nourished from the same life force that informs all gifts. He writes, “When we can welcome the common depth in which our gifts root, we are nourished by each other... When we can open our heart to the truth that we each have a gift, no one better than another, then we don’t have to force our uniqueness, but can simply drink from the sacred well of all our gifts. Then, we don’t have to chase validation, but can devote ourselves to becoming intimate with the truth of our being... It is a law of connection that the more we can inhabit our own gift, the more we can feel the gift in others...”

Somehow, for me, these words of Nepo bring this idea of the gifts of the spirit, which we all possess, to a whole new level. We are motivated by our gifts to take care of one another, acknowledging that the gifts I have will be,

and should be, different from yours, and thus we make up for each other's, and our own, inadequacies. In spite of all our differences, we all derive nourishment from the same source, and thus are deeply connected in ways that we must not forget.

Take some time this week to cherish your own gifts as well as those of others.

Blessings,
Cynthia



Needs and wants

Coming up very soon, **June 7** to be exact, is our monthly storytelling Sunday. This month we are focusing on needs and wants. Lots of possibilities there methinks!

See you at Coffee Hour on June 7th!

Coffee Hour at St. Andrew's

If you are looking for an easy and fun way to contribute to the Parish during the summer months, this is a perfect opportunity! There are plenty of "old timers" to guide you through the simple steps and you will never have to work alone!

Get in touch with the church office and we will set you up. Any help at all is greatly appreciated. office@standrewsmv.org



Ministries

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St Andrew's Episcopal Church | 34 North Summer Street PO Box 1287 | Edgartown, MA 02539 US

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