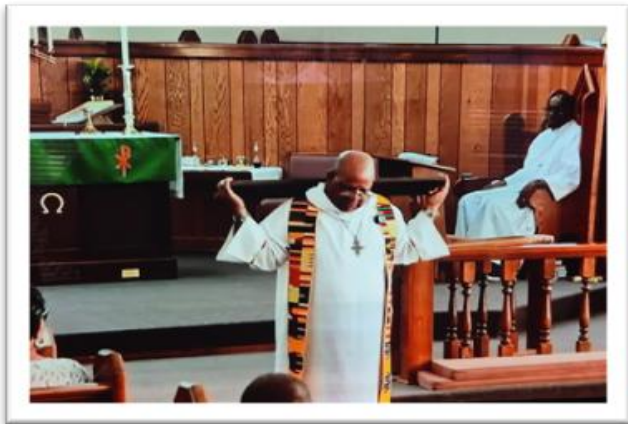


Psalm 84:10
For the LORD God is both sun and shield;
* he will give grace and glory;

St. Cyprian's Episcopal Church

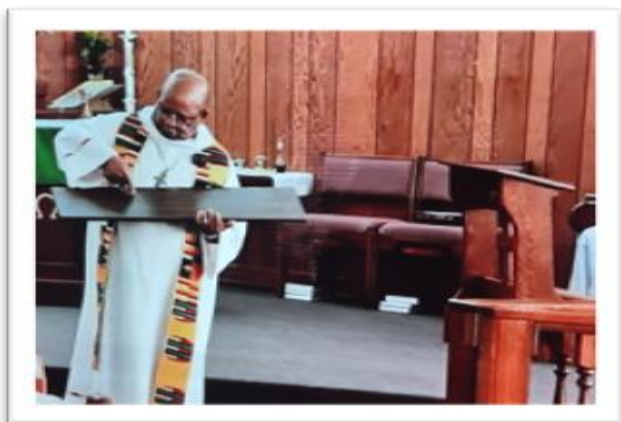
July 2026 Newsletter



WORSHIP WITH US

Welcome to St. Cyprian's Episcopal Church, part of the Diocese of Southern Virginia. For more than 100 years, we have lived our commitment to God through worship and service to the community, and we joyfully look ahead to another century of Spirit-filled ministry together. Whoever you are and wherever you are on your journey of faith, you are welcome here. To make St. Cyprian's your parish, please contact the Priest-in-Charge, Senior Warden, or any Vestry member. We would be delighted to share with you our life of fellowship, worship, and prayer.

*Pictured the Rev Dr. Sintim reminds the church from **Matthew 11:28-30** to take the divine yoke of Jesus and turn your worries into prayer and praise.*



SUMMER HAPPENINGS Sidewalk Face-lift

Summer may feel slow, but there is still plenty happening. Pictured are BT Brandon, Stephen Ham, and our contracted painting service team using equipment to refresh the church sidewalks. Thank you for your service and excellent work!

Thank you!



DIOCESAN AND PARISH NEWS



SAFE CHURCH TRAINING

Online Safe Church Training is still available for those whose certification has expired. In accordance with the policy, the following persons must complete the Diocesan Safe Church Training requirement:

1. All persons with **Key Code Access** to the building.
2. All **Paid Staff** members and **Ministry Leaders**.
3. **Ministry Leaders** and **Volunteers who work with children or vulnerable adults** (Sick and Shut-In).

You may view the entire policy by visiting the diocesan website. To register for any of the Specialized Workshops, visit the Safe Church Training page of the Diocesan website

- Sat., Aug. 22, 9 a.m.-12:30 p.m. / (via Zoom) and Sun., Aug. 23, 1-4:30 p.m.
- Sat., Sept. 12, 9 a.m.-3 p.m. / Christ Church -Amelia
- Sat., Sept. 19, 9 a.m.-3 p.m. / Epiphany -Norfolk
- Sat., Oct. 17, 9 a.m.-3 p.m. / St. Paul's -Petersburg
- Sat., Oct. 31, 9 a.m.-3 p.m. / Eastern Shore Chapel-Virginia Beach
- Sat., Nov. 7, 9 a.m.-3 p.m. / Christ the King -Tabb
- Sat., Nov. 21, 9 a.m.-3 p.m. / Trinity -Portsmouth
- Sat., Dec. 5, 9 a.m.-3 p.m. / St. David's -North Chesterfield

THE RACIAL HEALING WORKSHOPS

RACIAL HEALING WORKSHOP

Specific individual and groups within the diocese are recommended to participate in the Racial Healing Workshops. Those individuals and groups include search committees, vestries and leadership boards (Standing Committee, Commission on Ministry, Executive Board, among others), diocesan staff, church staff, and clergy. Workshop dates are listed below.

- Sat., Aug. 1, 9 a.m. - 3 p.m. Epiphany-Danville
- Sat., Aug. 29, 9 a.m. - 3 p.m. Bruton Parish-Williamsburg
- Sat., Sept. 26, 9 a.m. - 3 p.m. Good Shepherd – Norfolk
- Sat., Oct. 3, 9 a.m. - 3 p.m. Hungars -Bridgetown
- Sat., Nov. 14, 9 a.m. - 3 p.m. Emmanuel -Virginia Beach

THE SEASON OF PENTECOST

This is the longest season of the Christian Church year. It begins on the Monday after the Day of Pentecost and continues until Advent. Depending on the date of Easter, the season lasts between 22 and 27 weeks.

The Season after Pentecost is also called Ordinary Time because its weeks are numbered, or ordered, using ordinal numbers: the Second Sunday after Pentecost, the Third Sunday after Pentecost, and so on. The Book of Common Prayer (BCP) provides the proper collects and readings for each Sunday of the season. For example, Proper 29 is used on the Sunday closest to Nov. 23.

During this season, the Christian Church focuses on the teachings of Jesus—his life, death, and resurrection. The liturgical color is green, symbolizing growth in faith through God's word. For more information, visit, Calendar of the Church Year, <https://www.episcopalchurch.org/calendar-church-year/>.

The Season after **PENTECOST**

The Season of Pentecost at St. Cyprian's Episcopal Church

"To worship and serve the Lord and provide opportunities for spiritual growth through service, evangelism and Christian formation."

ST. CYPRIAN'S WEEKLY CALENDAR

Sunday, July 12

Peake Childcare Center Donations

- 9 a.m. Bible Study
- 10 a.m. Holy Eucharist Rite II-*YouTube*
- 11 a.m. Communion Pick-up
- 11:30 a.m. Welcome & Strategic Planning
July Birthday Celebration/Coffee
Hour

Tuesday, July 14

- 11 a.m. Vestry Meeting

Wednesday, July 15

- 11 a.m. Communion Pick-up
- 12 p.m. Noonday Prayer

Thursday, July 16

- 11 a.m. Communion Pick-up
- 11 a.m. Choir Rehearsal
- 12 p.m. Bible Study

LOOKING AHEAD

Sunday, July 19

Revenue Enhancement Fund

- 9 a.m. Bible Study
- 10 a.m. Holy Eucharist Rite II-*YouTube*
- 11 a.m. Communion Pick-up
- 11:30 a.m. Worship Committee Meeting



O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*

REV. DR. HECTOR
SINTIM



ST. CYPRIAN'S EPISCOPAL CHURCH

**COMMUNITY PRAYER
SERVICE**

ALL ARE WELCOME!

EVERY WEDNESDAY AT 12 NOON



1242 WEST QUEEN STREET - HAMPTON, VA 23669

BIBLE STUDY



EVERY THURSDAY AT 12 NOON

OPEN TO THE PUBLIC!

ENJOY WONDERFUL FELLOWSHIP AND LIVELY DISCUSSIONS!



ST. CYPRIAN'S EPISCOPAL

26TH
JULY

SEMI-ANNUAL PARISH MEETING



PRIEST

Hector Sintim

- Mid-Year Ministry Updates
- Evaluating Progress
- Celebrating Milestones
- Adjusting Strategy

CONTACT:

www.stcyprianshamptonva.org

757-723-8253
1242 West Queen Street
Hampton, VA 23669

DON'T MISS A SERMON!

YOUTUBE LIVE

Join us via our *YouTube Live* Channel at <http://www.stcyprianshamptonva.org>. Archive services are available for review by searching the home page. On Sundays, the *YouTube* broadcast is available for you to enjoy the service in real time with our congregation.

COFFEE HOUR SPONSOR



Want a little more time after Sunday services to visit with church friends? Coffee hour is held in the Parish Hall after the 10 a.m. service concludes. Opportunities to host the Coffee Hour are available for those who would like to do so. We welcome families, teams, church committees and Guilds, Birthday and Anniversary Groups or friends who wish to join this Ministry of Hospitality. To sign up, please see the schedule on the front hallway table.



2026 ALTAR FLOWERS SPONSORSHIP

Our weekly altar flower sponsorships have resumed during this season of Ordinary Times. Most Sundays we have altar flowers that are sponsored by parishioners who wish to honor or remember special occasions or loved ones. To donate and sign-up for Altar Flowers, please contact Eleanor Pritchett or Fannie Walls. ~ *Altar Guild*



VESTRY MEETING

Our next Vestry meeting will be held on **Tuesday, July 14, 2026** at 11 a.m.. Please continue to share your comments, questions, observations, and suggestions with members of the vestry. We thank the Vestry for their hard work on behalf of the congregation at St. Cyprian's.



LOOKING AHEAD! SEMI-ANNUAL PARISH MEETING

The Semi-Annual Parish Meeting will take place on **Sunday, July 26, 2026**, following the 10 a.m. service. This meeting will be hybrid and the zoom link will be shared with parishioners via email. Minutes from the previous semi-annual meeting should also be included in the booklet. The Financial Report will be presented by the Treasurer at the meeting on Sunday, July 26. Please address all inquiries to the St. Cyprian's Parish Office by phone or email.

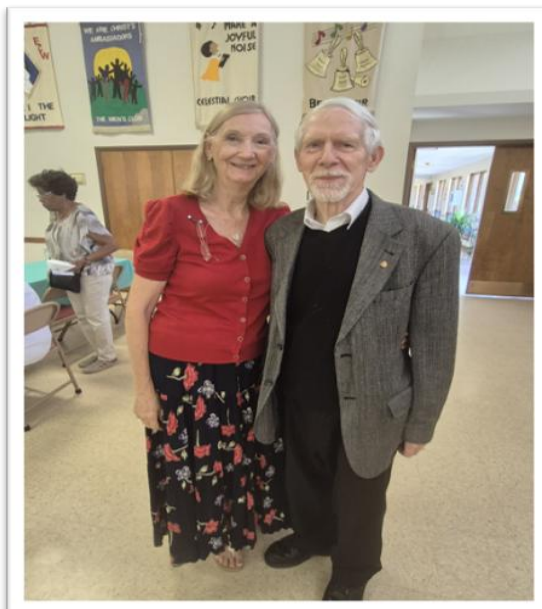


BIRTHDAYS AND ANNIVERSARIES

Each Sunday during worship, we pause to offer blessings for those celebrating a birthday or wedding anniversary that month. If you are celebrating this month, please join us at our 10 a.m. Sunday service so we can share your joy and offer a special blessing.

Shown above, Mark Farquharson receives his birthday blessing from the Rev. Dr. Sintim. Mark celebrated his birthday on July 4, 2026. Happy birthday, Mark!

The Rev. Dr. Pringle and his wife, Pam, pictured below, shared a moment during coffee hour. They recently celebrated their 50th wedding anniversary. It was wonderful to see them again. Happy anniversary!



**Sydni and Graham Myers share a photo with family after church.
We always enjoy their visits.**





ST. CYPRIAN'S EPISCOPAL

1242 WEST QUEEN STREET
HAMPTON, VA 23669

BE ONE OF US

WE NEED VOLUNTEERS

- LAY EUCHARISTIC MINISTERS
- WORSHIP LEADERS/LECTORS
- ACOLYTES

FOR MORE DETAILS CONTACT
MARY T. JACKSON OR LUCRETIA CLAYTON



IN OUR CYCLES OF PRAYER:

We Pray for Our Bishop:

Susan B. Haynes

We Pray for Our Ministry for Postulancy:

Cornelia Taylor

We Pray for Parishioners:

Juanita Alexander, Ardelle Anderson, Daisy Bell, Jeffery Corbin II, Keri Corbin, Sandra Corbin, Crystal Diggs Gray, Patricia Dixon, Regal DuBose, Samuel E. Ewell, Jr., Gene Harden, Betty Lewis, Marc Miller, Delores Minor, Gwendolyn Newsome, Shane Otey, Eleanor Pritchett, Alberta Reid, Angela J. Russell, Henry P. Russell Jr., Minnie Stiff, Vernell Walden, Wayne Walden, John Watkins, Sr., Bernice Wilson, Lucius Wyatt, and Samantha B. B. Burney

We Pray for Friends and Family:

Derrick Edmonds, Lois Martin, Margaret Comegys, Clay Cane, Alexa Munoz, Cheryl Maxson, Doris Harris, Marcus Reid, Jeannie & Paul Saunders, Beverly Amaya, Lily Holloman, Allison Jordan, Greg & Patrina Newton, Kenneth Bullock, Peggy Winston, Dominique Jordan, Tony Leroy Duncan, Edith & Sana Harris, Jasen Fykes (*grandson of Eleanor Pritchett*), Sophia (*sister of Lucretia Clayton*), Shawna Mathias (*sister of Crystal Diggs Gray*), Joy Staton, Christine Calhoun, Jeffrey Peele, Oliver Christian (*brother of The Rev. Earl R. Christian*), Howard Moore (*brother of Lucretia Clayton*), Philip Whitaker (*brother of Crystal Diggs Gray*), Russell Rhorer (*brother-in-law of Samuel Ewell, Jr.*), Evita Ogden (*niece of Alberta Reid*), Phillip Wilson, William & Margaret Boyd (*nephew of Gwendolyn Newsome*), Barry Lockett (*neighbor of Lora & Steve Ham*), Yvonne Hargrove (*sister of Stephen Ham {Lora}*), Betty Rivera (*neighbor of Lora & Stephen Ham*), Nettie Smiley (*friend of Portia Goode-Herd*), Julyn Sheppard (*wife of the late Jerome Sheppard*), Doris Powell, Jaden Cooper (*nephew of Crystal Diggs Gray*), Jill & Mike Wojcik (*neighbor of Gwendolyn Newsome*), Thomas Dru Montague (*grandson of DeLaine Headen*), Claire Martine (*sister of Gwendolyn Newsome and aunt of Sharon and Sylvester Newsome Jr.*), Lorean Hester (*mother of Earl Hester*); Lorraine Edwards (*aunt of Crystal Diggs Gray*) and Olivia Ghanem (*mother of Fr. Sintim*)

We Pray for Those Serving in the Military:

LaToya Artis (*niece of Dr. Minnie Stiff*); Major Luke Carpenter, III (*grandson of Bill and Fannie Walls*), U.S. Marine Corps; John "Holland" Watkins (*son of John & Maria Watkins*) U.S. Navy; and LT. Joy Maria Watkins (*daughter of John & Maria Watkins*), U.S. Coast Guard

We Pray for The Departed:

With heartfelt sympathy, we share that **Ron Minor**, *devoted husband of Delores Minor*, passed on **Friday, June 19, 2026**. We ask for your prayers and loving thoughts for Delores and their family during this deeply painful time. Funeral arrangements will be announced at a later date. The family kindly requests that expressions of sympathy be sent by cards, text messages, or prayers only. May God grant *Ron Minor* the blessings of eternal rest and may light perpetual shine upon him.

With heavy hearts, we share news of the sudden and tragic passing of **Eileen Todd**, *sister-in-law of our Senior Warden, Mary T. Jackson*. Eileen passed away after emergency surgery following a tragic accident **Wednesday morning, July 8, 2026**. Please keep Mary T. Jackson, her husband Wayne, and their entire family in your prayers during this difficult time. We will share additional updates once the family is ready to share those details. May the souls of the faithful departed, by the mercy of God, rest in peace and may light perpetual shine upon *Eileen* in the glory of God our Father.

JULY BIRTHDAYS AND ANNIVERSARIES



- 7/4 Mark Farquharson
- 7/10 Lisa B. Youngblood
- 7/12 Norman Wilkerson III
- 7/15 Gail Boyd Jones
- 7/17 Jean Carnegie
- 7/23 Henry Russell
- 7/30 Patricia Allen Ganther

ANNIVERSARIES

- 7/13 Kim & Will Canty
- 7/18 Regal & Rose DuBose
- 7/20 Deeno & Fiona Robinson-Powell
- 7/21 Clayton & Fay Winston



If we missed your birthday or anniversary, please let us know by calling the Church Office, (757)723-8253.

What's Happening

CALENDAR FOR JULY 2026

JULY 5, 2026

| | | | |
|-------------|----------------------------|-------------------|--|
| Sun. | July 5 th | | Virginia Peninsula Food Bank Donations |
| Sun. | July 5 th | 9 a.m. | Bible Study |
| Sun. | July 5th | 10 a.m. | Rev. Dr. Hector K. Sintim, Clergy |
| Sun. | July 5th | 10 a.m. | Morning Prayer, Rite II – <i>YouTube Live</i> |
| Sun. | July 5 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Wed. | July 8 th | 11 a.m. – 12 p.m. | Consecrated Communion Packet Pick-up |
| Wed. | July 8 th | 12 p.m. | Noonday Prayer |
| Thur. | July 9 th | 11 a.m. – 12 p.m. | Consecrated Communion Packet Pick-up |
| Thur. | July 9 th | 11 a.m. | Choir Rehearsal |
| Thur. | July 9 th | 12 p.m. | Bible Study |

JULY 12, 2026

| | | | |
|-------------|-----------------------------|-------------------|--|
| Sun. | July 12 th | | Peake Childhood Center Donations |
| Sun. | July 12 th | 9 a.m. | Bible Study |
| Sun. | July 12th | 10 a.m. | Rev. Dr. Hector K. Sintim, Clergy |
| Sun. | July 12th | 10 a.m. | Holy Eucharist, Rite II – <i>YouTube Live</i> |
| Sun. | July 12 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Sun. | July 12 th | 11:30 a.m. | Welcome & Strategic Planning Committee Meeting |
| Sun. | July 12 th | | July Birthday Celebration/Coffee Hour |
| Tue. | July 14 th | 11 a.m. | Vestry Meeting- Vestry Room |
| Wed. | July 15 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Wed. | July 15 th | 12 p.m. | Noonday Prayer |
| Thur. | July 16 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Thur. | July 16 th | 11 a.m. | Choir Rehearsal |
| Thur. | July 16 th | 12 p.m. | Bible Study |

JULY 19, 2026

| | | | |
|-------------|-----------------------------|-------------------|--|
| Sun. | July 19 th | 10 a.m. | Revenue Enhancement Fund |
| Sun. | July 19 th | 9 a.m. | Bible Study |
| Sun. | July 19th | 10 a.m. | Rev. Dr. Hector K. Sintim, Clergy |
| Sun. | July 19th | 10 a.m. | Holy Eucharist, Rite II – <i>YouTube Live</i> |
| Sun. | July 19 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Sun. | July 19 th | 11:30 a.m. | Worship Committee Meeting |
| Wed. | July 22 nd | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Wed. | July 22 nd | 12 p.m. | Noon Day Prayer |
| Thur. | July 23 rd | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Thur. | July 24 th | 11 a.m. | Choir Rehearsal |
| Thur. | July 24 th | 12 p.m. | Bible Study |

What's Happening

JULY 26, 2026

| | | | |
|-------|-----------------------|-------------------|--|
| Sun. | July 26 th | | <i>H.E.L.P.</i> Sunday |
| Sun. | July 26 th | 9 a.m. | Bible Study |
| Sun. | July 26 th | 10 a.m. | Rev. Dr. Hector K. Sintim, Clergy |
| Sun. | July 26 th | 10 a.m. | Holy Eucharist, Rite II – <i>YouTube Live</i> |
| Sun. | July 26 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Sun. | July 26 th | 11:30 a.m. | Semi-Annual Parish Meeting |
| Wed. | July 29 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Wed. | July 29 th | 12 p.m. | Noon Day Prayer |
| Thur. | July 30 th | 11 a.m. – 12 p.m. | Communion Packet Pick-up |
| Thur. | July 30 th | 11 a.m. | Choir Rehearsal |
| Thur. | July 30 th | 12 p.m. | Bible Study |





JULY 2026

LECTIONARY SERVER

| Service | July 5, 2026 | July 12, 2026 | July 19, 2026 | July 26, 2026 |
|------------------------------|---------------------------------|---|---|--|
| Altar Guild | Gail B. Jones; Maria Watkins | Lucretia Clayton; Lora Ham; Eleanor Pritchett | Stacey Hester; Fannie J. Walls | Jean Carnegie; Fannie J. Walls |
| Eucharistic Minister | William H. Walls Jr. | Mary T. Jackson | DeLaine Headen | William H. Walls Jr. |
| Prayers of People | William H. Walls Jr. | Mary T. Jackson | DeLaine Headen | William H. Walls Jr. |
| Acolyte | William H. Walls Jr. | Lucretia Clayton; Tamyah Smith | Lucretia Clayton; Tamyah Smith | William H. Walls Jr. |
| Usher | William Walls Sr.; Steve Ham | Connie McCullough; B. T. Brandon | Lucretia Clayton; Marshal Jackson; John Watkins | Earl Hester; Stacey Hester; Mark Farquharson |
| Eucharistic Visitor | None Scheduled | None Scheduled | None Scheduled | None Scheduled |
| Daughters of the King | None Scheduled | None Scheduled | None Scheduled | None Scheduled |

Diocese of Southern Virginia

The Rt. Rev. Susan B. Haynes, Diocesan Bishop

St. Cyprian's Episcopal Church

The Rev. Dr. Hector K. E. Sintim, Priest –in-Charge

Worship Services and Times

Sundays

10 a.m.

The Staff

Phyllis Holland-James, Director of Music Ministries

Bettie J. Swain, Parish Administrator

The Vestry

(Meets the 2nd Tuesday of each month – 11 a.m.)

Mary T. Jackson (2025,) Senior Warden

Lisa B. Youngblood (2027), Register

Mark Farquharson (2028)

Marshal Jackson (2027)

Dorian Moore (2028)

Alberta W. Reid (2026)

Joy D. Strawn (2026)

Fannie J. Walls (2027)

Clayton Winston (2028)

Lora P. Ham, Treasurer

Mark Farquharson, Webmaster/Audio Visual Technician

Trustees – Stanley Carnegie; Gail B. Jones; Lucius Wyatt

St. Cyprian's Episcopal Church

P.O. Box 65

Hampton VA 23669-0065

Phone: 757-723-8253

Rev. Dr. Hector E. K. Sintim - 757-690-6739 (Cell)

Office Hours: Tuesdays, Wednesdays, and Thursdays/ 10:30 a.m. - 3:30 p.m.

E-Mail: Office@stcyprianshamptonva.org

Website: <http://www.stcyprianshamptonva.org>

YouTube: St. Cyprian's Episcopal Church, Hampton, VA

Saint Cyprian's Church is named after Cyprian, the first Bishop of Carthage, North Africa (248-258). He spoke for reconciliation of the Church with those who had denied their faith. Cyprian was beheaded for refusing to worship pagan gods and deny Christianity. Thus, he became a martyr of Christ's Church universal.