



- 7/2 Jim Kelly
Tim Wittkowski
Landon Steffens
- 7/4 Jean Darrow
Tommy Lang
Brooke Aversano
- 7/6 Jean Soderstrom
Edy Thornhill
- 7/7 Tim Specht
- 7/8 Keri Sullivan
- 7/9 Diana Leibold
- 7/10 Gilda Candela
Joseph Disciafani
- 7/11 Michael Massie
Christopher Cash
- 7/12 Bill Harvey
- 7/13 Gale Elling
- 7/14 Dallas Garvin
John Lynott
Lauren Jacques
- 7/15 Jim Grundhoffer
- 7/16 Allison Coleman
Christopher DeRose
Carli Heming
- 7/17 Katie Griesel
- 7/18 Chris Callahan
- 7/18 Scott Pisano
- 7/19 Louise Webster
Catherine Nalewajk
- 7/20 Caroline Doherty
Samantha Sullivan
- 7/22 James Jones/Jaycox
Jeff Wimmel
- 7/23 Thomas Hull
- 7/24 Eddie Behnke
- 7/25 Spencer Edelbaum
Jennifer Granger
Charles Camenzuli
- 7/26 Leslie Kilmer
- 7/27 Avel Escamilla
Ryan Haring
- 7/29 Bruce Cash
Peter Davis
Don Porter
- 7/30 Paulette Sosa
Edwina Osmanski
- 7/31 Betty Voss



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Nutrition For You

Here are some new facts on nutrition

How much caffeine is okay?

It's back to school, back to work time and the days are getting shorter. Are you tempted to reach for an extra cup of coffee to help clear the cobwebs? What is it about caffeine that gets you going? Caffeine is a drug, a mild stimulant that can temporarily increase your heart rate and boost energy levels. According to the American Dietetic Association, 200 to 300 milligrams a day (about 2-3 cups of coffee) is safe for most healthy adults, but excessive caffeine intake can cause anxiety, insomnia, headaches or stomach irritation. Caffeine is found mainly in coffee, tea and colas, but also is found in energy drinks, hot cocoa, chocolate and many over the counter medications, so if you're watching your caffeine intake, take note of all these sources! Learn more, at www.eatright.org.

What's the new Food Guide Pyramid?

Did you know that there is a new food guide pyramid, and it's just for you? "MyPyramid" is the new food guide pyramid that individualizes a person's needs based on age, gender and physical activity level. It emphasizes the consumption of fruits, vegetables, low-fat dairy products and whole grains. It stresses the importance of physical activity with a balance of food. It provides healthy food choices by recognizing and promoting that "one size does not fit all." Visit www.mypyramid.gov to learn more.

What is the proper way to wash your hands?

According to CDC statistics, one of every four people will contract a food borne illness this year. Chances are, you know hand washing is the best way to prevent the spread of germs. It's important to wash your hands before and after you handle food, before you eat, after touching your ears, nose, mouth, or hair and after you use the restroom. But are you really getting those hands clean? Spend at least 20 second scrubbing your hands with soap – about as long as it takes to sing "Happy Birthday" twice. Be sure to clean under fingernails and between your fingers, rinse thoroughly and dry your hands with single-use paper towels or a warm-air hand dryer. Learn more, at www.cdc.gov/ncidod/op.

Before undertaking any significant nutritional or physical activity changes, it is recommended that you check with your physician.



Parish Family News

Thomas completed his Boy Scout Eagle rank on May 19 and was awarded the badge in a ceremony on June 20, 2014. Several local government officials spoke. Approximately 4% of all boys who become Scouts complete the Eagle rank, which is the highest of the six ranks within Scouting. Most boys complete the work just before their 18th birthday. Thomas completed the Eagle rank well before his 16th birthday.

Thomas' project was to scrape and repaint the wrought iron fence around the Searing plot in the rear of the Church cemetery where the orphans were buried.

The Brotherhood of St. Andrew provided the funds to purchase pumpkins that Thomas sold at the Church's Harvest Festival. Through the sales, Thomas was able to raise over \$1,000 to cover the cost of supplies, tools and refreshments for the volunteers who helped. The paint was donated by a local structural steel contractor. All of the left over funds will be returned to the Brotherhood.

The work included scraping away all loose paint and rust from the entire fence and gate and making sure that the gate was in good operating condition. The fence and gate were then given two coats of paint to protect the fence from future rust. After the painting was completed, tulip bulbs were planted along the front of the plot. In addition to family members, volunteers from Boy Scout Troop 117 and The Stony Brook School helped with the work, which took two weekends and was completed in early December 2013.

Thomas worked with Cn. Richard and Chris Haring of the Vestry to determine the scope of the Project and perform all coordination with the Church. Mark LaSorsa and Don Muffly bought the pumpkins through the Brotherhood of St. Andrew and helped in any way necessary. Cn. Richard, Chris Haring, Mark LaSorsa and Don Muffly and all parishioners were invited to attend the ceremony.

Ryan Haring has accepted a flight crew position with Alaska Air. He will be leaving his flight instructor position at Embry Riddle Aeronautical University in Florida to start his training on a 76 passenger Bombardier Q400 aircraft in midsummer. He will train in Portland OR, and will likely be based out of a city in Oregon, Washington or Idaho. Alaska Air is a major carrier flying primarily in the western half of the USA, but also flies to Hawaii, Mexico and five cities on the east coast. Alaska Air is Ryan's "dream job," so he's extremely happy about the new position!

Buildings & Grounds

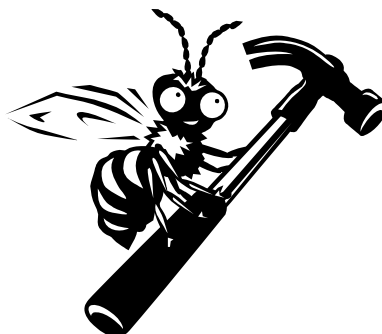
As I write this article, school is wrapping up and summer is here, complete with some heat and humidity. The gardens have been a little slow in taking off this summer and we're unsure if it's due to the harsh winter, different flower suppliers or a combination of factors. But hopefully things will begin to take off soon. We are watering the gardens but are holding back on the grass areas, especially the cemetery itself. We're trying not to water the headstones to limit the growth of lichens and mildew. So that watering will be done on an "as needed" basis.

The undercroft and library facelift should be 100% done by the time this issue of The Carillon goes to press. We had a "mission abort" with the carpet installation when defects appeared during the installation. But the second run delivered the following week installed without a hitch. Thanks to Bob Clancy, Bill Harvey and Mike Massie for their assistance. Library reorganization by Barbara Russell and Karen Buxton, flowers by Linda Haring. The Brotherhood of St. Andrew christened the library on June 14. The library is now a welcoming place for groups to meet, with media (Blu-ray or DVD), wireless Internet and Internet streaming (Pandora, YouTube, Picasa) all available. See me on how to use the projector—it's pretty simple to run.

We will soon receive engineering plans for the carriage shed repair, which will be sent out to contractors for bids. We have awarded a contract for replacing the air conditioning units that service the main room of the MCS Building, and that should be completed well before the start of Vacation Bible School on July 7.

So enjoy our beautiful grounds as the summer progresses. The sunflowers are beginning to dominate the front of the barn and should soon be taller than most of our parishioners. While things slow down in the summer, they never quite come to a full stop. VBS is still looking for a few volunteers and there are summer projects (mostly small ones this year) that could use some parishioner assistance.

Chris Haring, Chair
Buildings and Grounds



At Caroline Church,
We are Stewards of God's Love!



We are busy people! God has given us 24 hours in each day to live, work, serve and praise. What are we doing with the days that God has entrusted to us as individuals and as a congregation? How might we use our time to love God and our neighbor?

Taken from: *Stewards of God's Love*

Right Attitude About Time

“Teach us to make the most of our time, so that we may grow in wisdom.”

Psalm 90: 12 (New Living Translation Bible)

Right Relationship with God

“Don't act thoughtlessly, but try to understand what the Lord wants you to do.”

Ephesians 5:17 (New Living Translation Bible)

Most Important Use of Time

“And then He told them, “Go into all the world and preach the Good News to everyone, everywhere.”

Mark 16:15 (New Living Translation Bible)

Life Application: Time Audit

Keeping track of how you spend your day can be of great value in evaluating the stewardship of your time. Record the number of hours spent on business, class, sleep, Christian service, recreation, etc. Place the total hours per week used in each activity below:

Study & Class:

Activities & Athletics:

Devotional Life:

Commuting:

Christian Service:

Employment:

Rest:

Laundry & Clean-up:

Recreation & Social Life:

Miscellaneous:

Determine what blocks of time are wasteful. How could you use them to serve the Lord?

by Bill Bright

List ways to tithe your time that can be worked into your schedule.

Re-Imagine the Offering: July 6

What are some of the ways you serve your neighbors?

Who are your neighbors?

RAP: Racism Awareness Program

When: Saturday, August 9, 2014 10am-4pm

Where: Mercer School of Theology

What: A daylong workshop on moving from oppression toward understanding and unity

Who: For all

Awareness of racism and response to it in our individual lives and in our communities remains as crucial as ever to the health of both Church and society.

On Saturday, August 9, Racism Awareness programming will take place at Mercer School. This workshop will be one day in length (completed on August 9). Participants will be led from an awareness of discrimination to an understanding of racism and other forms of oppression on the personal, interpersonal, institutional and systemic levels.

A \$20 fee will be assessed for the provision of lunch and materials. Online registration is available through the Mercer School website (www.mercerschool.org). Click on the left navigation tab "Coming Events/Register," and navigate to the date of August 9th. Registration will close on Saturday, August 2nd.

Note the requirement for this training according to the canons of the Diocese of Long Island, Canon 4, Section III - "Education Training on Anti-Racism. All members of the clergy, and all seminarians, candidates for Holy Orders, and all employees and lay leadership of the diocese or of parishes, missions, chapels, or other diocesan units, shall attend training as approved by the Bishop, on issues of anti-racism in church and pastoral relationships.

Please register online at the Mercer School of Theology Web site.

Juice & Cookies on the Slype Host/Hostess Sign up for 2014

Please feel free to sign up for this wonderful time of sharing. Open to families, organizations or individuals who would like to share their 'hostess' gifts.

The sign up list is on the clip board in the MCS building. You may either just sign up on the list, call the parish office at 941-4245 or contact Len Calone at 928-2019.

Summer at Camp De Wolfe

Looking for a Christian Camp on Long Island? Camp DeWolfe is a residential sleep-away Christian Camp on Long Island, New York. Camp DeWolfe provides an opportunity for youth to experience God and develop as leaders, in a safe community and enjoy a beach and outdoor natural setting. Offering one-week and two-week overnight sessions for all youth ages 7-17 and a Christian Day Camp for 2014! Camp DeWolfe provides a natural setting for them to engage in community and empower them to live out an outward and visible expression of the love and grace of Christ.

Why summer camp? Camp DeWolfe is a place where young people are encouraged to be themselves, to grow in their Christ-like identity, to explore their God-given gifts and to enjoy making friends in a picturesque beach and waterfront setting.

What will my child learn at summer camp?

- Explore nature – To use the outdoor space and provide outdoor programming so that there can be exploration and enjoyment of God in nature, God in others, and God in personal reflection.
- Engage community – To develop temporary community for learning and growth, within a positive, safe, honest and encouraging environment.
- Empower decision making – To facilitate learning in an outdoor learning environment, to encourage decision making that leads to group development and personal growth.
- Embrace challenge – To have the opportunity to experience different levels of challenge, to encourage a testing and expansion of personal comfort zones, so that a transfer of skills can be made to everyday living.
- Enjoy participation – To provide fun, interactive, and varied programs that will maximize learning and growth through experiential education.
- Experience reflection – To provide the time and space to be still, reflect on God's word, listen to God, grow in faith and practice spiritual disciplines.
- Episcopal service – To create a safe environment where youth can practice serving others, the environment and the Lord, learning to love each other as Christ loves us.

SUMMER CAMP SCHEDULE

EXPLORER CAMP (ages 7-11): July 6th – July 11th

\$595 per one-week session

A great way to introduce your child to camp! A 6 day camp designed for new elementary campers with taster sessions in activity areas including archery, swimming, and arts. Evening programs and Christian Formation ses-

sions are tailored for new campers to make new friends and learn about God in a safe, fun and outdoor environment.

DISCOVERY CAMP (ages 8-12): July 13th – July 25th

\$1190 per two-week session

An engaging and energetic two-week camp for elementary youth to participate in a range of activities and programs on the Long Island Sound. Campers will be able to explore nature and build friendships, through interactive activities that center on God's love and grace.

ADVENTURE CAMP (ages 12-15): July 27th – August 8th

\$1190 per two-week session

A two-week camp program for middle school youth to enjoy a place apart from the busy world and to experience God's love through nature, community, and challenge. Opportunities to develop skills in activities including sailing, wilderness skills and swimming. Christian Formation programs are designed to encourage youth to discover their faith in an open and caring environment.

LEADERSHIP IN TRAINING (LIT) (ages 15-17):

July 6th – August 8th

\$1500 per five-week session (must attend all weeks)

A challenging and advanced camp for high school youth to be empowered to discover their God-given potential and to grow in community. Opportunities to facilitate and lead a day camp program, master activity areas, develop new skills, and live out faith in practical and service-centered ways. Programs include Adventure Challenge workshops, solo reflection, and Christian Formation sessions that encourage youth to find true identity in God and learn how to lead others to Christ.

**DAY CAMP: July 7th – August 8th: Monday – Friday
9am – 5pm**

\$250 per five-day session

(must register in five-day session periods)

A new Christian Day Camp for campers ages 7 – 14 to be able to enjoy God's creation in the outdoor beach setting and make new friendships in a safe community. Opportunities to try swimming, sailing, kayaking, canoeing, arts, sports and more! 5-day sessions are by age for safety and supervision.

REGISTER YOUR CAMPER ONLINE <http://campdewolfe.org/summer-camp/>



Community Summer Youth Fellowship Program

Beginning July 8, Setauket Presbyterian Church will for the 4th year open its Fellowship Hall doors on Tuesday evenings, from 6:30 - 8:00pm for a time of fellowship and games for Junior High, Senior High and College youth and friends. We will meet each Tuesday up through and including August 26. RSVP's are not mandatory to attend just stop on by - RAIN OR SHINE!

If you have any questions, please feel free to contact me.

Sincerely,

Karen Loomis

Setauket Presbyterian Church

Welcome Inn Volunteers Needed

The WELCOME INN is looking for some volunteers: All interested individuals should call 631/331-1062 for more information

1. Monday suppers at Christ Church Episcopal (Barnum Avenue - PJ) needs volunteers immediately as a number of 'regulars' are on vacation for the next few months. Volunteers are needed between 3:30 and 7pm to assist with various assignments: setting up, preparing salads, etc., serving guests and cleaning up the dining room as well as the kitchen equipment.

2. We are seeking a 'Coordinator for Monday nights' to share leadership responsibilities at Christ Church Episcopal (Barnum Avenue, PJ). The duties include supervising and scheduling volunteers, shopping for fresh produce, etc. as needed, monitoring the dinners, and assisting with serving guests.

3. A 'Director of Volunteers' is being sought to schedule new volunteers to serve at our locations in greater Port Jefferson.

Running NYC Marathon

Duy Nguyen

Please donate and support!

Our parishioner, Duy, has decided to run the 2014 TCS New York City marathon with Team for Kids and is asking for your support of their inspiring mission. Team for Kids is a team of volunteers who raise funds for critical services provided by New York Road Runners Youth Programs. These programs combat childhood obesity and empower youth development via running and character-building programs in low-income schools and community centers in New York City, throughout the country, and in Africa.

Making a donation is easy! Go to this link:

<http://www.runwithfk.org/Profile/PublicPage/18643>

And click on the Donate button to give through my secure fundraising site. You can also find information there about where to write a check, or how to get your company to match your gift! All contributions are tax-deductible.

Your giving helps New York Road Runners Youth Programs to:

- ◆ Serve over 200,000 children in more than 800 schools and community centers with FREE programs.
- ◆ Reach children of all fitness levels and athleticism, with a heightened focus on reaching out-of-shape and overweight kids with little or no athletic experience.
- ◆ Prevent overweight or obese children from eventually suffering heart disease, high blood pressure, diabetes, and other chronic illnesses that lead to health-care in excess of \$100 billion annually.

See you at the finish line!

Duy Nguyen

Haitian Art & Handcraft Sale

Hosted by Christ Church, Sag Harbor

Friday, July 18th 5:00pm-8:00pm, Wine & Cheese Reception

Saturday, July 19th 9:00am-4:00pm

Sunday, July 20th 9:00am-2:00pm

This sale is to benefit the remote village of Chermaitre in partnership with the Vassar Haiti Project. The event will take place in the Upper Parish Hall. It will feature 200 original paintings as well as a wide assortment of unique and affordable gifts, including silk scarves, jewelry, and iron sculpture. Purchases at the art & handcraft sale are 50% tax-deductible. With proceeds they have built 7 classroom schools, supported health care by building a clinic, rebuilding a new and safer kindergarten structure and this year, proceeds will go toward building a community center.



<h1>JULY 2014</h1>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Fr. Farrell away</i> CYC Mission Trip 3:30 PM Soup Kitchen at CCUM	2 <i>Fr. Farrell away</i> CYC Mission Trip	3 <i>Fr. Farrell away</i> CYC Mission Trip 10:30 AM Pastoral Team to Sunrise Asst. 12:30 PM H.E & Healing Service	4 CYC Mission Trip INDEPENDANCE DAY OFFICE CLOSED	5 CYC Mission Trip
6 8:00am & 10:00am Services CYC Mission Trip to Kentucky with Presbyterian Church 10:00 AM Camp Caroline	7 8:45-12:00pm VBS 6:30 PM Confirmation Class	8 8:45-12:00pm VBS 3:30 PM Soup Kitchen at CCUM	9 8:45-12:00pm VBS	10 8:45-12:00pm VBS 10:30 AM Pastoral Team to Woodhaven 12:00 PM H.E & Healing Service	11 8:45-12:00pm VBS <i>Summer hours office closes at 3pm</i>	12 9:30 AM Caring for Caregivers Support Group in Parish House 5:30 PM E.A.T. at Table H.E.
13 8:00am & 10:00am Services 10:00 AM BAPTISM: Mungal (2) 10:00 AM Camp Caroline	14 <i>Dallas's Birthday</i> 10:00 AM Staff Meeting 6:30 PM Confirmation Class	15	16 7:00 PM Vestry Meeting	17 10:30 AM Pastoral Team to PJ Health 12:00 PM H.E & Healing Service	18 <i>Summer hours office closes at 3pm</i>	19 <i>Mary away</i>
20 8:00am & 10:00am Services <i>Mary away</i> 10:00 AM Camp Caroline 6:00 PM Adult Christian Ed MOV-IE	21 <i>Mary away</i>	22 <i>Mary away</i> 7:00 PM Stewardship Committee Mtg	23 <i>Mary away</i>	24 <i>Mary away</i> 10:30 AM Pastoral Team to Jefferson Ferry 12:00 PM H.E & Healing Service	25 <i>Mary away</i> <i>Summer hours office closes at 3pm</i>	26 <i>Mary away</i> 9:30 AM Caring for Caregivers Support Group in Parish House 5:30 PM E.A.T. at Table H.E.
27 8:00am & 10:00am Services 10:00 AM Camp Caroline 12:00 PM Acolyte Training 1:00 PM Acolyte BBQ at the Spechts 2:00 PM Church Tour - Bev T.	28 <i>Janet on Vacation</i> 10:00 AM Staff Meeting 6:30 PM Confirmation Class	29 <i>Janet on vacation</i>	30 <i>Janet on vacation</i>	31 <i>Janet on vacation</i> 12:00 PM H.E & Healing Service	1 DEADLINE FOR THE CARILLON 7:00 PM CYC Lock In MCS building until 7am Saturday	

THE CARILLON

Caroline Church of Brookhaven

The Rev. Cn. Richard D. Visconti, Rector

One Dyke Road
Setauket, NY 11733-3014

Non-Profit
Organization
U.S. POSTAGE
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East Setauket
New York

RETURN SERVICE REQUESTED

Community Vacation Bible School
July 7th - 11th
8:45am - 12:00noon

E.A.T. (eat at table)
Saturday, July 12th & 26th
5:30pm in MCS building

Caroline Church of Brookhaven

Sunday Services: 8:00 a.m., 10:00 a.m.

Tel. (631)941-4245 Fax (631)941-0280

Parish Office E-mail: office@carolinechurch.net

Web site: www.carolinechurch.net