



AVE

April 2020 Saint Mary's AVE Vol. 89 No. 4

"Greetings Mary, full of grace."

The Episcopal Church of Saint Mary - Falmouth, Maine



HOLY WEEK AT HOME



My friends, this is your opportunity to personalize the great dramas of Holy Week and bring them into the life of your home!

Choose AT LEAST ONE of the ancient liturgies of the Triduum (the Three Days - Maundy Thursday, Good Friday, Holy Saturday) and start planning now for how you will observe this in your home.

The basic readings and prayers are provided in the Prayer Book ([pages 274-295](#)), but these will need to be modified for use at home. And there are many other resources online.

Imagine the beautiful ritual of footwashing with everyone in your home, a simple Agape meal on Maundy Thursday that includes a remembrance of the Last Supper, waking up in the middle of the night to watch with the Lord for one hour in prayer, reading the Passion Gospel and carrying (or making) a wooden cross on Good Friday, praying through all the Stations of the Cross around your home, lighting a New Fire outside after sunset on Holy Saturday,

blessing water and sprinkling one another to remember your baptism, ringing bells and shouting "Alleluia!" when Resurrection Day finally arrives. There are so many possibilities to enter deeply into the mystery of this week. Yes, it will be different this year – for reasons beyond our control. But the only limit to your experience of walking with Christ through Holy Week will be your own creativity! Take advantage of this opportunity to make these liturgies your own. If you do this, it just may be one of the best Holy Weeks of your life.

Seeking God and thinking out of the box with all of you,

Nathan W. Ferrell +

The Seven Last Words of Christ from the Cross Holy Week Meditations by Fr Nathan

Incorporated into Palm Sunday and each NoonDay Prayer on Facebook live

Palm Sunday: "My God, my God, why have you forsaken me?"

Monday in Holy Week: "Father, forgive them"

Tuesday in Holy Week: "Today, you will be with me in paradise"

Wednesday in Holy Week: "Woman, here is your son"

Maundy Thursday: "I am thirsty"

Good Friday: "It is finished"

Holy Saturday: "Father, into your hands I commend my spirit"



Holy Week & Pascha 2020 at Saint Mary's

THE SUNDAY OF THE PASSION: PALM SUNDAY, APRIL 5

10:15 AM: Liturgy of the Palms & Passion Gospel

Meditation: "My God, my God, why have you forsaken me?"

From the Chapel on Facebook live

MONDAY, TUESDAY & WEDNESDAY IN HOLY WEEK

12 NOON: Holy Week NoonDay Prayers with Meditations
on the Seven Last Words of Christ from the Cross

From the Chapel on Facebook live

MAUNDY THURSDAY AT HOME, APRIL 9

12 NOON: Maundy Thursday Prayers

Meditation: "I am thirsty"

From the Chapel on Facebook live

****Keep Maundy Thursday at home this evening****

GOOD FRIDAY AT HOME, APRIL 10

12 NOON: Good Friday Prayers

Meditation: "It is finished"

on the Seven Last Words of Christ from the Cross

From the Chapel on Facebook live

****Keep Good Friday at home today—a day of fasting****

HOLY SATURDAY, APRIL 11

12 NOON: Holy Saturday Prayers

Meditation: "Father, into your hands I commend my spirit"

From the Chapel on Facebook live

****KEEP THE VIGIL AT HOME AT SUNSET (7:20 PM)****

THE HIGHLIGHT OF THE ENTIRE CHURCH YEAR!

THE SUNDAY OF THE RESURRECTION: EASTER DAY, APRIL 12

10:15 AM: Morning Prayer for Resurrection Sunday

From the Chapel on Facebook live

11 AM ALL-PARISH Coffee Hour Celebration on ZOOM (see 4.3 eNEWS FMI)

From the Deacon's Corner:

Dear Ones,

I am writing to you from Fernandina Beach in Florida where I have been staying with my sister and her husband. It appears that I will be here for the foreseeable future as we "self-quarantine." The situation we all find ourselves in because of COVID-19 is unprecedented in my lifetime, and that is true for most of us. I am here in a beautiful place with people I adore, but I miss the comfortable familiarity of home, my normal routines, and all the people I love in Maine - especially my Saint Mary's family.

I have a small bookcase in my house that my husband had made for me when I was going through the Deacon Formation Program many years ago! I was collecting books at a great rate during that time, and the small, simple, pine bookcase was a perfect gift. On top of the bookcase, I keep a small collection of favorite icons. There is a tiny Madonna and Child on wood a friend brought to me from Jerusalem. Another is of St. Stephen, Deacon and Martyr, the patron saint of deacons. The one that has been in my thoughts most recently is of Jesus in the Garden of Gethsemane praying with his eyes lifted towards heaven, his expression one of deep sadness.

The story from Matthew tells us that Jesus has asked his disciples to stay with him while he struggles with the reality of what is facing him as he is arrested, tried and crucified. Those he loved and trusted abandoned and betrayed him when he needed them the most. We know the story well and during this season of Lent and this season of uncertainty, we may also be experiencing a sense of fear and isolation.

In the image of Jesus in the Garden that sits on my bookcase, Jesus is not alone. There is an angel beside Jesus. The angel is beautiful in bright white robes, his face peaceful and serene and his hand resting on Jesus' shoulder. Even in his agony Jesus is not alone. The Spirit of God is in the Garden with him. The Spirit of God never left Jesus and will never leave us. God is good all the time in every way, now and always. We are one in Christ who is and was and is to come. This too shall pass. I pray that we will all be well and safe and finding ways to help especially those whose needs are greater than our own.

Faithfully, Deacon Christine



The Holy Eucharist in the Domestic Church

If you feel the need to celebrate and receive Holy Communion, it is important to know that anyone can do this at home at any time. Everything needed is in the Book of Common Prayer - except for the bread and wine, and a Bible, of course! Theologians may tell you that this is not the same as Communion shared in Christian community, but God is always with us and always ready to empower us with grace. Remember: we are all priests in the Body of Christ.

Doing this at home does not mean that you must include every part of the Eucharist as we do it at Saint Mary's! Follow this basic outline of the Eucharist (see pages 400-401 in the BCP):

Gather in the Lord's Name – name your intention and purpose

Proclaim and Respond to the Word of God – read and discuss Scripture

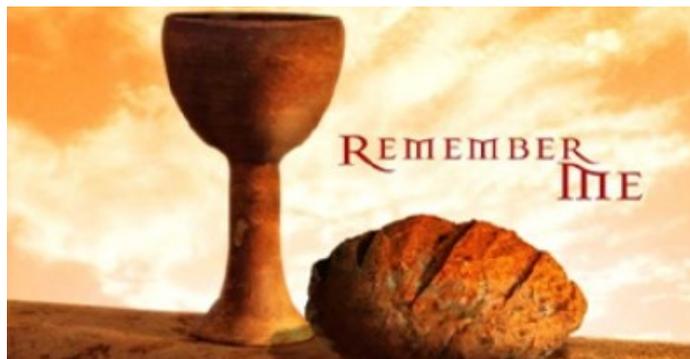
Pray for the World and the Church – offer prayers for yourselves and others

Exchange the Peace – share the peace of Christ

Prepare the Table – bread and wine on a clean white cloth, candles if possible

Make Eucharist – offer the Great Thanksgiving, ending with the Lord's Prayer

Break the Bread, Share the Gifts – break and share the bread, and the wine (if there is extra, give it back to the earth or feed it to animals)



Vestry Highlights from the Wardens

by Janet Bowne

The Vestry actually met twice during the month of March.

We had our regular meeting on **March 11**. It seems like such a different time. We met in person just as businesses were sending their workforce home to work. Retail stores and restaurants were still operating in the “old normal.” We followed our regular agenda with our financial reports and updates from guilds and committees. It’s early in the new year and things were humming along! How quickly things change.

We did speak at length about COVID-19, and the huge shadow it was casting across the US. We discussed what limits we’d need to place on our services. March 15 was our last in-person services. Attendance was down. We followed social distancing rules, eliminated personal contact. Hand sanitizer was strategically placed around the sanctuary. At the end of the 8 o’clock service, we passed out disinfectant wipes, and parishioners wiped down their seat, prayer book, and hymnal. The railing and other places in the Chancel were wiped down. There was little if any socializing after the service. The 10:15 attendance was also reduced. The choir did not sing although many members were assembled to help ensure our hymns were sung fully!!

We then made the decision along with guidance from the Diocese to go forward with online only services. We discussed Souper Supper which had already shifted to curbside pickup done under the CDC recommended guidelines. Father Nathan with the help of Erin Ferrell and Betsy Parks-Stamm conducted the first ever Eucharist in the chapel on March 22.

Following the Vestry meeting, we implemented our Phone Friend program with volunteers calling all of our members, using the directory.

The Vestry met again on **March 25**, this time via Zoom telepresence. Father Nathan observed that it was surely the first such meeting in our history. Again, the world had tightened and the Diocese advised that all Sunday services

be limited to Morning prayer without any type of Eucharistic service.

At the very deadline of the April AVE, national social distancing is now continuing until April 30. Father Nathan, Megan, Bruce and Beth have all been strategizing on how to make Holy Week and Resurrection Sunday meaningful and uplifting during this very tense time. All we can advise is being online will be important. We know we have a number of parishioners who don’t use computers. If you are in this category and have ideas on how we can best serve you during this time, please contact Father Nathan to let him know your thoughts.

Our Phone Friend program is going well. Our parish is doing well so far. We’ve had a few needs to help with but mostly people want to know where they can help!! We are so blessed!

We also are working closely with our Outreach team to decide weekly on Souper Supper Curbside. If we can’t be safe and operate within the CDC guidelines, we will end the program temporarily. The team has done an excellent job segmenting the steps so that the program can continue and the health and safety of our volunteers and patrons are protected.

We are also allowing the Red Cross to use our Parish Hall for regular blood drives during April. They will be hosted on Thursdays. The Red Cross team takes the temperature of everyone who enters the building for the blood drive (including staff) and spacing is more than adequately marked to ensure safety. The next day (within the CDC timing guidelines), Roy, our Sexton, comes in and cleans the building. Roy has been doing extra cleaning during this time and will take on deep cleaning projects which are easily done when the building is not being used.

We anticipate the Vestry will meet weekly or every other week during April to help advise Father Nathan. Stay tuned!!

SPARKLES ON QUARANTINE

At this point, we thought we would be celebrating the Book, Bake and Bread Sale, and gearing up for the Farm-to-Table Auction, and, of course, Sparkles. And while we were making plans, the coronavirus was starting to grow and move across the world, and we had no idea how quickly our lives would (temporarily) change.

And, while we’re all “sheltering” in our homes, we are hoping that you will help Sparkles. Two ways to help from home are:

* Set up a **Donation Center** in your home. It could be a cardboard box, plastic tote, or plastic trash bag. Just find a spot to store smaller things to donate to **Sparkles**. Of course, if you’re donating a piece of furniture or large set of china, you’ll need a larger area. If you’re moving or downsizing, and aren’t able to store items until later, please contact Jana Burke (jana.burke@gmail.com) We’ll try to arrange a safe way to store items for you until Sparkles.

* Log into **Facebook** (you know you’re there) and follow us. You’ll get the latest information and photos, and you’ll be the coolest kids on the block. Just search for Sparkles St. Marys Fal-mouth.



We come together in Prayer

Prayers Written by the Rev. Dr. Kate Sonderegger

A Prayer in Time of Isolation

Almighty God: our times are in your hand. We call upon you in this hour of our need, when we are lonely and must stand apart. Be our strength, O Sovereign Lord, our calm in the midst of raging seas, our refuge and our dwelling place. Sanctify to us this time drawn away from others,

even as your Son drew away to a lonely place for prayer.

Deepen our need for you, O Lord, that every breath may be a whisper of the Spirit's prompting, a renewed searching of the deep things of God.

Stir up in us the great act of intercession, that we may spend our time apart in prayer for the world you created and sustain.

Bless us in our turning toward you, and make us a blessing to those who stand in need of you, and to the whole fragile earth.

All this we ask in the name of the great Physician, even Jesus Christ our Lord. *Amen.*

A Prayer in Time of Pandemic

This hour we turn to you, O Lord, in full knowledge of our frailty, our vulnerability, and our great need as your mortal creatures.

We cry to you, as one human family, unsure of the path ahead, unequal to the unseen forces around us,

frightened by the sickness and death that seem all too real to us now.

Stir up your strength and visit us, O Lord; be our shield and rock and hiding place! Guide our leaders, our scientists, our nurses and doctors.

Give them wisdom and fill their hearts with courage and determination.

Make even this hour, O Lord, a season of blessing for us,

that in fear we will find you mighty to save, and in illness or death,

we will find the cross to be none other than the way of life and peace.

All this we ask in the name of the One who bore all our infirmities, even Jesus Christ our Risen and Victorious Lord. *Amen.*

Make a Joyful Noise: Stewardship 2020

We are blessed!

Thank you to everyone who has inquired about our financial situation in this time of crisis. Saint Mary's is a strong parish. We will get through this, and we will tighten our belt as needed. Our treasurer Ben Parks-Stamm is doing analysis to help us understand the ramifications for us from COVID-19. We will review this during April and keep everyone apprised of our status.

Thank you also to those who have continued their gifting and to those who have sent supplemental gifts to help see us through.

And we have heard from some among us who have been furloughed and are worried about being able to support us. Do not worry about helping Saint Mary's. We want everyone to focus on their family's needs and take care of themselves. We also want you to reach out if there is something we can do to help you. That's what our family is for—to help you in this time of need.



Outreach Ministry - All Ages Serving Near and Far

Saint Mary's Outreach during the Coronavirus Pandemic

"May...this experience force our attention outwards to the suffering of the most vulnerable. Love always means going beyond yourself to otherness. It takes two. There has to be the lover and the beloved. We must be stretched to an encounter with otherness, and only then do we know it's love...Love alone overcomes fear and is the true foundation that lasts." Richard Rohr

During COVID-19, Saint Mary's Outreach continues to actively engage as it can with those in need, all the while using prescribed protective practices. Here follows a short summary of both the needs and opportunities to work independently and with our key partners to ensure the most vulnerable are supported throughout this crisis.

Souper Supper at Saint Mary's

On March 13, Souper Supper replaced bi-monthly sit-down suppers with weekly curbside pick-up of soup, rolls and desserts from 5-6pm on every Fridays. These "bag suppers" are distributed in a safe manner, outside, at the Guild Room entrance. If you feel comfortable helping out, we have jobs for those willing to work solo to help with any one of the following tasks: shop for soup ingredients during the week; cook soup on Friday morning; fill soup containers and bags on Friday at 2pm; distribute (from a safe distance) soup and bags on Friday 5-6pm.

Also, as we consider changes to enhance the safety in the community, if you are willing to serve as a "meals on wheels" type driver to deliver these "bag suppers" to our patrons at their homes, could you let us know? Thank you! Please contact Jennifer Gregg, jenniferannregg@gmail.com; 781-2665

Responding to Maine's Opioid Crisis

Those suffering with substance use disorder are at increased risk during this high-stress period. Our partners, Milestone, MaineWorks and Casco Bay CAN remain open and responsive to the immediate needs of this community and their family members. Saint Mary's is in contact with these partners on a weekly basis to keep updated about ways in which we can respond. Please watch for opportunities to help in the Weekly E-News



St. Elizabeth's Jubilee Center

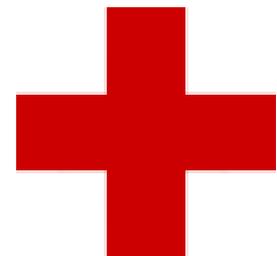
St. Elizabeth's is temporarily closed, having offered an outdoor distribution of essentials during the week of 16 March which served 90 participants between 8:15 and 11. The center hopes to reopen in April for further distributions. No volunteers or donations are desired at this time.

Critical Need Blood Drive

APRIL Thursdays (9, 16, 23, 30)

9 AM - 2 PM (except 4.16, 12 - 5pm)

Due to the coronavirus outbreak, there is a critical need for blood. Sign-up today to be a blood donor and help give to those who need your blood to survive! Go to www.redcrossblood.org and use sponsor code "StMary" to make your donor appointment.



Click

**American
Red Cross**

Together, we can save a life

Outreach Ministry - All Ages Serving Near and Far

Red Cross Blood Drives at Saint Mary's

In response to the continuing needs of the Red Cross, Saint Mary's will host regular blood drives throughout April. This helps the Red Cross replace the employer-based blood drives which have been canceled due to work-from-home rules. The Red Cross will provide all the staffing and volunteers and are following strict Covid-19 blood donation protocols which you can read here: <https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-blood-donation.html> A historical point of interest: Many of you may not know the support that Saint Mary's has provided the Red Cross over our 125+ year history. During World War II, the Parish Hall served as a Red Cross clinic which performed many functions including rolling bandages to be sent to the war zone.

Falmouth Food Pantry

The Falmouth Food Pantry facility is closed but its mission continues. If you know of a person with urgent food needs, they should call 632-2687. *The pantry cannot currently accept food donations or volunteer assistance.* The pantry does need, however, financial donations that will provide the \$7000 needed to continue to ensure nutritional support to the 70 Falmouth families served by the Pantry each month. ***Donations should be made payable to the Falmouth Food Pantry and mailed to: 279 Middle Road, Falmouth, ME 04105 or see eNEWS for Paypal link.*** Please check www.falmouthme.org for timely updates.

In Her Presence

The expectation that New Mainer women should be homeschooling their children during this period when they do not speak the language well themselves and do not know how to use the particular technology involved is daunting, to say the least. This is made more difficult by the fact that many of the women served through IHP do not have transportation and have urgent food needs at a time that food pantries are closing.

Saint Mary's has been meeting virtually with IHP leadership to define needs for the immediate future. Please watch the Weekly E-NEWS, and/or ***text or call Becky Pride at 207-697-4020 if you wish to know how you can help.***

The pandemic has required cancellation or postponement of the following Outreach activities and events for the rest of the program year:

- Volunteering at Long Creek Youth Center
- Volunteering at St. Elizabeth's Jubilee Center
- April 10 Good Friday Walk for Habitat for Humanity
- April 26 Responding to Maine's Opioid Crisis presentation: "Facing Stigma, Creating Solutions" featuring Suzanne Fox
- April 30 Common Ground – International Cooking with IHP
- May 3 Celebrating Outreach Mission Partners
- May 14 Common Ground – Casco Bay CAN Table Talks

Souper Supper at S. Mary's

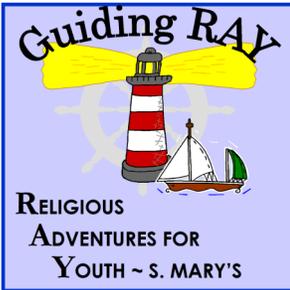
Dining In is temporarily suspended.

(ToGo will end on April 3) We will return when things settle down, but for now, we stay at home.

FMI, contact Jennifer Gregg (jenniferannregg@gmail.com).



Christian Formation- RAY Beams - Spring 2020



This is such a strange time we are living in right now. I hope you and your family are safe and healthy. I miss seeing all of you during our Guiding RAY gathering time! Even though we need to stay physically apart right now, there are many ways we can still stay connected together. Be sure to Like us on Facebook, <https://www.facebook.com/ChurchofSaintMary/>, there is a Guiding RAY



Guiding RAY gathering time!

group with resources for children's worship at home .

Guiding RAY kids made Thankfulness Jars at the beginning of Lent. During each day of Lent, kids will count something that they have in their home (Band-Aids, fruit, etc.) or life on that day. And then put that number of coins into a jar and on Easter, donate that money to a charity, to help those who don't have all the things that we are so blessed to have in our lives.



We learned that we can plant seeds of love in the hearts of others when we are kind, or helpful, or when we tell someone about Jesus. We planted our seeds of hope to watch them grow during Lent....

And they are growing strong!



During this rotation we learned about Peter. Peter was a fisherman and friend to Jesus. On their own, Peter and the other disciples couldn't catch any fish. But with Jesus' help, they were able to catch all the fish they needed. As Jesus helped his disciples, he can help you if you ask him to so.

Dear God, help me to remember to ask Jesus for help when I feel alone,

or afraid, or sad because Jesus can help me be strong. **Amen.**

Thank you to Heather Teng, Judith Brooks and Jess Lewis for leading our last rotation. A special shout out to Dana Madison for stepping up and stepping in when the nursery kids needed an adult to play with!



Pentecost is May 31 this year. Let's all plan on being together again and celebrating the Birthday of the Church and celebrating each other!

Guiding RAY Coordinator: Megan Akers: *Director*, GuidingRAY@smary.org, 415-4260

Save the Date

Christian Formation - RAY Beams - Spring 2020

Register NOW for the Summer 2020 at CAMP BISHOPSWOOD

Located on the shores of Lake Megunticook in the Camden Hills, Bishopswood is one of the best kept secrets among Maine summer camps. Operated by the Diocese of Maine since the early 1960s, Bishopswood is affordable, safe, well-managed, beautiful – and great fun for all young people. There are mini-sessions for first-time campers, multi-week sessions, and a family weekend.



Mike Douglass, Exec. Dir.
98 Bishopswood Rd.
Hope, Maine 04847
mike@bishopswood.org



There is also a free **Work Weekend (May 1 - 3)** when anyone can stay and eat at camp by helping prepare it for summer.

Check it out during the **Open House Weekend on May 29 - 31** or go just for the afternoon on Sunday, May 31

Register your child or yourself now at www.bishopswood.org.



Community Service Hours

Volunteering at Saint Mary's is a great way to earn community service hours.

- ◆ Volunteer in the Nursery
- ◆ Assist in a Guiding RAY classroom
- ◆ Weeding, raking, yard work
- ◆ Join Outreach (first Tuesday of each month at 4:30pm)
- ◆ Acolyte

Teen VOLUNTEER OPPORTUNITIES



younglife.

Serving the High School youth in the communities of Portland, Falmouth, Freeport and everything in between.

Visit www.younglifecb.com or call Jordan Droge at 805-453-1999

Encourage Healthy Coping Skills

Share with youth that using alcohol or misusing prescription drugs or marijuana to ease anxiety/stress is unhealthy.

Tip of the Month

Encourage:

- Healthy eating habits
- Exercise, yoga, and meditation
- Talking to a friend, a trusted adult, or a counselor



Young people think adults breeze through their day. Share a mistake or unexpected situation and how you dealt with it. This can be a powerful lesson.

A grant funded project sponsored by Cumberland County Government

Maine Cumberland County

Casco Bay CAN
CREATE AWARENESS NOW
www.cascobaycan.org



Of Toilet Paper and Ammo

by Merle Marie Troeger

The news lets me know that some of my fellow-citizens express their COVID-19 anxiety by purchasing and hoarding toilet paper and bullets. Before I disparage their behavior, I should explain about my pantry. There are definitely more beans and mayo than usual. But I know that when we act out of fear, strange things can happen. Fear creeps in when we least expect it. And then it begins to take up more and more room. Today the news tells me that some of my fellow-citizens have spit on other citizens with Chinese ancestry. Fear can take over in extremely ugly ways.

We all know there is another way, a more faithful way. *It is the way of love.*

The poet John O'Donohue might call this "a time of dark invitation/Beyond a frontier you did not expect." The generations alive now have never faced the prospect of a world-wide pandemic. Everything is new and yes, scary. But O'Donohue invites us into a place of "courageous hospitality/Towards what is difficult,/painful and unknown" (from *Benedictus, A Book of Blessings*).

Allow for the new strengths and qualities that were always in you but were never challenged to emerge until this critical time. Release what's profoundly good and true in you but perhaps never expressed so fully. You should have lots of opportunity to try this out whether you're stuck in the house or trying to socially distance at work.

O'Donohue asks at a time like this, "What do you need to learn to become more fully yourself/That your presence may shine in the world?" If we are all hunkered down, how can our presence shine in the world? The Collect for the First Sunday in Advent suggests one possible answer:

*Almighty God, give us grace to cast away the works of darkness,
and put on the armor of light
now in the time of this mortal life in which your Son Jesus Christ came to visit us....*

Such a rich idea: the paradox of the heaviness of armor and the weightlessness of light. The military reference and the transcendent. We are fighting an "enemy" but we do so with "light." Isn't there a suggestion that we should actively repulse the enemy called fear?

It's worth asking, how would the armor of light change me if I put it on? Or maybe the first question is, what armor am I *already* wearing? What attitudes, opinions, anxieties would I have to take off in order to put on the armor of light? What passivity and self-pity would I have to jettison? What needs to be left behind to live through this brand-new epoch in our lives?

This is not easy. It is not simple. It is courageous and visionary work.

Finally, I offer a reflection from Thomas Merton. He's standing on the street and,

"I was suddenly overwhelmed with the realization that I loved all those people, that they were mine, and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness . . ."

Thomas Merton, "at the corner of Fourth and Walnut," a journal entry quoted in *Al Saints: Daily Reflections on Saints, Prophets, and Witnesses for Our Time*.



Maine Marathon: Sunday 4 October

Saint Mary's Godspeed Relay Team is looking for runners!

All of you have the time to go running. NOW you have the motivation! Everyone is invited to participate in this fun community event. There are no requirements to join the team except for your desire and interest. In miles, the relay legs are 5.9, 8.9, 5.7, 5.7. Which one is your leg? Reach out to Fr Nathan now to sign up (207-310-0268 / nathanferrell@smary.org).

Time to Reflect

by Bruce Fithian

We are certainly living in unique times, and as we hunker down, it gives us time to reflect upon these circumstances. First, by isolating ourselves, we are saving lives and helping the health care profession deal with this crisis. It also gives us the opportunity to reach out to those who are alone and would appreciate some form of social exchange, or may be in need of help.

I realize now, that as choir members, we, like many of you, really appreciate the blessings of our weekly gatherings and participation in the Sunday service. And as it is the Lenten season, we are called upon to make sacrifices, so doing our part in the coming weeks is one sacrifice we can make. It will make our eventual gatherings together, once this menace has passed, very meaningful indeed.

Being sequestered at home can also be of great benefit. It is rare in our fast-paced society to have ample time in which to engage in long-wished for projects. For instance, I now have time - lots of time - to work on a beautiful Bach Chorale Prelude, 'Herr Jesu Christ, dich zu uns wend,' (Lord Jesus Christ, turn to us). It is a sparkling work, but very difficult and requires MANY hours of practice to master. Now I have the time to patiently chip away at this glorious music, which for me is a form of prayer. Likewise, there might be a long-put-off project that you may now entertain - perhaps reading Milton's 'Paradise Lost,' or Dante's 'Divine Comedy,' or maybe engaging in some other creative project.

It may seem strange that we may not be able to share Holy Week together and the glories of Easter, but, as people have pointed out, the first Easter was not unlike the present circumstances. The disciples were alone and frightened in their houses, and only the women came to the empty tomb. When Mary Magdalene wept, two angels said, "Why are you weeping?" and she said, "Because they have taken away my Lord, and I do not know where they have laid him." (John 20:13). And the young man (in Mark 16:6-7) said to her "He is risen; he is going before you to Galilee." Some years ago, The St Mary Schola sang a powerful motet by Josquin Des Prés based on these passages, entitled "tulerunt Dominum Meum." It is an austere but moving work, and I thought to myself at the time, "This is an Easter motet, but so unlike the joyous anthems that we usually sing at Easter." But now, under the present circumstances, the work makes perfect sense - the early Easter was not particularly jubilant, and it was not until later that people could rejoice. So, perhaps this Easter, we may celebrate in a different way. Perhaps we will be sequestered in our houses, like the first disciples, but maybe we will also be able to celebrate the resurrection outside, in the fresh air, and be thankful for the blessings of life.



April 12: The Sunday of the Resurrection (Easter Day, Holy Pascha)

Here is an ancient text for the Paschal feast, set to new music, that everyone is encouraged to learn and sing during the Great Fifty Days.

(three times)

Christ is ri-sen from the dead, tramp-ling down death by death, and on

those in the tombs be - stow - ing life, be - stow - ing life!


ALLELUIA!
 CHRIST IS ALIVE!

VIRTUAL CHURCH IS REAL CHURCH

“BE STILL” CONTINUES ON SUNDAY MORNINGS AND MONDAY EVENINGS via ZOOM

Perhaps you’ve joined others in the Father James Chapel on Sunday Mornings or Monday evenings in the pre-COVID-19 era. Now, even though we can’t get together personally, we can always get together virtually. The meditation times continue via the video/audio conferencing service ZOOM. It’s important that we stay in touch during our more constrained lives now for our physical, emotional and spiritual health. If you have a smartphone, tablet or laptop, you can join in. Please contact Jennifer Gregg jenniferanngregg@gmail.com and she will send you in advance a simple link to click on to the site.

During Lent, the Sunday Morning ‘Be Still’ reflections consider the subject of “transformation.” We spend a few moments in silence, then, as usual, respond to a short text, listen to some music or view an image that reflects that theme. The texts are either e-mailed to virtual attendees in advance or displayed on your screen during the ZOOM session. These reflective times begin at 9:30 a.m., but it is recommended that you log onto the ZOOM site a few minutes early.



The Monday Evening ‘Be Still’ Contemplative Prayer begins with 20 minutes of silence, then some Taize chant followed by 20 minutes of meditation, and concludes with readings and discussion based on the Gospel of Thomas. These sessions run from 5-6pm. Again, please log onto the ZOOM site a few minutes early so there is time to iron out any technical glitches. And, again, if you wish to participate, please contact Jennifer Gregg at jenniferanngregg@gmail.com who will send you in advance the link to click on. Virtual church is REAL church. All are welcome. Please don’t hesitate to join in!

2020 Class for Confirmation, Reaffirmation, and Reception

Concerning the Service of Confirmation (from the BCP, p. 412): In the course of their Christian development, those baptized at an early age are expected, when they are ready and have been duly prepared, to make a mature public affirmation of their faith and commitment to the responsibilities of their Baptism and to receive the laying on of hands by the bishop. Those baptized as adults, unless baptized with laying on of hands by a bishop, are also expected to make a public affirmation of their faith and commitment to the responsibilities of their Baptism in the presence of a bishop and to receive the laying on of hands.

Who are candidates for Confirmation?

1. Those who have been baptized.
2. Those who are ready to make a public statement of their identity as a follower of Jesus.
3. Those who are between 14 and 100 years of age. Each young person must at least currently be in high school.

Who are candidates for Reception?

1. Those who have been baptized and confirmed in another tradition that also has bishops in apostolic succession.
2. Those who wish to make a public statement of their identity as a member of The Episcopal Church and the Anglican Communion.

Who are candidates for Reaffirmation?

1. Those who have already been confirmed by an Episcopal or Anglican bishop.
2. Those who feel called, after time away from the church or after an important life transition, to make a public statement about their renewed commitment to Christ.
3. Those who desire our Bishop to lay hands upon them and to pray for the Holy Spirit to strengthen and uphold them.



Caring for Others: Facemask Project



For those who have sewing machines, here is an opportunity to help those who are at greater risk during this difficult time by creating washable fabric face masks. The pattern can be found at <https://thestitchingscientist.com/2020/03/how-to-sew-a-face-mask.html>. We believe that Joann fabric is offering mask kits. There is also a face mask pattern on the turban project (cancer patients) from the Deaconess Hospital. We hope to make these masks available both to parishioners in need and to the community at large. For fabrication tips, FMI: For non-technical questions, Please contact Portia Hirschman at revportia1@msn.com for fabrication tips. For all other questions, contact Jennifer Gregg, jenniferanngregg@gmail.com

Helping Hands at Home

Help for Parishioners During the Pandemic

Saint Mary's seeks to be of assistance to parishioners who are confined during the Coronavirus crisis. Do you need help with grocery shopping? Are you able to help others with grocery shopping? Please contact Jennifer Gregg, jenniferanngregg@gmail.com or Beth Shaw, admin@smary.org with your needs.



Feed your Mind & Body and Warm your Heart

Help us help our Neighbors!

BOOK, BREAD & SOUP SALE

To benefit Saint Mary's local charities and mission work

Rescheduled for **Saturday, May 30, 2020**
9 AM - 1 PM

Looking for something to do to fill your time? We have a few puzzles, DVDs, games - even books (for children and adults!) in the Auditorium with an honor box if you want to stop in during business hours and grab one. **Only \$1 each.**

CELEBRATE

HONOR

SERVE

News, Notes, Kudos, Dates & Reminders

(Send your 1-3 line notes, announcements or thanks to Beth at admin@smary.org by the 20th of the previous month)

Thank you to all who support our mission and ministries at this difficult time.

Gracias

We so appreciate the Be Still team for creatively continuing this important formation program.

Dana Madison for answering the call and helping in the nursery

Yay!

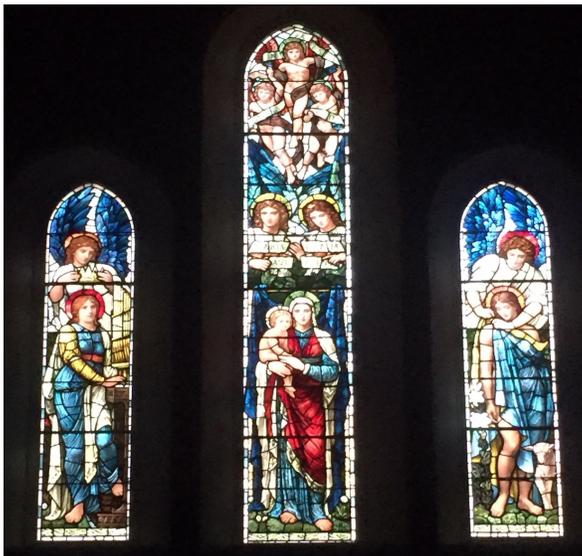
Thank you to Valerie Kyros for generously offering to do all the Souper Supper shopping during this COVID-19 period.

Thanks to all who are making masks for those in need.

Thanks to Chris Shaw for cooking Souper Supper soup every other week.

Thank you to all the parishioners who are part of the Phone Friend program. Their calls have been a great source of connection during this time!

Thank you to our staff for coming together to create (quickly!) programs to support us all through this pandemic.



Merci

Evensong Picture March 1, 2020:

It was somewhat prophetic that the power went out during this evening's Choral Evensong Service, and that the final verse of the last hymn we sang, in the dark, acapella, was "... in light or darkness worshipping our Savior now and forever". And, the dark inside of the sanctuary with it still daylight outside made the stained glass windows come to life in a way that most of us don't often get to see.

Beautiful!

Charlie Hurdman

To the Generous People at The Episcopal Church of Saint Mary:

This week I made a request that your church help to gather urgently needed blankets and towels for 2 recent immigrant families. Within 24 hours your church delivered to my home bags and bags of warm blankets, towels and even some sheets. One of these families, a pregnant mother, her husband and 3 children ranging in age from 3 to 8 walked from Ecuador through central America, and Mexico and was able to claim asylum when they crossed the Texas boarder. The cold weather here has been very difficult, and this bedding will provide warmth and also a realization of the compassion of their new neighbors.

Thank you!

**Dorothy Blanchette,
Falmouth Food Pantry**

**T
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Buildings and Grounds Update:

by Jim Stoddard, Cahir

During this time, when all are hopefully remaining at home and taking social distancing precautions, we are also trying to conserve on Saint Mary's costs during these struggling times. Having suspended in-person Sunday services, we have silenced the bells and lowered thermostats in the church building and the parish house. But there still are chores to be accomplished, and this is where you can help. As Father Nathan suggested in a recent e-news, if you need exercise, grab a rake and help with Spring clean-up around the campus; rake leaves, pick up fallen branches. Hopefully winter is over and no more snow removal. Thanks to those who have already answered the call.

We are a strong community of faith, and we will weather the storm.
Happy Easter to all from Buildings & Grounds Committee.



Here are some important dates in our Saint Mary's parish family

Happy April Birthdays to:



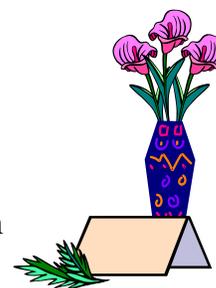
1	Lester Evans	16	Sara Fallon		
3	Piper Bickerstaff	16	Trey Fallon		
3	Chris McGonigle	16	Jacob LaPlante		
3	Tim McGonigle	17	Alexis Lindberg		
4	Mark Stimson	17	Ginny Stelk	23	Chloe Stevenson
7	Bexie Knowles	18	Cayman Bickerstaff	24	Samantha Galbraith
8	Alice Hendry	19	George Kendall	24	Jared Hourihan
8	Bennett Smith	19	Alex Barr	25	Kue John Lor
8	Jim Zimpritch	19	Connie Stimson	25	Jordan Otte
10	Rick Hirschman	20	Mallory Ianno	25	Jane Sawyer
10	Richard Kourinos	21	Rebecca Nuzzi	27	Andrew Taylor
13	Miss Ella Brown	22	Angelica Barrett	28	George Dougan
14	Evelyn Thurston	22	Katalina Echavarri	28	Betsy Stoddard
15	Alden Record	22	Hannah Russell	29	Sarah Brown
15	Jeannie Gulliver	23	Dan Funk		

We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please send your and your family's special dates into the parish office and we'll be sure to include them on your special month. admin@smary.org or call 781-3366 or drop a note to the church. Thanks!



Happy April Anniversary wishes to:

12	Nikki & Lester Evans	15	Julie & Harold Otte
12	Pam Peeler & Richard Casselman	19	Angelica & George Barrett
15	Meg & Charlie Hurdman	27	Elizabeth & Jack Heinzman



Caring for God's Creation - A Tip for Saving Energy and Cash from the Outreach Committee



Some organic farming practices, like crop rotation and the use of cover crops, additional plants that can help control erosion and pests, help keep nitrous oxide emissions in check. Other practices, like tilling the soil to get rid of weeds (instead of spraying chemicals), have the opposite effect... Moreover, because it typically produces less food per acre, organic farming tends to need more land, workers and organic fertilizer to stay competitive. That larger scale means larger greenhouse gas emissions.

The bottom line: Over all, organic food is probably better for the planet, even if the emissions picture is complex. If you can afford to buy organic, try to go small and local. Get the full, complex story: NYtimes, Climate FWD, November 6, 2019



THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road
Falmouth, ME 04105
207-781-3366 www.smary.org

Holy Week



Our Temporary Worship Schedule

Sunday Worship

10 :15 AM - Morning Prayer
on Facebook Live from the Chapel

MONDAY - FRIDAY

12 Noon Day Prayer on Facebook Live

BE STILL

Sundays 9:30 AM
Mondays 5 PM
Live on Zoom

CELEBRATE & HONOR & SERVE

THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road
Falmouth, Maine 04105
Tel: 207-781-3366

E-mail: smary@smary.org
Website: www.smary.org

The Rev. Nathan Ferrell, Rector
nathanferrell@smary.org

The Rev. Christine Bennett, Deacon
deacab@maine.rr.com

Bruce S. Fithian, Organist & Choirmaster
bsfithian@aol.com

Megan Akers, Director of Christian Formation
GuidingRAY@smary.org

Beth Shaw, Parish Manager
admin@smary.org

Office Hours: TBD

Copy deadline for May AVE - Apr. 20

YOUR 2020 SAINT MARY'S VESTRY

Nathan Ferrell, Rector, 310-0268, nathanferrell@smary.org

Janet Bowne, Sr. Warden, 318-7045, jmitchellbowne@gmail.com

Aaron Splint, Jr. Warden, 838-2708, asplint@yahoo.com

Ben Parks-Stamm, Treasurer, 458-3151, ben.parks.stamm@gmail.com

Darren Clark, 781-424-9905, ddclark@maine.rr.com

Sandy Couch-Kelly, 233-7994, scouchkelly@gmail.com

Stan Eaton, 317-6097, stan.eaton@gmail.com

Matt Fulton, 617-833-0987, mfult825@gmail.com

Rick Hirschman, 310-3800, rrhirschman@msn.com

Jessica LaPlante, 650-7977, jessica@locationsinmaine.com

Jan Mordarski, 317-2486, janmordarski@gmail.com

Thom Pettingill, 781-2219, thomaspettingill@gmail.com

Will Salomon, 240-1646, wsalomon@clinical-metrics.com

Jan Wentling, 400-9904, janwentling@hotmail.com