

March 2020 Saint Mary's AVE Vol. 89 No. 3

"Greetings Mary, full of grace."

The Episcopal Church of Saint Mary - Falmouth, Maine



Faith for Exiles—Lent Teaching Series

Faith For Exiles

5 Ways for a New Generation to Follow Jesus in Digital Babylon

How do we develop resilient disciples in these changing times that are dominated by new digital media? How do we maintain a clear identity in Christ when we may be the only ones in our circle who follow the way of Christ? The BARNA group in California recently undertook groundbreaking research in search of an answer to these questions. They uncovered **FIVE KEY PRACTICES** that are common to all young adults who have sustained an active faith since childhood. We will use their research for a special Lenten series and discuss these 5 practices in detail, one each week. This is fruitful

information for all Saint Marians, and especially for parents who are committed to the faith formation of their children. In summary, these 5 practices (and when we will discuss them) are:

- 1. Experience intimacy with God (March 1 and 5)
- 2. Develop cultural discernment (March 8 and 12)
- 3. Forge intergenerational relationships (March 15 and 19)
- 4. Train for vocational discipleship (March 22 and 26)
- 5. Embrace countercultural mission (March 29 and April 2)

Come out to explore and discuss these with me and others — both on Thursdays at Common Ground and on Sundays at Formation. I am super excited about these insights and about what we can learn together through them. All of these are drop-in sessions. It will be very helpful to attend them all and get the entire picture, but if you can only make one or two, do not worry. Please join us at any time. And remember that Common Ground works for families and children. If you have concerns about attending with your children, just call me and we can problem-solve this.

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FASTING FROM MEAT IN LENT

We have all heard the reports explaining how eating meat is detrimental to our health and to our planet. As a moderate realist, I will not become vegan anytime soon. But I am willing to make some small changes in the right direction, like fasting from meat for the season of Lent, and I invite all Saint Marians to do the same. I believe this to be a simple, verifiable fact: life on planet earth would be better for all people and all living things if we humans ate less meat. So why not give it a try? Why not take at least this small step? And especially when bringing food for Common Ground! Please be mindful to avoid bringing meat dishes on Thursdays during the season of Lent. Thanks.

March 1: The Great Litany and the Rite of Forgiveness Ancient practices for the First Sunday in Lent

The first Sunday of Lent is often known as **Forgiveness Sunday** and, in the East, it includes the ancient practice of the Rite of Forgiveness. It is a beautiful way to DO forgiveness rather than to think or talk about it. By asking and offering forgiveness to each person, we recognize the deep truth that sin has affected every relationship on earth - whether we are aware of it or not. As a first Lenten step toward breaking the power of sin, we practice forgiveness with everyone gathered in our church community. Forgiveness Sunday is a very special time here at Saint Mary's. We begin with the ancient Anglican practice of chanting (or praying) the Great Litany—the first liturgy translated into English by Thomas Cranmer in 1544, though its roots go back nearly 1000 years before that. After the Readings, we continue with the Rite of Forgiveness in a circle around the Sanctuary as we ask for forgiveness from each person by saying: "Forgive me, sister (or brother), for I have sinned."

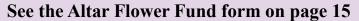
The other person responds with, "God forgives, and so do I."

Each person walks the circle once, asking for forgiveness, and each person stands and receives the circle while offering forgiveness. It may sound complicated, but it is quite simple. It takes some time, but I promise that you will not do anything else remotely like this at any point in the year! Come and be challenged to grow in the practice of forgiveness.

Nathan+

Honor your loved one! Remember their birthday, graduation, or any special day

Sign up to have the altar flowers in their honor. Attached to this *AVE* is a form that anyone can fill out to honor the memorial of a loved one or to honor and celebrate a special event, or that special someone whom you would like to recognize or memorialize.





Lenten Honeymoon

by Merle Marie Troeger

Some years ago the brothers of the Society of St. John the Evangelist presented a short video message each day in Lent in which they talked about "Praying Our Lives." (The site is simply https://www.ssje.org). The brothers were charming and gentle as they encouraged us in prayer. It's not an assignment or a task, they said. It's growing in intimacy with God.

In fact, says Br. David Vryhof, Lent is like a honeymoon with God. I don't think that's too far-fetched. We think of the honeymoon as a time to spend quality time, one-on-one, with the partner who has chosen us for the rest of our lives. God started it all by proposing to each of us. "You are my beloved," God says, "in whom I am well pleased." Somewhere along the way, we consented to be God's beloved. Maybe it was at our confirmation, maybe it was during a particularly joyful time, or maybe it was at a crisis point in life.

God has made a promise to love you, comfort you, and keep you in sickness and in health as long as you shall live – and beyond. God promises to have and to hold you for all time, for better, for worse, for richer, for poorer, to love and to cherish you forever. Why not spend some time celebrating that?

It may be that you've forgotten God made that vow – and that you once responded favorably. It may be that

you and God have been separated or even divorced for a while. Lent could be a time to make your way back, to take a second honeymoon. The idea behind a honeymoon is to take the time to practice intimacy with the beloved one, to grow in intimacy, to connect and reconnect.

So, imagine a beautiful honeymoon spot, a pristine beach, perhaps, somewhere you can be alone with your beloved. Take a walk on the beach with the One who longs for you, loves you deeply and craves intimacy with you.



Vestry Highlights from the Wardens

by Janet Bowne

The Vestry did not have a regular meeting in February. We held our annual retreat to welcome and orient our new members and look ahead. Bruce, Beth, Megan and Christine joined our group for the morning—giving us all an opportunity to get to know each other. We did conduct one piece of business which was reviewing and approving our Parochial Report. Annually we complete this report which includes financial, census information, and questions about our parish life.

Our next regular meeting is Wednesday, March 11, 6 PM Any parishioner is welcome to attend a Vestry meeting except for the rare times we meet in executive session.

Janet Bowne, Sr. Warden and Aaron Splint, Jr. Warden



Sunday, March 8

How do you Choose your seat on Sunday Morning?



As we move toward Spring and Holy Week, we can expect an increase in Sunday morning attendance, especially at our 10:15 liturgy. When you are choosing your chair, please keep in mind the newcomer and the visitor, or the frazzled parent who arrives late due to struggles at home. For these folks, it can be very daunting to enter from the Narthex, to look around, and to not see an obvious place to sit. If you can, please be intentional to sit toward the front and toward the outside, keeping the rear and the aisle chairs open for newcomers or latecomers. If you are alone, please sit at the end of the row rather than the middle, so that another group can join you. Thanks be to God for this good challenge! This is so much better than the alternative of shrinking attendance. So, for the sake of loving our neighbors and good hospitality, please always keep these things in mind when choosing your seat. Thank you!

Make a Joyful Noise: Stewardship 2020

119 parishioners have pledged \$267,307 for 2020. THANK YOU! Many of you are continuing to

send automatic payments but haven't turned in a form. If you could let Beth Shaw, Parish Manager know that you are planning to continue giving at the same rate for the year, we will be at our goal! Our stretch goal for 2020 to be dedicated to the work on the bell and a sound system is at \$22,000. The Vestry and Buildings and Ground will discern the best way to approach these projects. THANK YOU!!



CELEBRATE

HONOR

SERVE

Learning and Growing together



An informal time from 5-to-7 PM on Thursday evenings for "building authentic, vibrant, Christ-centered community." Each week we share a potluck meal in the Auditorium and learn together. The presentation time begins around 5:45 PM, but drop in anytime throughout the two hours for a free potluck dinner. Open to all people.

March Discussions Faith for Exiles Lenten Series

In today's culture, how do we all best follow Jesus, Christian principles, and remain strong in faith and practice. We will explore these topics:

- 1. Experiencing Jesus
- 2. Cultural Discernment
- 3. Meaningful Relationships
- 4. Vocational Discipleship
- 5. Countercultural Mission

FORMATION



Our Sunday Formation is time for all to grow together as we build "authentic, vibrant, Christ-centered community" in this place.

Everyone is invited to gather at 9:30 in either of two groups – a prayerful group in the Chapel, and a discussion group in the Auditorium.

BE STILL in the Fr. James Chapel: Meditations & Discussions focusing on *Transformation* led by Merle Marie Troeger, Becky Pride, and Jennifer Gregg

COFFEE & CONVERSATION

Faith for Exiles: Weekly discussions of the five key practices

If you have a group that you would like to facilitate or to see offered, please speak with Fr. Nathan or your Wardens at any time.

COMMON GROUND: A shared meal from Iraq, DRCongo, and Maine!

On January 30th, Common Ground and our Outreach program - "Welcome, New Mainers" hosted the first in a series of international cooking sessions and shared of delicious food and fellowship. A hardy group of about twenty of us welcomed Angelique from the Democratic Republic of Congo as she shared her delicious green vegetables and homemade doughnuts, which were yummy! Nadine shared her hot, hot pili. We heard more about In Her Presence, a non-profit where Anne Lafond, Katie Porter, Judith Brooks, Merle Marie Troeger, and Becky Pride teach English as a second language. While Nahla of Iraq was ill and regrettably could not attend, she did send her fabulous beef wrapped in eggplant and nan for us to enjoy. The co-founders of In Her Presence attended and answered questions about their wonderful organization. Special thanks to Anne Lafond for her organizing such a fun, informative, and tasty Common Ground experience.





Learning and Growing together in Lent

Lenten Quiet Morning THE ANOINTING WOMAN

Saturday, March 21, 9 - 12:30 the Fr. James Chapel

Not every Gospel tells a story of Jesus' birth. Perhaps surprisingly, not every Gospel gives an account of His resurrection. But every Gospel contains a report of the woman who breaks into a dinner party to anoint Jesus with expensive perfumed oil. Why not spend some time during Lent with this fascinating woman? She has the power to teach us about fidelity, courage, intimacy and extravagance.

It's most helpful is you sign up on the sheet near the Guild Room so we have enough food and handouts. But if you decide to come at the last minute, don't hesitate. (If you have questions, please contact merlemarietroeger@gmail.com)



Other Weekday Opportunities for Worship and Learning

Be Still: Guided Centering Prayer: Monday evenings at 5:00 PM

The busyness of our lives can be mentally, emotionally and spiritually draining. All the more welcome to the soul, then, are moments devoted to quiet communion with God. We hope that you will leave the chapel with sought-for peace, calm and renewal. Please join us! FMI: Jennifer Gregg, jenniferanngregg@gmail.com

Wisdom Seekers: Bible Study on Tuesday mornings at 10:30 AM

Every Tuesday morning, a group gathers to study the Scriptures appointed for the upcoming Sunday. It is a great way to prepare oneself for Sunday. Some stay afterward for NoonDay Prayer. All are welcome to join the group at any time.

Merton Group: Spiritual Formation on Thursdays at 3 PM

The "Merton Group" is a small, spiritually diverse, inquisitive, tolerant, open-minded, and supportive group of "seekers." Each week we pray, read aloud from a chosen book, reflect, question, and grow. Feel free to learn more or test the waters.

Common Ground Welcomes MaineWorks' Joanne Arnold "Sinners, Saints and God"

At the February 13 Common Ground, attendees had the distinct honor of welcoming Ms. Joanne Arnold, photographer, motivational speaker and interfaith chaplain and "trusted advisor" to Maine Works, the Portland-based company that hires felons and those in recovery to work for such renowned construction companies as Wright-Ryan. Her slide presentation of the Maine Works employees captured the "grief, loss, hope and fragile stories" that the group of (mostly) men who gather at 6am each workday morning to receive their job assignments experience each day; these individuals know that they have a

perience each day; these individuals know that they have a "home" at MaineWorks to support them. It is there that

they, along with Joanne and MaineWorks founder, Margo Walsh, learn each day that the opposite of addiction is not recovery-- it is community.

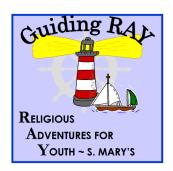
If you missed her incredible and moving presentation, or wish to experience it again, please click on the following link to watch an abbreviated version, narrated by Ms. Arnold. https://

www.pechakucha.com/presentations/ facing-recovery





Christian Formation-RAY Beams - March 2020



During the month of February we learned about some of the Miracles Jesus performed and how he used those miracles to show us his true identity. Following Jesus had to be simply amazing. He was always doing the impossible! The Guiding RAY Kids learned through Jesus' miracles that God is strong enough to save us and give us eternal life.

- With an explosive object lesson we learned how Jesus Calmed a Storm.
- Through Kandinsky style of painting we learned about Jesus Feeding a Crowd of 5000.
- We learned that God helps us to see more clearly as Jesus opened a blind man's eyes.
- And legos helped us understand that Jesus is the Resurrection and the life as we learned of Jesus' friend Lazarus.

Thank you to this rotations leaders: Jill Stevenson, Courtney Morgan, Judith Brooks, Jessica LaPlante, Heather Teng, Janet Bowne and Jan Andrews









- "What else do ravens eat?"
- "Why was Elijah hiding?"
- "Did the birds spit on the food?"
- "What is a prophet?"

These are all questions asked by our youngest Guiding Ray class recently when we taught the story of the prophet Elijah and the ravens. Their young minds were eager to learn more about this Bible story, and then put it into action with a craft activity - making ravens. We had quite a few ravens-eating-Cheerios contests that day!

When we were first asked to 'lead a rotation' for Guiding Ray, we

weren't quite sure what to expect or how it works. What we discovered was that it was fun, easy and enriching! For a three-week stint (a



Katie Clark and Len Taylor teaching the Guiding RAY kids about the Prophet Elijah

rotation), you focus on one bible story such as Elijah and the ravens. The first week, you teach the youngest Guiding Ray class, the second week the older class and so on. Megan provides you with the reading, the activity, and any craft materials you may need. Teaching a Guiding Ray rotation is great, as not only are the kids learning, but you are deepening your own understanding of the Bible story by teaching it to three different age groups and tailoring it (with Megan's guidance) for each.

If you haven't taught a rotation yet this year, we highly recommend it (and, hint hint, you don't need to be a parent to do so).

-Katie & Darren Clark

Christian Formation - RAY Beams - March 2020

Here's what is coming up in March 2020

WE NEED LEADERS! For the Lenten rotation we will be learning about *Easter through* the eyes of Peter. Using drama, art, labyrinths, cooking and games we will focus on Peter's relationship with Jesus, specifically, Peter's denial of Jesus during Jesus' arrest and Peter's restoration with Jesus after Jesus' resurrection. This rotation will last 5 Sundays we need leaders. If you do not feel the call to lead than please volunteer as an assistant (with an average of 12 kids in the younger classes, assistants are greatly needed and appreciated). Thank you!!!



The Ignite group is looking forward to our meetings in March (March 1, 15 and 29). We will be brushing off our Bible skills with a new game - Bible Pictionary! We're also going to be joining our families for Eucharist so please save us a seat.

Over the next few weeks, we will be learning more about Communion, the Breaking of Bread and the Lord's table. We look forward to seeing everyone and please feel free to reach out to Will or Michelle if you have any questions.



Lent in a Bag ... contains symbols of the season to assist individuals and families in practicing Lent at home. In addition to the items in the bag are instructions and reflections to go with each item. The theme for this year is "Praying with Jesus". Each

scripture and devotion is about one of the times Jesus used prayer before a major act or immediately after. You are welcome to use these materials in any way that enhances your Lenten journey. One bag per household, please.



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

Visit <u>www.younglifecb.com</u> or call Jordan Droge at 805-453-1999

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



Encourage Healthy Coping Skills

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

Encourage:

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



Tip of the Month

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

Main Cumberland **County** Casco Bay CAN
CREATE AWARENESS NOW
www.cascobaycan.org

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.



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

BISHOPSWOOD

There are mini-sessions for first-time campers, multi-week sessions, and a family weekend.



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. See the website for more information.





REACH: Reaching In, Reaching Out, Reaching God March 20-22, 2020 at Christ Church Episcopal, Gardiner For Middle Schoolers in 6-8 Grade

Kids in grades 6-8 are invited to spend the weekend playing games, doing a service project, making friends, eating awesome food, and worshiping God. We will reach inside ourselves to understand who we are right now, reach out to our community to help other people live out who they are, and reach to God through song and worship to find who we are called to be.

Lenten Blood Drive: Saturday, March 14, 9 AM - 2 PM

Christ gave his blood for you. Will you give your blood for others?

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. Contact our Coordinator, Joyce Verey at Joyceverey@gmail.com or 207-536-0195.



Together, we can save a life

Can you help our donors at the drive? Could you help distribute flyers or posters? Help the day of the drive? Volunteers are needed.

Call Joyce Verey 536-0195

We need your books!!

Books may be left on the floor outside the storage room at any time.....but PLEASE NO textbooks, encyclopedias or magazines.

On March 8, the "Book Sale" will be hosting coffee hour and there will be sign up sheets to help with the sale and we will have samples of the breads that will be sold during the sale. If you would like to help sort books prior to the sale, please contact Betsy Stoddard (jbstod@myfairpoint.net) or Jan Mordarski

(janmordarski@gmail.com). It is one of the easier volunteer jobs at Saint Mary's, in that you can come in when

you want and stay for as long as you have time!!

To donate books, help sort books, lead a section, or if you have any questions, contact Jan or Betsy

Feed your Mind & Body and Warm your Heart

Help us help our Neighbors!

Please join us for our:

BOOK, BREAD & SOUP SALE Saturday, MARCH 28, 2020

9 AM - 1 PM

Fantastic Selection of gently used Books

Delectable Bread Selections

• Sumptuous Soups - Café-style or ToGo

Please see how you can help during March 8 coffee hour

This event will benefit Saint Mary's local charities and mission work!

Lent begins, but we gorged and partied first! Shrove Sunday Pancake Dinner & Con-







Outreach Ministry - All Ages Serving Near and Far



WALK OR RUN FOR HABITAT

JOIN THE Saint MARY'S TEAM! Friday, April 10, 2020

Walk or Run anytime between 7am and 3pm FAMILY AND PET FRIENDLY!

Don't miss this wonderful April 10 Good Friday walk/run to help build a house in South Portland,

providing affordable housing for and with a qualified recipient! Choose to walk or run 3, 4, 10 or 20 miles anytime between 7am and 3pm! Children and pets welcome! Kick-off is at the Cumberland Congregational Church, 282 Main Street, Cumberland.

To register or to create your own online fundraising page, click on this

link: https://charity.gofundme.com/o/en/campaign/2020goodfridaywalk. Or, paper registration/fundraising forms are on hand outside the Guild Room. You can self-sponsor (no minimum) or create a fund-



raising page to share on Facebook or with your e-pals. You can create your own team (or join St. Mary's team) or just walk by yourself. You can also register and self-sponsor in person on the day of the event.

You don't walk or run? Prepare snacks to provide walkers/runners at the various way stations! See the sign-up sheet outside the Guild Room or contact Jennifer Gregg, jenniferanngregg@gmail.com.

Although you can walk or run anytime during the day, at 900am Saint Marians are invited to join Fr Nathan at Cumberland Congregational Church on Middle Road, so we can walk or run as a team.

Souper Supper: March 13 and 27

Enjoy this community-wide fellowship offering, dining in a relaxed, candle-lit atmosphere. You will be feted with a complimentary main course, salad, rolls, dessert and beverage.

Wonderful for singles and families alike!

Offered twice each month on the 2nd and 4th Fridays from 5-7 PM in the parish house. No reservations required. Just bring your family and friends and enjoy! It's a blast!

And a Classic Cinema offering will be shown on the second Friday night of the month: Mar. 13

Support "Souper Supper" Buy "Coffee by Design" Coffee!

Medium to robust coffees: Casco Bay, Black & Tan and Rebel Blend
"Coffee by Design" 12 oz. bags of ground fair-traded, organic, delicious coffees are on sale
at Saint Mary's for \$10 a bag (Decaf is \$11). ...and support fair trade practices ...and a locallyowned business... and get GREAT organic coffee! Win! Win!

Outreach Ministry - All Ages Serving Near and Far



Responding to Maine's Opioid Crisis

Education, Compassion and Community

The Maine addiction crisis affects us all, directly or indirectly. To respond effectively, we are all called upon, in community, to become well-educated about this subject and approach the challenge from a place of compassion.

Sunday, April 26, 4-6PM

"Facing Stigma: Creating Solutions"

Featuring Suzanne Fox, Executive Director of the Yellow Tulip Project

Presentation, Personal Testimony, Q and A

This is the fifth in a series of presentations providing persons of every age with the opportunity to learn about

- Sources and causes of the crisis
- The physiological consequences of addiction
- Identifying signs of addiction
- Responding to an addiction concern
- Reaching out for long term recovery assistance
- Reaching out to help those currently affected

For more information, contact Jennifer Gregg, 781-2665, jenniferanngregg@gmail.com Or the parish office, 781-3366, smary@smary.org

Caring for God's Creation -

Saint Mary's continues to seek ways to make composting and recycling easier. You will soon see some changes as we reduce the number of small trash receptacles in the auditorium and kitchen and replace them with clearly designated bins for composting and recycling. Virtually everything that we use at Saint Mary's can be composted (all food, soiled paper plates, napkins, kleenex) and the rest can be recycled. Almost everything else except plastic wrap, plastic bags or plastic tablecloths as the pliable plastic jams the sorting equipment. Indeed, after the Annual Meeting, the only item that went into the trash was the thin plastic! All it takes is a bit of thought on the part of parishioners and groups that use Saint Mary's campus. Let's make the dumpster a relic of the past! Thank you for doing your part to help us be ecologically and fiscally responsible! Your "Green Team": Jennifer Gregg, Bonny Rodden, Dana Madison, Marian McCue, John Henson



Lenten Music at Saint Mary's

During the Lenten season, we enter into a more introspective period of the church year. The choir is situated in the chancel and we often sing *a cappella* pieces appropriate to the season, such as Thomas Tallis's 'Out From The Deep' and Jean Berger's 'The Eyes of All Wait Upon Thee.' We also sing the psalms using the ancient practice of singing plainchant. So it is appropriate, that on March 1 at 4:00 pm, the choir will celebrate the first Sunday in Lent with a choral evensong, in which Gerald Near's *Magnificat and Nunc Dimittis* based on Plainsong themes will emphasize this season of meditation. The evensong will also include a wonderful anglican chant setting of Psalm 32 and Edward Elgar's beautiful anthem *Ave verum*.

For the third Sunday in Lent, we are pleased to sing an anthem by a former choirmaster/organist of Saint Mary's: George L. Whitney (July 25, 1917-August, 2013) . His setting of Psalm 67 is perfect for the Lenten season, and it is wonderful to celebrate the gifts of our parish family from years ago. George Whitney graduated from the Guilmant Organ School at First Presbyterian Church, New York, served in World War Two, and then graduated from Bowdoin College, thanks to the GI bill. While at Bowdoin he was the college organist.



While organist/choirmaster at Saint Mary's, he attracted the attention of the Merrill sisters, a popular women's trio in the area, which included Marge Divine. The older sister, Dorothy, fell in love with the talented choirmaster, and they were married at Saint Mary's in 1951.

Dorothy has kindly donated the choral compositions of Mr. Whitney to Saint Mary's, and we are pleased to safeguard his musical heritage.

Saint Mary Schola Lenten Concert: April 1

The St Mary Schola will present a moving Lenten concert in April that includes the rarely performed Campra Requiem. Thanks to a grant from Choral Arts New England, the ensemble will offer this sublime work that is sure to offer comfort and solace to us all. The music is radiant, with magnificent choruses and solo ensembles accompanied by period instruments, including Baroque recorders, strings, lute and positif organ. Also on the program will be the dramatic scene from Handel's oratorio, Solomon. 'The Judgement of Solomon' brings to life the very emotional confrontation in 1 Kings, in which two women claim to be the mother of a child. Solomon revealed their true feelings and relationship to the child by suggesting to cut the ba-

by in two, with each woman to receive half. With this strategy, he was able to discern the non-mother as the woman who entirely approved of this proposal, while the actual mother begged that the sword might be sheathed and the child committed to the care of her rival. This story, of course, is harrowing, but imagine it set to music by one of the greatest geniuses of the Baroque era - Handel Because of his brilliance at dramatic writing, Handel enabled the story to have even more emotional power. The two protagonists will be sung by Erin Chenard and Molly Harmon, and Andrea Graichen will sing the role of Solomon.

Concerts are Wednesday, April 1, 7:30 pm (pre concert talk at 7:00) at Saint Mary's, and during Holy week, Tuesday April 7, 7:30 pm at St. Luke's Cathedral. Tickets are on line at stmaryschola.org or at the door.



_ent Madness 2020: The Saintly Smackdown Returns!

"What are you doing for Lent?" In the run-up to the church's holy season of repentance and renewal, this question echoes in parish halls and dining rooms, pews and study

halls. One exciting and life-giving answer to the proverbial question is "Lent Madness!" That's because, for the eleventh straight year, people of faith the world over are fill-

ing out brackets and gearing up for the 2020 "saintly smackdown."

With its unique blend of competition, learning, and humor, Lent Madness allows participants to be inspired by the ways in which God has worked through the lives of saintly souls across generations and cultures. Throughout Lent, thirty-two saints will battle to win the coveted Golden Halo. Based loosely on the NCAA basketball tournament of a similar name, this online devotion pits saints against one another in a bracket as voters choose their favorites throughout this penitential season.

Here's how to participate: on the weekdays of Lent, information is posted at www.lentmadness.org about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the Golden Halo.

The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area

This year, Lent Madness features an intriguing slate of saints ancient and modern, Biblical and ecclesiastical. This year's saints include heavyweights such as Patrick, Harriet Tubman, Clare of Assisi, Hildegaard of Bingen, Joseph, and Jude, along with many lesser known yet equally inspiring people of faith. The competition kicks off on "Ash Thursday," February 27, with an epic battle between Thomas More and St. James the Less.

Why focus on saints during Lent? Like us, their vision may not have been perfect — and they had their share of blind spots. But what binds them together, is a strong faith in Jesus Christ and a willingness to serve him amid the circumstances of their own day. They saw the face of God with perfect clarity and shared God's love for the world in their own ways. If we allow them into our lives, the saints can serve as a deep source of spiritual inspira-

If you're looking for a Lenten discipline that is fun, educational, occasionally goofy, and always joyful, join the Lent Madness journey. Lent needn't be all doom and gloom. After all, what could be more joyful than a season specifically set aside to get closer to Jesus Christ?

Singing Adventures for Youth at Saint Mary's

Since September 2019, I have been available in the Guiding RAY rooms for an informal singing time with any child who wished to join in. I have had as many as 13 singers and as few as 0. Sometimes the children were busy working in a different room, so I sat with them at the table and started singing there. Most of the time they joined in. When the activity was



done, I brought them into the singing room where we sang together for a few more minutes.

I consciously structured this time to be a 'drop-in' opportunity - no commitment, just for fun. There were several reasons for me to begin this way. The children needed to get to know me and trust me. We needed time to grieve the loss of Priscilla Rigg. I needed to understand who the children were before I could form a workable youth choral program. I also wanted to be seen as a part of the whole youth program at Saint Mary's, not separate from it.

Now I have a feeling for the church year, for how often children's families attend church, as well as the ages and abilities of potential choir members. I still need to have some conversations with parents about their desires and expectations before I can move forward. I do have a plan in my head, but I would like to know what parents are thinking.

I am inviting any families with children who may be interested in a choral experience at Saint Mary's to come and speak with me after the 10:15 Sunday service for the next few weeks. I will be in the auditorium after I change out of my choir robes. Please come up and introduce yourself, and let's have a chat! If you are not going to be in church for a while, I am available via email: <u>mariabelva@gmail.com</u> or cell: 603-924-2055 (you can

I will still be singing downstairs in the Guiding RAY rooms from 9:30 until 10:00. All children are welcome to sing.

Maria Belva

The Episcopal Church in Maine



raining 2020

A day to gather - learn - share

Saturday, March 21, 2020 8:30 AM to 3:00 PM

South Parish Congregational Church, 9 Church St, Augusta

Each spring, Episcopalians across the diocese come together for a day of learning, sharing, and growth. Spring Training 2020 will be held on Saturday, March 21 at South Parish Church, 9 Church St., Augusta.

The Rey, Jay Sidebotham, director and founder of RenewalWorks, will be our keynote speaker offering a presentation for everyone who attends. RenewalWorks is a growing movement in the Episcopal Church equipping congregations and individuals both to assess and grow their spiritual health. Jay will talk about his own experience as a parish priest, and how RenewalWorks can shift the focus of parishes and in dioceses so that we center our common life on discipleship with Jesus Christ and our desire for spiritual growth. There will be time following the presentation for discussion in break-out groups.

After lunch (a fundraiser for Youth Ministry Mission Exchange), everyone will have their choice of one smaller workshop. The day will close with Eucharist. Space is limited. Registration required by March 16.

A church leader? A clergy person? Someone interested in spiritual growth or community outreach?

With many workshops to choose from, you'll find what you're looking for.

A morning snack and refreshments provided; please bring you own bag lunch or pre-order a lunch provided by Youth missioners raising money for their mission trip.

Because space is limited, registration is required. For event FAQs, full worship descriptions and registration, visit www.episcopalmaine.org/spring~training

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 succes-
- 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 up-

If you are one who fits any of these three categories, and if you feel led to pursue Confirmation, Reception or Reaffirmation, please contact Fr. Nathan soon as a new class begins to form. Details of this class will depend on the make-up of the group.

Saint Mary's Altar Flower Fund 2020







Through the Altar Flower Fund, contributions are provided for the altar flowers that are given in memory or in thanksgiving or celebration throughout the year as well as for the special decorations at Easter, Thanksgiving, Christmas, and other occasions. (In the summer, flowers and greens from our gardens, fields and woods are often used).

As Easter (April 12) approaches, we ask for your support of the Altar Flower Fund. *Important:* Whether you are making a first-time offering or regularly support the Flower Fund, please fill out this form so that your requests can be fulfilled.

1. Enclosed is my contribution to Saint Mary's Altar Flower Fund: \$						
Name						
	E-mail					
Yes, I would like to	join the Altar Flower Guild (training provided).					
2. Please include these names among	the Easter Memorials (requests must be received by Monday, April 6, 2019):					
Name						
Name_						
odano.						
3. Please provide flowers during the year In Memoriam (NO flowers are placed on the Altar during Lent or Advent with the exception of Rose Sunday during that season):						
Name	on or a Sunday close to/					
Name	on or a Sunday close to//					
Name	on or a Sunday close to/					
4. Please provide flowers during the year in Thanksgiving for and celebration of (NO flowers are placed on the Altar during Lent or Advent with the exception of Rose Sunday during that season):						
Name	on or a Sunday close to/					
Name	on or a Sunday close to//					
Name	on or a Sunday close to/					

Please return this form either by mail, in the offering plate or to the office with your check payable to: The Episcopal Church of Saint Mary, Attn.: Altar Flower Fund, 43 Foreside Rd, Falmouth, ME 04105

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 Dana Madison, the Lewis Family, the Clark Family, Megan Akers, Barbara Bell and Father Nathan for their help with our *Shrove Sunday Pancake Dinner and Contra Dance*. A special thanks to Father Tom Mousin for serving as the caller for the contra dance and for teaching us the elements of contra dancing. It was a delicious and fun way to spend a cold February evening!



. Thank you to the Buildings and Grounds team for being ever vigilant managing the ice and snow and changing conditions. It's been a tough winter for ice and we appreciate your watchfulness.

A yummy thank you to Rick Hirschman and Janet Bowne for providing tasty treats for the kids in Guiding RAY!

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Thank you to the Outreach Team for

arranging for the first of two Interna-

tional Cooking Common Grounds

with New Mainers sharing their

anne Arnold from Maine Works to Common Ground on Febru-

cultural foods with us on Janu-

ary 30 AND for bringing Jo-

ary 13. Both programs were

amazing, delicious, and infor-

Thank you to the Souper Supper team for offering community to all who attend. Food to nourish the body and socialization to feed the soul is so important during for these cold winter months.

Hymns of the Rig Veda with Sweetest in the Gale Saturday, April 4, 3 pm, Saint Mary's Episcopal Church, Falmouth Sunday, April 5, 3 pm, St. Paul's Episcopal Church, Brunswick Join us for a mystical journey as we present Indo-European hymns from 1500 B.C.E.,

famously set to music by Gustav Holst, plus additional works for women's voices by contemporary composers. Purchase tickets at https://www.brownpapertickets.com/profile/1143574.

Altar Flower Delivery - Once every 4-6 weeks...bring a smile to a face!

As part of the Caring Circle Ministries, the Altar Flower Delivery Guild is responsible for delivering the flowers that grace the altar each week to parishioners who are ill, homebound, or who are observing a special birthday or anniversary. It's one delightful way of extending our Sunday worship to those for whom we have prayed. Presently, we are a small team of dedicated members and would dearly like to expand our Guild. Please consider your participation in this giving ministry. If you have any questions or would like to learn more or become a member, please contact Betsy Stoddard, jbstod@myfairpoint,net

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

In the US, heating homes and businesses produces about 560 million tons of carbon diox-

ide per year, or about a 10th of the country's emissions.

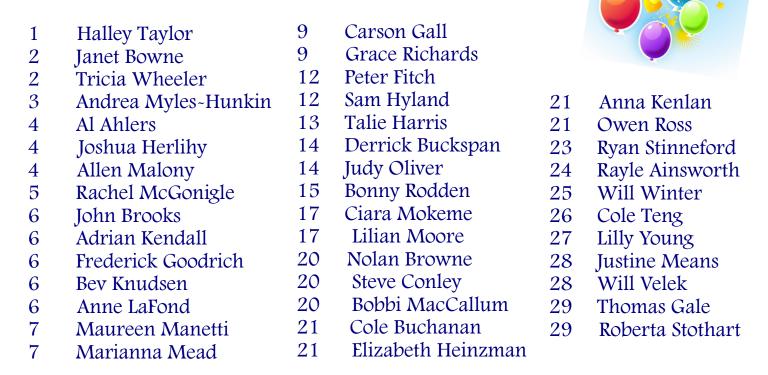
A heat pump is an all-in-one heating and cooling unit that requires a lot less energy than traditional heating systems. There are a few different kinds. A significant (several thousand dollars) investment is required, which dictates against this unless it is time to replace your old furnace or air conditioning system. Once installed, a heat pump could save as much as \$948 a year.

Source: NYTimes: Climate FWD, October 16, 2020



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

Happy March Birthdays to:



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 March Anniversary wishes to:



28 Onnie & Bob Hastings





Ever wish there was an easy way to get involved with Saint Mary's and still have your busy life?

We'll, there isbecome an usher!

The Saint Mary's Usher team is looking for men and women to serve during the Sunday morning services. Your only commitment is serving on Sunday morning while attending church every few weeks; you pick when you're available.

If interested or have questions, please contact Tom LaPlante 272-5621

The Episcopal Church of Saint Mary Worship Leader Schedule: March - April 2020

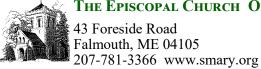
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	8am	8am	10:15am	10:15am	10:15am	10:15am	Altar	Altar	Flower	Coffee Hour
	Ushers	EM/Lectors	Ushers	Lector	Euch Minister	Acolytes	Guild	Flowers	Delivery	Host
	:				:					
1-Mar	Charlie H	Greg	Dawn Y	Ginny	Jim S	Sarah K.	Portia	bare altar		The Andrews
Lent 1	Jennifer G		Ryan S		Mill		Katie & Mary L		₹	CL - Open
	-	- <	F	Ĺ		-		=		-
8-Mar	Charlle H	A	I om L	EIIN	Andrea M-H	tpd	Janet B	bare altar	2	Book Sale
Lent 2	Greg U		Harry D		Stan		Barbara & Barbara			Team
15-Mar	Charlie H	Beckv	Jovce V	Rod McG	Jim S.	tbd	Kathy Galen	bare altar	1	
Lent 3	Jim K		Len V		Maggie		Jana & Portia			
22-Mar	Charlie H	Elise	Aaron S	Dawn	Terny	tbd	Mary S	bare altar	2	
Lent 4	Len T		Tom L		Betsy PS		Mary L & Betsy E			
29-Mar	Charlie H	Lad	Tim C	Linda E	III/M	tbd	Katie P	bare altar	2	
Lent 5	Baer C		Ryan S		Jim		Maggie & Janet			
5-Apr		Mary Ann		Ben Rodgers	Maggie	tbd	Portia, Jana	Palms	1	
Palm					Stan		Barbara & Barbara			
9-Apr			6pm Ushers	6pm lector	6pm EM	6pm crucifer	AG	AFG	₹	ł
Maundy Thursday	ursday			Ginny	Maggie		All	Garden of Repose	se	
10.Apr			and I mus	Som lector	Spm EM					
Good Friday				Linda	Stan		All	bare		ł
11-Apr		7:30pm	7:30 Ushers	7:30 Lector	7:30pm EM	7:30pm acolytes				Chocolates &
Easter Eve Vigil	Vigil			ecky, Stan, Linda	Becky Pride		AII			Sparkling drinks
12-Apr	9am Ush	9am EMs	9am Lector	Lector 9am Acolytes	11am Ush	11am EMs	11am Lector	11am Acol	AFG	
Easter/		Jim S	Betsy			Andrea	Erin			
Pascha		Will				Nadine				

The Episcopal Church of Saint Mary		
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Sat	a her her her her her her her her	9-2 Red Cross Blood Drive at Saint Mary's	21 9a-12:30 Lenten Quiet Morning 9:30am - 3:30p m Diocesan Spring Training in Augusta	9-1 Book, Bread & Soup Sale	4/4 8:30 AG clean-up 3 SinG Concert in sanctuary
, , , , , , , , , , , , , , , , , , ,	6 <i>Office closed</i> 7-4 MEMontessori Aud & GR 12 Pray where you are 5:30 Alanon	13 Office closed 12 Praywhere you are 5-7 Souper Supper S:30 Alanon 7 Classic Cinema	20 AVE deadline Office closed 12 Praywhere you are 5:30 Alanon	 27 Office closed 12 Praywhere you are 5-7 Souper Supper 5:30 Alanon 	4/3 12 Pray where you are 5:30 Alanon
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THE EPISCOPAL CHURCH OF SAINT MARY



Our Worship Schedule

Sunday worship

8 AM - Contemplative Eucharist 9:30 - 10AM Formation for All 10 :15AM - Choral Eucharist

Monday - Wednesday

Noon Day Prayer in the Chapel or wherever you find yourself

Thursdays

12NOON - Chapel Eucharist



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 Guiding RAY@smary.org

Beth Shaw, Parish Manager admin@smary.org

Office Hours: Monday - Thursday 9:00 am to 4:30 pm

Copy deadline April AVE, Mar. 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, janwentlin@hotmail.com