



The Power of the Apology



Lent starts with Ash Wednesday on 17 February. Lent serves as our annual immersion into the core themes of sin, confession and forgiveness. It may not be enjoyable, but the practice of offering an apology is a vital life skill that we work on and practice during the season of Lent. And why does this require so much attention? Because saying “I’m sorry” is a superpower that can change and alter our lives. Failure to understand and utilize this power leaves many human lives stuck in neutral and stunted in growth.

Life is all about relationships. When you have the ability to apologize well, you have a powerful advantage in life. Meaningful apologies (ones that are honest and that are perceived by the other as being sincere and appropriate) have the power to repair broken or damaged relationships. Acknowledging your mistakes is also the necessary path to owning the problems in your life. This is the point where all true change in life begins. We must be honest about our failures and

about what needs to change within ourselves. A person who is unable to apologize, and unable to acknowledge their mistakes, is a person who has a fatal, kryptonite weakness that will cause many problems along the way.

Unfortunately, we often blunt the power of the apology by mishandling this power. Many are inclined to over-apologize about small stuff. I am sure you know someone who apologizes all the time for unintentional things, like blocking your view or walking too slowly or speaking too softly or grabbing the wrong spoon. It is good to be aware of all these things that impact others, but these are not the things for which we ought to apologize.

On the flip side, nearly all of us are inclined to under-apologize for the big stuff. When our real failures are on display for all to see, we get defensive and go into self-protection mode. This is the time when a true heartfelt apology becomes most difficult. To use the power of the apology well, it is best for us to save the words “I’m sorry” for those times when our actions cause a break in a relationship. And when those times arrive, we need to make sure we utilize this power with skill and intention, like a surgeon removing a dangerous growth from the body. Don’t let the opportunity to use this superpower pass you by! When the time is right, make it count, and your life – and the lives of all those around you – will be better off because of it.

Mike Foster is a speaker whose words helped to inspire my thoughts about this. You can watch his video about the power of the apology here: <https://thechurchrb.org/strongest-you/the-power-of-an-apology>

Mike explains that the best apologies involve these four elements: to express remorse, own your actions, make amends, and commit to change. If you are one who is uninspired by the Lenten focus on confession, consider this time as our annual exercise class to strengthen the spiritual muscles needed to apologize well. And since our most important relationship in life is with God, this is where we focus our efforts in our practice. With the help of God’s grace, let us all grow in the skillful use of our apology superpower, so that all our relationships may become healthy and strong.

Nathan W. Ferrell +

From Deacon Christine:

"Love is when my sister gives me all her old clothes, and she has to go out and buy new ones." Lauren, age 4

"Love is what's in the room with you at Christmas if you stop opening presents and just listen" Bobby, age 7

"When someone loves you, the way they say your name is different. You know your name is safe in their mouth" Billy, age 4

"Love is what makes you smile when you're tired" Terri, age 4

Out of the mouths of babes! February is the month for valentines, roses, and romance. Hallmark moments can be fun to be caught up in or miserable depending on your expectations! Growing up Valentine's Day was well observed because it was my parents' wedding anniversary. I suspect that St. Valentine, for whom the day is named might have a different idea about its meaning!

The children I quoted have the right idea. Love as Jesus taught us is about sacrifice, giving, forgiving and compassion. Jesus loved us so much that he gave his life that we might have eternal life with God. Jesus loved all the people he encountered whether they were Jews or gentiles, poor or powerful, men, women, soldiers, fishermen and lepers. Jesus offers us a forgiveness of our sins: of those things we regret having done to God's creation and to one another. The gift of Jesus' humanity gave him a compassionate heart that reached out in healing love to all who suffered.

Loving our "enemies" is hard, painful work, but it is God's deepest desire that we love one another without reservation or exclusion. Everyone we differ with, everyone who hurts our hearts, anyone who does us or those we love harm are to be loved. It is only by amazing grace that it is possible to love those who make us angry! And loving ourselves first as we know we are loved by God is the first and most important step, one that is sometimes difficult to take.

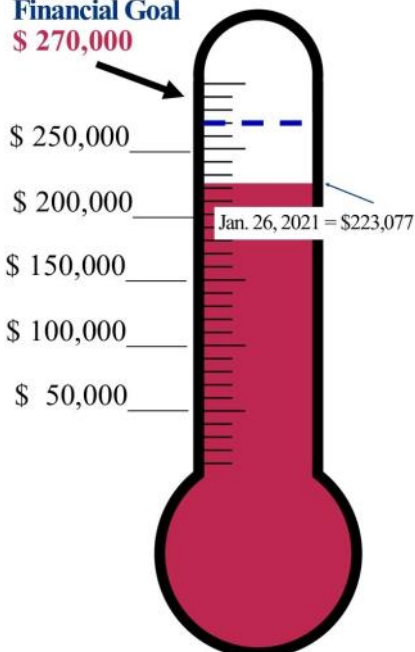
God knows how much we need God's love for love to be our response to life in this world, day by day. It is a gift that we can never earn or deserve and for which we give thanks and in which we take great joy. Remember Billy's sweet words and say the name of each person you speak to as though they are precious gifts from God because they are!



2021 Stewardship: Love isn't me. Love is WE!

Christ's teachings tell us that worry is a useless emotion, but we are human. And the last year has caused us all

**Our 2021
Financial Goal**
\$ 270,000



to worry. For Saint Mary's, the worry is that we can't meet the needs of our parishioners. With our physical doors closed, how do we continue our ministries? Despite pivoting sharply, how can we reach everyone and support them when options are so limited due to fear of spreading coronavirus? And then there are the financial needs for Saint Mary's: program funding, community support, maintaining our buildings and covering our fixed costs.

We are grateful for the work of all of our guilds, ministries, committees, and parishioners to support one another and our community. And there are so many individuals that just reach out to others to offer support, monthly, weekly or sometimes daily to help our parishioners get through this time of isolation. Love is surely *WE* at Saint Mary's. Thank you to the 101 parish households who have pledged \$ 223,077 toward our 2021 goal of \$270,000. We're not there yet, but we aren't going to worry because, somehow, we will get there!

Here's the link for the [confidential pledge form](#). You can also call or email Beth Shaw, Parish Manager, (admin@smary.org).



Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met via Zoom on January 20th at 6 p.m.

Father Nathan led the meeting with a teaching moment on the week of Prayer for Christian Unity which links the inspiration of the Catholic Church in St. Peter and the Protestant church in St. Paul.

Ben Parks-Stamm, Treasurer, shared the year-end financials. Revenue was down, but expenses were also down. The 2020 MVP was the Sparkles team who despite incredible adversity and changing rules managed to make over \$19,000 (which includes a number of angel parishioners who gave an extra gift in honor of our yearly event). Thank you to all who pulled off 2020 Sparkles. The Diocese received a PPP loan, which was then allocated to the various parishes. The Diocese has recently applied for forgiveness and when we are granted forgiveness, the loan will be cleared from our books as liability.

The audit committee consisting of parishioners, Jill Bryant, Debra Madigan, and Catherine Cleale will be meeting soon to map out a plan to complete our 2020 audit. We thank them for their help with this important task.

We approved the Housing Allowance resolution of \$1,830 which is the amount that Father Nathan can deduct on his federal taxes.



Janet Bowne, Sr. Warden



Aaron Splint, Jr. Warden

Stewardship is plugging along. At the time of the meeting, we had received almost \$209,000 toward our goal of \$270,000. Our goal reflects significant cuts made in our 2021 budget. We are making reminder calls. It's an ambitious goal in a year that is full of uncertainty, but it's important we reach our goal. Parishioners should know that all pledges are welcome, and all will help us get to our goal.

The Nominating Committee shared that Rudy Israel is filling the last vacancy we have for the next class of vestry members, joining Tom LaPlante and Pat Peard. We thank them for agreeing to serve on the vestry.

Our Immerse Bible reading project continues. It is never too late to participate!

Feb 1-7: Week 3 (1 & 2 Corinthians, Galatians & Romans—first half)

Feb 8-14: Week 4 (Romans—remainder, Philemon, Colossians, Ephesians, Philippians, 1 & 2 Timothy, Titus)

Feb 15-21: Week 5 (Mark, 1&2 Peter, Jude)

Feb 22-28: Week 6 (Matthew)

On the Sundays at the end of each week, plan on getting together on ZOOM at 5 PM for a one-hour discussion of our weekly readings. Use this link for all discussion sessions: <https://us02web.zoom.us/j/83186432190?pwd=VUFFUEIYWEM1WWJndzdmZHoxMTY4UT09>

**Pick up an Immerse Bible
In the Parish House**



Ash Wednesday, Feb 17, 2021

With the threat of coronavirus still evident, we will not be holding in-person Ash Wednesday services, but will stream a noon Ash Wednesday service and offer the imposition of ashes in the safest way possible.



8 - 10 AM Imposition of Ashes in the Chapel

People enter the Chapel individually or in household groups wearing masks covering nose and mouth while others wait in the hallway keeping the required 6' distance. The sentence of imposition will be spoken while the communicant is still at least 6 ft away, rather than at the moment of imposition. The clergy (deacon and rector) will clean hands before imposing ashes.

12 NOON: The Ash Wednesday Liturgy streamed on Facebook from the Fr. James Chapel with [downloadable bulletin](#), two simple hymns and a meditation.

4 - 6 PM Imposition of Ashes in the Chapel

People enter the Chapel individually or in household groups wearing masks covering nose and mouth while others wait in the hallway keeping the required 6' distance. The sentence of imposition will be spoken while the communicant is still at least 6 ft away, rather than at the moment of imposition. The clergy (deacon and rector) will clean hands before imposing ashes.

LENTEN QUIET MORNING: SATURDAY, FEBRUARY 27, 9 - 12 noon THE FAREWELL TEACHINGS OF JESUS



On the last evening with his disciples, the Gospel of John tells us that Jesus gathered his followers together for a meal, humbly washed their feet, fingered Judas as a traitor, and then began a long, teaching discourse. He taught them how to live into the future, how to continue the life of compassion and love he had modelled for them. He knew they would need those lessons to sustain them when he was no longer physically with them. What he taught them, he still teaches us today – the wisdom of his closeness to the Father and his promise to send the Holy Comforter. We'll explore that wisdom and that promise on this Quiet Morning. Watch the weekly eNews for the printed resources and [the ZOOM link](#).

CELEBRATE



HONOR



SERVE

Outreach Ministry - All Ages Serving Near and Far

St. Elizabeth's Essentials Pantry needs YOU!!

St. Elizabeth's continues to flourish, in spite of the pandemic. It now distributes non-food essentials (Personal Hygiene products, bed, bath & kitchen items and adult winter coats & boots) outside under the portico at St. Luke's cathedral, and Saint Mary's seeks to support this on the third Tuesday of every month.

After years of devoted service to this ministry, Betsy Elliman is taking well-deserved retirement as the point person and representative board person from Saint Mary's for our partnership with St. Elizabeth's. We are grateful to Stan Eaton who has agreed to serve on the board of directors and coordinator. Thank you, Stan!

To resume collections at Saint Mary's, we need one or two people to deliver these donations to St. Elizabeth's, located at the Episcopal Cathedral in Portland. Thank you to Lee Dernehl for volunteering to do this. Please consider helping out! The more volunteers, the fewer trips to make to Portland for all! We also rebuilding our team to safely volunteer on the third Tuesday; if you are interested in either opportunity, please contact Stan.

If you would like to contribute financially, you can do so by clicking on the link below and then clicking on Diocese: <https://www.episcopalmaine.org/about-us/about-us-for-everyone/giving-online>
If you are willing to consider any of these opportunities, please contact Stan Eaton at Stan.eaton@gmail.com



Falmouth Food Pantry During the pandemic, the number of people in need has increased by 44% at the Food Pantry. **The Pantry is not accepting donations of non-perishables from individuals at this point but would appreciate financial contributions**, which can be made by sending checks to the Falmouth Food Pantry, at 279 Middle Road, Falmouth ME 04105.



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 or offers of help.



Souper Supper *To Go*: 2nd & 4th Fridays

Dining In remains temporarily suspended.

Soup, bread and a sweet treat will be *CURBSIDE TO GO* between 5 – 6 PM. ALL are welcome!



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

Medium to robust coffees: Casco Bay 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 locally-owned business... and get GREAT organic coffee! Win! Win! Win!

Outreach Ministry - All Ages Serving Near and Far

The Faces of Stigma – Creating Solutions by Jennifer Gregg

Facing Stigma: Anti-Immigrant Bias in Maine and What We Can Do About It"

Mr. Steve Wessler, a renowned human rights educator, trainer, and advocate in Maine, the United States, and Europe, led and facilitated a moving and clarifying meeting hosted by Saint Mary's Outreach Committee via Zoom on January 24. Attracting 36 participants from Saint Mary's and Greater Portland, the presentation began with a short historical overview of U.S. immigration policies. He pointed out that the record of policies and societal practices regarding bias towards immigrants in the United States has been uneven at best, but that even in the darkest of times, there are glimmers of light thanks to people and organizations who seek to make a difference.



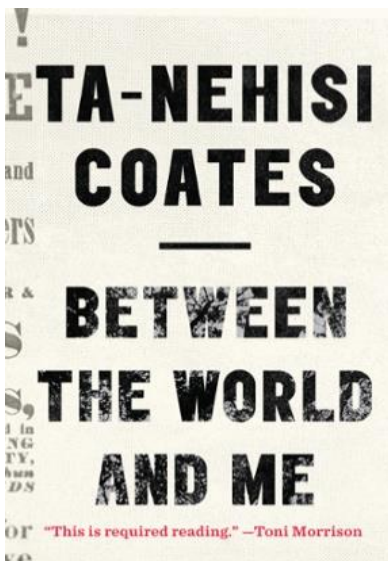
Attendees then listened to a series of comments that Mr. Wessler has compiled from his "Community Conversations," -- comments from "long-time Americans" toward immigrants in Maine that were both degrading and disturbing. Having listened to these stories, attendees expressed personal reactions that ran the gamut from "sadness and despair" to "heartbreaking and sickening" to "hurt and anger."

Mr. Wessler noted that expression of bias begins with the use of degrading language that, uninterrupted, escalates from ugly words to violence against property and other human beings and that silence in the face of degrading language is perceived as support for that language. In breakout rooms, participants discussed two case studies focusing on "what would you do" when, either in a work or family environment, a colleague/relative began to tell a joke/made degrading remarks about Muslims. The discussions underscored that responding is difficult, but that, one's response need not be perfect or even verbal (much can be communicated without words.) Most importantly, one *must* react.

On a broader scale, we concluded that discussion of and communication about the issue of stigma and bias against others is critical; it is the only way to make sustainable progress as we deal with these scourges.

SAVE THE DATE: March 21, 2021 4-5:30 via Zoom. The third presentation in this series:
The Face of Stigma: The Recovery Community

Becoming an Anti-Racist Parish



Anti-Racism Group Discussions Continue: **Between the World and Me by Ta-Nehisi Coates**

Parishioners are invited to read this highly-acclaimed 176 page book and then to come together for a discussion on ZOOM. All opinions and perspectives are welcome!

"Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward."

Start reading soon and make plans to join one of our discussions in March!

- Monday, March 8 at 10 AM with Becky Pride
- Wednesday, March 10 at 3 PM with Merle Marie Troeger.

We come together in Prayer

A Poet of the Divine Beloved

shared by Merle Marie Troeger

Shams-ud-din Muhammad Hafiz (c. 1320-1389) is a Persian poet who celebrates every expression of love in the universe. His texts overflow with deep appreciation for the beauty and richness of life seen through the eyes of love – every kind of love. The poetry often explodes with dazzle, reaching for the expression of love that dissolves personal boundaries and merges ultimately with the One who is both the source and goal of all love, the one Hafiz calls the Divine Beloved.

One of the things I enjoy about Hafiz's poetry is the sheer joy of it, the unapologetic abandonment to merriment. In fact, one of his poems is called "Laughter." "What is laughter?" he asks. Why, "it is God waking up." Or "it is happiness applauding itself and then taking flight/to embrace everyone and everything in this world." Finally, the precious thing called laughter "is the glorious sound/of a soul waking up!"

There is nothing at all serious about this religious poetry. It is not weighty. It is immediately accessible (in Daniel Ladinsky's renderings). It reminds me that my relationship to the world and to the Divine really has to potential to be full of joy. Yet sometimes I need the help of a mirthful poet to get me to see that. Life has its difficult moments, hours, days, years. Sometimes it hurts badly. We question God, get angry at God or lose faith in God. That's when I need Hafiz most. In his poem "Tripping Over Joy"* he imagines a friend overworking his tired brain above the chess board.



What is the difference
Between your experience of Existence
And that of a saint?
The saint knows
That the spiritual path
Is a sublime chess game with God
And that the Beloved
Has just made such a Fantastic Move
That the saint is now continually
Tripping over Joy
And bursting out in Laughter
And saying, "I Surrender!"
Whereas, my dear,
I am afraid you still think
You have a thousand serious moves.

See what I mean? At least for a moment I stop "trying to figure it out" and give in to the joy that Paul expressed in his letter to the Philippians: "I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now." All that joy and Paul was in prison when he wrote those words. So, I surrender to joy.

*Shams-ud-din Muhammad Hafiz, *I Heard God Laughing*, Trans. Daniel Ladinsky, ©1996.

Our 2021 Lenten Lectionary

Ash Wednesday, 17 February: Isaiah 58.1-12, Psalm 103.8-14, Matthew 6.16-21

Lent 1, 21 February : Genesis 9.8-17, Psalm 25.1-9, Mark 1.9-15

Lent 2, 28 February: Genesis 17.1-7, 15-16, Psalm 22.22-30, Mark 8.31-38

Lent 3, 7 March: Exodus 20.1-17, Psalm 19, John 2.13-22

Lent 4, 14 March: Numbers 21.4-9, Psalm 107.1-3, 17-22, John 3.14-21

Lent 5, 21 March: Jeremiah 31.31-34, Psalm 51.1-13, John 12.20-33



You are invited to *Be Still* before church service on Sundays

On Sunday mornings from 9:30-10:15 am, a contemplative offering called “**Be Still**” meets online through Zoom. “Be Still,” coordinated by Merle Marie Troeger, Jennifer Gregg, John Bennett, and Becky Pride, opens with a five-minute quiet, centering period, followed by the introduction of a poem, scripture or other art form for contemplation and group response. The session concludes with five minutes of quiet reflection and a prayer.

A changing, overarching theme carries us along during the year. A modest group of 10-18 participants enjoys the intimacy of small group discussion that hopefully leads to personal enlightenment and growth. Please know that you are welcomed to join us at any time. Contact Jennifer Gregg, our Zoom master, or Merle Marie or Becky to receive the readings in advance and be informed on how to access our Zoom meetings.

“Be still, and know that I am God”
-Psalm 46:10



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives February 6, 11, 27

Due to the coronavirus crisis, there is still 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.

All blood from Red Cross donors is now screened for COVID-19 antibodies. If you donate blood, you will be told if you have these antibodies a few days after donating. This is an excellent way to save lives AND learn more about your own health. PLEASE donate, if you can. The need is great.



SPARKLES Re-Imagined

ON-LINE

Our Sparkles website will remain open:
www.saintmarysparkles.org

We still have Lobster Stew, Bean Soup Mixes, Coffee, and Chocolate Sauce - all at reduced prices.

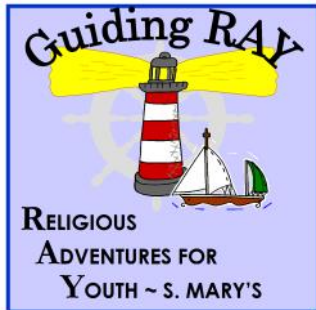
As you know, your purchases help fund Saint Mary’s amazing community programs.

Our website, saintmarysparkles.org, will continue to operate 24/7, and we ask that you share it, and our Facebook page, facebook.com/saintmarysparkles with friends and family.

We’ll be back for a Sparkle in Spring in-person shopping sale in April.

Questions? Contact Jana Burke (272-4535) call or text, or jana.burke@gmail.com.

Christian Formation-RAY Beams - Winter 2021



Guiding RAY is still temporarily suspended to keep all safe. We all look forward to being back together for worship and learning.

Guiding RAY is our ministry to all young people ages 0 to 14. We offer our children an opportunity to learn Bible stories and to develop their relationship with God.

Family Chapel is Back! 9:30 AM on Sundays!

Gather with Fr Nathan in the Chapel over ZOOM for a kid-focused time of singing, storytelling, and show-and-tell.

In the weekly eNEWS, there are Sunday resources available if you click on the Family Chapel icon.

Click the link below to participate:

[https://us02web.zoom.us/j/84723194167?](https://us02web.zoom.us/j/84723194167?pwd=dnBCMhVaZTlZVG92UXdFbGJuYXE2QT09)
[pwd=dnBCMhVaZTlZVG92UXdFbGJuYXE2QT09](https://us02web.zoom.us/j/84723194167?pwd=dnBCMhVaZTlZVG92UXdFbGJuYXE2QT09)



FAMILY CHAPEL

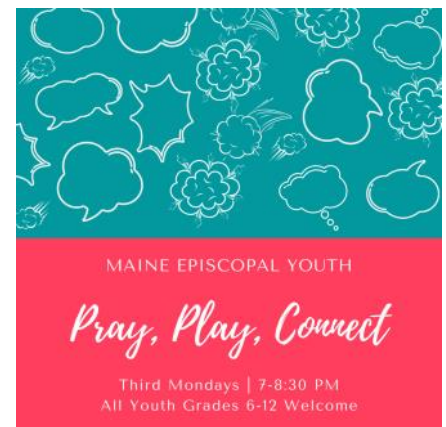


Though we won't be gathering for Ignite in person, we still have winter opportunities for your middle & high schoolers to help them deepen their connection with God and each other.

PRAY, PLAY, CONNECT: Monday 15 February, 7 - 8:30 PM - meeting

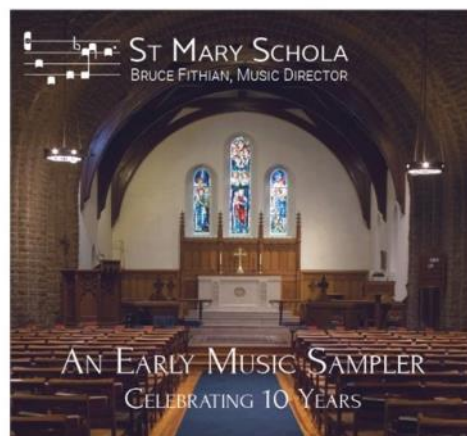
Click <https://us02web.zoom.us/j/81625716888> to join! We hope to see you there.

FMI, reach out to Pastor Sara D'Angio White, Canon for Youth Ministry, Episcopal Diocese of Maine, at sdangiowhite@gmail.com or call or text (585) 749-9125



St Mary Schola CD

Early Music
Sampler
On sale now



The St Mary Schola is pleased to share with others our wonderful CD after three years of preparation and planning. The recording offers many beautiful Christmas selections, including medieval processions, the lilting carol 'In dulci jubilo' (Good Christian Friends rejoice) as well as other moving pieces from ten years of concerts. The CDs can be purchased at the website: stmaryschola.org.



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

Happy February Birthdays to:



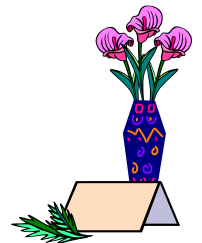
2	Tatjana Connors	9	Mark Winter		
2	Joe Herlihy	10	Katie Bryant		
3	Valerie Kyros	10	Tim Kearins		
4	Terry Brown	11	Janet Corey		
5	Winston Corbett	11	Penny Daborn	19	Ellie Winter
5	Connie Dayton	11	Connor Lund	21	Colby Becker
5	Delilah Hastings	13	Sydney Young	21	Aaron Demers
5	Thom Pettingill	14	Hannah Duchin	21	Riley Ross
5	Gwen Wilkinson	14	Harry Fast	23	Anna Dougan
6	Maggie Holt	14	Dawn Yerkes	24	Monique Brown
7	Spencer Funk	15	Polly Parks-Stamm	24	Jordan Otte
7	Caleb Robinson	16	Elise Allen	24	Will Salomon
7	Emma Robinson	16	David Farnum	25	John Frongillo
8	Ed Ainsworth	16	Rebecca Morgan	26	Nikki Evans
8	Chris Thomas	16	Bob Timberlake	27	Lauren Hourihan
8	Nadine Timberlake	17	Cian Connors	27	Rod McGarry
9	Luke Brown	17	Teddy Orestis	27	Michael McIntosh
9	Eleanor Fox	18	Erica D'Alberto	28	Jack Heinzman
9	Matthew McGonigle	19	Tim Follo	28	Blair Lindberg
9	Griffin Rhoades	19	Claudia Herrold	28	Charles Locke

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 February Anniversary wishes to:



4	Cindy & Chuck Horton
26	Charnette & David Chadwick
28	Barbara & Michael Payson



Caring for God's Creation - Insight from the Outreach Committee

While many of us are familiar with heat pumps and their many benefits, did you know that hot water heaters now employ heat pumps to operate far more efficiently than a traditional hot water heater? Heating water costs a lot, and if you want to reduce your monthly bills and your carbon footprint, you may wish to consider investing in a heat pump hot water heater (HPHW)

FMI: <https://www.falmouthme.org/recycling-energy-advisory-committee/news/town-of-falmouth-sustainability-newsletter>

[Town of Falmouth Sustainability Newsletter | Falmouth ME](#)



News, Notes, Kudos, Dates & Reminders

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

HUGE thanks to the remarkable Sparkles team. What an amazing, creative and tireless volunteers!!!

yay!

Thank you to Nathan, Christine, Megan, Bruce and Beth for their energy and inspiration in designing our Christmas Eve services

Thank you to all the saints among us—those who are helping others in big and small ways during these difficult times.

Thank you to the Building and Grounds team for their efforts to keep the buildings open and safe for our use.

Thank you to Bruce, Christine and Megan for their leading the noon service on 12/1 remembering Father James.

Thank you all for the wonderful Christmas bonus and gifts.
With grateful sincerity, Bruce

Thank you so much! Roy



Be sure to Like us on Facebook

<https://www.facebook.com/ChurchofSaintMary/>

Dear Ones, I am grateful to each of you for the generous Christmas gift I found tucked into my mailbox at church! I am overwhelmed by your generosity. I am blessed to be among you and pray that we will continue to serve one another in Christ's name. May this new year be one of peace and joy.
Faithfully, Deacon Christine

Thank you all for the Christmas money. I am very grateful to all the parishioners and truly appreciate the financial gift. Megan Akers

Saying *Thank you* is not adequate for the generously overwhelming Christmas gifts you shared with each of us on the staff last month. Your kindness is astounding and humbling that you are so open to share and give so freely. I feel so fortunate to be a part of this Saint Mary's family. Thank you for letting me into your lives. Fondly, Beth

You all are truly a kind and generous Christian community. Thank you for blessing our staff with your Christmas gift. It certainly helped us to enjoy the special holiday time with our family.

In Christ, Nathan+

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CELEBRATE



HONOR



SERVE

GROW IN GOD EVERYDAY

ONLINE WORSHIP (worship videos are available a day later on the website)

NOONDAY PRAYER: Monday – Friday 12noon on [Facebook Live](#)

SUNDAY HOLY EUCHARIST: Sundays at 10:30 AM on [Facebook Live](#)

BE STILL: CENTERING PRAYER: Mondays at 5 PM [online via ZOOM](#)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:30 AM [online via ZOOM](#)

A contemplative time of themed reflection on scripture passages or poems. Contact Jennifer Gregg at jenniferanngregg@gmail.com

WISDOM SEEKERS: Tuesdays at 10:30 AM [online via ZOOM](#). A group discussion of the Scriptures for the upcoming Sunday. A great way to learn and be prepared for worship. Contact Nadine Timberlake at ntimberlake@aol.com

MERTON GROUP: Thursdays at 3 PM [online via ZOOM](#). A small, spiritually diverse, inquisitive, tolerant, open-minded, and supportive group of "seekers" that each week pray, read aloud from a chosen book, reflect, question, and grow. FMI, jenniferanngregg@gmail.com

Like many things during COVID times, this calendar is subject to change



God Is
Love

February 2021

The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 BISHOP'S VISITATION 9:30 Family Chapel & Be Still 10:30 Holy Eucharist on Fb 11:45 ANNUAL MEETING followed by Q & A with Bishop Brown 5 Immerse Discussion Week 2	FEB 1 12 Noonday Prayer 5 Be Still	2 Presentation Feast 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	3 12 Noonday Prayer 4 CARE & Prayer meeting	4 12 Noonday Prayer 3 Merton Group 4 Outreach meeting	5 Office closed 12 Noonday Prayer	6 9-2 Blood Drive 4 Vestry with Bishop Brown
7 5th Sun. after Epiphany 9:30 Family Chapel & Be Still 10:30 Holy Eucharist on Fb 5 Immerse Discussion Week 3 7 12-step meeting in Aud	8 12 Noonday Prayer 5 Be Still	9 10:30 Wisdom Seekers 12 Noonday Prayer	10 12 Noonday Prayer 6 Vestry meeting	11 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group	12 Office closed 12 Noonday Prayer 5-6 Souper Supper TO GO	13
14 Last Sunday after Epiphany Saint Valentine's Day 9:30 Family Chapel & Be Still 10:30 Holy Eucharist on Fb 5 Immerse Discussion Week 4 7 12-step meeting in Aud	15 office closed for Presidents' Day 12 Noonday Prayer 5 Be Still Public	16 8:30-11 St. Elizabeth's 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting School	17 ASH WEDNESDAY 8-10 Ashes to Go 12 Ash Wed liturgy 4-6 Ashes to Go Vacation	18 12 Noonday Prayer 3 Merton Group Week	19 Office closed 12 Noonday Prayer	20 March AVE deadline Fr Nathan - Marine drill weekend
21 First Sunday in Lent 9:30 Family Chapel & Be Still 10:30 Holy Eucharist on Fb 5 Immerse Discussion Week 5 7 12-step meeting in Aud	22 12 Noonday Prayer 5 Be Still 6 PCC board meeting	23 10:30 Wisdom Seekers 12 Noonday Prayer	24 St Matthias 12 Noonday Prayer	25 12 Noonday Prayer 3 Merton Group	26 Office closed 12 Noonday Prayer 5-6 Souper Supper TO GO	27 9-12 Lent Quiet Morning 9-2 Blood Drive
28 Second Sunday in Lent 9:30 Family Chapel & Be Still 10:30 Holy Eucharist on Fb 5 Immerse Discussion Week 6 7 12-step meeting in Aud	3/1 12 Noonday Prayer 5 Be Still	3/2 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	3/3 12 Noonday Prayer	3/4 12 Noonday Prayer 3 Merton Group	3/5 Office closed 12 Noonday Prayer	3/6 Outside wedding

Lector schedule for the Feb - Mar 2021.

Be sure to let Beth in the office know if you have switched dates with someone.
781-3366 or admin@smary.org

Feb 7
Feb 14
Feb 21
Feb 28

Linda E
Maggie G
Stan E
Will S

Mar 7
Mar 14
Mar 21
Mar 28

Marian M
Terry B
Andrea MH
Erin MF

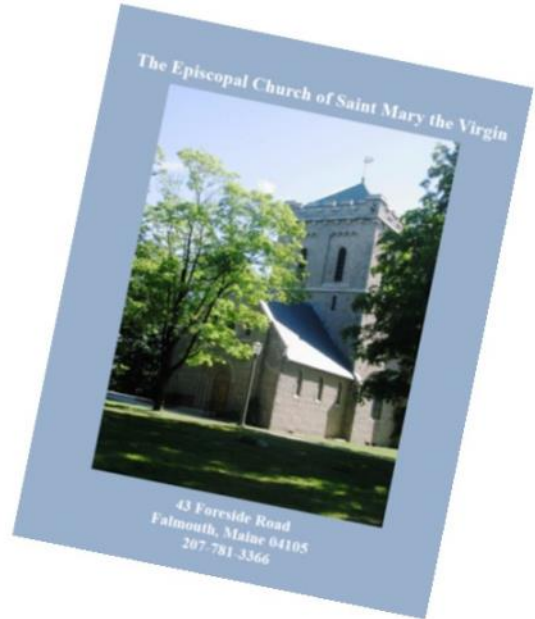
You're a part of Saint Mary's Family

Be a part of Saint Mary's next
Pictorial Directory

They capture the moment and
make memories for a lifetime

Families!!
Individuals!!
Ministries!!

Planned for Spring 2021 and with
our *Realm connection*, we will be
doing this *in-house*, so no high-
pressure photo salespeople! You download your own digital
photo or contact the parish office for photo assistance
(admin@smary.org or 781-3366 M-Th).



Here's your job!

It's time to update your emails, phone numbers, addresses,
add family photos and any other information.

NOW you can do it yourself right here:

<https://onrealm.org/>



If you haven't opened your
Realm account yet, we've sent a new
invitation to the email we have for you.

If you did not receive it on Thursday, January 28, contact
the parish office (admin@smary.org or 781-3366 M-Th), and we'll
send a direct invitation to you. Keep us updated and add your
picture before the next directory is printed!



THE EPISCOPAL CHURCH OF SAINT MARY

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

Our Worship Schedule

Sunday Worship

10:30 - Holy Eucharist
(on Facebook Live)

MONDAY - FRIDAY

12 Noonday Prayer
(on Facebook Live)



CELEBRATE & HONOR & SERVE



THE EPISCOPAL CHURCH
OF SAINT MARY

THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road
Falmouth, Maine 04105
207-781-3366 / smary@smary.org
www.smary.org

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

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

Bruce S. Fithian, *Organist*
bsfithian@aol.com

Beth Shaw, *Parish Manager*
admin@smary.org

Office Hours

MON - THU, 9 - 4:30

Copy deadline for March AVE: Feb. 20



YOUR 2021 SAINT MARY'S VESTRY

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