



From the priest in charge: *Bless You*



The Rev. Jane Milliken Hague

"Jane, now that you are ordained, does it mean you go around blessing people all the time?" I had just said to a kind person, 'bless you' instead of 'thank you.' She clearly thought I was being way too sanctimonious.

But to offer a blessing to those you pass is an ancient form of prayer. And you do not need to be an ordained minister to bless people. As Joan Chittister has said:

Try saying a prayer silently to everyone and everything you see for forty days and see what happens to your own soul. Say "I wish you happiness now and whatever will bring happiness to you in the future."

We are entering into a period of our liturgical calendar that is called Lent. The word is a derivative of lengthen i.e.: the daylight hours are lengthening. It has become a time for all Christians to recommit ourselves to following the way of Jesus as disciples. It is an opportunity to draw closer to God; accept the gift of time to remove the roadblocks in our spiritual journey toward God. This is what discipleship is all about.

There are many mixed messages about what we consider to be a Lenten 'discipline.' Do you give up things from your life such as abstaining from chocolate or alcohol? Do you do additional things such as visiting the gym more or calling your mother more (hint to my sons!)? Do you add or subtract things in your life? It sounds more like arithmetic than faith.

This Lent, try offering a blessing to those you encounter. I guarantee you will see a transformation not only in the world around you but also in yourself. Paul called us to pray unceasingly. To pray for all you pass is a great beginning. This is my Lenten discipline. It may disturb my big sister, but we both will have more blessings in our lives.

Ash Wednesday is March 2



8 - 10 AM: drop-in Imposition of Ashes in the Chapel - *masked and distanced* (20 minute time-out for 9am Morning Prayer)

12 N - 1 PM: drop-in Imposition of Ashes in the Chapel - *masked and distanced* (10 minute time-out for 12pm Noonday Prayer)

6 PM: Ash Wednesday Liturgy with Ashes - *masked and distanced*

From Deacon Christine:

shared by Deacon Christine Bennett

Dear Ones,

As Episcopalians we are blessed by our common traditions. We know when we worship together that the same liturgy is being shared around the world by our brothers and sisters across the country as well as in Canada, England, New Zealand and many other locations. We have a shared history and roots. One of our commonalities is our liturgical calendar that keeps us grounded in the rhythm of the seasons.

Predictably we start the year with Advent with the familiar readings from scripture, the Advent wreath, seasonal music, and an emphasis on waiting and anticipation as Christmas approaches. After the celebration of Christmas, Epiphany focuses us on the awareness of who the Christ Child is, not just for the Jews, but for the world as a whole. As March begins so does a new season, the color purple dresses the altar and clergy and we turn our attention to Lent.

Lent comes every year like clockwork, and every year we have the opportunity to stop, reflect, repent, and renew as we prepare for Holy Week and Easter. To *repent* means to turn again to look with intention at what has been and to make a commitment to deepen our life in our Savior Jesus Christ. We often think of Lent as a time to give up something like chocolate or a sedentary life style. I suggest we think of it instead as a time to take on something new. As you read the AVE and eNEWS, you will see many opportunities to renew your commitment to prayer and spiritual growth:

A Quiet Morning, "Be Still" on Sunday morning, "Wisdom Seekers" on Tuesday morning, "Living With Grief," to name a few. Perhaps you will feel moved to begin a new daily discipline of praying for others or joining in with Morning Prayer at 9AM Monday through Wednesday and Friday. Perhaps you will attend the Eucharist on Thursday at noon. Think about calling someone you know who lives alone, or has not been well, or volunteering for a favorite charity.

Everywhere that the Episcopal or Anglican Church is alive and well, our brothers and sisters in Christ are preparing for a Holy Lent. Keep each other in your prayers and choose a new way to truly live with purpose and a new resolve throughout the season.

Faithfully, Deacon Christine



Sunday Formation: 9:30am between the services

Discovering the Mystics

This Lent we are offering two ways to learn about the mystics of our world now and in history. A mystic is someone who has a unifying experience of God through prayer and has testified to that experience in their writings.

Each Sunday for Adult Formation we will be focusing on a mystic in both the Be Still Group and concurrently, a more teaching driven conversation in person, led by Rev. Jane. We will share the writings of that mystic between the two groups. We start on March 6th with Joan Chittister, OSB. In the following Sundays of Lent, we will discuss Julian of Norwich, John of the Cross, Howard Thurman, and Hafiz.

Please join us on Sunday mornings at 9:30am for either Rev. Jane's discussion in the Guild Room, or the Be Still reflections in the Chapel and on Zoom.



Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on February 16, 2022 for the first official business meeting of the new class of Vestry members. We welcomed Steve Reeves, Steve Conley, and Chris Martin. We held our retreat on February 12. The retreat focused on our hopes for 2022 and coming out of COVID.

Reverend Jane led us in prayer to open the meeting.

Finance and Administration: Treasurer Ben Parks-Stamm shared the financial review. It's early in the year so trends are not yet evident. Our utility costs have increased even more than our estimation even though usage is generally down from last year.

We reviewed and approved the 2021 Parochial Report.

Buildings and Grounds Update: Tom LaPlante and Jim Stoddard have met with contractor Steve Manning regarding Lychgate and are proceeding with plans. Manning will do a combination of rebuild and repair as well as some work at the Rectory. The next step will be to get a firmer estimate and samples of materials to ensure that we share the same vision of the renovation. The B/G team will meet with a consulting engineer on the tower staircase issue.

Vestry/Staff Retreat Recap: We will continue masking at this time but are reviewing the changing landscape frequently. We have discontinued social distancing measures in the Sanctuary. We discussed a broader return to church life including having Vestry contact parishioners to assess how they think we should reopen, including what's worth keeping as we hopefully move into the endemic stage of COVID.

We talked about having a "homecoming" party in the late spring which could include inviting non-Parishioners. We talked about the Memorial Day parade in Falmouth. If it happens this year, perhaps we could invite food trucks and make it more of a town party.

We discussed the upcoming Parish Council meeting on March 6th after the service. We have several vacancies that need filling, and a new approach is needed!! Vestry members will send their ideas of people who might be interested in filling the positions to Rev. Jane.

The fundraising meeting held on February 1 was very successful and provided a lot of ideas for us going for-



Janet Bowne, Sr. Warden



Aaron Splint, Jr. Warden

ward. We are working to restaff Sparkles but the issue of having a summer fundraiser/friend-raiser was a big topic. At this time there is no clear idea of what type of event could work nor is anyone jumping in to designing and implementing. The Vestry's preference is to skip a summer event especially if we can do something more community focused.

Lent and Holy Week Plans from Reverend Jane:

- During Advent, adult learning and quiet times are being offered.
- Prior to Lent, palms will be burned and the children will "bury" the Alleluias in the crypt.

Ash Wednesday Palms will be burned and imposition of ashes will be done on a drop-in basis between 8 and 10 am as well as at noon in the chapel and a service in sanctuary at 6 pm.

Rectors Report: Jane Milliken Hague reminded us that Vestry is required to complete the safe church training and members who have done the program in past need to complete the new program.

We are checking with Father Nathan on his return plans to insure we have coverage. He left for Bahrain later than expected, so we anticipate his return will shift, but we don't know by how much.

A Service of Sacred Songs & Readings: April 4, 7pm

April 4th marks the day in 1968 that Martin Luther King, Jr. was assassinated in Memphis, Tennessee. Martin Luther King, Jr. was one of the most spiritually influential figures of the 20th century: a prophet and preacher, a champion for the equality of all people of color and for justice and peace for all.

We will honor his legacy and the memory of the extraordinary work he did in his lifetime with a service of Sacred Songs and Readings with the poetry of Gwendolyn Brooks, June Jordan, and Walter Brueggemann and the words of Howard Thurman and the Rev. King. The music, written by African American composers Aldophus Hailstork and Richard Billingham and by Gabriel Faure, will include pieces for organ and cello/piano. The Saint Mary's choir will sing an arrangement by Braael W. Dennard of the traditional spiritual 'Hush! Somebody's Callin' my Name.' **Please join us in person or by Facebook live streaming April 4 at 7pm.**



Outreach Ministry - All Ages Serving Near and Far

Saint Mary's embraces the Vembas, our Immigrant Family!

The Vemba family, Joao, Belinda, and their two children, Erica (5) and Nicholas (4), are so overwhelmed and grateful for Saint Mary's generosity. They have received warm winter clothing, including jackets/boots/gloves/hats/pajamas, warm blankets, Hannaford gift cards and essentials. Erica loves to read, so she's received story books and animal books she can share with her brother. In anticipation of their eventual move from the Quality Inn to an apartment, we have received flatware, kitchen utensils, linens, mattress covers, blankets, duvets, and storage baskets. They are so appreciative and can't get over how generous people have been.

A huge thank you to those who have donated to assist in Joao's asylum-seeking application process. Joao is working with an immigration attorney, who will review his application and, hopefully, move the process forward. The sooner Joao can achieve this status, the sooner he can get a work permit and a paying job. The Asylum-seeking process is lengthy at best, and ILAP (Immigrant Legal Advocacy Project) is backlogged with applicants. Joao did his own research and found an attorney that will assist him as he is anxious to start working.

Joao's other major focus is finding a place to live. The apartment they thought was confirmed for February 1st fell through. He's looked at several since with Family Promise, but nothing has worked out to date. Joao does his own research daily and is looking at an Avesta-owned apartment this week. He's always hopeful and patient.

Joao is enrolled in advanced computer and English classes at Portland Adult Education. Belinda is anxious to start classes in the healthcare field, but childcare is an obstacle. The family are active members of Eastpoint Christian Church in South Portland, where Belinda volunteers in the church school as an interpreter. Erica is enrolled in kindergarten in South Portland, and they hope to enroll Nicholas in a Head Start program once they get settled.

Needs: At this point, please consider donating Hannaford gift cards or bus passes. There is a box for these by Beth's office. (Note: they can't accept anything other than gift cards and passes due to lack of space).

If it weren't for the generosity of Saint Mary's, the Vemba family would be having a very difficult, lonely time navigating their new life, especially during winter in Maine. The Outreach Committee wants to thank everyone who has taken this family into their hearts with such kind, generous donations.



Spring Coastal Clean-up at Mackworth Island

Be good stewards of the Earth and join Saint Mary's Coastal Clean-up team on Sunday April 10 from 12-2 p.m. at Mackworth Island. We'll pick up candy bar wrappers, plastic foam, rope and other litter left by visitors or washed ashore over the winter. Meet at the island at noon. Bags will be provided. Please wear sturdy shoes and bring gloves. Families are most welcome. Sponsored by the Outreach Committee. FMI, contact Bonny Rodden at 781-4978 or brodden1.br@gmail.com.



Outreach Ministry - All Ages Serving Near and Far

Saint Mary's Presence at St. Elizabeth's Jubilee Center!

You Make This Happen!

A brief 2021 report to the St. E's Board of Directors included the following:

- * 7 Partner Churches; 40+ Volunteers; 936 hours of hands-on direct service (Tuesday mornings); 1,448 hours of administrative and operational service (Exec Bd member time, church rep time, product procurement and delivery).

- * 7,119 Visitors/Neighbors - representing 18 countries & 20 languages.

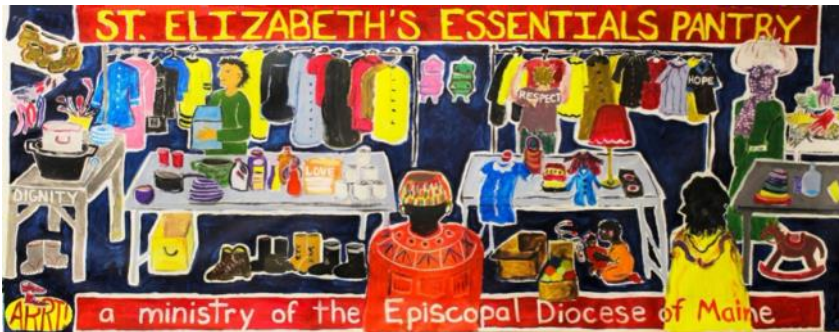
- * Financial Contributions: 52+ individuals, 7 Partner Churches + Episcopal Diocese of Maine; 8 local businesses/organizations made in-kind contributions, many on multiple occasions; parishioners from each of our Partner Churches making donations to keep resupplying our shelves week after week.

- * Distributions have included: 54,000+ diapers to infants and young children; 14,000+ rolls of toilet paper; 7,800+ bars of body soap; enough laundry detergent for 23,400+ loads of laundry; 400+ winter coats and 180+ pairs of winter boots; untold numbers of winter hats, gloves, scarves, and mittens; 200+ easy to read children's picture books.

St. Elizabeth's Jubilee Center (St. E's) is a low-barrier pantry serving non-food essentials (such as diapers, house/kitchenware, bedding, feminine hygiene products, oral health products, etc.), at no charge, to all those in need, including new Mainers and others from around the world. Saint Mary's Episcopal Church's volunteers serve at St. E's on the third Tuesday of the month from 8:15 - 11:00 AM.



A trunk-full of donations from S. Mary's to St. Es



Donations are collected in the marked box in the hallway outside the St. Mary's Guild Room. **No clothing items are being collected at this time.** For more information, please contact Stan Eaton at stan.eaton@gmail.com.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives

There is a critical need for blood! It's safe for all healthy people to give 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.

PLEASE donate, if you can. The need is great.

Outreach Ministry - All Ages Serving Near and Far

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

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

With the evolving virus, curbside delivery will continue through March. We will review any in-person possibilities on a month-by-month basis. Stay tuned!



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!

Falmouth Food Pantry - NO food donations accepted at this time



The Falmouth Food Pantry continues to be unable to accept food donations from individuals, but rest assured the Pantry is busy serving over 300 families in our community using a doorstep delivery distribution system. Boxes of food are being packed at the Pantry and delivered by volunteers to area families. If you know a Falmouth family with an urgent need, please call Nancy Lightbody at the Pantry at 776-0081. At this time, the best way to support the Pantry is through monetary **donations**. **Donations should be made payable to the Falmouth Food Pantry and mailed to: 271 Falmouth Road, Falmouth, ME 04105. Donations may also be made online via PayPal at: <https://www.paypal.com/fundraiser/charity/1807575>..** If you have

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

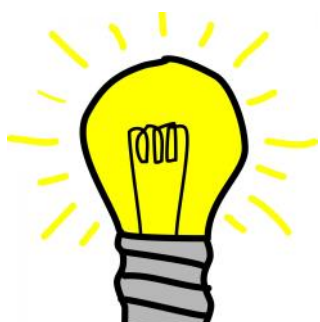
You have probably received many ads in the mail and in your CMP bill offering Solar energy without the panels. This is NOT a gimmick! The Town of Falmouth has guidance on this for all areas being served by CMP: Solar energy is energy derived directly from the sun. We can capture this incoming light energy in a variety of ways, including with concentrated solar technology, solar thermal design, and solar photovoltaic panels. Solar energy is collected at various scales, from small residential setups to sprawling utility-scale solar farms. Average savings on your CMP bill when you join (at no cost) a solar farm? \$125 per year! Check it out: [Solar Farms Servicing Cumberland County Residents](#)



LENT QUIET MORNING THE ANOINTING WOMAN MARCH 5, 9-12:30

Whether you are a man or a woman, you may very well identify with the woman who breaks into a fancy dinner party to anoint Jesus. Have you ever taken such a bold step you surprised even yourself? Was there a time you acted out of a strong feeling of love or anguish – or both? Have you had a decisive encounter with someone that has changed your life? During our Quiet Morning we'll reflect on her powerful story – and yours – in scripture, poetry, art, and music.

We'll meet via zoom at this [ZOOM LINK](#)



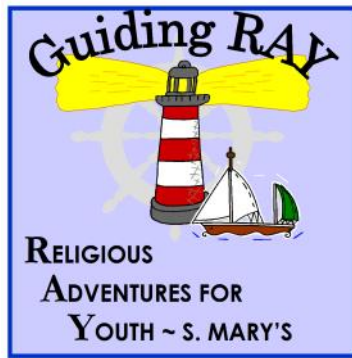
Saint Mary's Moving Forward

We want to hear from you on how we re-gather as COVID seems to be waning. Give us your ideas on things we should continue doing, things we should return to doing, and ideas for new programs and fellowship. Reach out to Reverend Jane (revjane@smary.org) or members of the vestry (full list located on the back page of this AVE) with your vision, comments or concerns. Thank you.

Annual Journey to Baxter State Park—August 18-20, 2022

Since Father Nathan will not be here in August to lead the charge up Katahdin, we've decided to go to South Branch Campground (lakeside camp) in the northern part of the park for a change. It has a stunning view of Katahdin across the lake; there are many hiking trails, a rigorous climb up the Travelers for those seeking a Katahdin-like adventure, and canoe and kayak rentals (\$1/hr) for those who'd like to paddle or fish. This is primitive camping—no electricity, no cell service, no running water or showers (the pit toilets are very clean) and any trash brought in, must be taken out. We reserve both lean-tos and a tent site (we share the cost among participants). Meals (with the exception of lunch) are catered at cost by the Hirschmans. If this sounds like something you'd really like to do, please let Portia Hirschman (revportia1@msn.com) or Jim Kane (kanejbabson@gmail.com) know. Maybe you've really wanted to go but were intimidated by the thought of Katahdin. Well, here is your opportunity to experience Baxter State Park from a different perspective and with many alternatives.





Youth Christian Formation

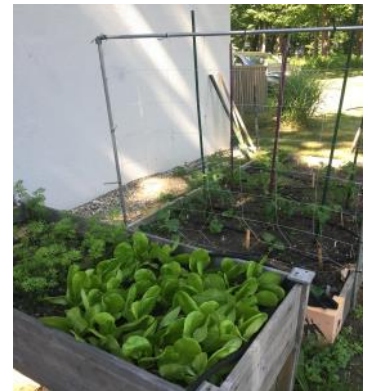
Guiding RAY: It's a fun, fellowship-oriented time on Sunday mornings for kids through the age of 13. We offer our children an opportunity to learn Bible stories and to develop their relationship with God. Our hope is to guide them to the safe harbor of God's everlasting love where they can grow in the grace and knowledge of our Lord Jesus Christ. Please come (and bring a friend!) for a time of fellowship and fun.

If you feel led to do so, we need volunteers in Guiding RAY! The commitment is low, and the reward is high. Whether or not you are a parent, please consider signing up to volunteer. We will provide you with all of the material; you just need to show up. <https://signup.com/go/kdBtgeu>
You will be a part of Guiding RAY from as early as 9:30 until 11 when we join the congregation in the sanctuary for communion.



Thanks to the Cumberland County Master Gardener Seed Grant program

The Guiding RAY Garden (via our own Master Gardener parishioner Bobbi MacCallum) was awarded a grant from the Cumberland County Master Gardener Seed Grant program which includes a table-top grow light for seedlings, seeds, fencing with posts, and mulch for the pathways. The Guiding RAY Garden gives the children the opportunity to participate in God's miracle of seedlings and growing the produce, which is donated to the Falmouth Food Pantry. Many thanks to the seed grant program.



Foster Positive Connections to Support your teen

Tip of the Month



- Get to know their world (music, culture, friends)
- Be curious about their interest
- Strive for 5 positive interactions to every 1 negative
- Pay attention to the 'vibe' you are setting at home
- Make home a safe haven so teens can put their minds in park and take a breather.
- When they return home, positively greet them and let them see you light up.

Casco Bay CAN
CREATE AWARENESS NOW
TOGETHER, PREVENTING YOUTH SUBSTANCE USE
www.cascobaycan.org

A grant-funded project sponsored by
Cumberland County Government
Cumberland County

Tips from Parenting the New Teen in the Age of Anxiety, by Dr. John Duffy

Be Still.....and know that I am God.

Dear Fellow Saint Marians!

The Be Still group continues to meet on Sunday mornings at 9:30 [via Zoom](#). On March 6, we will return to in-person/Zoom/hybrid gathering. In the meantime, please contact Jennifer Gregg (jenniferanngregg@gmail.com) to receive the Sunday *Be Still* readings. We would love to have you join us. Here are a few of the poems and texts we've looked at during February.

The God within is like a homing device placed within us, like those found naturally in homing pigeons. No matter where they're released, they know how to find their way back home—across thousands of miles in some cases! We can think of the Holy Spirit as our interior homing device—that for all our stupidity and mistakes there is this deep internal intuition that we are the sons and daughters of God. No matter how lost we get, it keeps pointing us back “home”—to love, to connection, to meaningful relationship with someone or something else, to soul. It's only God in us that knows God. It's God in us that loves God. It's God in us that recognizes God. That's Trinity 101. ~ Richard Rohr

When you take the time to draw on your listening-imagination, you will begin to hear this gentle voice at the heart of your life. It is deeper and surer than all the other voices of disappointment, unease, self-criticism and bleakness. All holiness is about learning to hear the voice of your own soul. It is always there and the more deeply you learn to listen, the greater surprises and discoveries that will unfold. To enter into the gentleness of your own soul changes the tone and quality of your life. Your life is no longer consumed by hunger for the next event, experience or achievement. You learn to come down from the treadmill and walk on the earth. You gain a new respect for yourself and others and you learn to see how wonderfully precious this one life is. You begin to see through the enchanting veils of illusion that you had taken for reality. You no longer squander yourself on things and situations that deplete your essence. You know now that your true source is not outside you. Your soul is your true source and a new energy and passion awakens in you. ~ John O'Donohue

Divina Commedia

Oft have I seen at some cathedral door
 A laborer, pausing in the dust and heat,
 Lay down his burden, and with reverent feet
 Enter, and cross himself, and on the floor
 Kneel to repeat his paternoster o'er;
 Far off the noises of the world retreat;
 The loud vociferations of the street
 Become an undistinguishable roar.
 So, as I enter here from day to day,
 And leave my burden at this minster gate,
 Kneeling in prayer, and not ashamed to pray,
 The tumult of the time disconsolate
 To inarticulate murmurs dies away,
 While the eternal ages watch and wait.
 ~ Henry Wadsworth Longfellow

When we observe or listen to other people, we often don't see them clearly or really hear what they are saying. We see or hear our projections and prejudices instead. We have wrong perceptions about others, which color what we see and hear. Even if a friend gives us a compliment, we find it difficult to receive their kind words. Most of the time, our mind, thoughts, and feelings aren't calm. They're like the water in a muddy lake, which can't reflect the sky because it's been churned up by a storm. If we're not calm, we can't listen deeply and understand. But when our mind is calm, we can see reality more clearly, like still water reflecting the trees, the clouds, and the blue sky. Stillness is the foundation of understanding and insight. Stillness is strength.
 ~ Thich Nhat Hanh

Our Prayer Blessing...

*May this eternal truth be always on our hearts:
 That the God who breathed this world into being
 Placed stars into the heavens
 And designed a butterfly's wing ...
 Is the God who entrusted his life
 to the care of ordinary people ...
 became vulnerable that we might know
 how strong is the power of Love ~
 A mystery so deep it is impossible to grasp
 A mystery so beautiful it is impossible to ignore.*

Calling All Books! Children's and Youth books too!

Saint Mary's BOOK SALE

Saturday, MARCH 19, 2022

9 am - 12 noon

To donate books, help sort books, lead a section, or if you have any questions.
PLEASE EMAIL

- Betsy Stoddard at jbstod@myfairpoint.net
- Jan Mordarski at janmordarski@gmail.com
- Becky Pride at rebeccapride1@gmail.com

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



Habitat for Humanity Community Walk - Saturday April 30-

SAVE THE DATE!

Saint Mary's has again joined forces with Yarmouth and Cumberland churches to organize a RETURN to the traditional (in-person) Cumberland walk to benefit Habitat for Humanity of Greater Portland. This will be held on **Saturday, April 30** and invites walkers/runners/bikers/skate-boarders, etc -- one year we had a unicyclist-- to participate anytime between **8am and 3pm** that day, rain or shine! Participants may choose to walk one of several loops of varying distances, all designed with way-stations. There will be additional events for children before or after your walk. Canine and feline companions welcome! Participate solo, with your family, organize your neighbors and friends into a team, **OR JOIN THE SAINT MARY'S TEAM!!** Watch this Space in the April AVE for registration and fundraising information! All proceeds will go towards building a safe, energy-efficient home for a qualified family in the Greater Portland area.

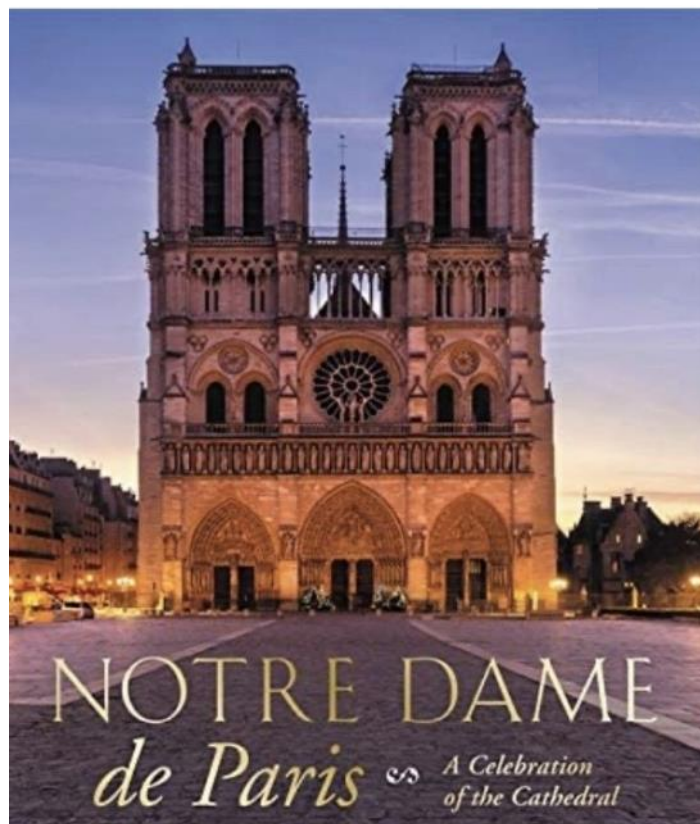


admin@smary.org

Realm is Saint Mary's church database software program. It's how we track parishioners' address, emails, contributions, committees, meetings, and so much more. One of the features of **Realm** is **you** may have access to your own information or 'Profile' from address to donations.

But first, you have to accept the invitation ! It's in your email Inbox from [Notifications @ onrealmmail.org](mailto:Notifications@onrealmmail.org). If you haven't received the Invitation to join our online community, please contact Beth Shaw at

St. Mary' Schola Lenten Concert: March 18-20



ST MARY SCHOLA
BRUCE FITHIAN, MUSIC DIRECTOR

Friday, March 18, 7:30 pm Church of Saint Mary
Saturday, March 19, 3:00 pm Church of Saint Mary
Sunday, March 20, 3:00 pm Saint Luke's Cathedral

The St Mary Schola under the direction of Bruce Fithian will present a moving sacred concert, featuring a sublime work of the French baroque: André Campra's 'Messe de Requiem.' Campra's music is filled with soaring vocal lines, reminiscent of the music in Fauré's future Requiem. Campra, born in Aix-en-Provence, brings the sunny warmth of the south with his graceful writing for period strings and recorders. Intervening solos offer southern Maine's finest singers to bring to life the heartfelt and expressive music.

Handel's 'The Judgement of Solomon' will also be featured on the program: a dramatic confrontation between two women, both claiming to be the mother of a child. Solomon revealed their true feelings and relationship to the child by suggesting to cut the baby 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.

Handel's poignant music brings to life the extraordinary pathos of this story.

GROW IN GOD EVERYDAY

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

SUNDAY HOLY EUCHARIST: Sundays at 10:15 AM on [Facebook Live](#)

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

***MORNING PRAYER:** Monday – Wednes. & Friday 9AM on [Facebook Live](#)

CHAPEL HEALING EUCHARIST - Thursday at 12NOON on [Facebook Live](#)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:30 AM : Hybrid: in-person and [on ZOOM](#)

A contemplative time of themed reflection on scriptural passages, poetry and prose. Contact Jennifer Gregg at jenniferanngregg@gmail.com

WISDOM SEEKERS: IN PERSON AND [on 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 : Hybrid: in-person and [on ZOOM](#). *During the 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*

Thanks, Kudos and Notes!

(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 our new vestry members Steve Conley, Chris Martin, and Steve Reeves for joining the vestry. We thank you for sharing your time and vision with Saint Mary's.

yay!

Thank you to the Prayer Team for the vigilance and compassion for the most vulnerable among us. There's no doubt that the prayer team's batting average is high!!

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Merci

Thank you to our Buildings and Grounds team for keeping our campus safe and welcoming during these chal-

Thank you to Bruce Fithian, the choir and the Be Still team for the lovely Candlemas service on 2/2. It's available on line for anyone who missed the live service!!

Thank you to the recycling team. It's not easy to manage the recycling in the snowy conditions.

Mainly Weavers Study Group

Mainly Weavers announces an exhibit at the Falmouth Library. The show will be open from February 3 to March 30 during the regular library hours.

A warm and welcoming group of handweavers has been meeting since the 1980s; we've been gathering at Saint Mary's for nearly 20 years. With over 50 members, we learn with focused study groups, workshops and with shared support and instruction for both new and experienced weavers. A great deal of handweaving knowledge is shared through the printed word. This exhibit features our own recent weavings side-by-side with the books, magazines and rare centuries-old handwritten manuscripts that have inspired them.



Worship Server Schedule

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

Date	8am Usher	8am EM	10:15 Usher	10:15 Lector	Altar Flowers
Feb 27	Steve Conley	Lad T	Dawn & Noah Yerkes	Dawn Y	Melissa K
Mar 6	Len Taylor	Mary Ann M	Tom LaPlante	Betsy PS	Lent
Mar 13	Steve Conley	Greg Unfricht	Steve Constantino and Chris Martin	Erin Ferrell	Lent
Mar 20	Steve Conley	Becky Pride	Joyce & Len Verey	Marian McCue	Lent
Mar 27	Al Ahlers	Lee Dernehl	Dawn & Noah Yerkes	Stan Eaton	Lent
Apr 3		John Bennett		Linda Eaton	Lent



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

Happy March Birthdays to:



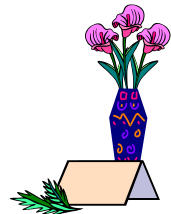
1	Halley Taylor	7	Maureen Manetti		
2	Janet Bowne	7	Marianna Mead	21	Cole Buchanan
2	Tricia Wheeler	9	Carson Gall	21	Elizabeth Heinzman
3	Andrea Myles-Hunkin	9	Grace Richards	21	Anna Kenlan
4	Al Ahlers	12	Peter Fitch	21	Owen Ross
4	Joshua Herlihy	13	Talie Harris	23	Ryan Stinneford
4	Allen Malony	14	Derrick Buckspan	24	Rayle Ainsworth
5	Rachel McGonigle	14	Judy Oliver	25	Will Winter
6	John Brooks	15	Bonny Rodden	26	Cole Teng
6	Adrian Kendall	17	Ciara Mokeme	27	Lilly Young
6	Frederick Goodrich	17	Lillian Moore	28	Justine Means
6	Anne LaFond	20	Nolan Browne	28	Will Velek
7	Ada Fulton	20	Steve Conley	29	Thomas Gale
7	John Giddens	20	Bobbi MacCallum	29	Roberta Stothart

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@smmary.org or call 781-3366 or drop a note to the church. Thanks!

Happy March Anniversary wishes to:



28 Onnie & Bob Hastings



Our 2022 Lent Lectionary



Lent 1, March 6: Deuteronomy 26:1-11, Luke 4:1-13, Psalm 91:1-2, 9-16

Lent 2, 14 March 13: Genesis 15:1-12, 17-18, Psalm 27, Luke 13:31-35

Lent 3, March 20: Exodus 3:1-15, Psalm 63:1-8, Luke 13:1-9

Lent 4, March 27: Joshua 5:9-12, Psalm 32, Luke 15:1-3, 11b-32

Lent 5, April 3: Isaiah 43:16-21, Psalm 126, John 12:1-8

Palm or Passion Sunday, April 10: (Liturgy of Palm: Luke 19:28-40) Isaiah 50:4-9a, Psalm 31:9-16, Luke 22:14-23:56

Other Episcopal Lenten Resources

ERD Lenten daily meditations : Download now or see office for hardcopy

ECF Lenten Resources: Episcopal Church Foundation

Lent Video Series with Bishop Wright: Growing in the Darkness



March 2022

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2/27 Last Sun after Epiphany 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist 7 12-step meeting	2/28 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still	3/1 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehears in Sanct	2 ASH Wednesday 8-10 Ashes imposition 9 Morning Prayer on Fb 10-3 Mainly Weavers 12-1 Ashes imposition 4-8 OC Horizon Voice 6pm Ash Wed Liturgy 6 ORI/Dowisers	3 12 Chapel Eucharist 3 Merton Group 6 SM Bells rehearse 7 SM Choir in G RAY	4 Office closed 9 Morning Prayer on Fb	5 9 - 12:30 Lenten Quiet Morning
6 1st Sunday in Lent 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist 11:30 Parish Council meeting 7 12-step meeting	7 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still	8 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS in GR 6/7 12-step in Aud & GR	9 9 Morning Prayer on Fb 1 Staff meeting 4-8 OC Horizon Voice 6 ORI in Guild Rm.	10 12 Chapel Eucharist 3 Merton Group 4:30 Outreach	11 Office closed 9 Morning Prayer on Fb 5-6 Souper Supper TO GO	12
13 2nd Sunday in Lent 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist 7 12-step meeting	14 9-2 Garden Club 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still	15 8:30-11 St. Elizabeth's 9 Morning Prayer on Fb 3 CARE GR 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehears in Sanct	16 9 Morning Prayer on Fb 10-3 GC Judges Council? 4-8 OC Horizon Voice 6 ORI in Guild Rm. 6 Vestry meeting	17 St Patrick 12 Chapel Eucharist 3 Merton Group 6 SM Bells rehearse	18 Office closed 9 Morning Prayer on Fb 7:30 Schola Concert at S. Mary's	19 St. Joseph 9 - 12noon Book Sale 3pm Schola Concert at S. Mary's
20 3rd Sunday in Lent 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist 3 Schola Lenten Concert at St. Luke's 7 12-step meeting	21 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still 6:30 PCC Board meeting in GR	22 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehears in Sanct	23 9 Morning Prayer on Fb 1 Staff meeting 4-8 OC Horizon Voice	24 12 Chapel Eucharist 3 Merton Group 6 SM Bells rehearse 7 SM Choir in G RAY	25 Annunciation Office closed 9 Morning Prayer on Fb 5-6 Souper Supper TO GO	26
27 4th Sunday in Lent 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist 7 12-step meeting	28 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still	29 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehears in Sanct	30 9 Morning Prayer on Fb 4-8 OC Horizon Voice	31 12 Chapel Eucharist 3 Merton Group 6 SM Bells rehearse	4/1 Office closed 9 Morning Prayer on Fb	4/2

Lent: March 2 - April 10

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning “spring,” the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ's fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word” (BCP, p. 265).



The Way of Love in Lent

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption.



Life Transformed: The Way of Love in Lent

[Click on calendar to download calendar](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reflections from "Living the Way of Love" by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.		Mar 2 Bless Notice the pattern of your breathing. Pray for awareness of blessings. Gen. 2:7	3 Rest How might you connect with others in the spirit of renewal? I Kings 19:11-12	4 Rule of Life How can you build pauses into the day to reflect on the work of the Spirit? John 15:5	5 Worship How does community help or hinder your growing in Christ? John 1:12-13	6 1st Sunday of Lent
7 Go Where can you go and intentionally provide kindness? Matt. 5:4	8 Pray Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a	9 Way of Love Where do you see the seven practices of the Way of Love in this story? Luke 5:19	10 Bless Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16	11 Worship What is most meaningful to you in worship? BCP, p. 281	12 Rest How do you incorporate rest in your life? Jer. 6:16	13 2nd Sunday of Lent
14 Turn Today, intentionally listen devoutly to another. Mark 4:23	15 Rest How do your creative outlets impact on taking rest? Gen. 1:1-2:4	16 Learn What passage of scripture is important to you Why? Isa. 40:8	17 Pray Take 20 minutes in contemplative prayer today. Matt. 4:18-22	18 Bless Intentionally smile at least ten times today. Phil. 4:4	19 Go Where are you being encouraged to "show up"? Matt. 25:44-45	20 3rd Sunday of Lent
21 Learn How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52	22 Go Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5	23 Rest How can you incorporate rest from technology today? Matt. 11:28	24 Pray Try praying with Anglican prayer beads. Luke 18:1	25 Worship In your prayers today, what new words or thoughts touch you? Phil. 4:6	26 Turn How might you share what brings you great joy with others? Rom. 12:6-8	27 4th Sunday of Lent
28 Learn Practice lectio divina with this scripture. Luke 15:17-24	29 Rule of Life How do others experience the love of Christ through you? Gal. 5:22-23	30 Rest What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3	31 Bless What challenges are you facing today? Job 11:18	Apr 1 Go Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15	2 Turn Where do you find joy and passion? Luke 24:32	3 5th Sunday of Lent
4 Pray What are you thankful for? 1 Chron. 29:15	5 Go Where might God be asking you to take your great love into the world? Isa. 48:6b	6 Learn Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22	7 Worship What seminal moments have informed a need to return to Christ? Ps. 51:10	8 Turn What relationships do you need to mend? Isa. 55:8-9	9 Rule of Life How has this Way with God impacted your experience of God? John 7:38	10 Palm Sunday
11 Learn Who might you have a conversation with to learn about God? Ps. 119:105	12 Pray Listen to the daily office today at missionstclare.com Ps. 55:17	13 Bless When you reflect on financial giving, are your palms open? Matt. 12:43-44	14 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4	15 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6	16 Turn How did you turn back towards God's love when you made a big mistake? Luke 15:18	17 Easter Day

[Click here for links to all the Episcopal Church Lenten resources](#)



THE EPISCOPAL CHURCH OF SAINT MARY

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

Our Worship Schedule

SUNDAY WORSHIP

8 AM - *Contemplative Eucharist*
9:30 - 10AM *Formation for All*
10:15AM - *Choral Eucharist - on Fb Live*

MORNING WORSHIP

MON - WED & FRIDAY

9 Morning Prayer on Facebook Live

NOONDAY WORSHIP ON THURSDAYS

12NOON - Chapel Eucharist in-person & Fb Live

BE STILL in person & on Zoom
Sundays 9:30 AM
Mondays 5 PM



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OF SAINT MARY



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revjane@smary.org

The Rev. Nathan Ferrell, *Rector (deployed)*
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 April AVE: Mar. 20

YOUR 2022 SAINT MARY'S VESTRY

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Nathan Ferrell, Rector, 207-310-0268, deployed until Sept 2022