



To Know Joy



The Rev. Jane Milliken Hague

Do we have the right to be happy while the world is troubled? Can we find joy in our days while many find such sorrow?

As a Christian, we are called to have compassion for the sick and broken. We pray for and seek to alleviate the hurt in others. Is another hungry? Offer sustenance. Is another cold? Offer warmth. Is another wounded? Offer solace to heal the brokenness.

And as we work to help others, we feel another's pain, but we also need to recognize that they also feel happiness. So should we. We cannot negate the comfort and joy of God's presence.

What I am not saying is that we should say, 'Look on the bright side', or 'cheer up' to those who are sad. I am saying that in our empathy, we can find both sorrow and joy. We are not disrespecting another's pain by being happy. To turn our faces to the Light is to honor those who, for whatever reason, find themselves in the darkness.

Some years ago, I served at the Resettlement Center in McCallum, Texas. The managers of the Center were clear in our training that we were to smile and clap when the immigrants entered. It was all right to be joyous. The people poured in from many different countries. We welcomed them, and they felt our comforting warmth. The smiles and the laughter of the families that had traveled such long journeys were infectious, and we smiled too. It was a place of respite for all of us.

As we approach Holy Week and travel the journey to Jerusalem with Jesus, we are honoring the sorrow of Good Friday and the joy of Easter, the grief of the Cross and the celebration of the Empty Tomb. The list of the many services is enclosed. Please come and join us on the journey.

Celebrate your loved ones

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.

*See the Altar Flower Fund form on page 19
or at the Parish House and church doors.*



Holy Week & Easter 2022 at Saint Mary's



THE SUNDAY OF THE PASSION:

PALM SUNDAY, APRIL 10

8 AM and 10 AM: Liturgy of the Palms in the Auditorium

The Choral Eucharist will begin at 10:15 in the Sanctuary.

MONDAY, TUESDAY & WEDNESDAY IN HOLY WEEK

9 AM: Holy Week Morning Prayer in the Fr. James Chapel

MAUNDY THURSDAY, APRIL 14

12 NOON: Maundy Thursday Eucharist in the Sanctuary

6 PM: *Agapé* meal and Footwashing in the Auditorium

7PM: Holy Communion in the Sanctuary

with the last Eucharist before Easter and the stripping of the altar

8 PM (THURSDAY) - 12NOON (FRIDAY): ALL-NIGHT PRAYER WATCH

with the sacrament in the Fr. James Chapel

GOOD FRIDAY, APRIL 15

12 NOON: Good Friday Liturgy in the Sanctuary

with communion from the Reserved Sacrament

6 PM: Good Friday Liturgy in the Sanctuary

The Chanting of the Passion according to Saint John and the Veneration of the Cross.

HOLY SATURDAY, APRIL 16

9:30AM: Holy Saturday Liturgy in the Sanctuary

7:27 PM: THE GREAT EASTER VIGIL

THE HIGHLIGHT OF THE ENTIRE CHURCH YEAR!

The blessing of the New Fire and lighting of the Paschal Candle. The chanting of the Exsultet.

Renewal of our Baptismal Covenant. The first Paschal Eucharist.

THE SUNDAY OF THE RESURRECTION:

PASCHA: EASTER SUNDAY, APRIL 17

9 and 11 AM: Two grand and joyful Celebrations of the Holy Eucharist
with flowers, organ, brass, choir, and lots of singing!

10 AM Easter Egg Hunt & Celebration

From Deacon Christine:

shared by Deacon Christine Bennett

Dear Ones,

Doesn't spring feel wonderful after a long winter? The air feels softer and warmer. We enjoy the sounds of birds, and green shoots show themselves pushing through the ground. The days are longer, and the snow melts away. I think we are especially fortunate living in New England where the seasons change, and we appreciate the process from darkness to light so much more.

Soon we will enter Holy Week, and we can experience the incredible events of Jesus' last days from Palm Sunday through Maundy Thursday, Good Friday, the Easter Vigil and Easter Sunday. Attending Palm Sunday services and Easter Sunday is a given for most of us. They are services celebrating the joyous events of Holy Week. How much more meaningful those events can be when experienced after the Agapé meal re-enacting Jesus' last supper with his disciples, and Jesus washing their feet. After returning to the church for the Eucharist, the altar is stripped bare, all vessels and adornments are removed in preparation for the solemnity of Good Friday. The Good Friday service recalls Jesus' betrayal, arrest and torture; his appearance before Pilate, and finally his suffering and death on the Cross. The Easter Vigil is a powerful and meaningful event leading us from the deep darkness of the tomb to the return of the light of Christ into the world and to the immeasurable joy of the Resurrection on Easter Day.

I could write volumes about each of these events experienced in community and tell you how much more joyful Easter is in the context of the other Holy week events. It is like watching spring explode with light and spring flowers and amazing music!! I hope you will look in this edition of the AVE for the schedule. Put it up on the refrigerator and plan to attend at least one of these services and help us bring back the alleluias with energy and conviction on Easter Sunday morning. Alleluia, Christ is risen! The Lord is risen indeed. Alleluia!!

Faithfully,
Deacon Christine



Sacred Songs & Readings: April 4, 2022, 7pm Honoring Martin Luther King, Jr. Feast Day



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 towering 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 memory of the extraordinary work he did in his lifetime with a service of Sacred Words and Music 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 Aldophus Hallstork and Gabriel Faure will include pieces for organ and cello, and music written by African American composers Aldophus Hailstork and Richard Billingham. The Saint Mary choir will sing an arrangement by Braael W. Dennard of the traditional spiritual 'Hush! Somebody's Callin' my Name.'

Please join us with in person or by Facebook live streaming **April 4 at 7pm.**

CELEBRATE



HONOR



SERVE

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on Wednesday, March 16, 2022.

Reverend Jane opened the meeting with a prayer.

Financial Review:

We continue to have a mostly positive financial picture. Our utility costs have increased despite usage being less than or equal to previous years. We are blessed to have financial support from our generous parishioners. Individual giving is our primary source of revenue. We continue to work on coordinating a date to meet with a Diocesan Finance representative at a Vestry meeting. The purpose of this meeting would be to understand the Diocesan funds investment policies better as was suggested by our audit team. We also hope to hear from them on the next steps for funding our Music and Organ endowment fund. We have a donor family wishing to make a gift.

Buildings and Grounds Update:

Tom LaPlante is working with the B/G team and Steve Manning, a contractor, on the repair of the lychgate. Steve Manning has shared his ideas on materials and discussed a timeline. We are reviewing his contract and working with a donor on support for this project.

We have an issue with the stairs to the bell tower that may require significant repair. The B/G team is working with a structural engineer to determine the scope of the project.

B/G continues to work on the cause of the flashing lights in the church.



Janet Bowne, Sr. Warden



Aaron Splint, Jr. Warden

Rector's Update:

Reverend Jane reviewed the recent easing of COVID-19 protocols and parishioner comments. All seems to be proceeding smoothly, and everyone is responding well. She also shared the schedule for Holy Week and Resurrection Sunday. We are returning to a pre-pandemic environment for Holy Week/Easter.

Reverend Jane announced that Bishop Brown will visit Saint Mary's on Sunday, April 3rd for both services. He will have lunch with the Vestry on Sunday, April 3.

We still have several committee and ministry leadership vacancies to fill. Thank you to all who have offered to host coffee hour in the coming weeks.

Following the closing prayer, the Vestry members set up the tables for the Book Sale.

Helping Hands for Agapé Dinner, April 13 and 14

How wonderful it will be to gather together again for the Agapé Dinner on Maundy Thursday!

In preparation, a few hands would be most appreciated to:

Set up and "dress" tables on Wednesday, April 13, 1-2pm (2 people)

Serve as "sous-chef"--chop and slice—for soup prep on April 14, 9-noon

Plate fruits, cheese, olives, etc for serving, April 14, 10am-noon (3 people)

Serve at table, April 14, 6-7pm (3 people) (teens welcome!!)

Clean-up – April 14, 8pm (2 people) (teens welcome!!)

Thank you in advance for considering! If you can help, please sign up outside the Guild Room or contact Jennifer Gregg, 781-3366 or jenniferanngregg@gmail.com



Mark the date for a special Coffee Hour — Sunday May 1st

Most of you have seen the beautiful kneelers in the sanctuary, but did you know that our own Hannah Russell designed all 154 of them plus other needlepoint items that we use throughout the church worship, and that nearly 100 men and women stitched them over the years.

All 154 kneelers have been Memorialized (or gifted) to a friend or family member. All but six of them have been dedicated to the Glory of God and for use in the Saint Mary's Sanctuary.

On May 1st, the remaining six will be dedicated and the coffee hour to follow will be a celebration of the dedication and a chance to honor the work and dedication of Hannah and all who have helped with this project and to help all the parishioners to understand all that the project has entailed.

So, PLEASE, plan to attend that Sunday and join in the celebration.

If you would like to help out, please contact Jan Mordarski at janmordarski@gmail.com



Plan ahead on how to get to church for April 24 and watch the exciting bridge replacement livestreamed on verandaplan.org



YOUR VERANDA PLAN for April 18 - 25

- ◆ Avoid Veranda Street as it will be closed for the week and traveling to Falmouth from the south via I-295 will not be possible for 2.5 days
- ◆ If traveling from Portland to Falmouth, use the [Maine Turnpike \(I-95\) and its Falmouth Spur](#)
- ◆ If traveling locally, check out our [alternate routes](#).
- ◆ Witness this innovative process of replacing a bridge



Outreach Ministry - All Ages Serving Near and Far

Feel good: Help clean up Mackworth Island on April 10

Psalm 24 reminds us, "The earth is the Lord's and all that is in it."

We have an opportunity to care for our Lord's earth on Sunday, April 10, when we gather at Mackworth Island gatehouse from 12-2 PM to clean up debris left by beachgoers or washed ashore.

Picking up litter sounds like a grubby way to spend a Sunday afternoon, but it feels good to pry an aluminum can from the rocks or catch a plastic bag as it blows across the sand. During this time when we feel helpless about so many things, participating in the Coastal Cleanup will remind you that we can do our small part to make our world a better place.

Children are welcome so bring the family and join us at the island at noon. Bags will be provided, but you should bring your own gloves and wear sturdy shoes. Please carpool if you can.

The cleanup is sponsored by the Outreach Committee.

FMI, contact Bonny Rodden at 781-4978 or broden1.br@gmail.com



Saint Mary's Adopted Family update

The Vemba Family – Asylum seekers from Angola (came to US/Maine in September 2021)

The Vemba family, Joao, Belinda, and their two children, Erica (5) and Nicholas (4), continue to be overwhelmed and grateful for Saint Mary's generosity. The recent Hannaford gift cards helped them replenish their cabinets and get essentials.

Joao is working with an Immigration Attorney who is going through the documents he needs to move the asylum seeking process forward.

Joao's other major focus is finding a place to live. They are waiting to hear on the move in date for an apartment in Westbrook with the help from Family Promise. Belinda has met with Micky Bondo and Nadine Pembele with *In Her Presence* and is helping Portuguese speaking immigrants with translation. She hopes to register with an internship program in healthcare.

Needs:

Daughter:

School shoes and boots size 3(kids)
Jeans for school (ages 6-7 yrs)
Jersey/Jackets (6-7yrs)
school bag
winter gloves

Joao:

winter gloves

Son:

Shoes size 11
Jackets 4t
Jeans (4-5 years)
winter gloves

Belinda (wife)

Jeans size 12
Shoe 10/boots
winter gloves



And, as always, Hannafords gift cards are always welcome; public assistance covers food, but not sundries. The collection box for gift cards is on the table by Beth's office.

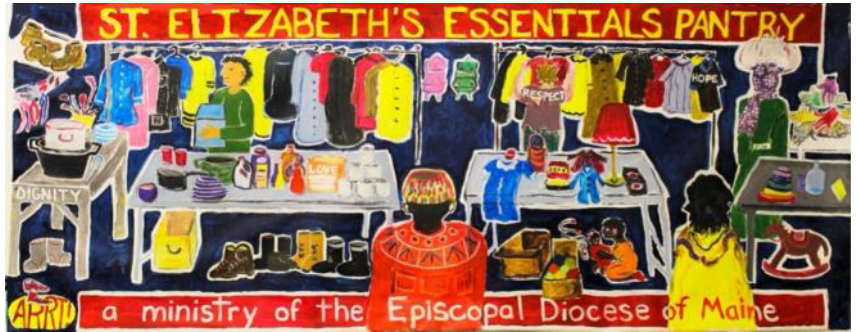
Thank you for your ongoing generosity!

The Vembas are so appreciative of all that Saint Mary parishioners are doing for them.

Outreach Ministry - All Ages Serving Near and Far

St. E's Ready to "Spring Forward"!

St. Elizabeth's Jubilee Center (St. E's) is a low-barrier pantry serving all those in need. Every Tuesday morning (8:15-11:00am), at no charge, we provide basic, daily non-food essentials that cannot be purchased with federal SNAP funds. The Center is located at the rear of St. Luke's Cathedral at 134 Park Street, Portland, ME. Recent renovations are coming to a close at St. Luke's in the areas used by St. E's. Now, St. E's is ready to "Spring Forward"! New offerings, new volunteers, new opportunities for service!



This is the time for **SPRING CLEANING!** Please keep our neighbors at St. E's in mind as you spruce up the kitchen cabinets and linen closets. Always needed are:

Housewares (marked sets of bedding, blankets, kitchen towels, bath towels, etc.) and Kitchenware (pots, pans, glassware, cooking tools [no knives, please], china, etc.)

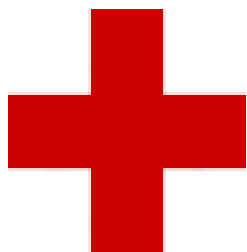
Thank you for all the wonderful donations you have shared in recent months and keep up the great work!
PLEASE NOTE: **No Clothing Can Be Accepted At This Time**

Come Join Us!

We are looking for 2-3 additional volunteers from Saint Mary's willing to work 2-4 hours per month to assist with this ministry. There are a variety of tasks, ranging from sorting donations, delivering materials to the Jubilee Center, assisting neighbors at the Center, and more. For more information, please contact Stan Eaton at stan.eaton@gmail.com

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!



**American
Red Cross**

Together, we can save a life

April 20 and 28

Go to www.redcrossblood.org and use sponsor code "StMary" to make your donor appointment.

PLEASE donate, if you can.

The need is great.

CELEBRATE



HONOR



SERVE

Outreach Ministry - All Ages Serving Near and Far

Active Bystander Intervention Training

A Community Event at Saint Mary's

Save The Date: May 22, 4-6pm, In Person and on Zoom

Gain awareness and tools to safely and effectively intervene when you witness incidents from microaggressions to threats of harm based on race, gender, sexual orientation, immigration or housing status, and other factors. Learn methods for managing adrenaline, assessing situations, and engaging other bystanders all with the goal of increasing the safety of the person or group targeted. Explore the concepts of calling in vs. calling out and ways to assist that respect the autonomy and choices of the person(s) targeted.

FMI: WWW.PACMAINE.COM

Prevention. Action. Change. Director Clara Porter, MSW is a nationally certified instructor in Empowerment Self Defense with the National Women's Martial Arts Federation and the Center for Anti-Violence Education with 20 years experience in the field. And the daughter of our Katie Porter.



Falmouth Food Pantry

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 any questions, please contact Vanessa Record at recordvanessa@gmail.com



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



“Compostable” Plastic: Is it really? In most cases, no. While using bioplastics, such as *Greenware*, is well-intentioned, these will not break down naturally. Nor are bioplastics recyclable. Until technology improves, reusable cups, plates and utensils are recommended whenever possible, and when that isn't possible, use paper plates and cups----which are compostable or single-use plasticware that can be recycled. *Source: Town of Falmouth, Recycling and Energy Advisory Committee*



Habitat for Humanity Community Walk - Saturday April 30

Join the Saint Mary's Team, The "Saint Mary's Striders!!

Support, Register and Fundraise at <https://secure.qgiv.com/event/hfhogpp2p/team/895368/>

We have been waiting for two years to do this! Let's make it a memorable for Saint Mary's!

We are once again joining the Cumberland, Yarmouth and Falmouth community to support affordable housing for all at the 36th annual Four Community Springtime Walk on Saturday, April 30th!

Walk as a singleton, a couple, a family or a team!! Check in to walk (or run or skip or skate!!) at Cumberland Town Hall—the walk loops will be open to you anytime between 7 and 3pm; you can choose the 1,3,5 or 10 mile loop. There will be fun family-friendly activities at the check-in site and way stations along the way for facilities and snacks.

If you are walking alone or creating a team (your neighbors? Office-mates? School chums?) sign up to register and fundraise at <https://secure.qgiv.com/event/hfhogpp2p/register/form/registration> -click on "Register"

If you want to support, join and/or fundraise for the St. Mary's team, The Saint Mary's Striders, click directly on our page at <https://secure.qgiv.com/event/hfhogpp2p/team/895368/>

Together, this walk has raised over \$700,000 for Habitat for Humanity and organizers hope to make this our best year!

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 April We will review any in-person possibilities on a month-by-month basis. Stay tuned!



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

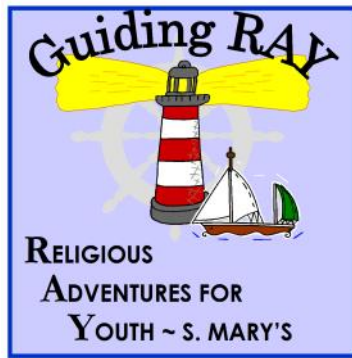
Medium to robust coffees: Casco Bay and Rebel Blend

"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!



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 ! [Notifications @ on-realmmail.org](mailto:notifications@on-realmmail.org). If you haven't received the Invitation to join our online community, please contact Beth Shaw at admin@smary.org



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.

Guiding RAY Coordinator: Jeff (&Courtney) Morgan, GuidingRAY@smary.org



Guiding RAY in April 2022

Please join us in Guiding RAY during Lent as we look ahead to celebrating Jesus' resurrection on Easter Sunday!

Here are some important dates/activities during the month of April. There are Holy week services for the entire family as well.

Sunday, 4/3/22: Singing in Church

This week, we will sing the Lenten song during the church service that we have been practicing during Guiding RAY. If you haven't had a chance to learn it, come anyway! We have song sheets for everyone.

Sunday, 4/10/22: Palm Sunday

There will be a procession into church with palm branches - everyone is welcome! We will meet in the auditorium, process into church, then the kids will break off and go down to the Guiding RAY room.

Sunday 4/17/22: Easter Sunday

Before Guiding RAY, we will get the Alleluia's out of the crypt! We will also be having an EASTER EGG HUNT during our Guiding RAY time. Come for a time of fellowship and fun as we celebrate the Resurrection!

Pictured to the right: The Guiding RAY children and volunteers join Reverend Jane in the crypt under the Church chancel as they bury the Alleluias they decorated before Ash Wednesday . There are NO Alleluias during Lent. We all look forward to Resurrection Sunday when we can ring our bells and sing 'Alleluia' again!



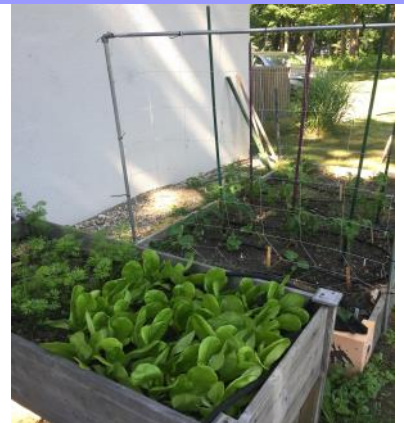
Last Year's Palms become this year's Ashes



Pictured above: Jr. Warden Aaron Splint joins Reverend Jane, the Guiding RAY children and anyone wished to watch the burning of last year's palms that are added to blessed oils to become this year's ashes.

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.



Achieve Peak Performance by Making Healthy Choices

Tip of the Month

Facts About Drug and Alcohol Use



Reduces performance potential by as much as 15-30%

- 2x more likely to be injured if you drink
- Slows reaction time and inhibits coordination
- Smoking marijuana or vaping can cause respiratory problems and decrease aerobic capacity

One night of binge drinking will erase 2 weeks of practice

Alcohol suppresses training hormones for up to 4 days so you won't improve as quickly.

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

A grant funded project sponsored by
Cumberland County Government

Register NOW for the Summer 2022 at CAMP BISHOPSWOOD

Located on the shores of Lake Megunticook in the Camden Hills, Bishopswood is one of the best kept secrets among Maine summer camps. Operated by the Diocese of Maine since the early 1960s, Bishopswood is affordable, safe, well-managed, beautiful – and great fun for all young people.

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



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



There is also a free **Work Weekend (April 29- May 1)** when anyone can stay and eat at camp by helping prepare it for summer.

Check it out during the **Open House Weekend on May 20-21** or go just for the afternoon on Sunday, June 2.

Register your child or yourself now at www.bishopswood.org. See the website for more information.



Diocesan Spring Training 2022

Featuring a Conversation with the Bishops of
Maine, New Hampshire, and Vermont

Saturday, May 14
9 am - 12 pm Online via Zoom

Join us for a morning of conversation, prayer, and learning. Participants can attend two workshops of their choice, as well as engage in a conversation between our own Bishop Brown, Bishop MacVean-Brown of Vermont, and Bishop Hirschfeld of New Hampshire.

Workshop topics include:

- Creative Church Fundraising
- Planned Giving
- Welcoming Children (Back) into the Pews
- Environmental Justice
- Justice for Indigenous Peoples
- Ministry of the Diaconate

Presenters include:

- The Rev. Sara Gavit
- The Rev. Cn. Sara D'Angio White
- The Rev. Jenny Reece
- John Maddaus
- Heather Sylvester
- The Rev. Kris Conley
- Cn. Terry Reimer



SPRING TRAINING
gather - learn - share

Register here or visit the www.episcopalmaine.org website

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

Dear Saint Marians, in these increasingly difficult times, Be Still continues to meet Sunday mornings at 9:30 in an in person/Zoom/hybrid format.

The goal is to access the Divine through poems and readings, and through deep conversation. Please join us at anytime; and to receive the weekly readings, contact Jennifer Gregg (jenniferanngregg@gmail.com).

Here is a sample of the poems and texts we have been exploring:

Flower Insights

One day the Buddha held up a flower in front of an audience of 1,250 monks and nuns. He did not say anything for quite a long time. The audience was perfectly silent. Everyone seemed to be thinking hard, trying to see the meaning behind the Buddha's gesture. Then, suddenly, the Buddha smiled. He smiled because someone in the audience smiled at him and at the flower. The name of that monk was Mahakashyapa. He was the only person who smiled, and the Buddha smiled back and said, "I have a treasure of insight, and I have transmitted it to Mahakashyapa."

When someone holds up a flower and shows it to you, they want you to see it. If you keep thinking, you miss the flower.

Standing quietly by the fence,
you smile your wondrous smile.
I am speechless, and my senses are filled
by the sounds of your beautiful song,
beginningless and endless.
I bow deeply to you.

I enjoy this poem very much. You might think that the poet was a mystic, because his way of looking and seeing things is very deep. But he was just an ordinary person like any one of us. I don't know how or why he was able to look and see like that, but it is exactly the way we practice mindfulness. We try to be in touch with life and look deeply as we drink our tea, walk, sit down, or arrange flowers.

~ Thich Nhat Hanh, from *Peace is Every Step: The Path of Mindfulness in Everyday Life*.

THE HANDS THAT FIRST HELD MARY'S CHILD

The hands that first held Mary's child
were hard from working wood,
from boards they sawed and planed and filed
and splinter they withstood.
This day they gripped no tool of steel
they drove no iron nail,
but cradled from the head to heel
our Lord newborn and frail.

When Joseph marveled at the size
of that small breathing frame
and gazed upon those bright new eyes
and spoke the infant's name,
the angel's words he once had dreamed
poured down from heaven's height,
and like the host of stars that beamed
blessed earth with welcome light.

"This child shall be Emmanuel,
not God upon the throne,
but God with us, Emmanuel,
as close as blood and bone."
The tiny form in Joseph's palms
confirmed what he had heard,
and from his heart rose hymns and psalms
for heaven's human word.

The tools which Joseph laid aside
a mob would later lift
and use with anger, fear and pride
to crucify God's gift.
Let us, O Lord, not only hold
the child who's born today,
but charged with faith may we be bold
to follow in his way.
~ Thomas H. Troeger

Let Evening Come

Let the light of late afternoon
shine through chinks in the barn, moving
up the bales as the sun moves down.

Let the cricket take up chafing
as a woman takes up her needles
and her yarn. Let evening come.

Let dew collect on the hoe abandoned
in long grass. Let the stars appear
and the moon disclose her silver horn.

Let the fox go back to its sandy den.
Let the wind die down. Let the shed
go black inside. Let evening come.

To the bottle in the ditch, to the scoop
in the oats, to air in the lung
let evening come.

Let it come, as it will, and don't
be afraid. God does not leave us
comfortless, so let evening come.

~ Jane Kenyon

Surviving Love by Linda Gregg

I work hard at managing, grateful
and spare. I try to forgive all trespasses
and give thanks for the desert. Rejoice
in being alive here in my simple world.
Each evening I walk for an hour, paying
attention to real things. The plover
sweeping at my face to get me away from
its ground nest. An ant carrying the wing
of a butterfly like a flag in the wind.
A grasshopper eating a dead grasshopper.
The antelope close up, just staring at me.
Back in the house, I lie down in the heat
for a nap, realizing forgiveness is hard
for the wounded. Near the border,
between this country and the next one.

Coffee Hour Resumes and we need Hosts



We need volunteers to host Coffee Hour. Please keep in mind that Coffee Hour is meant to be a quick parish gathering with coffee and juice available for children, along with a couple of store bought or home baked treats. Most Sundays, coffee is already made, so hosts would do a simple set up and clean up. Remember the importance of Coffee Hour is the gathering together of our parish family. We need your involvement. Coffee Hour can't happen every Sunday, unless we have more volunteers. The sign up sheet is on the Ryder table in the hallway outside the Guild Room. Kindly consider this ministry once or twice a year. Contact Betsy Stoddard, 829-2026 jbstod@myfairpoint.net if you have questions. Thanks.

A Time to Pray each morning

In an effort to continue the online daily/weekly services and to get even more people involved, we have switched the noonday services to Morning Prayer at 9am on Monday, Tuesday, Wednesday and Friday. There will be no Morning Prayer on Thursdays because of the live Thursday Eucharist at noon.

The data reflects that 35-40 people watch the recorded daily services, but only about 1 or 2 watch the live service in person! For this reason we are continuing with [Facebook live](#) and [here's the link](#)

When Reverend Jane is in the office, she will be saying the service from the Father James Chapel. Because the priests' duties may take her elsewhere in the morning, please call the office to see whether the service will be in the Fr James Chapel or whether it is streamed elsewhere or recorded earlier.



GROW IN GOD EVERYDAY

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

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

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

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

CHAPEL HEALING EUCHARIST - Thurs at 12NOON in person on [Facebook Live](#)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:30 AM 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 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*

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.



Speaking of Father Nathan, here are a couple of photos he shared in mid March.

The photo to the left is of the Navy officers at the Base Monument in Bahrain. Can you find Fr Nathan? The photo to the right is of the winners of the Mardi Gras half Marathon; Nate was the proud winner, but humbly admitted that very few young sailors and soldiers like to run distance, so there was not much competition.



Did You Know?

Howard Thurman, pastor and academic, 1899-1981

Thurman was a pastor, professor and mystic whose groundbreaking book, "Jesus and the Disinherited," was a condemnation of a form of Christianity that Thurman said was far too often "on the side of the strong and the powerful against the weak and oppressed." The book was a profound influence on the Rev. Martin Luther King Jr.'s faith and activism. Thurman was also the first African American pastor to travel to India and meet Mohandas Gandhi.

Thanks, Kudos and Notes!

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

Thank you to those who signed up for hosting Coffee Hour as we restarted it in March: Jim and Betsy Stoddard, Bonny Rodden and Jennifer Gregg.

BOOK SALE: Our thanks to everyone who donated and helped to make the Book Sale a success.

We made over \$2000, all of which goes to support Saint Mary's Outreach to our local community. Many thanks, Betsy Stoddard and Jan Mordarski

Merci

Thanks to Tom LaPlante, B & G and all who helped with the research and located a contractor to renovate the lychgate.

It will be fun to watch the progress this spring.

Thank you Bruce Fithian and the Saint Mary's Schola for a beautiful Requiem concert. You continue to offer the highest quality music programs.

Yay!

Thanks to all members of the Parish Council who attended our first meeting in such a long time. Your knowledge and opinions is so valuable.

Thanks to Merle Marie Troeger for organizing our Lenten Quiet Morning and to Becky Pride and all who led the morning of peace and calmness.

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Worship Server Schedule

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

| Date | 8am Usher | 8am EM | 10:15 Usher | 10:15 Lector | Altar Flowers |
|--------------------------|---------------------------|--|------------------------------|---|---------------|
| Apr 3 | Steve Conley Tim Caven | Len T | Joyce Verey Tom LaPlante | Linda E | Lent - bare |
| April 10 | Al Ahlers Baer Connard | Mary Ann M | Steve Conley Aaron Splint | EM - Andrea MH EM - Stan E Lector - Joyce V | Palms |
| April 14 Maundy Thurs | 6pm xx | Betsy PS | ~ | ~ | ~ |
| April 15 Good Friday | 6pm xx | Betsy S | ~ | ~ | ~ |
| April 16 Great Vigil | 7:27 pm xx xx | Becky P | ~ | ~ | Easter |
| April 17 Easter | 9am xx 9am xx | EM - Stan E EM - Betsy PS Lector - Ginny S | 11am Tom LaPlante 11am xx | Nadine T Jim S | Easter |
| Apr 24 | Rayle & Ed Ainsworth | John B | Steve Conley Harry Duvall | EM - Andrea MH Lector - Neila B | Easter |



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

Happy April Birthdays to:



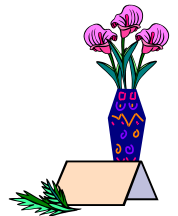
| | | | | | |
|----|-------------------|----|--------------------|----|--------------------|
| 1 | Lester Evans | 17 | Michael Blake | | |
| 3 | Piper Bickerstaff | 17 | Alexis Lindberg | | |
| 3 | Chris McGonigle | 17 | Ginny Stelk | | |
| 3 | Tim McGonigle | 18 | Cayman Bickerstaff | 23 | Chloe Stevenson |
| 4 | Mark Stimson | 18 | Naomi Herrold | 24 | Samantha Galbraith |
| 5 | Bexie Knowles | 18 | George Kendall | 24 | Jared Hourihan |
| 8 | Bennett Smith | 19 | Alex Barr | 25 | Kue John Lor |
| 8 | Jim Zimpritch | 19 | Connie Stimson | 25 | Jordan Otte |
| 10 | Rick Hirschman | 20 | Mallory Ianno | 25 | Jane Sawyer |
| 13 | Miss Ella Brown | 21 | Rebecca Nuzzi | 27 | Andrew Taylor |
| 15 | Alden Record | 22 | Angelica Barrett | 28 | George Dougan |
| 15 | Jeannie Gulliver | 22 | Katalina Echavarri | 28 | Betsy Stoddard |
| 16 | Jacob LaPlante | 23 | Dan Funk | 29 | Sarah Brown |

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

Happy April Anniversary wishes to:



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



Our 2022 Lent and Great 50 day Lectionary



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

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

Resurrection or Easter Sunday, April 17: Isaiah 65:17-25; Psalm 118:1-2, 14-24; John 20:1-18

First Sunday after Easter, April 24: Acts 5:27-32; Psalm 118:14-29; John 20:19-31

Second Sunday after Easter, May 1: Acts 9:1-6; Psalm 30; John 21:1-19



April 2022

The Episcopal Church of Saint Mary



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|---|
| 3/27 4th Sunday in Lent 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist 7 12-step meeting | 3/28 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still 6:30 Men's AA in GR 6:30 PCC rehearsal in Aud | 3/29 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR | 3/30 9 Morning Prayer on Fb 11-3 Catholic Charities 4-8 OC Horizon Voice 5-6:30 Living w Grief | 3/31 12 Chapel Eucharist 3 Merton Group 7 SM Choir in G RAY | 4/1 Office closed 9 Morning Prayer on Fb | 4/2 9 Morning Prayer on Fb |
| 3 5th Sunday in Lent Bishop Thomas Brown visitation 8 Holy Eucharist 9:30 Be Still 10 Guiding RAY 10:15 Holy Eucharist 7 12-step meeting | 4 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still 7 Sacred Songs & Readings: MKL Feast Day | 5 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS in GR 6/7 12-step in Aud & GR | 6 9-2 Mainely Weavers 9 Morning Prayer on Fb 1 Staff meeting 4-8 OC Horizon Voice 6 OR in Guild Rm. | 7 8:30 AG Clean-up 12 Chapel Eucharist 3 Merton Group 4:30 Outreach | 8 Office closed 9 Morning Prayer on Fb 5-6 Souper Supper TO GO | 9 9-3 St Alban's Vestry Retreat |
| 10 Passion Sunday: Palm Sun 8 Holy Eucharist with Palms- Start in auditorium 9:30 Be Still 10am Liturgy of the Palms for All-ages in Auditorium 10:15am Choral Eucharist 1pm Coastal Clean-up | 11 9-2 Garden Club 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still | 12 9 Morning Prayer on Fb 3 CARE Gr 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehears in Sanct | 13 9 Morning Prayer on Fb 10-2 GC Judges Council 3 Set-up Agape tables 4-8 OC Horizon Voice | 14 Maundy Thursday AG in Chapel 10-4 Agape Meal prep in kit 12 MT Eucharist 6pm Agape Meal 7pm Communion 8pm Prayer Watch in the Chapel begins | 15 Office closed Good Friday 12noon Prayer Watch ends 12noon Good Friday liturgy 6pm Good Friday Liturgy with the chanting of the Passion | 16 Holy Saturday 8:30 AG in church 7:27pm-The Great Vigil |
| 17 Resurrection Sunday 9 Holy Eucharist 10 Egg Hunt 11 Holy Eucharist 7 12-step meeting | 18 Office Closed Patriot's Day 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still 6:30 PCC Board meeting in GR | 19 Office Closed? 8:30-11 St. Elizabeth's 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR Rev Jane | 20 9 Morning Prayer on Fb 9-2 RC Blood Drive 4-8 OC Horizon Voice May AVE deadline vacation days | 21 12 Noon Prayer 3 Merton Group 6 SM Bells rehearsal 7 SM Choir in G RAY | 22 Office closed 9 Morning Prayer on Fb Earth Day 5-6 Souper Supper TO GO | 23 |
| 24 4th Sunday in Lent 8 Holy Eucharist 9:30 Formation groups 10 Guiding RAY 10:15 Holy Eucharist & Baptism 7 12-step meeting | 25 9 Morning Prayer on Fb 4-6 OC Horizon Voice 5 Be Still | 26 9 Morning Prayer on Fb 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehears in Sanct | 27 9 Morning Prayer on Fb 1 Staff meeting? 3 CARE meeting 4-8 OC Horizon Voice 5:30 Living w Grief | 28 9-2 RC Blood Drive 12 Chapel Eucharist 3 Merton Group 6 SM Bells rehearsal 7 SM Choir in G RAY | 29 Office closed 9 Morning Prayer on Fb 5-9 rehearsal | 30 Habitat Spring Walk 5-9 rehearsal |

Saint Mary's Altar Flower Fund 2022

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 17) 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 _____

Telephone _____ 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 Tuesday, April 12, 2022):

Name _____

Name _____

Name _____

Name _____

3. Please provide Sunday Altar flowers during the next year (NO flowers are placed on the Altar during Lent or Advent with the exception of Rose Sundays): Circle **M** (Memorial) or **C** (Celebration)

M or C Name _____ on a Sunday close to ____/____/____

M or C Name _____ on a Sunday close to ____/____/____

M or C Name _____ on 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 Road, Falmouth, ME 04105

Saint Mary's Operating Finances - as of Feb 28 2022 (16,954)

INCOME

| | |
|---------------------------------|------------------|
| General Plate & Pledge Support | 84,803 |
| Use of Parish House & Sanctuary | 851 |
| Fundraisers | 294 |
| Miscellaneous Gifts & Revenue | 1,550 |
| Invested Funds Revenue | 0 |
| Dedicated Gifts | 2,112 |
| | <u>\$ 89,610</u> |

EXPENSES

| | |
|---|------------------|
| Diocesan Assessment | 9,031 |
| Personnel (includes, taxes, benefits, & pensions) | 36,950 |
| Maintenance, Capital | 21,213 |
| Operating (utilities, insurance, taxes, supplies) | 2,094 |
| Program | 3,368 |
| Countless volunteer donated hours of time | 0 |
| | <u>\$ 72,656</u> |





THE EPISCOPAL CHURCH OF SAINT MARY

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

Our Worship Schedule

SUNDAY WORSHIP

8:00 AM - *Contemplative Eucharist*
9:30 - 10AM *Formation for All*
10:15AM - *Choral Eucharist*

MORNING WORSHIP

MON - WED & FRIDAY

9:00 Morning Prayer on Facebook Live

NOONDAY WORSHIP ON THURSDAYS

12NOON - Chapel Eucharist in-person & Fb Live

BE STILL in person and on Zoom

Sundays 9:30 AM

Mondays 5:00 PM

*Join us for Holy Week:
Sunday April 10 - Sunday April 17*



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. Jane Milliken Hague, *Priest -in-Charge*
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 May AVE: MAP. 20

YOUR 2022 SAINT MARY'S VESTRY

Jane Milliken Hague, *Priest -in-Charge*, 301-580-8610, revjane@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

Steve Conley, 751-6738, steve.conley@point32health.org

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

Rudy Israel, 917-923-9444, rfisrael@aol.com

Tom LaPlante, 272-5621, laplante@maine.rr.com

Chris Martin, 814-758-2949, foodservicechris@yahoo.com

Pat Peard, 781-3710, peardpatricia@gmail.com

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

Steve Reeves, 615-440-2505, stevekreeves@gmail.com

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