



Last Sunday Offering: a new Outreach approach



The Rev. Nathan W. Ferrell

Starting in February, Saint Mary's will begin to implement an approach to Outreach that is new to us, but that has been effectively utilized in a number of other congregations. Each month we will highlight one nonprofit partner that we support. In that month, we will invite all of you to show support for this ministry through a particular collection, hands-on project, and a Last Sunday Offering. This final item will be just as it sounds: on the last Sunday of each month, our Baptismal Font will serve as a special collection point for monetary donations in support of that outreach effort. There will also be a way for you to donate online, if you cannot be present at the Holy Eucharist on that last Sunday.

What are the goals of this new approach? To maximize engagement and participation by as many parishioners as possible in Outreach; to create more energy and enthusiasm for our Outreach efforts throughout the parish as a whole; and to allow for greater agility and responsiveness in our Outreach efforts. On this last point, if there is a major world event that calls for a compassionate response from us, then we will

have a process in place to help all of us respond as a community. We can quickly pivot our next Last Sunday Offering to collect and donate to a nonprofit working directly in that effort.

Thankfully, the Parks-Stamm family (Betsy, Ben, Polly, Brownlow and Agnes) will be providing leadership for this new effort. It will take some time to iron out the wrinkles in this new system, so please be patient with all of us. And if you notice something that would likely make this Outreach approach work more effectively, please say something to the Parks-Stamms or to me.

As a whole, Saint Mary's will continue to give away 5% of our collected pledges to our nonprofit partners, as has been our custom for many years. However, most of these funds will now be collected from our Last Sunday Offerings. As you will read further on in this AVE, in February we are supporting the Falmouth Food Pantry. One fun way we will do this is through our SOUPERbowl of Caring collection. Many groups who feed the hungry are awash in donations in the final quarter of the year, but these gifts drop off precipitously in the first quarter. Our support in February will help the Food Pantry be prepared to continue their essential services in the months to come.

Do you know of a nonprofit that is doing effective and life-giving work that you think Saint Mary's should support? Let us know! Speak to the Parks-Stamms or me and we'll take a look. I know that you have generous hearts and are eager to work together to make a difference in this world. God willing, this new Outreach approach will empower our parish family to do this even more effectively.

Nathan W. Ferrell +



Ash Wednesday is 22 February

In the Chapel:

12 Noon: Brief Ash Wednesday liturgy

4 PM: Family Ash Wednesday gathering

In the Sanctuary:

6 PM: Ash Wednesday Liturgy with Music - *also on Facebook Live*

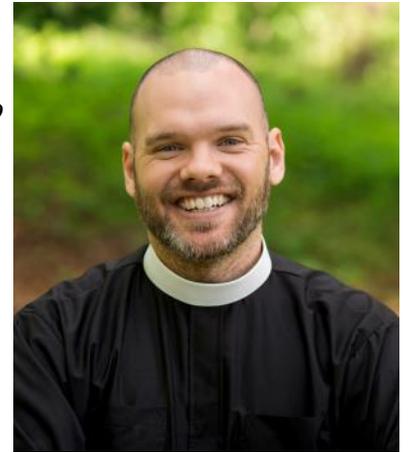
Deacon's Corner

Rev. Matthew Simpson

Out of Abundance, Generosity

And the crowds asked [John the Baptist], "What, then, should we do?" In reply he said to them, "Whoever has two coats must share with anyone who has none, and whoever has food must do likewise." Luke 3:10-11

Later this month, qualifying Mainers will receive \$450 heating relief checks, and throughout the winter and spring, many will get tax refunds. Indeed, there will be some of us who will need this money to meet the essential needs of our everyday living. However, others of us may find out we have more than we need this winter and spring with tax refunds and assistance checks. For those of us who find ourselves in abundance, there is the invitation to be generous to those most in need in our communities. For those who are interested in giving to charities that give direct support and relief to the homeless in Portland, here are some organizations that have given direct care to my homeless patients:



Maine Needs (mainneeds.org). This organization gives out supplies such as coats, boots, gloves through social workers, case managers, public health nurses to persons in need. They also distribute various kits to people such as warming kits, new mom kits, etc. They help all vulnerable Mainers, new and native. Through this organization I have been able to get my homeless patients coats and boots with no questions asked. They are a vital mission of mercy to the most vulnerable in our community.

Family Promise of Greater Portland (gpfamilypromise.org). Using local churches as sites, this organization provides immediate shelter for several families who would otherwise be on the streets. I volunteered to stay overnight while Trinity hosted the families. This organization also assists in case management with families to find housing, GA support, and healthcare. They are focused on new Mainers, and again, they are vital mission of mercy to the most vulnerable in our community.

St. Elizabeth's Jubilee Center or St. Luke's Food Pantry (Stelizabethsmaine.org) – If you want to keep your donation "in-house," we are all familiar with the great work that is done at St. Luke's Cathedral. Unlike Maine Needs, St. E's gives supplies directly to the person in need without the need of a case manager or intermediary. I invite you to ask our fellow parishioners who serve there more about the wonderful work they do. Because of my work, I have not been able to serve at St. E's, but I have served at the Food Pantry, and they do vital work in our community as well.

I hope you will consider giving either time or money as you are able. Some of us can't give money, but we can give time! There are also a great number of wonderful organizations around that you can serve within our local community (We just did service at Partners for World Health, another great organization where you can volunteer!!). But these suggestions of mine are focused on direct care of the homeless in our midst should you feel called to help.

Lent is around the corner; one of our disciplines of Lent, repentance and getting us back on the right track with God is to give alms. Giving of ourselves to others in service is worship to God that goes beyond Sunday. I have offered my suggestions - the rest is between you and Jesus.

"Whatever you did for the least of these of mine, you did unto me." --Jesus of Nazareth

Forgiveness Sunday 26 FEB: First Sunday in Lent



Get ready for something different! If you were around pre-COVID, you may recall the Rite of Forgiveness. This is an ancient practice for the First Sunday in Lent borrowed from the Eastern Orthodox churches. It is a way to practice the art of forgiveness. It is meant to be challenging, just as all of Lent is designed to push us out of our comfort zones. If you desire spiritual growth, then practice the things that lead to it. Forgiveness is a cornerstone for building a healthy life. So make plans now to embrace the challenge of Forgiveness Sunday at either morning liturgy. Watch for more information as the date draws near.

Vestry Highlights from the Wardens

by Janet Bowne

The vestry met on January 18, which is the last meeting for our outgoing class of vestry members. We acknowledged Ben Parks-Stamm's, Darren Clark's, Rick Hirschman's and Tommy Pettingill's service on the vestry with gratitude for their time and many contributions.

Ben Parks-Stamm, treasurer, shared our year-end results. We ended the year with a deficit, which was expected. We had hoped to close it during the year, but unfortunately inflationary pressures affected our expenses. Detailed 2022 financial results can be found in our annual report. Pledge commitments as of 1/23 stood at \$251,000 toward our goal of \$290,000. We are continuing to welcome pledges and hope that we will still make the goal.

Ben also reported on meetings he and the Budget and Finance Committee held with prospective fund managers for our endowment funds. We continue to pursue the idea of managing the funds internally, withdrawing from the Diocesan Funds program. Both meetings went well, and the general sense is either firm can handle our needs and would be extremely responsive to reporting as well as offering guidance. Ben will continue working on this process after his term expires. He has included Peter Guyton, the prospective treasurer, on communications to ensure a smooth transition.

We had a lengthy discussion about the Diocesan Funds issue. In short, we have not received complete information on our funds for months. Our 2022 financial reports are not complete. All of this stems from Bank of America ending their role as sub-account managers in October 2021 and the new firm not being able to get us consistent monthly reports since that time. Requests for information and clarification on what we have received have not been addressed. It's an untenable situation, and we are out of patience. We discussed several action steps.

UPDATE: Following the meeting we made an urgent request to Frank Governali, chairman of the Diocesan Fund, demanding we receive information enabling us to understand our investment fund activity for 2022. Frank was able to get us a December 2022 with the promise of the remaining statements to come. We are grateful for his help in this request.

Darren Clark reported on the Nominating Committee with a slight change since our initial slate was prepared. At that time, we did not have a treasurer candidate to replace Ben Parks-Stamm. Peter Guyton was slated as a vestry member but has agreed to serve as treasurer. His open space was filled by Patrick Murray so we now have a full slate. Biographical information on all of our nominees is available online and in the printed annual report. We are grateful for a full slate and look forward to welcoming the new vestry class.



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

Calling all books

Saint Mary's BOOK SALE

Saturday, MARCH 4, 2023 9-12 noon

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

Jan Mordarski at janmordarski@gmail.com

Vanessa Record at vanessarecord@gmail.com

Becky Pride at rebeccapride1@gmail.com

No encyclopedias, magazines or textbooks, please.

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



Annual Meeting: Sunday 29 January

9:30 One Eucharist, 10:30 Brunch, Discussion and Meeting

Mark your calendars for our annual meeting where we discuss the future of our shared ministries, review the budget for the new year, and elect new leaders. YOUR voice and vote matters, so plan on participating in this important community event.

The Nominating Committee has announced a slate of nominees for election at the Annual Meeting on Sunday 29 January, as follows:

Sr. Warden: Janet Bowne

Jr. Warden: Steve Conley

Treasurer: Peter Guyton

Vestry (3-year terms): Kathy Galen, Patrick Murray, Ben Russell

Vestry (2-year term): Darren Clark

2023 Diocesan Convention Delegates: Lucy Ellis, Jessica LaPlante, Bonny Rodden, and Nadine Timberlake
(and Tim Shannon as Alternate)

F O R M A T I O N



**Sundays in
February
at 9:30**



Be Still: Every Sunday in the Chapel

Everyone is invited to gather in the Chapel for times of silence, for contemplation of poetry and spiritual writings, and for group discussion. The only thing needed is an open heart and a beginners mind. See page 11 for a sample of reflective prose.



Questions Answered! Feb Sundays In the auditorium

FEB 5: What Happens to our Music Ministry?

Do you have thoughts about the future of our Music Ministry? What kind of music should we sing together on Sundays? Please come and join Kathleen Scott, Nathan and others to discuss where we go from here. All are welcome.

FEB 12: What is FASD – Fetal Alcohol Syndrome Disorder?

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term for a range of physical, neurological, behavioral, and developmental disabilities caused by prenatal exposure to alcohol. FASD is the number one cause of intellectual disabilities and birth defects in the United States, affecting up to 1 in 20 children. While it is not curable, it is 100% preventable! And early intervention can make a huge difference to those with FASD and their loved ones. If you are wondering what FASD is, why it isn't on your radar, or what you can do to help - join us for an informal discussion hosted by our own Dawn Yerkes and Connie Mazelsky, co-founder of FASD Maine.

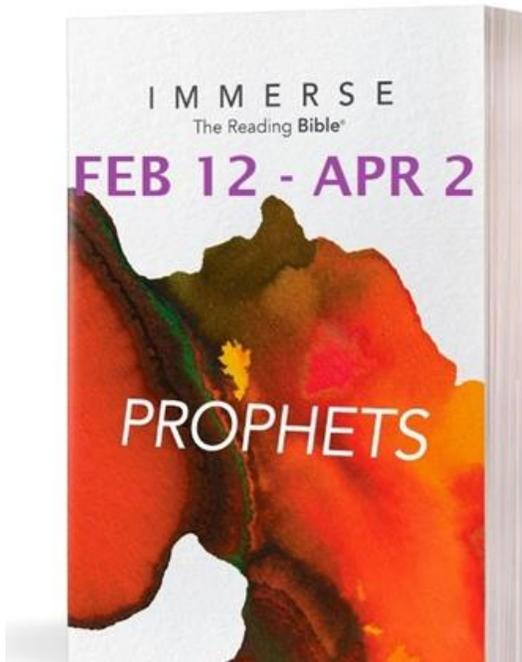
FEB 19: What Happens to Guiding RAY?

Do you have thoughts about the future of our youth ministry? How can we more effectively share the Good News with the young people in our community? Share your thoughts with Meg Hurdman, Nathan and others as we discern the shape this ministry should take in the future.

FEB 26: First Sunday in Lent: Are You Serious? The Seven Capital Vices (not the Deadly Sins!)

Have you heard of the Seven Deadly Sins? Can you list them all? Where does this idea come from? (It's not directly in the Bible!) Do you know that this is not their correct name? (It's actually the Seven Capital Vices). Does this old idea still apply to our lives today? Make a plan to participate in ALL of these Formation sessions in Lent and learn more about the perpetual challenges that face each of us in our spiritual lives.

IMMERSE yourself in the PROPHETS



Want to know more about the Bible?

Here is an effective and easy way to do so.

Pick up your copy of this Immerse Bible and read the section appointed for each week.

If you want, you can join a *ZOOM* discussion on Sundays to discuss what was read during the week. Easy enough?

Pick up your household copy soon (reimburse Saint Mary's \$12 if you can) and start reading the week before the SouperBowl.

The 8 *ZOOM* sessions will be 12 Feb – 02 April at 3 PM, roughly corresponding to the season of Lent. The link is here:

<https://us02web.zoom.us/j/82070523513?pwd=WWxMRDgwMDJINEJYUE9ySi9kYXhuQT09>

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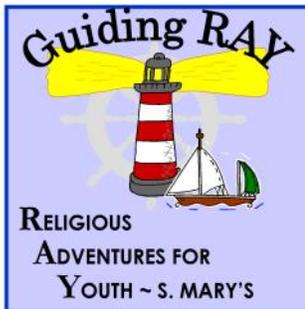
MARDI GRAS PANCAKE SUPPER: Sunday 19 FEB at 5 PM

Do you love pancakes? Come and eat as many as you can before the fast of Lent begins.

This will also be a time to join Nathan+ in celebrating the Philadelphia Eagles SuperBowl victory! (Spoiler Alert – note this bold prediction!)

If you are able to help make the pancakes and other items, reach out to Nathan+ and let him know.

Youth Christian Formation



Guiding RAY is what we call the children's education program at Saint Mary's. It's a time for children from birth to sixth grade to make friends, learn about Jesus, and grow in their faith. It takes place from 9:30am-11am each Sunday morning and then children (except those in the nursery) join their parent(s) for communion in the sanctuary.

Guiding RAY is a cooperative program so we hope all parents will volunteer in some way. Whether you choose to teach, substitute, help with a movie day or special event, your efforts will be greatly appreciated.

Wish List for Guiding RAY:

Bulletin Boards - Seeking someone to decorate bulletin boards in the children's space. We need them changed seasonally: Winter, Spring, Summer, and Fall. We have all the supplies: backgrounds, borders, letters, etc. We just need some CREATIVITY.

Organize Curriculum - Seeking someone who likes to organize. We have lots of old paper curriculum that needs to be sorted and filed by Bible story. This is an ongoing project...sorting can be done at home with the filing done at S. Mary's.

Baking - Seeking homemade treats for Sunday mornings or special events. If you can bake ahead St. Valentine sugar cookies for the children to decorate on Sunday 2/12 let Meg know.



Meg Hurdman,
Interim Guiding RAY Coordinator

Upcoming Events:

Sunday 05 February from 2-4 PM - Family Sledding at Portland Country Club (open to all) with hot chocolate and cookies - Bring Friends! Meet in front of the clubhouse at the top of the sledding hill. There is plenty of parking in the PCC lot.



Sunday 12 February - SOUPER Bowl of Caring: TACKLE HUNGER and be a GAME CHANGER. Everyone, young and old, bring cans of soup for the Falmouth food pantry. Now thru February 12. Collection baskets will be in the parish house (upstairs), downstairs in the Guiding RAY space and in the narthex of the church building. The Falmouth food pantry needs chicken noodle and vegetable soup (not cream soups). They also have a need for cold cereal and pasta.

tacklehunger.org

Sunday 19 February at 5 PM - Parish Mardi Gras Pancake Supper - Families welcome, burning of the palms for Ash Wednesday.

Wednesday 22 February at 4 PM - Ash Wednesday family teaching program in the Chapel. All are welcome. This begins the season of Lent, which is 40 days (not counting Sundays) of spiritual discipline prior to the celebration of the Resurrection.

Do you know about EYE in 2023?

Celebrating its 40th anniversary in 2023, the Episcopal Youth Event is our second-largest event after General Convention, drawing nearly 1,500 people ages 15-19 from every province every 3 years.

This time, high school youths from across the Episcopal Church will gather 4 - 8 July 2023 at the University of Maryland. FMI, reach out to [Emily Keniston](#) with any questions. Find a helpful FAQ document [here](#). To receive EYE updates from Emily, complete this [form](#).



Outreach Ministry - All Ages Serving Near and Far

Last Sunday Offering Saint Mary's Monthly

MISSION focus |



Our February Focus is: The Falmouth Food Pantry

The Falmouth Food Pantry has been serving families from Falmouth, Westbrook, Cumberland, Yarmouth and Portland for over 25 years. The Falmouth Food Pantry is currently serving just under 200 families (about 540 family members) a month, with the numbers increasing since the summer.

The Pantry's entrance is next to the Falmouth Town Hall and is open the first and third Monday mornings (9-11), the second, third and fourth Tuesday mornings (9:30 - 11:30) and the second, third and fourth Thursday evenings (4:30 - 6:30)

If you need assistance or know someone that needs assistance, or you would like to make donations, please call 632-2687. To volunteer, call 781-4670

If you have any questions about the ways in which Saint Mary's supports the Pantry, please feel free to reach out to Saint Mary's outreach coordinator for the pantry, Vanessa Record, at recordvanessa@gmail.com.



tacklehunger.org

As part of a nationwide effort, bring your Food Pantry donations on January 29, February 5 & 12:

**-cans of chicken noodle soup
-cans of vegetable soup,
plus breakfast cereals and pasta**

**And our Last Sunday Offering on February 26 will go to the Falmouth Food Pantry.
Together We Can Tackle Hunger!**

Outreach Ministry - All Ages Serving Near and Far

Our Adopted Family - The Vemba Family Baby Shower

IT'S A GIRL! It was a very fun celebration on Sunday, January 22, with many St Marians attending, plus friends of the Vembas that they met while they were all staying at the South Portland Quality Inn. The shower was also a gender reveal, and they were excited to find out they are having a girl, and her name will be Jasmine!!



Joao should be receiving his work permit within the week, so lots of good news for the Vembas!!

To Saint Mary's Church and family.

We, the Vembas, would like to express our deepest gratitude to Saint Mary's for all you have done for us. Saint Mary's threw us a baby shower and gender revealer for the new member of our family due in March. My wife and I are beyond thankful. We were not expecting to do anything like this because we are not financially able. Saint Mary's through the help of the congregation made this moment special and memorable for us. We really felt the love of a community who cares for us and really wants to see us thrive.

Our baby isn't born yet, but she can definitely feel the warm love that comes from each and every one of you. We know that we are never alone and that everyone is praying for a healthy baby. The church covered all the baby's needs. Anne and Jennifer went all out and made sure the day was filled with so much love and laughter. Words cannot begin to describe what my family is feeling. It's a great relief and an amazing feeling knowing that we are not alone in the re-construction (Re start) of our lives.

Leaving our family and friends back in Africa to flee life-threatening persecution was one of the toughest challenges we went through in our lives, but it was a matter of life and death. Knowing that we may never see our family ever again is something that really affected us in the very first weeks in the United States, but meeting Saint Mary's and other lovely people along our journey has made us feel like we have found a new family away from home.

Our first days in the United States felt very grey and uncertain. Saint Mary's came into our lives in the peak of uncertainty, despair and extreme loneliness but as long as we felt safe and welcomed really made the journey worthwhile. We have a lot to be thankful for and one of them is our lives and the people God placed around us who have really helped us rebuild hope for a better future for our family. Re-starting life in a foreign country is definitely not easy and we can only Thank God for the path he laid in front of us.

We remember our first contact with Saint Mary's through a phone call from a very caring Anne LaFond informing us that we were adopted and that Saint Mary's would like to cater to our needs. We were astonished and felt so privileged. We finally felt less pressure from the obstacles we faced. Anne and Jennifer have been so amazing throughout our journey. The power of God is so amazing and has placed Saint Mary's in our path to bless us in so many ways. We will definitely share -death experiences, living in hiding, fleeing persecution. We consider ourselves extremely lucky and blessed. God has definitely given us a second chance in life.

As we welcome our lovely Daughter JASMINE SEDIA VEMBA to the world, we pray that God protects her and provides us the wisdom to guide her. We pray that her eyes will be fixed on God's plan for her life. Grant her peace in all her endeavors. Bless the work of her hands and fill her with the holy spirit and let her steps lead to prosperity and success. Let her have positive effects on everyone she encounters. We pray our God almighty keeps her under his light and protection forever. We pray that she never ever experiences what we experienced back in Africa and that she remains safe throughout her life.

We would love to continue this beautiful journey with Saint Mary's and create an everlasting bond. From the bottom of our heart, we, the Vembas, highly appreciate everything Saint Mary's and its congregation has done for us. You have touched and blessed our lives in ways unimaginable.

Regards, Vemba Family

Outreach Ministry - All Ages Serving Near and Far

Welcome from St. Elizabeth's Jubilee Center



St. Elizabeth's
— Essentials Pantry —

The Gift of Warmth ...

Winter coats and boots for adults (only) are still being collected, and larger sizes are especially needed. Many of our neighbors come from warmer climates and do not have the protection from our damp cold winter weather. Thank you for the dozens of coats donated already this winter season!

With 215-230 neighbors visiting every week now, there is also a continuing need for all sorts of **HOUSEWARES** (bedding, towels, etc.) **and KITCHENWARES** (pots, pans, dishes, cups, kitchen utensils, etc.), all clean and in good condition).

Donations are collected in the marked box in the hallway outside the Guild Room. Financial donations are also welcome, and can be left at S. Mary's Parish Office to be forwarded to St. E's! Saint Mary's is committed to serving at this vital ministry on the third Tuesday of each month from 8:30 to 11 in the morning. St. E's is accepting non-food essentials: bedding, kitchen ware, toiletries, baby diapers and wipes, feminine needs.

FMI and to find out how you can participate, please contact Stan Eaton at stan.eaton@gmail.com

Thank you for your support!

Ways to Love the Earth

The Green Team at Foreside Community Church in Falmouth has invited parishioners at Saint Mary's to join them for their Climate Justice series Ways to Love the Earth in February at their parish hall on Route 88.

Install a Heat Pump and Save Money

Andy Myers, Efficiency Maine **Thursday, February 2 6:30 - 7:30 p.m.**

Find Hope

Anne D. (Andy) Burt's

Down to Earth Storytelling Film Celebrates Climate Justice Activists in Maine

Wednesday, February 8, 6:30 - 7:30 p.m.

Advocate for Policies

Sue Inches, Author and Educator Advocating for the Environment:

How to Gather Your Power and Take Action **Wednesday, February 15, 6:30 - 7:30 p.m.**



Helping Hands at Home

If you are in need indoor or outdoor odd-job help at your home, please reach out. The 'Helping Hands at Home' ministry will try to assist! Contact Beth Shaw, admin@smary.org or Jennifer Gregg, jenniferanngregg@gmail.com

Outreach Ministry - All Ages Serving Near and Far

Souper Supper: 2nd & 4th Fridays

Soup, salad, bread and a sweet treat.
5 – 7 PM. ALL are welcome!

Enjoy this community-wide fellowship meal in a relaxed atmosphere. You will be feted with a homemade hearty soup, salad, rolls, dessert and beverage.

Wonderful for singles and families alike.

Gather in the Auditorium. No reservations required.

Just bring your family and friends and enjoy!



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 **35% less than suggested retail!**

Regular is \$11; Decaf is \$12

Plus you can support fair trade practices ...and a locally-owned business... and get GREAT organic coffee! Win! Win! Win!

Reducing waste at Saint Mary's

Parishioners want to help the environment, and they can do it at Coffee Hour and throughout the week

There's essentially no need to put anything in the trash. China and silverware can be washed, and almost everything else is **compostable** – **paper plates with food on them, napkins, wooden coffee stirrers, sugar packets, and even paper coffee cups still containing enough for a sip or two. It all can go in the Garbage-to-Garden bins.**



Plastic cups used for water can be recycled, and, if they have been used for another type of beverage, they can be washed out and then recycled.

If you have an empty bottle or can, put it in the blue container with holes on top or the *Clynk* barrel in the kitchen

After you've finished eating a piece of carrot cake and used a napkin to wipe off the crumbs, drop your plate and napkin in one of the green Garbage-to-Garden bins, either a small one or the large one on wheels. If you have something to recycle, use the large blue container.

If you're about to drop something in the trash, think twice!

Is this something that can be composted or recycled? Almost everything at Coffee Hour can – except for plastic wrap, plastic utensils and aluminum foil with food that can't be washed off.

Thanks for all doing our part to protect God's Creation!

CELEBRATE



HONOR



SERVE

Deep, Deep Space Shared by Merle Marie Troeger

Perhaps you've seen the images from the James Webb Space Telescope. They are astounding! The telescope is now sitting a million miles from Earth and has sighted two of the most distant galaxies ever. One dates to about 350 million years after the Big Bang. The other is estimated to date from 400 million years afterward. And astronomers have now discovered there are many more distant galaxies than had been expected! Although 350 million years seems an unimaginably long time after the Big Bang, it still is relatively early in the life of the cosmos, apparently.

What are people of faith to think about these discoveries? The poet of Genesis imagined a world originating from nothing. Light was the first to appear (v. 1). In fact, light burst forth even before the creation of the sun (vv. 14-18). We can live with the beauty of Genesis 1 *and* the James Webb Space Telescope's images, right?

The defense of scientific discovery and enlightened inquiry is one of the projects of Pope Francis, a subject that would have led to burning at the stake in another era. Science and theology are not at odds with each other, says this pope. He urges scientists to continue their quests. "I encourage you to persevere in your search for the truth," he told a group of astronomers. "For we ought never to fear truth, nor become trapped in our own preconceived ideas, but welcome new scientific discoveries with an attitude of humility."

This is one reason I love Eucharistic Prayer C which begins this way:

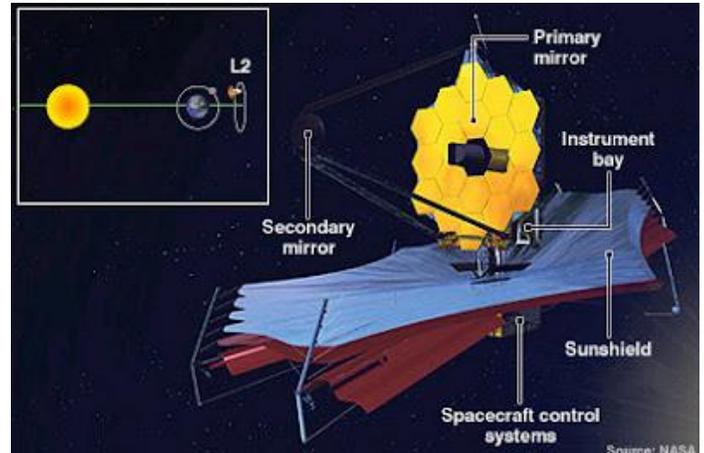
God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

In this season of Epiphany, then, it's not too hard for me to imagine three astronomers studying the sky and finding something new in the heavens. Perhaps it was their version of scientific inquiry, combined with hopeful seeking, that brought them to Bethlehem. Pope Francis would have approved, I'm sure.



Mark your calendars!

The Diocesan [Justice Commission](#) is hosting the Town Hall on **February 7th at 7:00 pm** to share widely the justice work the commission does in the Diocese of Maine, why it matters to people of faith, and how YOU can get involved. Folks can expect an opening worship experience to ground our time together, a brief overview of the Justice Commission and the councils that work within it (Racial Justice, Climate Justice, Episcopal Peace Fellowship, Committee on Indian Relations), then breakout room time with your choice of councils to facilitate getting to know one another and the work that each undertakes in service to God.

Please join us! Send questions to Director of Faith Formation, [Emily Keniston](#). February 7 @ 7:00 pm [Zoom link](#)

**TUE
7TH
FEB
2023**

**JUSTICE
COMMISSION**

TOWN HALL
7-8PM VIA ZOOM
ALL ARE WELCOME!

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

Most Sunday mornings, from 9:30 to 10:15, a group meets in the Chapel to enjoy a few minutes of silence, some poetry and conversation. Everyone is invited and if you'd like to try it out, just come into the Chapel. If you'd like to join via ZOOM, let Jennifer Gregg know (jenniferannregg@gmail.com). Below are a few of the passages we considered during January.

may I have this dance

there I am
In Ezekiel's valley,
one heap among many, just another stack of
old, dry bones.
..lost dreams

and forgotten pleasures, sold like a soul
to a gluttonous world
feeding on my frenzy and anxious activity.

but just when
the old heap of bones
seems most dry
and deserted,
a strong Breath of Life
stirs among my dead.

Someone named God comes to my fragments
and asks, with twinkling eye: "May I have this
dance?"

then I offer my waiting self
to the One who's never stopped believing in me,
and the dance begins.

- Joyce Rupp, member of the Servite (Servants of Mary)

I hear at my center words that say: "I have
called you by name, from the very beginning.
You are mine and I am yours. You are my Be-
loved, on you my favor rests. I have molded
you in the depths of the earth and knitted you
together in your mother's womb."

-Henri Nouwen

Here Comes the Day

Here comes the day,	We take in the view
Goodness and badness	When it all feels impossible
Light in our dark	When it all feels untrue
Joy in our sadness	We love one another
We clamber aboard	That's all we can do.

Martin Wroe

Let's celebrate!! Come join the grateful festivity

If you donated, baked, shopped, shared a social media post or wished you had, plan to join us for a celebration on

Rescheduled for Wednesday 01 February from 5-7
at the beautiful Thos. Moser Gallery & Showroom,
149 Main Street in Freeport.

(Free parking behind the showroom)

We will mingle and chat and celebrate Sparkles 2022's success. If you have questions or you'd like to RSVP, contact Janet Bowne jmitchellbowne@gmail.com or call/text at 318-7045.



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 everyone who is helping make the Annual Meeting a successful and informative parish gather-

Yay!

Thank you to everyone who came to take down the garland and other Christmas decorations including: Patrick Murray, Jan Mordarski, Kathy Galen, Jean Marquand, William Rana, Chuck Horton, Kerry Bennett, Onnie Hastings, Fred Webber, Hugh Smith and Dave Andrews. Many hands made light work!

Thanks to Dana Madison for being our chief Sunday coffee maker!

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S!**

Thanks to Rick Hirschman, Tommy Pettingill, Ben Parks-Stamm and Darren Clark for serving on our vestry for the last three years. We appreciate your sharing your time and talents.

Our gratitude to Anne LaFond and Jennifer Gregg for organizing the wonderful baby shower for the Vemba family. What a lovely gathering!

Thanks to Robin & Fred Webber for creating the *How to Compost* poster in the auditorium

Merci

Thank you to Bonny Rodden, Marian McCue and all members of the Outreach Committee for their commitment to keeping the committee actively working and assisting during the time of leadership change. Your work is appreciated and hopefully all are looking forward to a new year and even more ways to reach out.

Send us your milestones, kudos and notes by the 20th of every month!!

Our 2023 February Lectionary

January 29: 4th Sunday after Epiphany: 1 Corinthians 1:18-31, Psalm 15, Matthew 5:1-12

February 5: 5th Sunday after Epiphany: 1 Corinthians 2:1-16; Psalm 112:1-9; Matthew 5:13-20

February 12: 6th Sunday after Epiphany: 1 Corinthians 3:1-9; Psalm 119:1-8; Matthew 5:21-37

February 19: 7th Sunday after Epiphany: 2 Peter 1:16-21; Psalm 99; Matthew 17:1-9

February 22: Ash Wednesday: Joel 2:1-2,12-17; Psalm 103:8-14; Matthew 6:1-6,16-21

ONLINE RESOURCES

All worship videos remain available on Facebook.

PRAYER AND WORSHIP

NOONDAY PRAYER AT 12 MON - WED in the Chapel and on [Facebook Live](#)

HEALING EUCHARIST AT 12NOON ON THURS in the Chapel and on [Facebook Live](#)

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

INTERACTIVE SPIRITUAL FORMATION

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

BE STILL ON SUNDAY MORNING: Sundays at 9:30 AM In the Chapel and [on ZOOM](#)

WISDOM SEEKERS: TUESDAYS AT 10:30 AM In the Guild Room and [on ZOOM](#)



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	Brian Duffy	10	Tim Kearins		
3	Valerie Kyros	11	Janet Corey		
4	Terry Brown	12	Connor Lund	19	Tim Follo
5	Winston Corbett	13	Sydney Young	19	Claudia Herrold
5	Delilah Hastings	14	Hannah Duchin	19	Ellie Winter
5	Tommy Pettingill	14	Harry Fast	21	Riley Ross
6	Maggie Holt	14	Dawn Yerkes	23	Anna Dougan
7	Caleb Robinson	15	Brad Babson	24	Monique Brown
7	Emma Robinson	15	Polly Parks-Stamm	24	Jordan Otte
8	Ed Ainsworth	16	Elise Allen	25	John Frongillo
8	Chris Thomas	16	David Farnum	26	Nikki Evans
8	Nadine Timberlake	16	Rebecca Morgan	27	Lauren Hourihan
9	Luke Brown	16	Bob Timberlake	27	Rod McGarry
9	Eleanor Fox	17	Cian Connors	27	Michael McIntosh
9	Matthew McGonigle	17	Teddy Orestis	28	Jack Heinzman
9	Griffin Rhoades	18	Erica D'Alberto	28	Blair Lindberg

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



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	10:15 EM	Altar Flowers	Coffee Hour
Feb 5 Epiph 5	Baer C Charlie H	Becky P	Dawn Y Tom L	Linda E	Jeff H Andrea MH	Maura F	Robin Webber
Feb 12 Epiph 6	Len T Al A	Lad T	Steve C Chris M	Marian M	Andrea MH Lynne S	Jan A	Book Sale crew
Feb 19 Epiph 7	tbd	Lee Dernehl	tbd	Nadine T	Nadine T Betsy PS	tbd	The Vereys
Ash Wed	Feb 22	6pm	tbd	Stan	Stan E Joyce		
Feb 26 Lent 1	tbd	Lee Van D	tbd	Betsy S	Jim S William R	Lent	open



February 2023



The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1/29 Fourth Epiphany 9:30 Holy Eucharist 10:30 Brunch & ANNUAL MEETING 7 12-step meeting	1/30 9 Staff meeting 12 Noonday Prayer 5 Be Still 7 Acolyte Training	1/31 10:30 Wisdom Seekers 12 Noonday Prayer 4:30 TOPS meeting 6/7 12-step in Aud & GR	2/1 9:30 Mainly Weavers 12 Noonday Prayer 1-3 Thurman video 5-8 HV rehearsals 6 ORI/Dowsers	2 Presentation 12 Candlemas Eucharist 3 Merton Group 7 Choir rehearsal	3 Office closed	4 9-2 Vestry Retreat
5 Fifth Epiphany 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist 2 Sledding at PCC 7 12-step meeting	6 9 Garden Club 12 Noonday Prayer 5 Be Still 6 PCC rehearsal	7 9-12 Art Group 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	8 12 Noonday Prayer 1-3 Thurman video 3-7 HV auditions 6 Parent AIA in GR	9 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	10 Office closed 5-7 Souper Supper	11 8-3 Foreside Church Vision workshop, Aud
12 Sixth Epiphany SUPERBOWL Sunday 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist 3 Immerse Prophets ZOOM 7 12-step meeting	13 9 Staff meeting 12 Noonday Prayer 3 CARE meeting 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	14 9-12 Art Group 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	15 12 Noonday Prayer 1-3 Thurman video 5-8 HV rehearsals 6 Vestry meeting	16 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	17 Office closed	18
19 Last Epiphany 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist & Baptism 3 Immerse Prophets ZOOM 5 Pancake Supper 7 12-step meeting	20 Presidents Day <i>Office closed - Pray where you are</i> 12 Pray where you are 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal AVE deadline	21 8:30-11 St. Elizabeth's 9-12 Art Group 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	22 Ash Wednesday 12 AW Liturgy 4 Family AW 6 AW liturgy 5-8 HV rehearsals	23 12 Noonday Prayer 3 Merton Group 7 Choir rehearsal	24 Office closed 5-7 Souper Supper	25
26 First Lent 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist 4 Immerse Prophets ZOOM 7 12-step meeting	27 12 Noonday Prayer 5 Be Still	28 12 Noonday Prayer 4:30 TOPS meeting 6/7 12-step in Aud & GR 7 Schola rehearsal in sanctuary	3/1 9:30 Mainly Weavers 12 Noonday Prayer 5-8 HV rehearsals 6 ORI/Dowsers in GR	3/2 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	3/3 Office closed	3/4 9-12 Book Sale

Fr Nathan at Camp Lejeune, NC for training

Public School Vacation Week



THE EPISCOPAL CHURCH OF SAINT MARY

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

SUNDAY WORSHIP:

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

NOONDAY WORSHIP IN THE CHAPEL:

MONDAY - WEDNESDAY

12 NoonDay Prayer—also on Facebook Live

THURSDAY

12 Healing Eucharist—also on Facebook Live

BE STILL CENTERING PRAYER

5:00 on Mondays in the Chapel



THE EPISCOPAL CHURCH
OF SAINT MARY



**THE EPISCOPAL CHURCH
OF SAINT MARY**

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

The Rev. Matthew Simpson, *Deacon*
deaconmatthew@smary.org

Kathleen Scott, *Interim Organist*
kathleenscott.7@gmail.com

Meg Hurdman, *Guiding RAY Coordinator*
GuidingRAY@smary.org

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

Office Hours

MON - THU, 9 - 4

Copy deadline for March AVE: Feb 19

YOUR 2023 VESTRY (PENDING ELECTION)

Nathan Ferrell, Rector, 207-310-0268, nathanferrell@smary.org

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

Steve Conley, Jr. Warden, 751-6738, Steve.Conley@point32health.org

Peter Guyton, Treasurer, 409-0782, peter.guyton@3dogyard.com

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

Kathy Galen, 603-723-5145, kathleendaisy@aol.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

Patrick Murray, 228-5558, patrickmurray1948@gmail.com

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

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

Ben Russell, 883-6544, blr@maine.rr.com