



Prudent Provision for the Future

The Minister of the Congregation is directed to instruct the people, from time to time, about the duty of Christian parents to make prudent provision for the well-being of their families, and of all persons to make wills, while they are in health, arranging for the disposal of their temporal goods, not neglecting, if they are able, to leave bequests for religious and charitable uses (BCP p.445).

Each one of us has a duty to prepare for the end of our life. This is not at all morbid; it is a simple acknowledgment of reality. Our human experience on planet Earth will end one day. When that day comes, each of us will leave behind some amount of material things which all humans seem to collect like celebrities collect paparazzi.

It is also prudent to plan your funeral, your obituary, and the final disposition of your body. If you neglect these things, decisions about them will be forced upon family members or friends who will then have to make hasty decisions in a time of bereavement. That is less than optimal. To prepare for your demise is in fact an act of love toward those who will remain. It demonstrates your thoughtfulness toward others and your intention to make the experience of your death to be as simple as possible.

While you are in health, please take time to consider these things and the legacy you feel called to leave behind. How will your values and beliefs shape the dispersal of your temporal goods? What impact will your funeral or memorial service have on your family and friends? How will you be remembered? What lasting impact will your life make within your family and your community? How can you continue to support the mission of God's Church after your death?

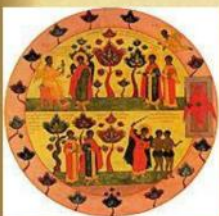
As you consider these things, allow me to invite you to become a member of **The Alida Greely Brown Heritage Society**. This is a group of those who have included Saint Mary's in their financial planning. Just as with our annual pledging, it is the loving intention that matters in this regard, not the amount that one has to give. Anyone who wishes to support Saint Mary's at the end of their life is invited to join this group. If you have questions about any of these things, reach out to me or your Wardens. And in all things, let love for God and for humanity guide your thoughts and decisions.



The Rev. Nathan W. Ferrell

Nathan W. Ferrell +

Sunday of Forgiveness



This week's Theme reminds us that Jesus expects us to forgive one another before we receive God's forgiveness. Therefore, those who are unable to forgive are NOT forgiven. To not forgive one another causes us to lose the forgiveness of our God.

FORGIVENESS SUNDAY 18 FEB

On the First Sunday of Lent, our Sunday morning liturgy changes quite a bit. As we dive into this season of self-examination and preparation, we pray the Great Litany (first written in English in 1544), and we participate in the Rite of Forgiveness (an ancient Lenten practice from the Eastern Orthodox tradition). Get ready to feel the change that Lent brings to us on Sunday 18 February.

FORMATION HOUR: 9:15 - 10:15

FORMATION

SUNDAY

Our Sunday Formation is an opportunity for all to grow together as we build “**authentic, vibrant, Christ-centered community**” in this place. Everyone is invited to gather at 9:15 for any group: a prayerful group in the Chapel, a discussion group in the Auditorium, and youth activities in the lower level Guiding RAY area.

Guiding RAY for Youth

Lessons, crafts, and fun every Sunday following the lectionary and church calendar, before classes begin. Volunteers needed!

Be Still in the Chapel

Everyone is invited to gather for times of silence, for contemplation of poetry and spiritual writings, and for shared response. The only thing needed is an open heart and a beginner’s mind. See p.12 for a sample of reflective selections.

Coffee & Conversation in the Auditorium

At 9:15, grab a cup of coffee and a bite of food, then join Fr Nathan and Deacon Matthew in informal and informational discussions on what’s happening around us. **Below are the topics for this month:**

FEB 4: Eliminating Hunger in Maine Join the conversation with Deacon Matthew and Nancy Lightbody from Falmouth Food Pantry, our February Outreach partner.

FEB 11: Shrove Sunday Pancake Breakfast for All: Tradition dictates the eating of pancakes before Lent begins. Come and eat as many as you can on this "Shrove Sunday." All ages are welcome!

FEB 18 - MAR 24: Lenten Discussion Series - Bearing Witness in the Holy Land - see page 14 for more

CONFIRMATION, RECEPTION & REAFFIRMATION

Concerning the Service of Confirmation (from the BCP p.412): “In the course of their Christian development, those baptized at an early age are expected, when they are ready and have been duly prepared, to make a mature public affirmation of their faith and commitment to the responsibilities of their Baptism and to receive the laying on of hands by the bishop. Those baptized as adults, unless baptized with laying on of hands by a bishop, are also expected to make a public affirmation of their faith and commitment to the responsibilities of their Baptism in the presence of a bishop and to receive the laying on of hands.”

Who are candidates for Confirmation?

1. Those who have been baptized.
2. Those who are ready to make a public statement of their identity as a follower of Jesus.
3. Those who are between 14 and 114 years of age. Each young person must at least currently be in high school.

Who are candidates for Reception?

1. Those who have been baptized and confirmed in another tradition which also has bishops in apostolic succession.
2. Those who wish to make a public statement of their identity as a member of The Episcopal Church and the Anglican Communion.

Who are candidates for Reaffirmation?

1. Those who have already been confirmed by an Episcopal or Anglican bishop.
2. Those who feel called, after time away from the church or after an important life transition, to make a public statement about their renewed commitment to Christ.
3. Those who desire the Bishop of Maine to lay hands upon them and to pray for the Holy Spirit to strengthen and uphold them.

If you are one who fits any of these three categories, and if you feel led to pursue Confirmation, Reception or Reaffirmation, please contact Fr. Nathan. We have an Episcopal Visitation scheduled for **Sunday 10 March**. It may be possible to be confirmed, received or reaffirmed at that time with Bishop Brown here at Saint Mary’s, but plans must be made soon in order for this to happen.

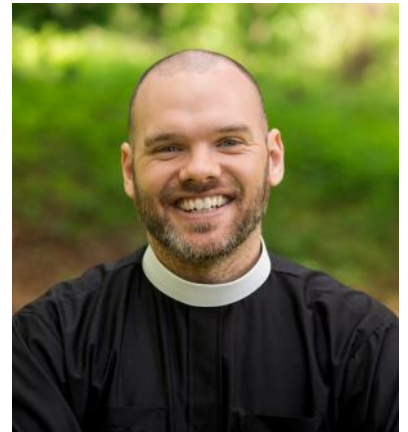
A Meditation on the Three Temptations of Christ

by Deacon Matthew Simpson

Every First Sunday in Lent, there is usually a reading related to the Temptation of Christ in the desert. I think it is useful in Lent to take time to contemplate this story and these mysteries. Obviously, since no one was there, it was important enough for Jesus to tell his apostles of this story. Likewise, it was an important enough story for his apostles to recount it to the early Church. When contemplating these temptations, I understand them as warnings against wealth, pride, and power; and, as advocates for gratitude, humility, and self-sacrifice.

In the first temptation we see Jesus facing hunger:

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."'



How easy it is for us to forget how utterly reliant we are on God's grace with full bellies; how easy it is for us to replace faith with comfort? We may believe we have earned our wealth fairly, but isn't even the ability to acquire wealth (health, geography, etc.) all a grace from something bigger than ourselves? Jesus sets the record straight abruptly and succinctly: **it is only by the will of God we were created, and only by the grace of God we have this life.** Our ability to acquire wealth and comfort all stems from God's goodness. What we can learn from this temptation is a radical gratitude to God. We are always to give thanks to God for all we have.

The second temptation:

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."'

Many religious zealots have fallen for this folly: they believe themselves special, chosen by God. They use the conviction of their own self-righteousness to inflict their will onto others with force and manipulation. They believe the same rules that apply to everyone else simply don't apply to them. Even in something as basic and universal as the law of gravity, the zealot, in their pride and hubris, thinks they can rise above-- they are God's chosen after all.

In our modern time, how often do people feel the same way? Now, politics is the *religio populorum*, and how many people believe the rules don't apply to them? Even more important, how many times do I think I am special - that I am right, and the rules don't apply to me? Jesus understands himself as the Son of the Living God, AND he understands the same rules of humanity apply to him. In Jesus we see the ultimate humility - the ultimate "right-sizing," and it is a lesson to us all. Jesus is in fact chosen by God, and he takes no privilege from it. Being chosen isn't a power to be exploited, but a responsibility to God and others. Jesus reminds us that we are loved by God AND we are not that special.

The third temptation:

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."'

Dominative power, the power to rule and control others, is the ultimate seducer of humanity in relationships. How often do we believe if we were in control of the world or others, life would be better? How often do we think if our person or party was in power, all would be saved? How often do we think it is the power of the gun that really rules, not God? If we look around, we certainly have many reasons to believe this. But Jesus rejects political and military power as the answer to our salvation: God is the source of our salvation. Jesus gives up dominative power and takes on the power to give freely of oneself to others. Jesus will give up a throne and take on a towel and basin; Jesus will give up a crown and take up a cross. Jesus rejects utterly the seduction to control others, and instead submits himself to God alone. And in the submission to God, comes the power to love and serve others... this is how God saves the world; this is true power.

In this Lent may we reject the vanities and temptations of this world that lure us to ego-centric pride, greed, power and glory. This path leads to death. But let us with our Savior follow the true way of power and salvation: the path of humility, peace, gratitude, and charity to all.

Shrove Sunday Pancake Breakfast February 11, 9 - 10:15 AM



The traditional Mardi Gras or Shrove Tuesday pancake event will be held early this year.

Please join us for a parish-wide pancake breakfast from 9 - 10:15 in the Auditorium.

Parishioners of all ages are welcome, including families and children.

Ash Wednesday is 14 February

In the Chapel:

4 PM: Family Ash Wednesday gathering

In the Sanctuary:

12 noon: Brief Ash Wednesday liturgy

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



Please note that Ash Wednesday and Good Friday are the two Fasting Days that each Christian is expected to observe by special acts of discipline and self-denial' (BCP p.17)



tacklehunger.org

As part of a nationwide effort, bring your Food Pantry donations on February 4 & 11:

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

And our Last Sunday Offering on February 25 will go to the Falmouth Food Pantry.

Together We Can Tackle Hunger!

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**

Dates to Remember:

February 4 at 9:15: Please join us in the auditorium at formation time for a discussion on hunger in Maine presented by Deacon Matthew, followed by a discussion about the Falmouth Food Pantry presented by Nancy Lightbody. These will be an informative discussions with time for questions.

February 11 soft deadline: Guiding RAY is spearheading our annual SOUPERBowl challenge, which encourages parishioners to support the Food Pantry by bringing in cans of non-creamy soups and cereals. Please consider supporting this fun challenge!



The Falmouth Food Pantry has been serving families from Falmouth, Westbrook, Cumberland, Yarmouth, and Portland for over 45 years. The Falmouth Food Pantry is currently serving just under 200 families (about 650 family members) a month. The Pantry has been a lifeline for so many families over the years. The Pantry pivoted its operation during the pandemic by offering curbside pickup in addition to delivering food to its clients. Since the end of the pandemic, the Pantry has continued to bring food to its families. There are close to 70 people who currently volunteer for the Pantry. Volunteers pick up food from Shaw's, Hannaford, local churches, the Falmouth Memorial Library, the Falmouth Town Hall, Save-a-Lot, and Good Shepherd Food Bank. Volunteers shelve the food and prepare packages for delivery to the Pantry's regular clients. Currently the Pantry delivers to each family a large box of nonperishable food plus eggs, meat, and fresh vegetables and fruits once a month.

The Falmouth Food Pantry accepts food donations from individuals. The most helpful foods are soup in cans, boxes of pasta, cold cereal, canned tuna fish, canned chicken, and granola bars. If you know a Falmouth family with an urgent need, please call Nancy Lightbody at the Pantry at 776-0081. You may also support the Pantry through monetary donations. Donations should be made payable to the Falmouth Food Pantry and mailed to: 271 Falmouth Road, Falmouth, ME 04105. Monetary donations may also be made online

via: paypal: <https://www.paypal.com/fundraiser/charity/1807575> or by Venmo

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.



Outreach Ministry - All Ages Serving Near and Far



St. Elizabeth's
— Essentials Pantry —

St. E's has handed out more than 700 coats, vests & fleeces to folks and families that needed them. (Saint Mary's donated more than 100 of them! Fantastic!)

We are looking for: Bed, bath & kitchen items - clean and in good condition

- ◆ Bath towels
- ◆ Labeled bed linens (matching sheets, blankets, quilts)
- ◆ Labeled table linens (cloths, napkins, placemats)
- ◆ Kitchen ware (pots, pans, sets of plates, mugs and flatware)



Of course, contributions of toilet paper, laundry soap, bath soap, and feminine hygiene products are also welcome. These items can come from house or camp cleaning, unsold items from yard sales or estate sales, down-sizing, clearing out to move to a new home, etc.

There are several other ways you can help. In addition to volunteering your time and/or helping to keep our collection box full with needed items, critically-needed monetary donations can be made by mailing a check to: St. Elizabeth's Jubilee Center, PO Box 4036, Portland, ME 04101 or by making a payment online - see www.stelizabethsmaine.org/give. Our Amazon Wish List is at this link, too. Your generosity gives hope and love to neighbors who are facing hard times!

For more information, please contact Stan Eaton at stan.eaton@gmail.com.



In Her Presence
Out of the shadows and onto the stage

VOLUNTEER OPPORTUNITY with *In Her Presence*!!

For those of you who aren't familiar with IHP, it is a nonprofit based in Portland that reaches out to immigrant women with different cultures and backgrounds. IHP hosts English classes and a variety of educational workshops, providing a platform

for Maine immigrant women to better integrate and succeed with their new life in Maine.

IHP's newest program is supported by a grant from the Gorman Foundation, in partnership with Mercy Hospital. IHP has taken The Frances Warde House (a former convent nursing home in Portland owned by the state) and turned it into a 15-bed residency for homeless, pregnant immigrant women, providing shelter, meals, and community. Mercy Hospital provides the residents with clinical care needed for pre- and post-partem mothers. Once their baby is born, they have a year to find a new home.

A wish for IHP is that these women at FWH have "friendship mentors." Volunteers can visit once or twice a week taking them for coffee, a walk, or a visit to the library and providing them an opportunity to get outside of the FWH and practice their English while learning about their new home in Maine.

If anyone is interested in this wonderful opportunity with IN HER PRESENCE, please contact Anne LaFond (akblafond@gmail.com, 207/266-0475).

YOUTH SERVICE CORPS: February Gathering on 2/18

All those in Middle School and High School are invited to gather for service work with neighbors in need. This gathering brings together young people from around the Portland area. *Great way to get your Community Service hours!*

Look in the eNEWS for more information on the February Gathering. Plans are in the making!

FMI, reach out to Deacon Matthew or Fr Peter Swarr (Trinity Church, Portland, 413-388-8387)



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!

February Soups: Feb 9: Lentil Sausage

Feb 23: Irish Farmhouse Vegetable

Enjoy this free, sit-down dinner and this community-wide fellowship meal in a relaxed atmosphere.

You will be feted with a homemade 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!



American
Red Cross

Together, we can save a life

Critical Need Blood Donations Thursday, February 2, 9 - 2 In Saint Mary's Auditorium

There is a critical need for blood! It is safe for all healthy people to give blood. Sign-up today to be a blood donor and give to those who need your blood to survive! Go to www.redcrossblood.org to make your donor appointment. Location code:

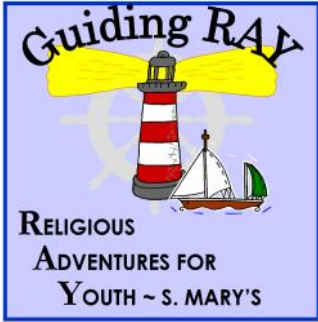
StMary

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

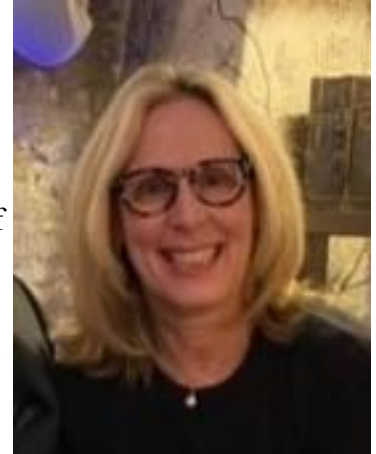
HOW DO YOU CHOOSE YOUR SEAT ON SUNDAY MORNING?

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

Youth Christian Formation



Guiding RAY is a fun, fellowship-oriented time on Sunday mornings for children in preschool through 6th grade. During the program year (Sept. - June), 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.



Meg Hurdman,
Saint Mary's Family Minister

Office Upgrade – Please stop into the newly refurbished Deacon's Office. This is also a place for our education and music ministries. Last fall Buildings & Grounds removed two old metal desks and moved two large filing cabinets (filled with curriculum) to the downstairs Guiding RAY space. We've installed a Danish mid-century modern wooden partners desk and added two comfortable chairs. We have also hung several framed vintage Holy Land and Anglican cathedral posters. Please stop in and take look, and if you need a quiet space to work, feel free to use this office.

Seeking someone who likes to help with ORGANIZING - We have many Godly Play "sets" that need to be organized by Bible story. This is an ongoing project...sorting can be done at home or at S. Mary's. We will use these with the Workshop Rotation curriculum on Sunday mornings and in the future if S. Mary's opens a pre-school.

February Theme - The Ten Commandments: God's Laws

- The Ten Commandments (Exodus 20 or Deuteronomy 5)
- The Catechism - Book of Common Prayer (p. 847-48)
- The Fulfillment of the Law & The Greatest Commandment (Matthew 5:17-20 & 22: 34-40)

SOUPer Bowl of Caring: TACKLE HUNGER and be a GAME CHANGER.

Everyone, young and old, bring cans of soup for the Falmouth Food Pantry. From 1/28 through 2/11, collection baskets will be in the parish house 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 Morning February 11, 9-10:15am - Pancake Breakfast and First Communion Day. The traditional "Shrove Tuesday" pancake event will be held early this year. Please join us for a parish-wide pancake breakfast from 9 - 10:15 in the Auditorium. Parishioners of all ages are welcome including families and children.

Click for Guiding RAY program info

No Guiding RAY classes will be held on FEB 11, because all children will be in worship to participate in the service, with our First Communion children taking a lead role. Nursery will be open for age 3 and under.

Wednesday February 14 at 4 PM - Ash Wednesday family program in the chapel. Please join us for a short children's service. This begins the season of Lent, which is 40 days (not counting Sundays) of repentance prior to the celebration of Easter.

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on January 17, 2024. Father Nathan led a teaching moment on the week of Prayer for Christian Unity that is held annually in late January. It was started in 1904 with the goal of creating greater unity among Christian denominations.

Peter Guyton shared the year end results for 2023. After all the unknowns and starting with a significant projected deficit, we closed the year with a net gain of \$2,140. This is the result of being careful with spending, good fundraising, strong non-pledge giving, and healthy returns on our investments.

2024 is starting off strong, exceeding our pledge goal of \$300,000. We still have people who have indicated they will pledge but haven't done so yet.

We discussed the Annual Meeting. We will present an overview of Foundation 135 and the proposed Guiding RAY Day School.

Father Nathan shared that he would like to take his sabbati-



Janet Bowne, departing Senior Warden



Steve Conley, incoming Senior Warden

cal in 2025. His compensation package calls for one every five years. The next one is slightly off schedule. His time during deployment did not count on the five-year clock. He delayed it further to better fit his family's needs and the church calendar. Nathan expressed his gratitude for the incredible staff we have. They are an amazing group.

Calling all books!

Saint Mary's BOOK SALE

Saturday, MARCH 16, 2024

9-12 noon

- ◆ Donate books
- ◆ Help sort books
- ◆ Lead a section

Have any questions? Please email

Vanessa Record at recordvanessa@gmail.com

No encyclopedias, magazines or textbooks, please.

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

Annual Meeting recap - in case you missed it!

We held our Annual Meeting on January 28. With over 80 parishioners in attendance, we started with a sumptuous brunch prepared by the fantastic cooks! We started our meeting with a heartfelt dedication of our new dishwasher to Marti Galli. Marti passed away last year, but her family wanted to honor her and help Saint Mary's with a gift for the kitchen. In addition to the dishwasher, the memorial gift also purchased new aprons and knives. Odette and Scott Thurston, Marti's daughter and son-in-law, were with us for the dedication. We appreciate their incredible generosity in Marti's memory.

The meeting began with the election of the new slate: Steve Conley, Senior Warden; Tom LaPlante, Junior Warden; Melissa Kane, Valerie Kyros and Pat Peard for Vestry Members. The Diocesan Convention delegates are Bonny Rodden, MaryAnn McLean, Lynne Shepherd, and Nadine Timberlake, with Fred Webber as Alternate.

We also passed a new bylaw enabling the Vestry to appoint an auditor annually and creating a reasonable timeline for an annual audit.

Treasurer Peter Guyton presented our financial results for 2023 and the budget for 2024. Last year we started with a significant deficit but, because of very generous giving, we were able to end the year with a small surplus. We are projecting a deficit in our 2024 budget but feel that we will make it up through the year. We still have some regular pledgers who have not yet pledged but have indicated that they will pledge!

Peter also spoke about our endowment funds that now exist under the management of Harpswell Capital Advisors after being transferred from the Diocesan Funds in July. We now have timely and accurate information on performance. Harpswell's staff is easy to work with and very helpful with advice.

Our discussion then turned to the Foundation 135 campaign. Steve Conley presented an overview of the work that needs to be done to the church building and the rectory. Last year, we contracted with Thornton Tomasetti Engineering to determine what needs to be done. Their engineers, using drones and other resources, examined every part of the church building. Water leaks can no longer be patched. The leaks need to be fixed, and the damage repaired.

We don't have a firm budget for this project yet. We have identified Knowles Industrial Services Corporation as an excellent contractor to do the work. They have a tremendous amount of experience in this field. Stay tuned for more information as it becomes available.

Father Nathan presented the update on the plans for the Guiding RAY Day School. We are moving through the town regulations and approvals. The Maine Department of Health and Human Services loved our space and had a few small requirements we needed to meet before opening. We will share more updates as the process evolves.

Steve Conley gave thanks to all for their attendance and to the kitchen staff particularly the Bell/Richards family for the wonderful food. The special community spirit at Saint Mary's was noted as well. Also thanked were Rudy Israel for his service to the vestry, Jan Mordarski for being clerk for the vestry, Meg Hurdman and Melissa Roland for their work with Guiding RAY, and all volunteers to Guilds, Committees and ministries. Ben and Betsy Parks-Stamm were thanked for their work during a transition year for our outreach committee. A call to service was offered for all members, new and current, to participate in any area of service. Thanks were offered to the fundraising teams from the book sale and summer soiree with special thanks to Mary Sullivan for her leadership of Sparkles. Blessings were also offered to our staff members Beth Shaw, Bruno Mbongo, Fr. Nathan, Deacon Matthew and very special thanks to James Kennerley and our music ministry. The thanks ended with a standing ovation for Janet Bowne, outgoing Sr Warden for her dedication for the last four years. She was presented with flowers and a slate tile with a picture of Saint Mary's, and a note of thanks for her service from a grateful congregation.



Music Ministry: Sacred Music Series - part 4

by James Kennerley

One of the most remarkable musical compositions of the twentieth century was produced by American experimental composer, John Cage (1912-1992). One of the leading exponents of the avant-garde (a term that derived from the French military for a group sent out to scout ahead of the main army), Cage produced music that was as contrary to the received forms and traditions as it was aesthetically innovative. In the 1940s, he wrote pieces for the so-called “prepared piano,” whereby nails, screws, ping-pong balls, and other objects were inserted into the piano at very specific locations and which permanently altered the natural sound of the instrument. In 1951, Cage conceived what he would deem his “most famous and controversial creation,” 4’33” (pronounced “four minutes, thirty-three seconds”).

What has this to do with sacred music, you might well ask? Here’s the twist: the sheet music for 4’33” doesn’t actually have any music written down. Instead, the score instructs the performers not to play their instruments during the three movements but instead listen to the sounds around them. Those sounds may include external traffic noise, birdsong, the whispered voice of a confused concertgoer, or the HVAC fan whirring away. Cage’s point was that sound was—and is—everywhere. During a 1951 visit to Harvard University’s anechoic chamber—a room essentially engineered to be completely devoid of sound reflections—Cage still heard two distinct pitches (which turned out to be his circulation and his nervous system). It’s a lovely metaphor for the sound of silence in worship, which extends to all parts of our liturgical tradition.

It comes as a surprise to many that The Book of Common Prayer, the closest text that we have to a liturgical “rule book,” stipulates the use of silence only twice: at the Breaking of the Bread (or Fraction) during the Eucharist, and during the Laying on of Hands, the most sacred moment of the ordination service when the Holy Spirit is invoked as the priest is consecrated. Of course, The Book of Common Prayer makes many suggestions for the use of silence before and after Collects, readings, and other prayers. As John Cage demonstrates, silence is not simply a lack of sound. In the context of corporate worship, silence is an invitation for the congregants to offer their individual prayers, in contrast to moments such as singing hymns or reciting the Lord’s Prayer when we purposefully pray in unison.

Silence is an invitation for our hearts and minds to truly listen and speak to God. It allows us to contemplate the workings of the Holy Spirit and the Sacred Mysteries in a most profound way. It is surely of no coincidence that the Biblical word “mystery” is derived from the Greek word, “mysterion,” which itself comes from the root, “muo”—literally, “shut the mouth” (and related to our modern word, mute). Far from being a passive reclusion of the congregation, silence represents an important opportunity for a most powerful form of prayer. In a world fraught with constant noise, it may be our most effective antidote.

James



James Kennerley,
Music Minister

COUPLE CHECK UP: A Resource for Saint Valentine’s Day... and beyond



Looking for a proven resource to strengthen your relationship and spark meaningful conversations? Check out this resource called [Couple Checkup](http://www.couplecheckup.com) (www.couplecheckup.com). It is built on the same database as the renowned Prepare-Enrich tool, and it can be utilized by couples of any kind. If you are honest and open-minded, a Couple Checkup may offer great insights that can increase the health of your most important earthly relationship.



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.

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

BE STILL is a quiet time between the Sunday services for meditation, poetry, sometimes music, sometimes art, that touches on a theme. The current topic is "Hope," and here's a sampling of the readings we've encountered recently. Join us from 9:15 to 10:00 live in the chapel or *via* zoom most Sundays. (To receive the zoom link, contact Jennifer Gregg at jenniferanngregg@gmail.com.)

It is a serious thing just to be alive on this fresh morning in this broken world. Mary Oliver

Corrie Ten Boom, a Dutch Christian woman who survived the Holocaust, emerged from that experience with a deep sense of hope in God. Even recalling the horrors of the camp, she was able to conclude, "There is no pit so deep that God is not deeper still." This is the voice of faith, the voice of Christian hope.

James Koestler, SSJE

I am making a home inside myself.
 A shelter of kindness where everything is forgiven, everything allowed –
 a quiet patch of sunlight to stretch out without hurry,
 where all that has been banished and buried is welcomed,
 spoken, listened to – released.
 A fiercely friendly place I can claim as my very own.
 I am throwing arms open to the whole of myself –
 especially the fearful, fault-finding, falling apart, unfinished parts,
 knowing every seed and weed, every drop of rain, has made the soil richer.
 I will light a candle, pour a hot cup of tea,
 gather around the warmth of my own blazing fire.
 I will howl if I want to, knowing this flame can burn through any perceived problem,
 any prescribed perfectionism, any lying limitation, every heavy thing.
 I am making a home inside myself where grace blooms in grand and glorious abundance,
 a shelter of kindness that grows all the truest things.
 I whisper hallelujah to the friendly sky.
 Watch now as I burst into blossom.

Julia Fehrenbacher

May today there be peace within.
 May you trust God that you are exactly where you are meant to be.
 May you not forget the infinite possibilities that are born of faith.
 May you use the gifts you have received and pass on the love that has been given to you.
 May you be confident knowing you are a child of God.
 Let this presence settle into your bones and allow your soul the freedom to sing,
 Dance, praise, and love.
 It is there for each and every one of us.

Mother Teresa

There will be a celebration of life for Jody Liddell in the Chapel on
 Wednesday, February 21 at 3:00pm. Join in remembering and honoring her.

Our Upcoming Sunday Lectionary

February 4: Epiphany 5— Isaiah 40.21-31; Psalm 147.1-12, 21c; Mark 1.29-39

February 11: Epiphany 6— 2 Kings 2.1-12; Psalm 50.1-6; Mark 9.2-9

February 14: Ash Wednesday— 2 Corinthians 5.20b-6.10; Psalms 103 & 51; Matthew 6.1-6, 16-21

February 18: Lent 1—Genesis 9.8-17; Psalm 25.1-9; Mark 1.9-15

February 25: Lent 2—Genesis 17. 1-7, 15-16; Psalm 22.22-30; Mark 8.31-38

March 3: Lent 3— Exodus 20.1-17; Psalm 19; John 2.13-22

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)

Merci

Thank you to Joyce and Len Verey, for coordinating all the activities for Partners for World Health, the Mission of the Month for January: the PWH table at every coffee hour, the presentation at Formation, and the volunteer day at the PWH warehouse where we sorted medical supplies.

THANKS!

Thanks to Robin and Fred Webber for all their behind-the-scenes work that enable us to have delectable Coffee Hours after two services every Sunday.

Yay!

Thanks to the folks who planned and did all the work for the annual meeting brunch particularly, the Webbers, Mikey Richards and her mom, Dana Madison and all the other volunteers.

Thanks to the Joyce & Len Verey for the informative Formation on the Partners for World Health and for setting up the volunteer opportunity in early February.

We love to get hands-on!

Thank you to Deacon Matthew for facilitating the training of new Eucharistic Ministers with the help of Becky Pride and Joyce Verey.

Thank you to Maureen & John Hale for organizing, reminding, and delivering all the Giving Tree presents to the deserving families from Salvation Army and the Woodfords Family Services. It makes our Christmases even more meaningful!

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

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	Aco-lytes	Altar Flowers	Coffee Hour
Feb 4 Epiph 5	Baer C Charlie H	Greg U	Alice B Pat P	Neila B	Jeff H Fred W	~	Melissa K	Outreach
Feb 11 Last Epiph	Rayle & Ed A	Mary Ann M	Joyce V Len V	Dawn Y	Betsy PS Polly PS	x	Jan A	Pancakes Kings cake
Feb 14 Ash Wed						x	~	N/A
Feb 18 Lent 1	Len T Baer C	John B	U U	Ginny S	Joyce V Kathleen S	x	Lent	Conleys
Feb 25 Lent 1	Charlie H u	Lee Dernehl	Dawn Y Noah Y	Marian M	Chris M Steve C	x	Lent	Book Sale

WEEKLY SPIRITUAL 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 12 ON THURS in the Chapel and on [Facebook Live](#)

SUNDAY EUCHARIST AT 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 SUNDAY MORNING: Sundays at 9:15 AM In the Chapel and [on ZOOM](#)

WISDOM SEEKERS: Tuesdays at 10:30 AM In the Guild Room and [on Facebook Live](#)

MERTON GROUP: Thursdays at 3 PM [on ZOOM](#)



SOME IMPORTANT DATES IN SAINT MARY'S PARISH FAMILY Happy February Birthdays to:



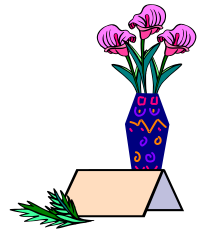
- | | | | | | |
|---|-------------------|----|-------------------|----|-----------------|
| 2 | Brian Duffy | 9 | Griffin Rhoades | | |
| 3 | Valerie Kyros | 9 | Mark Winter | | |
| 4 | Terry Brown | 10 | Katie Bryant | | |
| 5 | Winston Corbett | 10 | Tim Kearins | | |
| 5 | Delilah Hastings | 11 | Janet Corey | | |
| 5 | Tommy Pettingill | 13 | Sydney Young | 17 | Teddy Orestis |
| 6 | Maggie Holt | 14 | Hannah Duchin | 18 | Erica D'Alberto |
| 7 | Caleb Robinson | 14 | Harry Fast | 19 | Tim Follo |
| 7 | Emma Robinson | 14 | Dawn Yerkes | 19 | Claudia Herrold |
| 8 | Ed Ainsworth | 15 | Brad Babson | 19 | Ellie Winter |
| 8 | Chris Thomas | 15 | Polly Parks-Stamm | 21 | Riley Ross |
| 8 | Nadine Timberlake | 16 | Elise Allen | 23 | Anna Dougan |
| 9 | Luke Brown | 16 | David Farnum | 24 | Monique Brown |
| 9 | Eleanor Fox | 16 | Rebecca Morgan | 24 | Jordan Otte |
| 9 | Matthew McGonigle | 16 | Bob Timberlake | 25 | John Frongillo |

We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please update your information in Realm, our online parish database. Thanks!

Happy February Anniversary wishes to:



- 4 Cindy & Chuck Horton
- 26 Charnette & David Chadwick



Bearing Witness

A Journey with Holy Land Christians

What is it like to be the Church in Palestine and Israel today? Come and learn more in this 5 week Lenten journey using videos and resources from the American Friends of the Episcopal Diocese of Jerusalem. Beginning on Sunday 18 FEB at 9:15 during the Formation Hour, each session is grounded in a Gospel passage about a theme in Jesus' ministry (Belonging, Healing, Teaching, Breaking Barriers, and Building Hope). All the videos were filmed on location and they illuminate the challenges of living and working in this multicultural society. Come and join the conversation!



February 2024



The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Epiphany 4 <i>Annual Meeting</i> 9:15 Choral Eucharist 10:30 Brunch 11 Annual Meeting 4-6:30 OC rehearsal 5 Immerse Bible ZOOM mtg 7 12-step meeting	29 9 Staff meeting 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	30 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearse in Aud 6/7 12-step in Aud & GR	31 12 Noonday Prayer 4-8 Horizon Voices	2/1 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	2/2 The Presentation Office closed 9-2 Blood Drive	2/3 9-2 Vestry Retreat
4 Epiphany 5 8 Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist 4-6:30 OC rehearsal 5 Immerse Bible ZOOM mtg 7 12-step meeting	5 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	6 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 3 CARE meeting 4 FLUKES rehearsal 6/7 12-step in Aud & GR	7 12 Noonday Prayer 4-8 Horizon Voices	8 12 Healing Eucharist 3 Merton Group 5:30 Sacred Ground 6 AIAnon in GR 6:30 SMChoir rehearsal	9 Office closed 5-7 Souper Supper	10 1-6 First Communion Retreat
11 Last Epiphany 8 Quiet Eucharist 9:00 Pancake breakfast 10:15 Choral Eucharist 4-6:30 OC rehearsal 5 Immerse Bible ZOOM mtg 7 12-step meeting	12 9 Staff meeting 10-1 Garden Club 12 Noonday Prayer 5 Be Still 6 PCC rehearsal	13 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 3 CARE meeting 4 FLUKES rehearsal 6/7 12-step in Aud & GR	14 Ash Wednesday 12 AW Liturgy 4 Family AW 6 AW liturgy 4-8 Horizon Voices	15 12 Noonday Prayer 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal AVE deadline	16 Office closed	17
18 Lent 1 8 Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist 4-6:30 OC rehearsal 5 Immerse Bible ZOOM mtg 7 12-step meeting	19 Presidents Day <i>Office closed</i> 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	20 AVE Deadline 8:30-11 St. Elizabeth's 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearse in Aud 6/7 12-step in Aud & GR	21 12 Noonday Prayer 3 Jody Liddell memorial service 4-8 Horizon Voices	22 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	23 Office closed 5-7 Souper Supper	24 St Matthias
25 Lent 2 8 Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist 4 Lenten Evensong 5:30 Immerse ZOOM mtg 7 12-step meeting	26 9 Staff meeting 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	27 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearse in Aud 6/7 12-step in Aud & GR	28 12 Noonday Prayer 4-8 Horizon Voices recovery time	29 Leap Day 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	3/1 Office closed	3/2



THE EPISCOPAL CHURCH OF SAINT MARY

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

SUNDAY WORSHIP

8:00 - *Quiet Eucharist*
9:15 - *Formation hour*
10:15 - *Choral Eucharist*

WEEKDAYS IN THE CHAPEL:

MONDAY - WEDNESDAY

12 Noon Day Prayer

THURSDAY

12 Healing Eucharist

BE STILL CENTERING PRAYER

5:00 Mondays



YOUR STAFF

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

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

James Kennerley, *Music Minister*
james@smmary.org

Meg Hurdman, *Family Minister*
GuidingRAY@smmary.org

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

OFFICE HOURS

MON - THU, 9 - 4

Copy deadline for Mar AVE: Feb 20

YOUR 2024 VESTRY

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

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

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

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

Melissa Kane, 831-0573, melissa1959@earthlink.net

Valerie Kyros, 233-6200, valkyros1@gmail.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

Saint Mary's Altar Flower Fund 2024



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 (March 31) 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. The honored do not have to be active or a member - just a loved one.

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 Monday, March 25, 2023):

Name _____

Name _____

Name _____

Name _____

3. Please provide Sunday Altar flowers during this 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