



## Do You Know What I Have Done To You?

On Maundy Thursday 28 March, it will be our intention to participate in the ancient Christian ritual of footwashing. This is one of the most unique practices within the Christian tradition. Perhaps many of you, like me, watched a surprising commercial about this during the SuperBowl. As soon as I saw the first scene of someone down on their knees pouring water over the feet of another who would be considered an opponent in the culture wars, I knew it was a “Jesus” commercial. There is no mistaking the origin of this ritual nor its meaning. (If interested, one can find that commercial online at [www.hegetsus.com](http://www.hegetsus.com)).



*The Rev. Nathan W. Ferrell*

The story of footwashing is found only in John 13. In this story, Jesus gladly takes on the role of a house servant to wash the feet of his closest disciples, including Judas who was to betray him later that night. The paradox of the story is profound, and so are the implications for those who choose to be disciples of Jesus. The Messiah, the Bread of life, the Light of the world, the Truth – this One chooses to serve and to bless those who would soon abandon him to save their own skins, and even one who would betray him for money.

When he finished, he asked them, “Do you know what I have done to you?” (John 13.12). What a question! How could they possibly understand all that this meant for them - and for us? Throughout the intervening centuries, many leaders have used their Christian faith to bolster their political power, but a true Christian leader demonstrates their faith by washing the feet of their political rivals. Can you imagine such a scene of cross-aisle footwashing in Congress today? Rather than impugning the character and motives of opponents, authentic leaders who claim to be Christian should actively seek ways to serve those same opponents with humility and compassion.

If you and I choose to walk in the way of Jesus, we become recipients of the highest possible honor and the most challenging duty. Our reward is that we have the privilege to do what Jesus did, to follow his example. After the footwashing, he also said, “If you know these things, you are blessed if you do them” (John 13.17). IF we do them. As Holy Week approaches, allow me to encourage you in the strongest possible terms to do these things. Come and wash feet on Maundy Thursday, either at Noon in the Chapel or at 6 PM in the Auditorium. Yes, it is awkward and uncomfortable. Yes, it requires you to make yourself vulnerable. But this is what makes it so special. The Teacher promised blessings for those willing to take the risk and humble themselves. Perhaps even more vital is the awareness that such acts of humble service are the only way that this hurting world is ever going to find hope and healing. Jesus did show us the way. Let’s walk it together.

*Nathan W. Ferrell +*



**Palm Sunday : Sunday of the Passion: 24 March**

**Passion Readers wanted. If interested, contact**

**8:00 Becky Pride, [RebeccaPride1@gmail.com](mailto:RebeccaPride1@gmail.com)**

**10:15 Joyce Verey, [JoyceVerey@gmail.com](mailto:JoyceVerey@gmail.com)**

# Foundation 135: Preserving the Faith

The pieces are slowly coming together for our Foundation 135 campaign. We will soon have firm construction expense numbers from Thornton Thomasetti. Our Project Team is working with this firm and with Knowles Industrial Services of Gorham to develop a timeline for these repair projects. Due to unrelated delays, it looks like work will not begin until autumn of this year.

In case you have never seen it, here is one photo of the old spiral staircase which leads up the tower to the bell. It is difficult to tell from this photo, but these stairs must be replaced as part of this project and much of the mortar between these bricks will need to be repaired. This will be a complicated and complex undertaking.

We are also gathering estimates from contractors for some of the other various project needs, such as tree removals and paving.



We are also gathering a team who will serve as our Development Team. With firmer expense numbers, we will soon have a clearer picture of our fundraising needs. If you would like to be part of this effort, or if you feel called to help with grant writing as a way to raise funds for this campaign, please reach out to Janet Bowne. We are also exploring the possibility of a Historic Registry designation as a means of access to restoration grant funding.

Saint Mary's is on the March 26 agenda of the Falmouth Board of Zoning Appeals to receive a Conditional Use Permit to operate our Guiding RAY Childcare Center. After this hurdle, the only other town requirement will be a Planning Board review of the Center and its possible ramifications.

We need to find a potential Director for our Guiding RAY Childcare Center. If you know of anyone who may be interested in being part of the foundation of this center, please share this name with Nathan. They must be licensed to run a childcare center or open to becoming licensed. We can certainly work with them through the process.

## Our March Scripture Readings

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

**March 10: Lent 4** - Numbers 21.4-9; Psalm 107:1-3, 17-22; John 3:14-21

**March 17: Lent 5** - Jeremiah 31:31-37; Psalm 119:9-16; John 12:20-33

**Mar. 25: Palm Sunday** - Mark 11:1-11; Isaiah 50:4-9a; Psalm 31:9-16; Mark 14:1-15:47

**Mar. 28: Maundy Thursday** - Exodus 12.1-14a; Psalm 136; I Corinthians 11.23-26; John 13.1-15,33-35

**March 29: Good Friday** - Hebrews 4.14-5.9; Psalm 22; John 18.1-19.42

**March 30: The Great Vigil** - Genesis 1; Genesis 22.1-18; Exodus 14.10-31 & 15.20-21; Ezekiel 37.1-14; Zephaniah 3.14-20; Romans 6.3-11; Mark 16.1-8

**March 31: Resurrection Sunday** - 1 Corinthians 15.1-11; Psalm 118.1-2,14-24; Mark 16.1-8

# FORMATION HOUR - 9:15 - 10:15



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:**

**MAR 3:** Lenten Discussion Series - Bearing Witness in the Holy Land

**MAR 10:** Bishop Brown official visit: available for Q &A

**MAR 17, 24:** Lenten Discussion Series - Bearing Witness in the Holy Land concludes



## 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. From 18 FEB thru 24 MAR at our 9:15 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!

### 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; they don’t have to be a member or friend of Saint Mary’s.

In 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.

***See the inserted (or last digital page) Altar Flower Fund form or find it in the Parish House or Narthex.***





## Is Not This the Fasting That I Chose?

by Deacon Matthew Simpson

As I was contemplating what to write for the Lenten article in March, I came across one of the Scripture readings for Ash Wednesday from Isaiah 58. The assembly is being called to fast, but far from the traditional forms of pious fasting, God through the Prophet changes the vision of what true fasting and true repentance towards God look like:

*Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?*

*Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;*

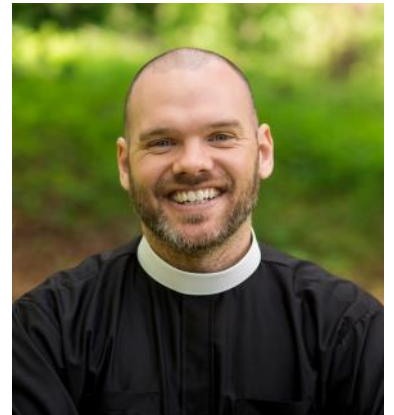
*If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,  
if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.*

*you shall be called the repairer of the breach,  
the restorer of streets to live in.*

What a world-altering vision! God's Extravagant Dream for us: that the powers of oppression, the powers of poverty, the powers of hatred and violence are torn asunder! And the Prophet calls on the people of God to replace their traditional understandings of piety with this divine dream.

It reminds me of what God speaks through the Prophet Amos when he calls on the people to repent. The people trust in their expressions of fanciful religious piety, but God declares boldly that God detests their praise and piety; instead, God declares: "***But let justice roll on like a river, righteousness like a never-failing stream!***"

Time and time again, we religious people try to get closer to God by individual and collective forms of pious expression. And time and time again in the Prophets and through Jesus Christ our Lord, God reveals that if we want to get closer to God, we must treat each other better: we must care for each other better, especially the least among us. May we embrace and live into this wild dream and vision God has revealed to us through the Prophets and in Jesus, our Savior!



## 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.

# Music Ministry: Sacred Music Series - part 5

by James Kennerley

## Sacred music series: the King of instruments *“To my eyes and ears the organ will forever be the King of Instruments.”*

For almost a thousand years the pipe organ has been a cornerstone of the Christian musical tradition. Wolfgang Amadeus Mozart wrote the famous line in a letter to his father in 1777 after playing on an organ built by his friend, J A Stein. Take a look at countless Judeo-Christian sanctuaries in the West and you are sure to be struck by the presence of a pipe organ. They are often visually compelling, designed to complement the architecture of the church and accommodate the physical requirements of the instruments themselves. Listen to the services and you will be certain that the organ plays a significant role in leading the congregation in song. The organ has established itself as the pre-eminent instrument to glorify God through its ability to elevate the liturgy and inspire our hearts, minds, and voices towards a closer relationship with God.

The organ has its earliest roots in ancient Greece, where the engineer Ctesibius of Alexandria is credited with inventing the hydraulis, a portable instrument that was used to accompany secular gatherings. The instrument continued to be used in that fashion throughout the Roman Empire until 812 when Charlemagne (748-814), King of the Franks commissioned a pipe organ for his chapel in Aachen. The instrument grew in size and technical complexity during the Middle Ages and became increasingly commonplace in large churches and cathedrals. Instruments in Northern Europe in the late seventeenth century featured up to four manuals (keyboards), pedals to be played by the feet, and thousands of pipes. Since then, organs have been adapted to take advantage of the latest technology, including electricity, hi-tech computer controls, and digital reproductions.

A 2007 document by our Roman Catholic sisters and brothers summarizes the appropriateness of the organ beautifully: “Among all other instruments [...] the organ is accorded pride of place because of its capacity to sustain the singing of a large gathered assembly, due to both its size, and its ability to give resonance to the fullness of human sentiments, from joy to sadness, from praise to lamentation. Likewise, the manifold possibilities of the organ in some way reminds us of the immensity and the magnificence of God.” While

the Episcopal Church does not have an official statement on the use of the organ in worship, our Anglican tradition bears witness to an incredibly rich and thriving culture of organ music in worship and in concert.

Saint Mary’s has been fortunate to house two instruments in its fascinating history. The first was installed in the 1920s by the Austin Organ Co. as their Opus 1553. Still based in Hartford CT, Austin was responsible for thousands of instruments (including the mighty Kotzschmar Memorial Organ in Merrill Auditorium). Our modest instrument had 13 ranks and was installed in the tower ceiling, speaking through a center grille. The console from which it was played was located on the left side of the chancel, behind the choir stalls. Commissioned in 1977 from the Quebec firm of Casavant Frères, the current instrument was installed on a newly constructed gallery at the west end of the church. It was designed by the renowned German-born organ builder, Gerhard Brunzema, and takes as its inspiration the Baroque organs of Northern Europe of the seventeenth and eighteenth centuries. It has two manuals and pedals, 26 ranks of pipes and 20 stops (individual sounds). It is acoustically and visually stunning and, apart from the electricity used to provide the air, is entirely mechanical in its operation. It is approaching its 50th anniversary and is in need of some cleaning and updating, but it will continue to serve us indefinitely if kept in the best of conditions.

Today a wide range of instruments are used in worship services ranging from piano to rock band, brass ensemble to full orchestra. But the organ, due to its ability to uniquely support and inspire the singing of the gathered assembly, still reigns supreme. Our pipe organ is a tremendous asset to the church, and its effectiveness is borne witness in the lusty and joyous singing of our congregation. While the organ will take a modest break during Lent, providing more somber accompaniments, rest assured that it will return in full force at Easter!

James



James Kennerley,  
Music Minister



## Helping Hands at Home

If you are in need of 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](mailto:admin@smary.org) or Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)



# Saint Mary's BOOK SALE

## Saturday, MARCH 16

### 9-12 noon

- ◆ Donate books
- ◆ Help sort books
- ◆ Share the date with Friends & Family

Have any questions? Please email

Vanessa Record at [recordvanessa@gmail.com](mailto:recordvanessa@gmail.com)

*No encyclopedias, magazines or textbooks, please.*

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



Saint Marians collected a record number of cans and food items for the Falmouth Food Pantry. Thank you to all who donated! There's always a bin in the parish house for pantry donations, so the giving doesn't have to stop here.



On February 2, many Saint Mary's volunteers happily worked with the Partners for World Health in sorting health supplies that will be sent around the world.

## Outreach Ministry - All Ages Serving Near and Far

### Last Sunday Offering Saint Mary's Monthly **MISSION FOCUS**



Our **March Focus is:**



Homelessness remains at “crisis level” across the United States, including in our own state and the Greater Portland community. Families with children are the fastest-growing segment of the homeless population, and Portland is currently experiencing the tightest rental market and largest influx of asylum seekers in its history, making the need to keep families housed especially urgent.

**Greater Portland Family Promise’s mission “is to help families experiencing homelessness and low-income families achieve sustainable independence through a community-based response.”**

GFPF is dedicated to preventing family homelessness. The Family Promise model is based on partnering with faith communities and other social service organizations to create a community-based a system of care for families. In addition to providing temporary housing, Family Promise will provide case management services, thereby truly addressing the needs of children and their families who are experiencing homelessness.

The current sheltering of families is in the basement of Williston-Immanuel Church in Portland.

### How You Can Help!

We will be collecting monetary and *Walmart Gift Card* donations later this month.

#### Volunteer Opportunities with Family Promise

**Move-In Team** - When our families get housing, we call the moving team to help them move everything into their new place.

**Family support partners** - Our newly housed families often need some support to adjust to their new communities so we pair them with a volunteer.

**Food and Diaper Distribution** - Every month we distribute food to our families. Volunteers will pack, sort and deliver these food parcels.

**Education and Enrichment** - We have had many volunteer-led initiatives in the past including arts & crafts, English classes, and shelter volunteering.

For those interested in volunteering there is a volunteer inquiry form on their website at <https://www.gpfamilypromise.org/>

**PLUS! Make a Last Sunday Offering on March 31** to support the Monthly Mission Focus - Last Sunday Offering!



### **Sandwiches for Milestone! First Sunday of each month**

**On March 3, all are welcome to participate in building the roughly 60 sandwiches at 9:15 between the 8 and 10:15 services. We hope to have these times together to meet and connect with each other and new church attendees. We will provide the "fixings" and we hope to do this in the guild room. Join us!!**



## Outreach Ministry - All Ages Serving Near and Far



### One Morning in February ...

Would you like to know what impact your gifts to St. Elizabeth's Jubilee Center (St. E's) have? These pictures, taken Tuesday, February 20, show the "before and after" of a typical day when the volunteers from Saint Mary's provide assistance to our neighbors in need. Saint Marians serve every third Tuesday.

The material distributed this week was collected over the past month from people like you at the eight supporting churches involved with St. E's. Of course, contributions of kitchen wares (pots, pans, plates, cups, etc.) and house wares (matching sets of sheets, blankets, towels, etc.) will continue to be received to supplement the weekly distribution of toilet paper, laundry soap, bath soap, and feminine hygiene products. 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.



Melissa Kane checks the kitchenware inventory BEFORE clients are allowed in to St. E's



Melissa (left) is joined by Lee Dernehl (right) and other volunteers AFTER the clients took what they needed. Wow!

For more information on how to contribute or serve, please contact Stan Eaton at [stan.eaton@gmail.com](mailto:stan.eaton@gmail.com).



**In Her Presence**  
Out of the shadows and onto the stage

## VOLUNTEER OPPORTUNITY with *In Her Presence*!!

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](mailto:akblafond@gmail.com), 207/266-0475).



# 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!

**MARCH SOUPS:** *MAR 8: VEGETARIAN CHILI*  
*MAR 22: MEATLESS CORN CHOWDER*



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** **Wednesday, March 20, 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](http://www.redcrossblood.org) to make your donor appointment. Location code: StMary

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

## **YOUTH SERVICE CORPS: March Gathering on 3/17**

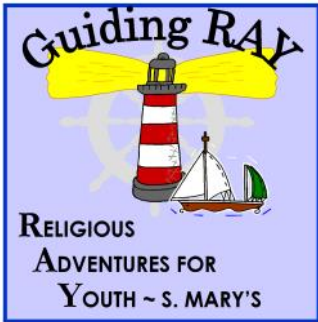
All those in Middle School and High School are invited to gather for service work with neighbors in need. This gathering brings together young people from around the Portland area. *Great way to get your Community Service hours!*

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

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



# 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**

According to Oxford University Press, the slang word of 2023 was *rizz*, a colloquial noun defined as a mix of charm, confidence, magnetism, persuasiveness, and style. Older adults might use the word *charisma* instead. From its pop-culture and internet origins, the word *rizz* has entered daily use among young people. On TikTok the word *rizz* has billions of searches and views.

In English, charisma was used among early Christians to refer to a gift or favorable power bestowed upon a person by the Holy Spirit. In Greek the word charisma means “gift” and comes from the verb *charizesthai* “to favor,” which derives from the noun *charis*, meaning “grace.” Today we use the word as a reference to social (rather than divine) grace, as evidenced by the new slang word *rizz*.

Jesus was charismatic beyond any known person in history. People were so attracted to him they tried to make him an earthly king...by force. Crowds gathered wherever he went. He could not enter towns unnoticed; he could not eat a meal without interruption, and he could hardly sleep. In the gospels there are references to Jesus avoiding the crowds so he could find a quiet place to pray. The gospels repeatedly use the word “multitude” to describe the crowds. The crowds listened to his teaching and sought his healing power. So, we can say with confidence Jesus had *rizz*. Some people were curious; some were desperate outcasts afflicted with disease and other chronic conditions. But did the crowds become his followers?

In March we will be learning about Jesus, the Jewish Passover, the Last Supper, and how those relate to the Holy Communion we celebrate every week at Saint Mary's and around the world. We will learn about charisma and what happened with Jesus and the crowds culminating on Palm Sunday, followed by Holy Week, the agony of Good Friday and the joy of Resurrection Sunday.

## March Lessons:

- The Passover (Exodus 12)
- The Lord's Supper (Mark 14:12-26)
- The Holy Communion - Book of Common Prayer (p. 361-366)

## March Dates to Remember:

- Mar. 3 Regular Day
- Mar. 10 Regular Day
- Mar. 17 MOVIE DAY (& St. Patrick Day)
- Mar. 24 Palm Sunday – All families meet in the Auditorium.
- Fri. Mar 29 4 pm Good Friday Family Service
- Mar. 31 Resurrection Sunday - No Classes – 9 & 11 Easter Family Services – All children in church.

**Click for  
Guiding RAY  
program info**

**CELEBRATE**

**HONOR**

**SERVE**



# Vestry Highlights from the Wardens

by Steve Conley

We held our annual retreat for the new vestry on February 3 in the guild room with a beautiful fire in the fireplace and a vestry eager to plan for 2024. Nathan led us in some activities for us all to get to know each other a bit, including a segment asking each of us if we were going to watch the super bowl for the game or the commercials. There didn't seem to be any real attachment to either San Francisco or Kansas City, but we all had interesting opinions on Taylor Swift who is dating one of the Kansas City's star players. It was a wonderful beginning to our five hours together. I remain in awe of the diverse talent and incredible dedication of the vestry. We are blessed to have such wonderful volunteers leading Saint Mary's.

As I reflect on 2023 at Saint Mary's, it was very much a re-opening in the post COVID-19 era. We are all so different now, a bit more nervous and anxious occasionally, a bit less social maybe. But, as 2023 progressed, I watched Saint Mary's grow. Our number of parishioners attending services increased month after month, and our music ministry brought joy every Sunday. We had a wonderful summer soiree full of great food, fellowship, and a live auction for the ages. If you missed that last year, please be sure to join us this year.

Speaking of fellowship, it will be a focus for us in 2024. We want to have more options and events for people to come together. We welcome everyone's involvement in all of our diverse activities, guilds, ministries, and fundraisers.

We will also turn our focus to Saint Mary's campus buildings. The first project likely will bring a long overdue upgrade to



Steve Conley,  
Senior Warden



Tom LaPlante,  
Junior Warden

our sound system in our sanctuary. Foundation 135 has kicked off to address repairs needed to our church and rectory. Our beautiful organ needs some attention as well. James educated the vestry about our organ and shared that our organ is made up of 3,000 individual pipes!!! In order to clean our organ, it must be disassembled, carefully packed, and taken off-site to be cleaned. Our building and grounds crew is pretty talented, but all agree this is a bit over their pay grade.

There is a lot of excitement at Saint Mary's for 2024, and, on behalf of the vestry, we always welcome your feedback.



*All are welcome*

## REGISTER NOW FOR SUMMER 2024 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. But spots are filling up fast, so get online now if you are interested. Register your child or yourself now at [www.bishopswood.org](http://www.bishopswood.org).



## 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 "Humility," 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](mailto:jenniferanngregg@gmail.com).)

I believe that the first test of great human beings is their humility. I don't mean by humility, doubt of their power. But really great persons have a curious feeling that the greatness is not of them, but through them. And they see something divine in every other person and are endlessly, foolishly, incredibly merciful. - John Ruskin

A mature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all knowing and therefore all of us need both love and charity.

-Eleanor Roosevelt

Humility is perfect quietness of heart. It is to expect nothing, to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised. It is to have a blessed home in the Lord, where I can go in and shut the door, and kneel to my Father in secret, and am at peace as in a deep sea of calmness, when all around and above is trouble.

- Andrew Murray

God had brought me to my knees and made me acknowledge my own nothingness, and out of that knowledge I had been reborn. I was no longer the centre of my life and therefore I could see God in everything.

~ Bede Griffiths

You wouldn't believe what once or twice I have seen. I'll just tell you this: only if there are angels in your head will you ever, possibly, see one.

~ Mary Oliver

Micah 6:8:

He has told you, O mortal, what is good,  
and what does the Lord require of you  
but to do justice and to love kindness  
and to walk humbly with your God?

'Tis the gift to be simple, 'tis the gift to be free  
'Tis the gift to come down where we ought to be,  
And when we find ourselves in the place just right,  
'Twill be in the valley of love and delight.

*When true simplicity is gain'd,  
bow and to bend we shan't be asham'd,  
To turn, turn will be our delight,  
Till by turning, turning we come 'round right.*

'Tis the gift to be loved and that love to return,  
'Tis the gift to be taught and a richer gift to learn,  
And when we expect of others what we try to live each day,  
Then we'll all live together and learn to say,  
'Tis the gift to have friends and a true friend to be,  
'Tis the gift to think of others not to only think of "me",  
And when we hear what others really think and really feel,

Then we'll all live together with a love that is real.

~ Joseph Brackett (1797-1882) and others.

**The dream of my life  
Is to lie down by a slow river  
And stare at the light in the trees -  
To learn something by being nothing  
A little while  
but the rich  
Lens of attention**

**-Mary Oliver**





# Thanks, Kudos and Notes!

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

**Merci**

Thanks to the Usher team for welcoming, directing, helping people as they attend our services!

We appreciate our Prayer team for their devotion to praying without ceasing for all who ask for prayers!

Thanks to the 2024 vestry and staff for participating in the annual vestry retreat.

**T  
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!**

Hooray and thanks to all who contributed soup for our Souper Bowl effort to support the Falmouth Food Pantry!

We are grateful for the team of Saint Marians who regularly volunteer at St. Elizabeth's Essential's Pantry!

Thanks to Bob Swerdlow from PCC for fixing the auditorium piano bench and making it safe.

**Yay!**

**CALLING ALL BAKERS!** Anyone interested in baking Hot Cross Buns on Saturday morning, March 23 for Palm Sunday, contact Valerie Kyros, [valk1@gmail.com](mailto:valk1@gmail.com)

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

Date	8am Usher	8am EM	10:15 Usher	10:15 Lector	10:15 EM	Acolytes	Altar Flowers	Coffee Hour
Mar 3 Lent 3	Baer C Charlie H	Becky P	Joyce & Len V	Betsy PS	Betsy PS Dawn Y	~	Lent	Fellowship
Mar 10 Lent 4	Rayle & Ed A	Al A	Tricia W Ryan S	Jeff T	Steve Jeff H		Lent	Mem Recp
Mar 17 Lent 5	Len T Baer C	Lad T	Dawn Y Noah Y	Stan E	Ben PS Polly PS		Lent	Outreach
Mar 24 Palm	Larry R Charlie H	Becky P & Passion Readers	10am Alice B Pat P	Passion Readers	10am Andrea MH Chris M		Palms	Hot Cross buns
	<b>9am Usher</b>	<b>9am EM</b>	<b>Acolytes</b>	<b>11am Usher</b>	<b>11am EM</b>	<b>Acolytes</b>		
Mar 31 Easter	Baer C Larry R X	X X X		X X X	Chris M Joyce V X Len-lector		Easter	~

## 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 March Birthdays to:



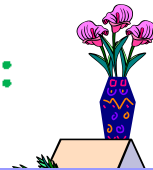
1	Halley Taylor	9	Carson Gall		
2	Janet Bowne	9	Grace Richards		
2	Tricia Wheeler	12	Peter Fitch		
3	Andrea Myles-Hunkin	13	Talie Harris	21	Anna Kenlan
4	Al Ahlers	14	Derrick Buckspan	21	Owen Ross
4	Allen Malony	14	Judy Oliver	23	Ryan Stinneford
5	Rachel McGonigle	15	Bonny Rodden	24	Rayle Ainsworth
6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

**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 March Anniversary wishes to:

28 Onnie & Bob Hastings



 **ST MARY SCHOLA**  
*presents*  
**Canto Intermedii et Concerti**  
featuring Italian secular vocal and instrumental music of the early baroque



Saturday, April 6, 2024 at 4:00pm  
St Albans Episcopal Church, Cape Elizabeth  
— and —  
Sunday, April 7, 2024 at 4:00pm  
St Mary's Episcopal Church, Falmouth  
Hentus van Rooyen, guest director  
*There will be a preconcert talk 30 minutes prior to each performance.*  
TICKETS AVAILABLE AT [stmaryschola.org](http://stmaryschola.org)

## Thankful for the Coffee Hour Fellowship

Many thanks to everyone who has hosted a coffee hour!

### Hosts are still needed in the coming months!

We have simplified the set-up and clean-up process with much of the set-up is done ahead of time. Just set out the plates, cups and napkins, bring a few treats - savory and/or sweet - to share with the rest of the Saint Mary's family. Clean-up is relatively easy and people are around to help.



**Sign up sheets are located outside the Guild Room.**

To learn more, contact Robin Webber,  
Coffee Hour Coordinator

[webberonsebago@gmail.com](mailto:webberonsebago@gmail.com), (207) 536-0274





# March 2024

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>3 Lent 3</b> Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist 4-6:30 OC rehearsal 6 Immerse Bible ZOOM mtg 7 12-step meeting	<b>4</b> 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal Fr Nathaniel	<b>5</b> 9 Art Group 10 Wisdom Seekers 3 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR Beth surgery Navy / Coast Guard duty	<b>6</b> 9 Mainely Weavers 4-8 Horizon Voices 6 ORI/Dowrsers recovery time	<b>7</b> 12 Healing Eucharist 3 Merton Group 4:30 ExCom mtg 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>3/1</b> Office closed 9-2 Mc Audubon 3/8 5-7 Souper Supper	<b>3/2</b> 3/9 4-6 Horizon Voice
<b>10 Lent 4</b> Bishop Brown Visitation 8 Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist 3-6:30 OC rehearsal 7 12-step meeting	<b>11</b> 9 Staff meeting 9 SM Garden Club 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	<b>12</b> 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 3 CARE meeting 3 FLUKES rehearsal 6/7 12-step in Aud & GR	<b>13</b> 12 Noonday Prayer 4-8 Horizon Voices	<b>14</b> 12 Healing Eucharist 3 Merton Group 5:30 Sacred Ground 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>15</b> Office closed (9-2 Mc Audubon snowedate from 3/1 if needed)	<b>16</b> 9 - 12 Book Sale 4-6 Horizon Voice
<b>17 Lent 5</b> Newcomers Sunday 8 Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist 4-6:30 OC rehearsal 7 12-step meeting	<b>18</b> 10-1 Garden Club 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	<b>19 St. Joseph</b> 8:30-11 St. Elizabeth's 9 Art Group 10 Wisdom Seekers 3 FLUKES rehearsal 6/7 12-step in Aud & GR	<b>20</b> 9-2 Blood Drive 12 Noonday Prayer 4-8 Horizon Voices 6 Vestry meeting	<b>21</b> 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal AVE deadline	<b>22</b> Office closed 5-7 Souper Supper	<b>23</b> 
<b>24 Palm Sunday</b> 8 Quiet Eucharist 9:15 Formation / 10 GR 10:15 Choral Eucharist -begin in Auditorium 4-6:30 OC rehearsal	<b>25</b> 9 Staff meeting 12 HW prayers 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	<b>26</b> 9 Art Group 10 Wisdom Seekers 12 HW prayers 3 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	<b>27</b> 12 HW prayers 4-8 Horizon Voices 6 Vestry meeting	<b>28 Maundy Thursday</b> 12 MT Eucharist 6 Agape Meal 7 Last Supper 8 Watch begins	<b>28 Good Friday</b> 12 GF liturgy 4 Family Stations of the Cross 6 GF liturgy	<b>30 Holy Saturday</b> 7:07 PM The Great Vigil
<b>31 Resurrection Sunday</b> 9 Easter Eucharist 11 Easter Eucharist 7 12-step meeting 	<b>4/1</b> 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	<b>4/2</b> 9 Art Group 10 Wisdom Seekers 3 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	<b>4/3</b> 9 Mainely Weavers 4-8 Horizon Voices 6 ORI/Dowrsers Navy / Coast Guard duty days	<b>4/4</b> 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>4/5</b> Office closed	<b>4/6</b> 4 SM Schola at St. Albans



## THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road  
Falmouth, ME 04105  
207-781-3366 / [www.smmary.org](http://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](mailto:nathanferrell@smmary.org)

The Rev. Matthew Simpson, *Deacon*  
[deaconmatthew@smmary.org](mailto:deaconmatthew@smmary.org)

James Kennerley, *Music Minister*  
[james@smmary.org](mailto:james@smmary.org)

Meg Hurdman, *Family Minister*  
[GuidingRAY@smmary.org](mailto:GuidingRAY@smmary.org)

Beth Shaw, *Parish Manager*  
[admin@smmary.org](mailto:admin@smmary.org)

## OFFICE HOURS

MON - THU, 9 - 4

Copy deadline for April AVE: Mar 20

## YOUR 2024 VESTRY

Nathan Ferrell, Rector, 207-310-0268, [nathanferrell@smmary.org](mailto:nathanferrell@smmary.org)

Steve Conley, Sr. Warden, 751-6738, [Steve.Conley@point32health.org](mailto:Steve.Conley@point32health.org)

Tom LaPlante, Jr. Warden, 272-5621, [laplante@maine.rr.com](mailto:laplante@maine.rr.com)

Peter Guyton, Treasurer, 409-0782, [peter.guyton@3dogyard.com](mailto:peter.guyton@3dogyard.com)

Darren Clark, 781-424-9905, [ddclark@maine.rr.com](mailto:ddclark@maine.rr.com)

Kathy Galen, 603-723-5145, [kathleendaisy@aol.com](mailto:kathleendaisy@aol.com)

Melissa Kane, 831-0573, [melissa1959@earthlink.net](mailto:melissa1959@earthlink.net)

Valerie Kyros, 233-6200, [valkyros1@gmail.com](mailto:valkyros1@gmail.com)

Chris Martin, 814-758-2949, [foodservicechris@yahoo.com](mailto:foodservicechris@yahoo.com)

Patrick Murray, 228-5558, [patrickmurray1948@gmail.com](mailto:patrickmurray1948@gmail.com)

Pat Peard, 781-3710, [peardpatricia@gmail.com](mailto:peardpatricia@gmail.com)

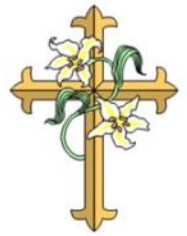
Steve Reeves, 615-440-2505, [stevekreeves@gmail.com](mailto:stevekreeves@gmail.com)

Ben Russell, 883-6544, [blr@maine.rr.com](mailto:blr@maine.rr.com)





# Holy Week 2024 at Saint Mary's



## **PALM SUNDAY 24 MARCH**

8 and 10:15 AM: Liturgy of the Palms in the Auditorium

## **MONDAY, TUESDAY & WEDNESDAY IN HOLY WEEK**

12 NOON: Holy Week Prayers in the Chapel

## **MAUNDY THURSDAY 28 MARCH**

12 NOON: Maundy Thursday Footwashing  
and Communion in the Chapel

6:00: Agapé Meal and Footwashing in the Auditorium

7:00: Holy Communion in the Sanctuary

8:00 (THURSDAY) - 12 NOON (FRIDAY): ALL-NIGHT PRAYER WATCH  
*With the Body of Christ in the Fr. James Chapel*

## **GOOD FRIDAY 29 MARCH**

12 NOON: Good Friday Liturgy in the Chapel

4:00: Family Stations of the Cross

6:00: Good Friday Liturgy in the Sanctuary

## **HOLY SATURDAY 30 MARCH**

### **7:07 PM: THE GREAT VIGIL**

THE ZENITH OF THE ENTIRE CHURCH YEAR!

After sunset, the blessing of the New Fire and lighting of the Paschal Candle,  
the chanting of the Exsultet, renewal of our Baptismal Covenant,  
and the first Paschal Eucharist.

## **SUNDAY OF THE RESURRECTION,**

## **HOLY PASCHA, EASTER DAY: MARCH 31**

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



# 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