



# THE ANNUNCIATION

ST. MARY'S EPISCOPAL CHURCH

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**The First Sunday in Lent**

**March 10, 2019**

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## Nursery

Our nursery is available for infants through 4-year-olds from 8:45 a.m. until 12:15 p.m. The nursery is located in the Sunday School Building. Nursery Director Meg Zehmer and Nursery Assistant Cassie Vestal will be happy to help you get your child settled into the nursery.

## Worship bags

We provide worship bags that contain a coloring page based on the Gospel reading of the day. They are in the front of Little St. Mary's and in the wood bins near the entrances to New St. Mary's.

## Sermons available

Find past sermons available on St. Mary's website at [stmarysgoochland.org/sermons](http://stmarysgoochland.org/sermons) to hear audio and download print versions.

## Connect with us

We would love to learn more about you! If you are a visitor, please pick up a **welcome card** from one of our ushers or in the back of a pew.

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*Would you like to write for us? Contact Ashley Cameron at [acameron@stmarysgoochland.org](mailto:acameron@stmarysgoochland.org)*

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## TODAY'S SCHEDULE

**9 a.m.** Holy Eucharist Rite One, *Little St. Mary's*

**9:30 a.m.** Parish Breakfast, *Parish Hall*

**10 a.m.** Lenten Spiritual Practice, *Parish Office*

**10 a.m.** Sunday School and Confirmation Class, *Sunday School Classrooms and Education Building*

**11 a.m.** Holy Eucharist Rite Two, *New St. Mary's*

**Noon** Cookies and Coffee, *Café and Parish Hall*

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*Do you receive email from us?*

Visit [stmarysgoochland.org/communications](http://stmarysgoochland.org/communications) to sign up for weekly updates and news from us.

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## A WEEKLY REFLECTION

### 5 Ways to Practice Lent:

The season of Lent before us is a brief forty days. We are given a few short weeks to prepare ourselves – in body, mind and spirit – to receive and then proclaim the astounding good news of the resurrection of Jesus, that 'the Lord is risen'.

For centuries, Christians have used this time to take on certain spiritual practices: prayer, worship, study, fasting, giving. The hope is - whatever practice you choose – that during this Lenten season, the Spirit will be at work in you and with you to clarify and bring to light in some new way what is most important and what – frankly – is not. Lent is a season of sifting the wheat from the chaff in each of our lives.

If you like, you can think of these coming forty days as a gift for you. Take time. Give yourself permission. Recall that the Spirit is at work in you. Find time to know this in some new way.

**Here are five ways** to begin sifting the wheat from the chaff this Lent:

- 1. Be Faithful in Your Daily Prayers.** Use a devotional or prayer guide found in the Café or Narthex.
- 2. Come to Church** on Sunday mornings or join us on Wednesdays at noon for Eucharist with Prayers for Healing.
- 3. Learn the Word of God's Love.** Sit on the Gospel with Bob on Sunday mornings. Listen to Lenten Speaker Series on Wednesday evenings. Read *A Season of the Spirit* by Martin Smith.
- 4. Make a Fast. Learn to Wait.** Fast one day a week in Lent. One way to break your fast is with St. Mary's parishioners on Wednesday evenings at the simple Lenten supper.
- 5. Give for Others.** Set aside something of yours for someone else.

We hope the Spirit of the living God will guide each of us, and make of this brief time, a holy Lent, that prepares us for the joy of Easter morning.

**WELCOME!** Whether it is your first Sunday at St. Mary's, or your 401<sup>st</sup>, we're glad that you're with us. Please feel free to introduce yourself to a greeter, an usher, or one of our clergy, and **consider filling out a welcome card**. We invite you to join us on future **Sundays** at 9 a.m. for Eucharist or at 11 a.m. for Eucharist or Morning Prayer, on Wednesdays for **Noonday Prayer** at 12 p.m. in beautiful and quaint Little St. Mary's, for a **class** or **Bible study**, or for many of our other **fellowship** and **outreach** offerings. **Little St. Mary's** and **New St. Mary's** are also **open** Monday through Friday between 8:30 a.m. and 4:30 p.m. and available to you for prayer and reflection. See the back page to get a sense of what we have going on around St. Mary's.

### WEDNESDAYS IN LENT: "THE WORD IS VERY NEAR YOU"

One of the ways to practice Lent this season is to learn the Word of God's love. David May invites you to join us on **Wednesday evenings at 6:15 p.m.** for the annual St. Mary's Lenten Speaker Series. The theme is "**The Word is very near you**" and will be reflected upon by **faith leaders from the Richmond Area**. They will share testimonials on the power and grace of the Word of God, talk about how some scripture has taken up residence in their own spirit, and reflect on what that has meant for each of them in their lives.

**This Wednesday, March 13, St. Mary's welcomes the Rev. Janie Walker**, the Co-Pastoral Director of Richmond Hill. **Janie is an ordained Baptist pastor** and graduate of the Samuel DeWitt School of Theology at Virginia Union University. She was a resident associate pastor at Richmond Hill from 2000 to 2008, then returned in 2014 to serve as a pastoral leader. She writes, "**I live out my passion around God's healing of metropolitan Richmond** by serving as a pastoral presence in churches and community development initiatives."

And please join us for a **simple Lenten Supper beforehand at 5:30 p.m.** This **Wednesday's menu includes white bean chicken chili**, mixed greens salad, corn bread, and, of course, mac and cheese and nuggets for the kids!

### FELLOWSHIP

Come enjoy a delicious **Parish Breakfast this morning! Serving begins at 9:30 a.m.** in the Parish Hall but service is rolling so come anytime between 9:30 and 10:30 a.m. Suggested donation of \$4/person, maximum of \$15/family. **The menu includes** sausage, scrambled eggs, hash brown casserole, cinnamon rolls, and fresh fruit.

**St. Mary's Lunch & Learn is this Tuesday, March 12 at 12 p.m. in the New Parish Hall.** This month features **Susan Rawls, Director of St. Mary's Episcopal School**. She will share an amazing success story, that you won't want to miss! From a modest enrollment at its inception in 2000 to where it is presently, **St. Mary's School has amassed "pride-points" galore and all of us need to be active ambassadors of it**. Please come and hear the story, but first contact **Elizabeth Baker** at the church office (804-784-5678) to reserve a seat for a delicious lunch. **Adults of all ages are welcome**, and their guests.

Lenten Soup suppers begin **this Wednesday, March 13 at 5:30 p.m.** Join your **St. Mary's family for a simple supper** every Wednesday throughout Lent until April 10. Serving begins at 5:30 p.m. with a suggested donation of \$8 per person and \$22 per family. This Wednesday's menu includes white bean chicken chili, mixed greens salad, corn bread, and, course, mac and cheese and nuggets for the kids!

### SPIRITUAL FORMATION AND ADULT EDUCATION

**A new ministry at St. Mary's focuses on aging** as something we all have in common that can be as challenging as it is rewarding. It will offer a variety of programs through the year, but its first offering is a **Lenten forum series at 10 a.m.** on Sundays led by **Dr. Vic Maloy** and titled, "**The Wonder of Years.**" **All ages are invited because we are all aging.**

**Men's Spiritual Practice continues this Tuesday, March 12** at 7:30 a.m. Bob Hetherington invites men of all ages to participate in a spiritual practice. This offering is a **one-hour time of silence, reflection, sharing, and prayer** that focuses on the Gospel reading for the following Sunday.

## CHILDREN AND YOUTH

**The March 2019 schedule is now available for Acolytes.** St. Mary's hopes you will volunteer for a Sunday service in the New Year. Please sign up via Sign Up Genius or email Emily Bruch at [ebruch@stmarysgoochland.org](mailto:ebruch@stmarysgoochland.org).

**Parents of rising 6th graders and current 6th and 7th graders** are invited to come learn about this **summer's middle school mission trip**. The trip for rising 6th - 8th graders is **July 12-17**. It's an **overnight trip to the Shenandoah Valley** where they will get to experience many different forms of mission work in the local communities. **Please attend the Informational Meeting this morning in the Library at 10 a.m. or on Wednesday, March 13 at 5:45 p.m. in the Dover Lounge** to learn more.

**Children's programs follow the Lenten Soup Suppers** on Wednesdays in Lent at 6:15 p.m. to 7 p.m. We will learn the story of Jesus from his baptism through Easter by **watching short videos from the Jesus Storybook Bible**, engaging in a **fun, easy craft** and then heading outside as weather permits to play games.

**Youth are invited to be a part of Stations of the Cross which is on Wednesday, April 10** at 5:30 p.m. followed by a simple supper. This shadow play, performed by the youth of St. Mary's, is a beautiful production and a moving meditation on the crucifixion of Christ. **Rehearsals for Stations of the Cross are on Wednesdays, March 13, 20, and 27** at 5 p.m. Email **Emily Bruch** at [ebruch@stmarysgoochland.org](mailto:ebruch@stmarysgoochland.org) to sign up and learn more!

## LENT AT ST. MARY'S

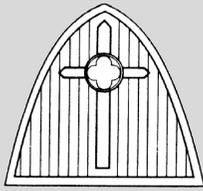
**The season of Lent is upon us. The forty days of Lent** (roughly a 'tithe' of our time each year) **are given as a time of intentionally making ourselves available to the work of the Spirit in each of our lives.** Lenten resource tables are set up in the **narthex of New St. Mary's and in the Café near the new Parish Hall.** There you'll find a variety of resources **for learning, for growing, and for preparing** that we hope you'll find useful and encouraging.

**One practice during Lent is giving for others.** Did you know that **St. Mary's has a collection closet for GoochlandCares?** Go through your home and **give clean, undamaged items** to our neighbors in Goochland County. Drop them in the closet in the back of the Education Building on Sunday mornings or during the week during office hours.

Bob Hetherington **invites parishioners of all ages to a one-hour time of Spiritual Practice** on Sunday mornings in Lent at 10 a.m. in the Parish Office **beginning Sunday, March 10.** It's one hour of silence, reflection, sharing, and prayer.

### ARE YOU NEW? OR A RETURNING VISITOR? CONNECT WITH US!

- ❖ **New to St. Mary's?** First time or returning visitor? Please help us get to know you by filling out a **welcome card** found in the back of every pew.
- ❖ **Need a nametag?** Please **sign up for one** in the back of the church or make a temporary one. If you already have one, **please remember to wear it** to help make St. Mary's a warm, welcoming place.
- ❖ **Are you receiving St. Mary's emails?** Stay up to date with weekly emails about upcoming events and opportunities and receive reflections **directly to your inbox go to [stmarysgoochland.org](http://stmarysgoochland.org)** to sign up.
- ❖ **Are you following us on Instagram?** We love sharing fun facts, behind the scenes, and our beautiful campus. Make sure to **follow us @stmarysgoochland**
- ❖ **Do you like our Facebook page?** You can find recent sermons, reflections, information about upcoming events, pictures from events, and more by liking us at **[facebook.com/St.MarysGoochland](https://facebook.com/St.MarysGoochland)**
- ❖ **Do you know St. Mary's has a YouTube channel?** You can watch past adult forums, Vacation Bible School videos, and more by subscribing at **[youtube.com/user/StMarysGoochland](https://youtube.com/user/StMarysGoochland)**



**ST. MARY'S**  
EPISCOPAL CHURCH

12291 River Road, Richmond, VA 23238  
(804) 784-5678

[www.stmarysgoochland.org](http://www.stmarysgoochland.org)

| Growing in Faith |  
| Building Community |  
| Giving Joyfully |

**CLERGY, STAFF, AND VESTRY**

**Gersain Agudelo**, *Assistant Sexton*

**Elizabeth Baker**, *Administrator*

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**Emily Bruch**, *Director of Youth Ministries*

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**Meg Zehmer**, *Nursery Director*

**Susan Rawls**, *Director of St. Mary's Episcopal School*

**Vestry Members:**

**Karen Huennekens**, *Senior Warden*

**Scott Stephens**, *Junior Warden*

**Joe Cheely**, *Treasurer*

**Patsy Simril**, *Registrar*

**Harry Baldwin, Christy Gurkin, Anne McCoy,**

**Kim O'Shea, Doug Pera, Ann Ramsey, Seth**

**Schaeffer, and Danny Williams.**

**This Week at St. Mary's**

**Sunday, March 10, First Sunday in Lent**

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*

Parish Breakfast, 9:30 a.m., *Parish Hall*

Spiritual Practice with Bob, 10 a.m., *Parish Office*

Youth Mission Trip Informational Meeting, 10 a.m.,  
*Library*

Sunday School and Confirmation Class, 10 a.m., *Sunday School Classrooms and Education Building*

Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*

Cookies and Coffee, 12 p.m., *Café and Parish Hall*

**Tuesday, March 12**

Men's Spiritual Practice, 7:30 a.m., *Parish Office*

Staff Meeting, 2 p.m., *Rector's Office*

**Wednesday, March 13**

Lectionary Bible Study, 10 a.m., *Library*

Holy Eucharist, 12 p.m., *Little St. Mary's*

Pastoral Care Team 3, 4 p.m., *Parish Office*

Stations of the Cross Rehearsal, 5 p.m., *Education Building*

Lenten Supper and Speaker Series, 5:30 p.m., *Parish Hall*

Youth Mission Trip Informational Meeting, 5:30 p.m.,  
*Dover Lounge*

**Thursday, March 14**

Pastoral Care Team 2, 5 p.m., *Parish Office*

Adult Choir, 7:30 p.m., *Choir Suite*

**Saturday, March 16**

A.A., 10 a.m., *Education Building Classroom*

**Sunday, March 17, Second Sunday in Lent**

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*

Adult Forum: "Wonder of Years", 10 a.m., *Parish Hall*

Spiritual Practice with Bob, 10 a.m., *Parish Office*

Sunday School and Confirmation Class, 10 a.m., *Sunday School Classrooms and Education Building*

Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*

Cookies and Coffee, 10 a.m., *Café and Parish Hall*

Middle School Youth Group, 4:30 p.m., *Education Building*

ALL Youth Dinner, 5:30 p.m., *Education Building*

High School Youth Group, 6:30 p.m., *Education Building*

**Coming Up**

**Wednesday, March 20**

Pastoral Care Team 4, 9 a.m., *Parish Office*

Holy Eucharist, 12 p.m., *Little St. Mary's*

Stations of the Cross Rehearsal, 5 p.m., *Education Building*

Lenten Supper, 5:30 p.m., *Parish Hall*

Lenten Speaker Series, 6:15 p.m., *Parish Hall*

**Sunday, March 24, Third Sunday in Lent**

Holy Eucharist Rite One, 9 a.m., *Little St. Mary's*

Adult Forum: "Wonder of Years", 10 a.m., *Parish Hall*

Spiritual Practice with Bob, 10 a.m., *Parish Office*

Sunday School and Confirmation Class, 10 a.m., *Sunday School Classrooms and Education Building*

Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*

Cookies and Coffee, 10 a.m., *Café and Parish Hall*