



THE ANNUNCIATION

ST. MARY'S EPISCOPAL CHURCH

The Fourth Sunday in Lent

March 31, 2019

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 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.

Would you like to write for us? Contact Ashley Cameron at acameron@stmarysgoochland.org

TODAY'S SCHEDULE

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

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

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

10 a.m. Sunday School, *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*

Do you receive email from us?

Visit stmarysgoochland.org/communications to sign up for weekly updates and news from us.

A WEEKLY REFLECTION

I've been living with an image this Lent. It's an image from childhood of me stepping into a small stream of water, barefooted. My feet sink into the silty bottom and stir up all those tiny particles and turn the water cloudy. Then I watch as gradually the water clears and I can see down to the bottom.

For me, an image like this is one of the ways I find myself drawn into prayer with God; where my spirit and God's Spirit confer, heart to heart. That last part of the image - watching the water come clear again - is what I'm living with these days. My experience of being settled on the Northern Neck, and then suddenly, being wrenched out and plunked down in a new life here stirred up a lot of silt and made the water really cloudy! But gradually, it's clearing, and I can see deeper now. This Lent, I've been still to let my spirit confer with God's Spirit, heart to heart, to watch the cloudy water clear.

It's hard for me to remember how important it is to spend this life-giving time with God; to pray with God. But more and more, I find that if I don't allow God to draw me in, to incline my heart to God's then something important in me becomes arid, stale, and lifeless.

This time has been a new gift and a reminder that prayer is not a conversation that I have to begin with clever words to entice God to respond. No, God has already begun the conversation, already spoken, and waits patiently for me to answer. A very wise person once encouraged me by saying, 'just pray your life, whatever it is, with God'. That's exactly right.

This gift of prayer, of letting our spirits confer with God's, to draw heart to heart with the one who made us and will always love us, somehow settles the cloudiness that the 'cares and occupations' of the day stir up.

My prayer for each of us is to pray your life, let your spirit be drawn to God's in holy conference, heart to heart. Receive that gift to let us see deeper, past the surface, into the depth of the clearing waters.

David May

See more at stmarysgoochland.org

WELCOME! Whether it is your first Sunday at St. Mary's, or your 401st, 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.

ST. MARY'S NEEDS EASTER CANDY

St. Mary's Easter Egg Hunt is a longstanding tradition on Easter Sunday morning. This year, **St. Mary's needs your help in making this happen!** ALL are invited to **bring in a bag of Easter candy** preferably individually wrapped candies. Please **NO PEANUT** or **TREE NUT** candy or treats. Some suggestions are M&Ms, Skittles, Starburst, Tootsie Rolls, etc. **Drop off the candy at Amelia McDaniel's office or in the collection box** in the Dover Lounge **by Sunday, April 14.**

Then join us for a **churchwide stuffing party on Sunday, April 14.** While you enjoy a delicious Parish Breakfast at 10 a.m., please grab some candy and plastic eggs to assemble. **Your assistance in this wonderful event for our children is greatly appreciated!**

LENT AT ST. MARY'S

Come out and listen to the final speaker in St. Mary's Lenten Speaker Series on Wednesday, April 3 at 6:15 p.m. **Allison Seay** is the author of a book of poems, *To See the Queen*, and has placed work in such journals as *Image*, *Crazyhorse*, *Field*, and *Poetry*. She currently is **Associate for Religion and the Arts at Saint Stephen's Episcopal Church**. She will share a **testimonial 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 in her life.

Take time during this season of Lent to **gather in the sacred space of Little St. Mary's** to be fed by God's goodness and renewed in body, mind, and spirit. Please join us for an abbreviated service of **Holy Eucharist with Prayers for Healing at 12 p.m. on Wednesdays**. Also, this is a **perfect time and place to bring someone** who may be in need of a gathering space to be loved on by God's healing presence.

SPIRITUAL FORMATION AND ADULT EDUCATION

Men's Spiritual Practice continues this Tuesday, April 2 at 7:30 a.m. Bob Hetherington invites men of all ages to participate in a **one-hour time of silence, reflection, sharing, and prayer** that focuses on the Gospel reading for the following Sunday.

The Lenten forum series titled "Wonder of Years" continues this morning at 10 a.m. Dr. Vic Maloy leads us in a conversation guided by two books - Michael Gurian's *The Wonder of Aging - Embracing Life After Fifty* and Joan Chittister's *The Gift of Years: Growing Old Gracefully*. The forum focuses on the process of becoming an elder and finding opportunities to impart wisdom and experiences in healthy ways within our communities of faith. In **this third Sunday is about "The Age of Completion."** But don't worry if you haven't read ahead; **everyone is welcome to come listen, learn, and ask questions.**

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 **continuing today, Sunday, March 31.** It's one hour of silence, reflection, sharing, and prayer.

DATE WITH THE DAFFODILS

Purchase your tickets today for St. Mary's second Outreach Gala – Date with the Daffodils – benefiting St. Mary's mission and outreach programs! St. Mary's hopes you will join us for a lovely evening with **delicious food, exciting auction items, and fun dancing on Friday, April 26 at 6 p.m.** sponsored by the Wilton Family. **Please mail in the RSVP card or go online at www.stmarysgoochland.org/gala to purchase tickets.** This event is not exclusively for St. Mary's parishioners, so please invite your friends, family, and neighbors! **It's going to be a wonderful evening and we look forward to seeing you there!**

FELLOWSHIP

Lenten Soup suppers continue **this Wednesday, April 3 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. This Wednesday's menu includes** cheesy vegetable chowder, salmon pasta salad, mini key lime tarts, and, of course, mac and cheese and nuggets for the kids.

St. Mary's Lunch & Learn is Tuesday, April 9 at 12 p.m. in the New Parish Hall. This month features **Marc Short, Chief of Staff of the Vice President.** He will share on the "requirements of a career in public service." His story is an exciting one! Please come, listen, and learn, 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.

CHILDREN AND YOUTH

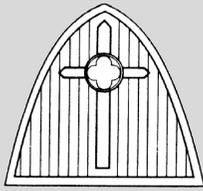
Sunday School kids are collecting canned fruit! One of St. Mary's Lenten Practices is to "give for others." Last week, **GoochlandCares** posted on Facebook that **the food pantry is in great need of canned fruit.** Sunday School classes heard the call but it's not limited to our littlest folks. **Please donate what you can and place it in the shopping cart located in the Dover Lounge.** Thank you in advance!

Rising 6th graders and current 6th and 7th graders: it's time to sign up for 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. **The deadline to sign up is April 4.** Email Emily Bruch at ebruch@stmarysgoochland.org to register and learn more.

Stations of the Cross is Wednesday, April 10 at 6:15 p.m. following a simple supper at 5:30 p.m. This is a **participatory walk through led by the youth** of St. Mary's, to remind us of the story as we prepare for Holy Week. At each station, **participants receive an item that is a symbol of each part of the story.** Email **Emily Bruch** at ebruch@stmarysgoochland.org to learn more!

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** 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**
- ❖ **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**



ST. MARY'S
EPISCOPAL CHURCH

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(804) 784-5678
www.stmarysgoochland.org

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

CLERGY, STAFF, AND VESTRY

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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**, **Danny Williams**, and **Russell Wyatt**.

This Week at St. Mary's

Sunday, March 31, Fourth 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, 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*

Tuesday, April 2

Fellowship Committee, 9 a.m., *Parish Office*
Men's Spiritual Practice, 7:30 a.m., *Parish Office*
Staff Meeting, 2 p.m., *Rector's Office*

Wednesday, April 3

Lectionary Bible Study, 10 a.m., *Library*
Holy Eucharist with Prayers of Healing, 12 p.m., *Little St. Mary's*
Lenten Supper, 5:30 p.m., *Parish Hall*
Lenten Speaker Series, 6:15 p.m., *Parish Hall*

Thursday, April 4

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

Friday, April 5

Pastoral Care Team 1, 10 a.m., *Parish Office*

Saturday, April 6

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

Sunday, April 7, Fifth 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, 10 a.m., *Sunday School Classrooms and Education Building*
Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*
Cake and Coffee, 10 a.m., *Café and Parish Hall*

Coming Up

Tuesday, April 9

St. Mary's Lunch & Learn, 12 p.m., *Parish Hall*

Wednesday, April 10

Holy Eucharist with Prayers for Healing, 12 p.m., *Little St. Mary's*
Lenten Supper, 5:30 p.m., *Parish Hall*
Stations of the Cross, 6:15 p.m., *Parish Hall*

Thursday, April 11

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

Sunday, April 14, Palm Sunday

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*
Sunday School and Confirmation Class, 10 a.m., *Sunday School Classrooms and Education Building*
Procession of the Palms, 10:50 a.m., *Terrace*
Holy Eucharist Rite Two, 11 a.m., *New St. Mary's*
Cookies and Coffee, 10 a.m., *Café and Parish Hall*