

THE ANNUNCIATION

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Welcome!

St. Mary's made a good beginning to the holy season of Lent this past week on Ash Wednesday.



When Ashley asked me if I would be interested in writing a Lenten reflection, my first reaction

was, "WHAT?! What on earth would I reflect on?" Then, Ashley told me that the Lenten Speakers on Wednesday evenings are reflecting on Jesus's request, "Do this in remembrance of me...heal, forgive, proclaim, show compassion." Immediately I thought of my father-in-law, Murray, and my memorial to him.

In the summer of 1978, when Murray was 62 years old, he was diagnosed with lung cancer. Honestly, we really weren't surprised. He smoked Camel cigarettes for years! What did surprise

us was how quickly he got really, seriously sick.

It was over 40 years ago. I don't remember the details, but Murray needed blood. The family was encouraged to donate blood to replace the blood he was given. I had never donated blood! I had never even thought about donating. The very thought crept me out! Volunteering to have a needle stuck in my arm?! ICK! Too scary!

But Murray was getting a lot of and needed more blood. The hospital was "encouraging" us to donate over and over. I felt guilty. I was supposed to be an adult! I should step up and do this for my father-in-law. So, I made the appointment and went to the Red Cross and stuck out my arm.

Welcome to St. Mary's Episcopal Church - we are so glad that you are here! Since the 1870s, God has gathered a beloved community of Jesus to worship and serve here, where all are welcomed. We are committed to provide a holy place for worship, Christian Formation for all ages that is compelling and life-giving, opportunities to reach out in love for those in need, and an enthusiastic hope that all who call St. Mary's their spiritual home can participate in every area of our common life in Christ. The spirit of St. Mary's is grounded in a deep sense of gratitude for God's goodness and love. We give thanks for you and for your life, and we are grateful to God for the opportunity to welcome you!

Weekly reflection continues...

**TODAY'S
SCHEDULE**

9 a.m. Holy Eucharist in Little St. Mary's

10 a.m. Sunday School & Youth Gathering outside Education Building

11 a.m. Holy Eucharist in New St. Mary's

12 p.m. Birthday Cake and Coffee in the Parish Hall

Guess what? It wasn't bad at all! A pinch at the beginning was the only painful part. Why had I been such a baby? I ended up donating blood three times for Murray. I would have donated more but he passed away in October, just a few months after his diagnosis.

After that experience I thought about how important blood donation is – how important it is for the healing of others. There is no artificial blood. Blood is needed day in and day out, 24/7, 365 days a year. The only way to get blood is when generous people to come forward and volunteer. The reason I donated blood in the first place was to help heal my father-in-law. Then it came to me that I could continue donating in remembrance of him.

Since I started in 1978, I have donated well over 250 gallons of blood. Over the years I learned that my blood is special. I'm part of the 20% of the population who is CMV negative. My blood is necessary for the healing of cancer patients and premature babies! Now that I am retired and have more time, I donate platelets instead of whole blood. It's more time consuming, but I have the time! There is a terrible blood/platelet shortage right now. Please, consider helping to heal people by donating blood!

Lent is a time for us to take on certain spiritual practices. You could say that donating blood is a spiritual practice of mine. Will you consider donating as a practice?

Susie Salsitz



Ministry Highlight

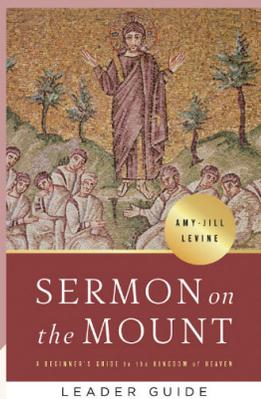
Prior to March, 2020 and the arrival of the Covid pandemic, a group of parishioners met regularly to practice Centering Prayer together. David has resumed this offering on Thursdays at 11 a.m. in the Narthex. Centering Prayer is the ancient spiritual practice of directing the intentions of one's heart to God in silence for a period of 20 to 30 minutes. This practice includes simple guidance to become collected in body and spirit so that one may simply rest in God in silence. Contact David May to learn more.



Outreach Opportunity

Consider joining the Hope on the Ground Short-Term Mission Experience with Education Equals Hope (E=H) to Quito, Ecuador in 2022. A Hope on the Ground experience gives you the opportunity to become the "hands and feet" of Education Equals Hope. As E=H says, "All our Short-Term Missions Experiences give participants a chance to develop a deeper level of compassion and servant hearts." The dates are April 19-26, 2022. If you would like to say 'yes!' to this experience, email Ashley Cameron to learn about next steps and more details.

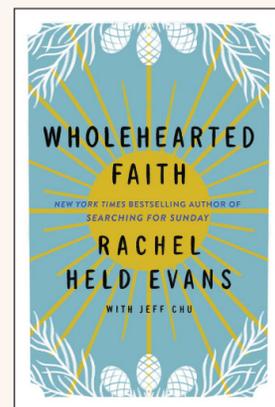
women's book study



Amy Jill-Levine's "Sermon on the Mount"
Fridays, March 4, 11, 18, and 25
at 1:00 p.m.

TWO LENTEN BOOK STUDIES

Looking to further explore your faith with a Women's Book Study Group? There are two opportunities this Lent led by Amelia!



Rachel Held Evan's "Wholehearted Faith"
Tuesdays, March 8, 15, 22, and 29
at 1:30 p.m.



“LET IT BEGIN WITH ME”

Sundays, March 6, 13, 20, and 27 at 4 p.m.

Deacon Harrison Higgins writes, “Race in this country is complicated. Are you tired of carrying around this burden of... what? Complicity? Guilt? Defensiveness? A feeling of something wrong that you can’t explain and don’t have a name for? If you feel any of this or something like it and want to take a clear-eyed look at this issue together with humility, courage, honesty, and grace, join Harrison, Amelia, and David for a Lenten series titled, ‘Let it Begin with Me.’” This series takes place on Sunday afternoons in Lent (March 6, 13, 20, and 27 from 4 p.m. to 5:15 p.m.) and invites you to simply begin with each of our own stories and own hearts. Each session is guided by teachings from the Gospel and taking Jesus’s life and words as our guide in reflection, conversation, and prayer for ourselves and our country.

LENTEN SUPPER AND SPEAKER SERIES RETURNS

Wednesdays, March 9, 16, 23, 30, and April 6, 5:30 p.m., Parish Hall

Join us on Wednesday evenings for St. Mary’s Lenten Supper and Speaker Series. Each Wednesday begins with a simple meal of soup and salad at 5:30 p.m. followed by a presentation by a guest speaker. The evening concludes by 7 p.m. with our prayers for the evening. This year’s theme is “Do this in remembrance of me” with a focus on the redeeming work of Jesus and our work of his Kingdom. The speakers include Carrie Schaeffer, the Rev. Michael Sweeney, the Rev. Ben Campbell, and the Rev. Deacon Peggy Newman. The menu for Wednesday, March 9 is Minestrone soup served with bread and salad.

FAMILY INSTRUCTED EUCHARIST

Saturday, March 19, 9:30 a.m. to 11:30 a.m.

Would you like to learn more about the Eucharist with your children? Are your children new to taking communion? Please join Amelia and David for a morning of hands-on learning. The group will first begin in the kitchen to make bread together. Followed by interactive lessons before everyone celebrates Eucharist together around the altar in New St. Mary’s. Email Amelia McDaniel at amcdaniel@stmarysgoochland.org to learn more and sign up your family.

LENTEN RESOURCE TABLE AVAILABLE

The season of Lent is here. During Lent, we join with Christians all over the world in preparing for the great mystery of Christ’s death and resurrection, the mighty work through which God reconciles all things to himself in Christ. From the earliest beginnings of the Church, Christians have set aside this period of time to prepare for Easter. 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. Two 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.

SUNDAYS AT ST. MARY’S

WORSHIP SCHEDULE

9 a.m. Holy Eucharist in Little St. Mary’s
10 a.m. Sunday School & Adult Forum
11 a.m. Holy Eucharist and Morning Prayer in New St. Mary’s*

*We have first, third, and fifth Sunday Holy Eucharist at both services. Second and fourth Sundays will have Morning Prayer, except during Advent, Lent and Easter.

NURSERY

Nursery is offered for infants - 4 year olds every Sunday from 8:45 a.m. to 12:15 p.m. As a part of nursery time, the toddlers will hear a Bible story, sing, and play games.

SUNDAY SCHOOL IN LENT

Sunday School is offered for children 4 years old - 5th grade at 10 a.m. Each week the children will learn the stories of Jesus’ life and the stories He told through singing and storytelling. Sunday School for 6th-12th graders meets in the youth lounge at 10 a.m.

ADULT FORUM

Adult Forum gathers on Sundays in the Parish Hall during the 10 o’clock hour. All adults are welcome! A forum series with David May will begin on Sunday, March 20 and continue for three weeks.

CHILDREN’S CHAPEL

During the 11 a.m. service, children (ages 4 years old - 5th grade) are invited to come forward during the Gospel hymn and go to the Block Room together. There, they hear the Gospel story, talk about it, and sing together. They return to the service during the Peace.

OCCURRING WEEKLY

MEN’S SPIRITUAL PRACTICE

Tuesdays at 8 a.m. via ZOOM

LECTIONARY BIBLE STUDY

Wednesdays at 10 a.m. via ZOOM

HOLY EUCHARIST WITH PRAYERS FOR HEALING

Wednesdays at 12 p.m. in Little St. Mary’s

WOMEN’S SPIRITUAL PRACTICE

Thursdays at 8 a.m. via ZOOM

NEW BEGINNINGS

Saturdays at 10 a.m. in the Education Building (open A.A. meeting)

*Events are subject to change. Please visit www.stmarysgoochland.org for updates.

Do you receive email from us?

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

The Annunciation | March 6, 2022 | The First Sunday in Lent





This Week at St. Mary's

Sunday, March 6

Holy Eucharist, 9 a.m., *Little St. Mary's*
Sunday School, 10 a.m., *Education Building*
Holy Eucharist, 11 a.m., *New St. Mary's*
Birthday Cupcakes and Coffee, 12 p.m., *Parish Hall*
"Let it Begin with Me", 4 p.m., *Parish Hall*

Tuesday, March 8

Men's Spiritual Practice, 8 a.m., *via ZOOM*
Staff Meeting, 10 a.m., *Parish Offices*
Grief Group 1:30 p.m., *Library*
"Wholehearted Faith" Book Study, 1:30 p.m., *Parish Hall*

Wednesday, March 9

Lectionary Bible Study, 10 a.m., *via ZOOM*
Holy Eucharist with Prayers for Healing, 12 p.m., *Little St. Mary's*
Inquirers Class, 1 p.m., *Parish Hall*
Lenten Supper & Speaker Series, 5:30 p.m., *Parish Hall*

Thursday, March 10

Women's Spiritual Practice, 8 a.m., *via ZOOM*
Centering Prayer, 11 a.m., *Narthex*
Pastoral Care Team 2, 5 p.m., *Library*
Inquirers Class, 5:30 p.m., *Parish Hall*
Choir Rehearsal, 7:30 p.m., *Choir Suite*

Friday, March 11

"Sermon" Book Study, 1 p.m., *Parish Hall*

Sunday, March 13

Holy Eucharist, 9 a.m., *Little St. Mary's*
Parish Breakfast, 9:30 a.m., *Parish Hall*
Sunday School, 10 a.m., *Education Building*
Holy Eucharist, 11 a.m., *New St. Mary's*
Cookies and Coffee, 12 p.m., *Parish Hall*
"Let it Begin with Me", 4 p.m., *Parish Hall*
Youth Group, 5 p.m., *Education Building*



Contact Us

New Here? Be sure to fill out a welcome card located in the pews and in the narthex. Place it in the offering plate or bring it to an usher or clergy to learn more about the life and ministry of St. Mary's.

Need to Reach Someone? Please call the Church Office at (804) 784-5678. Or visit www.stmarysgoochland.org/staff to find contact information.

Want to Learn More? Please visit St. Mary's website for the most up to date information: www.stmarysgoochland.org

A PART OF OUR STORY...



St. Mary's youth helped prepare the Take Home Pancake Supper and Lenten kits on Saturday morning and Tuesday evening for over 100 people!



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[@StMarysGoochland](https://instagram.com/StMarysGoochland)

CLERGY AND STAFF

Ashley Cameron, *Director of Communications and Parish Life*
Lauren Clay, *Office Administrator*
Harrison Higgins, *Deacon Associate*
David H. May, *Rector*
Amelia McDaniel, *Lay Associate for Christian Formation*
The Rev. John E. Miller, Ph.D., *Rector Emeritus*

Paul Pace, *Sexton*
Kilpy Singer, *Director of Youth Ministries*
Elizabeth Starling, *Executive Director, Church Operations*
Ryan Tibbetts, *Director of Music*
Eleanor Wellford, *Priest Associate*
Tyrell Wilkins, *Assistant Sexton*

VESTRY

Missy Roberts, *Senior Warden*; Wayne Dementi, *Junior Warden*; Joe Cheely, *Treasurer*; Fran Jones, *Register*; Jeff Allende, Jill Aveson, Ashley Barlow, Sam Bruce, Ros Bowers, Owen Conway, Linda Hyslop, Robin Lind, Jesse McCoy, and Barbara Tavenner.



ST. MARY'S EPISCOPAL CHURCH

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