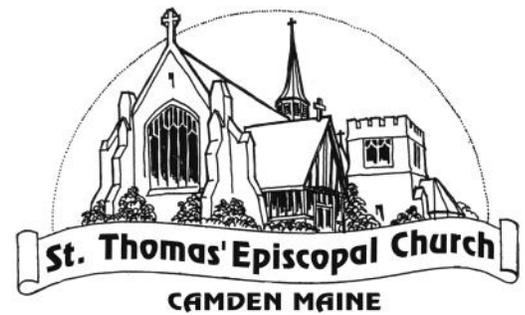


S T . T H O M A S '  
**Tidings**



**Sunday, January 28, 2018:  
The Fourth Sunday after the Epiphany**

We welcome all who enter these doors, especially those who enter for the first time or after a long absence. May this place be like home to you! All are welcome to receive the Bread and Wine at this altar. Members of our prayer ministry are available in the Chapel during Holy Communion to pray with you about any need or thanksgiving.

**The Rev. Lisa Smith Fry, Rector**  
33 Chestnut Street (P.O. Box 631)  
Camden, ME 04843  
207 236-3680 Fax: 207 236-8016  
admin@stthomascamdenme.org  
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## **Jane Hards Funeral**

Funeral services for Jane will take place this Saturday, February 3 at 1:00 pm. A reception will follow in the Parish Hall.

## **Flu Update**

**This year's flu season is shaping up to be a virulent one.** In states where it is widespread they are seeing a larger than usual share of deaths from the flu, as well as complications including pneumonia. **These are flu protocol suggestions from our Diocese.**

1. Please make hand sanitizer readily available in church and parish hall. Wash your hands before eating at coffee hour.
2. Rather than shaking hands, please consider passing the Peace with gestures and nods. *[As the flu gets closer I will be reverently bowing to you instead of shaking hands. Lisa+]*
3. The safest approach to communion is to receive the bread only. Communion in one kind, as it's known, is complete communion. Children and folks in recovery receive this way every week.
4. I urge you to discourage intinction. Intinction brings fingers into the common cup and is the most likely way for flu bugs to spread. A sip from the common cup is much less likely to spread flu. Intinction makes you more likely, not less likely, to spread or catch someone else's cold or flu. *[If you are going to instinct, please make sure your fingers do not touch the wine; you only need to touch a corner of the wafer to the wine. Lisa+]*

These may seem like extraordinary measures, but the flu is causing numerous hospitalizations and deaths this year. Please be good neighbors and do your part to prevent the spread of the flu.

## **Confirmation Classes**

**Confirmation classes will be offered beginning February 4th.** Confirmation classes teach about our faith—not only our Christian faith, but also about our identity as Episcopalians.

I will be offering Confirmation to our youth who are in the ninth grade or above beginning on February 4. The class will meet after the 9:30 service for approximately 30 minutes, and will continue weekly until Holy Week. If you have a youth who would like to be confirmed, but this is not a good time slot, please let me know. Confirmation is scheduled for April 15 when the Bishop comes for his annual visitation. If there are any adults who would like to be confirmed, please contact me at [rector@stthomascmdenme.org](mailto:rector@stthomascmdenme.org).  
Lisa+

## **Unsubscribed?**

If you aren't receiving St. Thomas' Thursday emails, perhaps you have inadvertently unsubscribed (using the link at the bottom of the email). Unsubscribing takes you permanently off the email list and only *you* can undo this action by returning to that email and re-subscribing. Are you puzzled by all this? Speak to George in the Parish Office.

## **Choir Returns from Sabbatical**

The St. Thomas' Choir returns from Sabbatical this week! Rehearsals resume Thursday, February 1, from 5:00-6:30 pm. Please join us in the Green Room and see if it is a fit for you!

## **Forward Day by Day**

Copies of *Forward Day by Day*, a periodic booklet of lectionary readings and inspirational commentary are available for the taking in the Narthex and Sun Room.

## **Food Pantry Sunday Next Week**

Please remember to bring donations next Sunday for the Camden Area Christian Food Pantry. Any personal hygiene items or non-perishable foods would be helpful. Of particular need are hearty soups, cereals, baked beans, baking mixes, spaghetti sauce, soups, soups, and more soups, rice and canned vegetables or fruits. *Please check the expiration dates.* You can also make a cash donation using the specially marked envelopes in the pew racks. Thank you!

## **Today's Music**

We enter worship singing the rousing *In Christ there is no East or West* with lyrics written by John Oxenham in 1908. We sing it to the tune, *McKee*, one of the first African-American spirituals to enter a mainstream hymnal.

*'Tis the gift to be simple*, was written and composer just down the road a piece! Elder Joseph Brackett from the Alfred (Maine) Community of Shakers wrote both lyrics and music. Most composers of Shaker hymns were not identified; so this one is unusual. Aaron Copland chose this hymn to use in his music for the ballet, *Appalachian Spring* which depicts pioneer life in Pennsylvania. Copland later admitted to not having done due diligence in his research, since there were never any Shaker communities in Pennsylvania!

*In Dir ist Freude* (In Thee is gladness) is truly one of Bach's most joyful pieces. And, at the end, I get to trill with my feet! (No mean feat \*grin\*). *Now thank we all our God*, from Cantata #79, also by J.S. Bach, is the arrangement by the virtuoso (and bit of a showman) organist, Virgil Fox. It, too, is great fun! (See Hymns #396/397 for the tune.) I just started learning today's prelude by Robert Schumann (German, 1810-1856). It is from a collection of six etudes which Schumann wrote for the pedal-piano, popular during his time. The instrument never became took off, though, so we now play his pieces on the organ.

*O for a closer walk with God* is autobiographical and expressive of the deep personal faith of the writer, William Cowper (English, 1731-1800). We sing it to John Bacchus Dykes' tune, *Beatitudo*, composed between 1872-1874. We go forth singing only four stanzas out of the original Latin text of 23 stanzas(!) of *O love, how deep, how broad, how high*. We sing this 15th century hymn to the strong 18th century French tune, *Deux tuorum militum*. How do you say *sing with gusto* in French?!

—Jane Schroeder, Minister of Music

## Prayer List

We celebrate those members whose birthdays are this week: John Lewis (January 30), Sue Such (February 2), Leamon Scott (February 3). Please pray for those members of this parish and others who are in special need: Marya Allen, Ron, Jean Harper, Joanne Scott,

Nancy Soderberg, Missie Stone, Tiffany Andrews, Stormy Bok, Seana Roubinek, Jan Dolcater, Carolyn Morris, Roxanna, Brian Fitzpatrick, Cara, Risa, Chris, Janan Vaughn, Ann Foster, Trish.

## Next Sunday

February 4, 2018

### The Fifth Sunday after Epiphany

*Psalm 147:1-12, 21c*

*Isaiah 40:21-31*

*1 Corinthians 9:16-23*

*Mark 1:29-39*

**7:30 am: Celebrant/Preacher:** The Rev. Lisa Smith Fry; **Eucharistic Minister:** Pam Bardon; **Lectors:** Sandy Lyle, Pam Bardon; **Prayers of the People:** JoAnne Ryan; **Usher:** Jean Cox.

**9:30 am: Celebrant/Preacher:** The Rev. Lisa Smith Fry; **Crucifer:** Bill Freeman; **Eucharistic Ministers:** Roy Gilley, Jacqueline Recht; **Lectors:** Dean and Kate Jackson; **Prayers of the People:** Chris Glass; **Ushers:** Jim Ebbert, Phillip Groman.

## How to reach us

**Church Office:** 207 236-3680  
(We're closed on Monday)

**The Rt. Rev. Stephen T. Lane,**  
**Bishop of Maine**  
slane@episcopalmaine.org

**The Rev. Lisa Smith Fry, Rector**  
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(207) 231-2411

**The Rev. Abby Pettee, Deacon**  
abpettee@gmail.com or 207 706-6744

**Jane M. Schroeder, S.M.M.,**  
**Minister of Music**  
music@stthomascamdenme.org

**George H. Jones,**  
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**JoAnne Ryan, Junior Warden**  
jydryan@yahoo.com

# Calendar

## Sunday, January 28

### The Fourth Sunday after Epiphany

**7:30 am—Holy Eucharist Rite I**

8:30 am—Choir Rehearsal

**9:30 am—Holy Eucharist, Rite II**

10:45 am—Parish Annual Meeting—  
Parish Hall

5:15 pm—Centering Prayer—Chapel

6:30 pm—AA meeting—Basement

## Monday, January 29

9:30 am—Holy Eucharist Rite II

6:30 pm—AA meeting—Basement

## Tuesday, January 30

9:00 am—Xi Gong—Green Room

6:30 pm—OA meeting—Library

6:30 pm—AA meeting—Basement

## Wednesday, January 31

**9:00 am—Camden Garden Club**  
—Conference Room

**9:30 am—Holy Eucharist and**  
**Healing Service—Chapel**

10:00 am—Fellowship Hour—Sun Room

11:00 am—Bible Study—Sun Room

4:00 pm—EfM Conference Room

6:30 pm—AA meeting—Basement

## Thursday, February 1

6:30 pm—AA meeting—Basement

## Friday, February 2

6:30 pm—AA meeting—Basement

## Saturday, February 3

**1:00 pm—Funeral and Reception**  
**for Jane Hards—Church, Parish**  
**Hall**

6:30 pm—AA meeting—Basement

## Sunday, February 4

### The Fifth Sunday after Epiphany

**7:30 am—Holy Eucharist Rite I**

8:30 am—Choir Rehearsal

**9:30 am—Holy Eucharist, Rite II**

5:15 pm—Centering Prayer—Chapel

6:30 pm—AA meeting—Basement