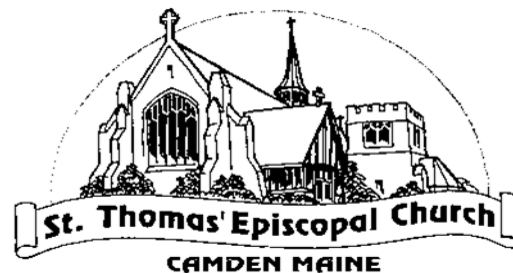


St. Thomas' Tidings

Sunday, February 16, 2020

Sixth Sunday after the Epiphany

We welcome all who enter these doors, especially those who enter for the first time or after a long absence. Everyone is welcome! All are welcome to receive the Bread and Wine at this altar.



The Rev. Canon Lisa Fry, Rector

33 Chestnut Street (P.O. Box 631)

Camden, ME 04843

207-236-3680

admin@stthomascamdenme.org

Confession Is Good for the Soul!

Sometimes people want to confess, especially if they can't stop thinking about something in their past.

Sometimes we need to hear we are forgiven, no matter what.

Long before we had Mardi Gras (Fat Tuesday) we had **Shrove Tuesday**. The expression "Shrove Tuesday" comes from the word *shrive*, which means "absolve." Beginning in the early church, Christians would confess their sins to their priest the day before Lent began. They were then absolved in the name of God. Many continue this tradition.

Each year I offer *The Reconciliation of a Penitent* (sometimes referred to as 'confession') by appointment on Shrove Tuesday, which this year falls on February 25. Email me at rector@stthomascamdenme.org if you are interested. — Lisa+

Shrove Tuesday Celebration!

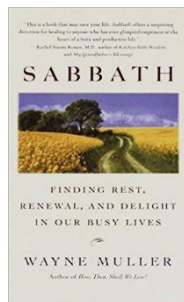


JoAnne Ryan and Seana Roubinek will host a *Shrove Tuesday Pancake Supper* here at St. Thomas' at **5:15-6:30 p.m. on February 25**, the night before Ash Wednesday! Free will donations to benefit the Landing Place, a drop in and activity center for teens in Rockland. Sign up in the Sun Room!



Today's Coffee Hour Angels

Our hosts this morning are Joan and George Grey. Bless them!



Try a Little *Sabbath* Time This Lent

In society today, busyness is worn like a badge of pride—and exhaustion is the trophy to show for it. The ability to

withstand relentless stress is often admired and applauded. Life has become a "no holds barred," full-speed-ahead, let-the-roses-smell-themselves way of living. The lines between engagement and rest have been obliterated. This happens not only in the secular segment of our world, but it has infiltrated the church as well.

It has become our standard greeting: "I'm so busy." Now, a book that can heal our harried lives, *Sabbath* by Wayne Muller, shows us how to create times of rest, delight, and renewal—and a refuge for our souls.

Sabbath time can be a sabbath afternoon, a sabbath hour, a sabbath walk. Sabbath time is time off the wheel, time when we take our hand from the plow and allow the essential goodness of creation to nourish us. With wonderful stories and suggestions for practice, Muller teaches us how to refresh our bodies and minds, restore our creativity, and regain our inner happiness.

"This is a book that may save your life: *Sabbath* offers a surprising direction for healing to anyone who

has ever glimpsed emptiness at the heart of a busy and productive life."

—Rachel Naomi Remen, M.D.,
author of *Kitchen Table Wisdom*

This is a book you'll want to savor. **Join us weekly in the conference room at 9:00 a.m. beginning March 1, and take the journey into healing.** If you can't always make the class, I recommend buying the book anyway as we read it as a community during Lent. You won't regret it. —Lisa+

Help Needed in Finance Office!

We need a volunteer (or two) to assist with bookkeeping tasks (processing/printing checks and inputting deposits) for three hours a week. Experience in bookkeeping or Quickbooks is helpful but is not necessary. We will train the volunteers. Please let the treasurer know as soon as possible if you want to serve St. Thomas' in this way. treasurer.stthomascamden@gmail.com.

Morning Prayer Opportunity During Lent

Have you ever thought that it might be rewarding or challenging to lead a service on your own? Do you think it might be fun to help design a service that speaks to you in a deeper way? Do you crave the balance of starting or ending your day with prayer? We are looking for four people—from 16 to 96 years of age—to each lead
Continues on next page...

Morning Prayer continues...

a morning prayer service once a week for five weeks. Each person will lead a prayer service from the BCP or from some other acceptable source five times during Lent with training from the Rector.

It could be really fun. It just may change you. Please let Lisa know if you are interested in participating. rector@stthomascamdenme.org.

Acolyte Training Today!

Joe Kulick and the clergy will hold acolyte training after the second service. It is requested that current acolytes attend. We especially welcome first-time acolytes: children and adults! For the more-seasoned acolytes, there will be advanced training in crucifering and sanctus bell ringing, as well as a refresher on being first server. This is a great way to participate in the life of the church and be a vital part of the worship.

Nursery Aide Wanted

St. Thomas' is seeking a babysitter (over 17 years old) to work with Ella in the nursery. Diocesan policy recommends two workers supervise children during church services.

If you are interested in working Sundays between 9:45 a.m. and 11:15 a.m., please notify the office immediately. If you know of any other responsible person who might be interested, please let us know. The pay is \$13 an hour, and a background check and Safe Church certification will be part of the requirements.

Year-End Donations Letters

The letters should be **mailed by February 18**. If you need this information sooner, contact me at treasurer.stthomascamden@gmail.com and I will send it to you. My sincere apologies for the delay in getting the letters out.

Faithfully, *Terry Mello, Treasurer*

Prayer List

Please pray for those members of this parish and others who are in special need: *Greg McDermott, Ryan, Peter, Adam, Robert Pearson, Dustin, Hunter Fierro, Tadd Lyman, Shirley, Jim Carpenter, Karen Laite, Harry Hart, Ada Power, Chris Sewall, Larry Parker, Bayard Chanler, Carol, Marcie Vega, Eleanor, Vicky and Bill, Arnie Joy, Maxine, Judith Shepherd, Ron, Andrew, Joanne Scott, Tiffany Andrews, Seana Roubinek, Carolyn Morris, Amy, Joan Pottle, Paul Whittaker, Anne, Sandy Lyle, Brian Fitzpatrick, Skip Groman, Tom Fontaine, Kathy Kulick, Lainie Vreeland, David Harper, Susan Conrad, Elaine.*

This Sunday

February 16, 2020

Sixth Sunday after the Epiphany

Sirach 15:15-20

Psalm 119:1-8

1 Corinthians 3:1-9

Matthew 5:21-37

7:30 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Eucharistic Minister:** Pam Bardon; **Lectors:** Pat Ayers; Pam Bardon; **Prayers of the People:** Diane Kirkman; **Usher:** Isa Babb

10:00 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Crucifer:** Freya Johanson; **Eucharistic Minister:** Jeff Conrad; **Lectors:** Doc Wallace; Haunani Wallace; **Prayers of the People:** Br. Donovan Bowley; **Acolytes:** Lola Black; Hettie Bickham; **Ushers:** Bill Freeman; Ted Conlon

Next Sunday

February 23, 2020

Last Sunday after the Epiphany

Exodus 24:12-18

Psalm 99

2 Peter 1:16-21

Matthew 17:1-9

7:30 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Eucharistic Minister:** Sandy Lyle; **Lectors:** Edmund Hartt; Diane Kirkman; **Prayers of the People:** Pam Bardon; **Usher:** Jean Cox

10:00 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Crucifer:** Kavan Kibler; **Eucharistic Minister:** The Rev. Dr. Rosalee Glass; **Lectors:** Dean Jackson; Kate Jackson; **Prayers of the People:** Chris Glass; **Acolytes:** Kingston Kibler; Tom Roberts; **Ushers:** Leamon Scott; Dean Jackson

Calendar

Sunday, February 16

7:30 a.m. – Holy Eucharist, Rite I

8:30 a.m. – Choir Rehearsal

9:00 a.m. – Christian Education Classes

10:00 a.m. – Holy Eucharist, Rite II

(Coffee Hour follows)

~ 11:15 a.m. – Acolyte Training

11:30 a.m. – Youth Choir Rehearsal (except for those in Acolyte Training)

5:15 p.m. – Centering Prayer – Chapel

6:30 p.m. – AA meeting – Basement

Monday, February 17

5:00 p.m. – Vestry – Conference Room

6:30 p.m. – AA meeting – Parish Hall

Tuesday, February 18

9:00 a.m. – Xi-Gong Dance Class – Green Room

4:00 p.m. – Pastoral Care – Conference Room

6:30 p.m. – AA meeting – Basement

Wednesday, February 19

9:30 a.m. – Holy Eucharist with Healing Service – Chapel

10:15 a.m. – Coffee and Conversation – Conference Room

11:00 a.m. – Bible Study – Conference Room

4:00 p.m. – 6:30 p.m. – EfM – Conference Room

6:30 p.m. – AA meeting – Basement

7:00 p.m. – VoXX – Parish Hall, Green Room

Thursday, February 20

4:00 p.m. – Worship Committee meeting – Conference Room

5:00 p.m. – Choir Rehearsal – Green Room

6:30 p.m. – AA meeting – Basement

Friday, February 21

6:30 p.m. – AA meeting – Basement

Saturday, February 22

All Day – Camden Conference private event – Parish Hall, Sun Room, Kitchen

6:30 p.m. – AA meeting – Basement

Sunday, February 23

7:30 a.m. – Holy Eucharist, Rite I

8:30 a.m. – Choir Rehearsal

9:00 a.m. – Christian Education Classes

10:00 a.m. – Holy Eucharist, Rite II

(Coffee Hour follows)

11:15 a.m. – Youth Choir Rehearsal

5:15 p.m. – Centering Prayer – Chapel

6:30 p.m. – AA meeting – Basement

Meetings and Events are subject to change. St. Thomas' welcomes the use of its facilities for Meetings and Events. Before scheduling any activity, please contact the Parish Office (admin@stthomascamdenme.org, 236-3680).