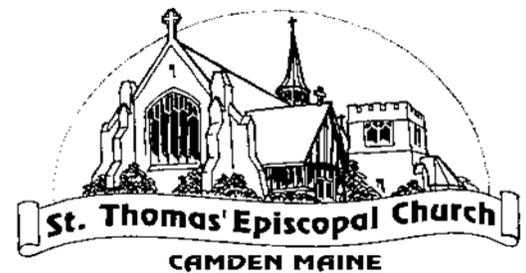


St. Thomas' Tidings

Sunday, March 15, 2020
Third Sunday in Lent

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
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Camden, ME 04843
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Coronavirus Update

To mitigate the spread of COVID-19, the Diocese has asked that we institute the following:

- Continue to use a chalice of wine for the Great Thanksgiving, but neither I nor the congregation will receive the wine (both sipping and intinction are prohibited). The consecrated wine can be put down the piscina after the liturgy. Chalicists will present the chalice to parishioners so that they can offer reverence even though they will not be sipping or handling it. The chalice-bearer will hold it in front of each person and say, "The Blood of Christ, the cup of salvation."
- Ministers who administer the consecrated bread pose the greatest risk of spreading the virus; therefore I will do everything practical to ensure that my hands are cleansed before handling the bread and distributing the sacrament; I will try and avoid touching the hands of those who receive. I will be using a lot of hand sanitizer.
- Only the ushers may handle and pass the offertory plates, or we will place them strategically around the nave—that has not been decided.
- All baptismal fonts will be drained, disinfected, and not used during Lent.
- Exchanging the Sign of Peace must be done without touching or hugging. Even touching fists or elbows puts people within the six-foot distance the CDC is recommending that we keep from each other. Consider bowing and

smiling as you say the words, "Peace be with you" or "God's peace."

- I must strongly encourage people who are feeling ill to stay at home, and I will do what's possible to support and respond to people who cannot come to church.
- If I should run a fever, or I'm coughing due to any reason other than my asthma, or if I am not feeling well, I won't serve at the altar. The diocese has asked that infected clergy not return to the altar until we have been free of symptoms for 14 days. The same restrictions apply for altar servers, and they should consult with me prior to returning.

There are additional precautions we may take if the virus begins to spread in the state, including canceling classes and the Noon Series in Lent. We hope it doesn't come to that, but we are most concerned with the health of our people at St. Thomas' and the larger communities around us. Try not to worry; God will be with us. —Lisa+

Noon Music Needs You!

Music in Lent is going really well—but this outreach venture needs a village to succeed. Several more helpers are needed to bring in a big pot of soup on Thursday or Friday. Can't make a soup? Please volunteer to help clean up. It's fun to use the commercial dishwasher, and you'll be doing it with great people. There are four more weeks in the series, so pick a week! And God bless you for supporting *New Hope for Women*, this year's recipient of our free-will donation. Call the Office at 236-3680 or give Kate Jackson a call at 832-1244 to sign up.

Noon Music in Lent

Our Noon Music in Lent program continues in the Church and Parish Hall each Friday throughout Lent. Come hear a half-hour of live music, then enjoy fellowship and a lunch of soup, bread, and fruit in the Parish Hall. The free-will offering benefits *New Hope for Women*.

March 13

Dean Jorgensen, *Bass* — Parish Hall

March 20

Howard Walen, *organ* — all-Bach program — Church

March 27

Charles Brown, *piano*—Psalm settings— Church

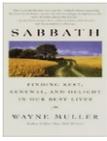
April 3

Jay Zoller, *organ*— Church

Please Join Us!

Can You Sit with Me for One Hour?

This year we would like to try a new thing (or perhaps an old thing...). After the Maundy Thursday service, we invite people to sit in vigil for one hour in the chapel with the reserved sacrament from the end of the service (approximately 7:00 p.m.) throughout the night, until the next morning, Good Friday—just as the disciples tried to stay awake with Jesus. You can wander the chapel and church, you can read, you can sit quietly or pray. There will be two slots for each hour, and we encourage people to fill all the slots. Please respect the quiet while with the others sitting in vigil. I will be doing a short liturgy of the hours at midnight, and again at 6:00 a.m. The vigil concludes at 9:00 a.m. There will be a sign-up sheet in the Narthex and in the Sun Room throughout Lent. — Lisa+



Experience Peace in a World of Chaos This Lent

We have begun reading *Sabbath* by Wayne Muller.

This terrific book shows us how to create times of rest, delight, and renewal — and a refuge for our souls. With great stories and suggestions for practice, Muller teaches us how to refresh our bodies and minds, restore our creativity, and regain our inner happiness.

You could take this on as a relaxing Lenten discipline by doing what the class will do: read one short chapter each day. Each week we will complete one section.

Savor the experience alone, with your family, and/or join us weekly in the Conference Room at 9:00 a.m. beginning March 1 and accompany us as we share what we have taken from the week's readings. —Lisa+

Prayers of the People

You may have noticed that the list of people we pray for in the Prayers of the People is very, very long.

In the past here at St. Thomas', names were allowed to be on the list for a month, then all names came off, and parishioners could put people back on the list if they had a sickness that was ongoing. The office didn't make that decision, it was up to the parishioners to let the office know who needed to stay on the list.

My past parish put the lengthy prayer list on the announcement page, as we do. People were encouraged to take the list home and add the people on it to their personal prayers. Sunday mornings, parishioners were encouraged to speak aloud all the people that were in their heart, but no listed names were read from the lectern. Many people spoke names of loved ones.

Another option: we could gather a group of people who have a gift for intercessory prayer, and they could pray the longer list, while a very short list — those who have been put on in the prior week — is read aloud during the Prayers of the People.

So what do you think? Let's all pray about it, and then let me know at lisasmithfry@gmail.com — or come visit me in the office and talk with me. —Lisa+

Today's Coffee Hour Angels

Our hosts today are Joan and George Grey. Bless them!

Prayer List

Please pray for those members of this parish and others who are in special need:

Greg McDermott, Brian Bowley, Stephanie Laite, Sandra A., Paula, Julie, Ryan, Peter, Adam, Robert Pearson, Dustin, Hunter Fierro, Tadd Lyman, Shirley, 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

March 15, 2020

Third Sunday in Lent

Exodus 17:1-7

Psalms 95

Romans 5:1-11

John 4:5-42

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

10:00 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Crucifer:** Kavan Kibler; **Eucharistic Minister:** The Rev. Dr. Rosalee Glass; **Lectors:** Jeff Conrad; Chris Glass; **Prayers of the People:** Millie Crocker; **Acolytes:** Lola Black; Hettie Bickham; **Ushers:** Ted Conlon; Jim Ebbert

Next Sunday

March 22, 2020

Fourth Sunday in Lent

1 Samuel 16:1-13

Psalms 23

Ephesians 5:8-14

John 9:1-41

7:30 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Eucharistic Minister:** Pam Bardon; **Lectors:** Andrew Moran; Pat Ayers; **Prayers of the People:** Pam Bardon; **Usher:** Peggy Daniels

10:00 a.m.: Celebrant and Preacher: The Rev. Canon Lisa Fry; **Crucifer:** Kingston Kibler; **Eucharistic Minister:** Jacqueline Recht; **Lectors:** Dean Jackson; Kate Jackson; **Prayers of the People:** Br. Donovan Bowley; **Acolytes:** Poppy Johanson; Olivia Johns; **Ushers:** Leamon Scott; Dean Jackson

Calendar

Sunday, March 15

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. – Vestry meeting – Conference Room
11:30 a.m. – Youth Choir Rehearsal
5:15 p.m. – Centering Prayer – Chapel
6:30 p.m. – AA meeting – Basement

Monday, March 16

8:15 a.m. – Morning Prayer – Chapel
6:30 p.m. – AA meeting – Parish Hall

Tuesday, March 17

8:15 a.m. – Morning Prayer – Chapel
9:00 a.m. – Xi-Gong Dance Class – Green Room
9:00 a.m. -12:00 p.m. – Camden Garden Club – Conference Room
9:30 a.m. -1:00 p.m. – Wayfinders – Conference Room
5:30 p.m. – Vestry meeting – Conference Room
6:30 p.m. – AA meeting – Basement

Wednesday, March 18

8:15 a.m. – Morning Prayer – Chapel
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, March 19

8:15 a.m. – Morning Prayer – Chapel
6:30 p.m. – AA meeting – Basement

Friday, March 20

8:15 a.m. – Morning Prayer – Chapel
12:00 pm. – Noon Music in Lent – Howard Walen, *organ* – Church
5:00 p.m. – Choir Rehearsal – Green Room
6:30 p.m. – AA meeting – Parish Hall

Saturday, March 21

6:30 p.m. – AA meeting – Basement

Sunday, March 22

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).

