



## A Note from the Rector by The Rev. Carolyn H. Eklund

In the ancient Christian Church the forty days of Lent were a time for people who had recently come to Christ to prepare for their baptism. They learned from teachers and mentors the core teachings of Jesus, the meaning of worship, how to pray, and how to live the Christian life.

In these ancient times, the Easter Vigil was the ancient celebration at sundown the night before Easter, when baptism was offered for the only time all year. That evening the salvation history of God was read from scripture, the joy of Christ's resurrection was celebrated with great commotion, and the newly baptized members of the Christian Church were initiated into the life of faith. Often a banquet followed the Easter Vigil that included the many rich and wonderful items from which people had abstained during Lent. Sumptuous delights were served at banquet tables of celebration.

In this season of Lent, words like "fasting," "abstinence," self-denial" and "need to repent" give a bad impression to those unfamiliar with our faith. Indeed, sometimes these practices are even mocked and derided. I remember one business trip to a resort at Lake Lanier near Atlanta during Lent. I was growing deeper in my relationship with God and had made a commitment to abstain from drinking alcohol during Lent that season.

Every night, however, it flowed. Colleagues made multiple attempts to offer me a drink and participate in the festivities. Perhaps they had known I really, really had enjoyed drinking with them at previous off-site business meetings! How easy it would have been that time to take a glass. I always wanted to fit in. And how much they made fun of me and didn't understand when I didn't.

Each year as I make a plan to abstain from things that tend to have drawn me away from God, I feel myself inching closer into a more grateful appreciation of God in my life.

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9:00 a.m.  
First Sundays  
**Life Together**

[www.stpaulsmaine.org](http://www.stpaulsmaine.org)

**First Sunday of Lent**

All children are invited to march down the aisle with the ministers chanting "The Great Litany," the special prayer created especially for families with small children.

## A Note from the Rector continued

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For Christians, Lent helps us live our Baptismal promises more authentically and joyfully right now because there are so many things that are vying for our emotional and spiritual energy. The promises we have made in our Baptismal Covenant go against so much of our culture's need for instant gratification, for mocking the underdog, for false and phony behavior, and for making wrong decisions that tear away at our spiritual well-being.

For example, I went to sleep last night worrying about the last article I read about the state of our divided nation and its dangers. But I woke up this morning with the image of falling into the merciful arms of God. Lent reminds us to trust in a God who loves us with abandon.

So, I invite us to join me and the community of St. Paul's this Lent in order to nurture God's goodness in our lives. I invite us to practice a spirituality that deepens our connection to Christ and to look compassionately toward our neighbor in need.

Yours in Christ and with affection,

Carolyn+

### LENT AT ST. PAUL'S

Mark your calendar now for the rich Lenten opportunities we are offering at St. Paul's:

#### March 1, Ash Wednesday,

Imposition of Ashes and Holy Eucharist: 7:30 a.m., Noon, and 7:00 p.m. with St. Paul's choir.

#### Saturday, March 4, 9:00 a.m. to 12:30 p.m.

**Quiet Morning Retreat**, "And God Saw That It Was Good" led by The Rev. Mary Lee Wile.

#### Sunday, March 5 – First Sunday in Lent.

**FIRST SUNDAYS, LIFE TOGETHER AT 9 AM** followed by Fellowship Time and Activity for all ages in the "Upper Room in the Great Hall."

(The special Great Litany has been designed to be chanted by people of all ages. Bring your children to participate in the procession!) Join us afterward in the Great Hall to plant tomato seeds.

#### Sunday, March 19, 4:00 pm

#### **St. Paul's Lenten**

**Evensong**, featuring guest preacher, The Rev. Dr. H. Roy Partridge, Special Assistant to the President of Bowdoin College for Multi-cultural Affairs and an Episcopal priest. Members of choirs from both St. Paul's and Grace, Bath will be led by Randy Day, Music Ministry Director, St. Paul's.



#### Tuesdays in Lent – March 7, 14, 21, 28

5:30 pm to 7:30 pm.

**Lenten Supper, Study, and Sharing** focused on a film by Martin Doblmeier, "*Bonhoeffer: Pastor, Pacifist, Nazi Resister.*"

Supper: 5:30—6:15

Presentation: 6:15—7:30

Presenters: Charles Arnold, Carolyn Eklund, Macauley Lord, and Sarah Arnold.

## A letter to the parish from the Vestry

*In the past, reports on vestry retreats were not normally written. Retreats are designed to allow vestry members to become acquainted, foster working relationships, and discern where the Spirit was leading the parish. In that regard, the latest retreat was no different. However, this year's retreat relied on the 2016 Mutual Study of Ministries (MSM) (see below) and a study on transitional growth as starting points for discussion. We believe the following summary would be of interest to you the parishioner.*

The 2017 Vestry Retreat took place February 3-4 at First Parish Church's "Pilgrim House." In the days following the retreat, assessment of those present was that it was one of the best retreats that they had attended. (Note: Two members were unable to attend due to prior commitments.)

The rector's suggestion that we use the 2016 Mutual Study of Ministries (MSM) and a book on church growth as building blocks for the retreat enabled us to get quickly to core issues and meaningful discussions. We were also quite fortunate to have the Rev. Cn. Michael Ambler as the retreat facilitator. Michael led the 2016 vestry in preparing the MSM, giving him a solid understanding of St Paul's from the outset. Aside from that, he did an excellent job of helping us become acquainted, listening to and distilling the comments and suggestions from attendees, and guiding us throughout the two-day event.

We met on Friday evening for dinner and initial discussions aimed at becoming better acquainted. We learned a little of our individual histories, what drew

us to St. Paul's, and why we agreed to serve on the vestry. Through a series of relaxing and illuminating exercises (Are you a mud-covered pick-up truck, a Toyota Prius or a Lamborghini; hammer or a nail; moderator or advocate in a discussion?). The results are not disclosed here, but suffice to say we learned how we can work together using each others' strengths.

The next session, Saturday, was a full day affair. We began with candid and informative discussions about the MSM. These discussions enabled us to examine the path St. Paul's has taken over the past 20+ years, leading us to where we are today. This was followed by several more hours discussing *The Myth of the 200 Barrier: How to Lead Through Transitional Growth* by Kevin E. Martin. The conclusion was that St. Paul's is well-poised to go forward and grow. What "grow" means remains an open question. Does it mean a wider, more expansive reach into our community; enrichment and deepening of extant programs; or some combination of these or other concepts? One vestry member summed it up so well: When thinking about growth, what to change and what to hold on to; how to encounter the culture at large? How to preach not only to the converted, and make the message relevant without changing it into something that is not the Gospel anymore? If we become a church with a number of different congregations in it, each with different liturgical forms, what unifies them, and how much do we insist on unity, and why?

*(Continued on page 6)*

## Shrove Tuesday Pancake Supper



Randy provided the music.



The Kitchen Crew!

# Adult Christian Formation: What's on Tap for March?

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LENT IS HERE, and we have all kinds of wonderful programs for you to help make this a deeply meaningful time. We invite you to participate in every way you can.

## Quiet Morning Retreat

“And God Saw That It Was Good”

This Lenten Quiet Morning may be just the thing as we begin to look for signs of renewal and new birth in the natural world around us. The focus will be on the beauty and goodness of the created world, including the cosmos. Not only is this a great topic for the spring, but it is also a nice follow up to *Laudato Si*, a program that the rector led during Advent. Two meditations will be offered followed by periods of extended silence and sharing.

Please join Mary Lee and fellow parishioners for this Quiet Morning, including lunch. If possible, please let the church office know if you'd like to attend. That will make planning the lunch easier.

*Facilitator:* The Rev. Mary Lee Wile

*When:* Saturday, March 4, 9:00 a.m.-12:30 p.m., lunch included. (March 25 is an alternate date if anything interferes with meeting on March 4.)

## Lenten Meditations Booklet

For more than ten years during Lent, St. Paul's has enjoyed a collection of 40 meditations written entirely by members of the parish. Always eagerly awaited, it is a wonderful sharing of insights, experiences, and thoughts on the daily Bible readings throughout Lent. It prompts a close fellowship among parish members, and it inspires us individually and communally as we walk the 40 days of Lent on our way to the Easter celebration.

You are invited to use the booklet as your own devotional during your Lenten journey. Please thank the contributors who gave their efforts and thoughts to everyone in the parish. It a gift in which we can all share.

## Lenten Supper, Study, and Sharing

Our parishwide Lenten study this year will focus on a film by the Emmy-winning filmmaker Martin Doblmeier—*Bonhoeffer: Pastor, Pacifist, Nazi Resister*. This is a dramatic documentary about the world-famous German theologian, who willingly abandoned a promising teaching career in the United States to return to his homeland at a critical and dangerous juncture.

In four evenings we will explore, through Bonhoeffer's own words and through the words of people who knew him, what drove him to do what he did: to bravely break away from the mainline German Church, even forming his own seminary, and to resist what he saw as evil, even at the cost of his own life. As one reviewer said, “What the film does is anecdotally present the growth of Bonhoeffer's theology from the conventional Lutheranism of his upbringing into a kind of social activism in which the actions of one's life are what brings one to Christ.”

Please join your fellow parishioners for supper, study, and conversation about this Twentieth Century martyr, whose moral courage and convictions led him to prison and hanging by the Nazis just days before the Allies arrived. Bonhoeffer stands as a powerful example of belief in action.

*Dates and Presenters:* Four Tuesdays—March 7 (Charles Arnold), 14 (The Rev. Carolyn Eklund), 21 (Macauley Lord), 28 (Sarah Arnold). (The Sundays following are designated as snow dates.)

*Times:* Supper: 5:30 p.m.-6:15 p.m.

Forum and discussion: 6:15 p.m.-7:30 p.m.

*Pam Nugent*

Adult Christian Formation

## From the music desk....

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Choosing music for worship is quite similar to walking down the serving line at a smorgasbord; there are way too many choices of hymns, anthems, instrumental and keyboard music, and service pieces from which the Gospel (or other readings) may be enriched or amplified. There are the tried-and-true songs and texts that have stood the test of time, proving that a good marriage between text, melody and setting really can be achieved. Then there are the one-hit wonders, good for a certain decade, but without resonance later on.

Each of these possible selections are garnished, decorated, seasoned by style and format, making the possibilities when combined a very rich palette for worshippers to digest. No one is nourished the same as the person beside him or her in the pew. And that's the beauty of weekly attendance: the music, sermon, and readings are always changing.

We usually approach Lent with a somber and simple touch, keeping the diet free from extras. Alleluias are set aside until Saturday' Easter Vigil – even though the choir has the privilege of singing such during rehearsal. Chants are changed to one-line unison form (also in Advent) in contrast to the harmonic four-measure settings used in other liturgical seasons.

This Lenten season the Adult Choir and I will be introducing a chant that will be sung as an Introit (between Prelude and Processional Hymn) each Sunday....and each Sunday we will add a verse until we've sung the entire text. The musical setting is one I heard as a young child during a choral concert, and the rendition has stuck with me for nearly 50 years. When trying to locate the musical source I was directed to a friend's hymnal where it was in the service music section, listed as a Russian Orthodox hymn.

The text, penned by our Harriet Beecher Stowe in 1853, has been paired with several different hymn tunes, most commonly "Consolation," attributed to Felix Mendelssohn. As preparation for Lent, Stowe's pictorial, meditative words are placed here for your convenience. Keep the text handy, for on the final Sunday of Lent we will all sing this setting together.

"Still, Still with Thee, when purple morning  
breaketh,  
When the bird waketh, and the shadows flee,  
Fairer than morning, lovelier than the daylight,  
Dawns the sweet consciousness, I am with Thee.

Alone with Thee, amid the mystic shadows,  
The solemn hush of nature newly born;  
Alone with Thee in breathless adoration,  
In the calm dew and freshness of the morn.

Still, still with Thee, as to each newborn  
morning,  
A fresh and solemn splendor still is given,  
So does this blessed consciousness awaking,  
Breathe each day nearness unto Thee and  
heav'n.

When sinks the soul, subdued by toil, to  
slumber,  
Its closing eye looks up to Thee in prayer;  
Sweet the repose beneath the wings o'er  
shading,  
But sweeter still to wake and find Thee there.

So shall it be at last, in that bright morning,  
When the soul waketh and life's shadows flee;  
O in that hour, fairer than daylight dawning,  
Shall rise the glorious thought, I am with Thee.

*(Harriet Beecher Stowe, 1853)*

Keep Sunday, March 19 at 4 p.m. open in your calendar. Singers from St. Paul's and Grace Episcopal-Bath will join forces to present a Lenten Choral Evensong. Come join together to experience a form of worship centuries old, yet present-day new. Come and be blessed by word, music, and a brief homily shared by the Rev. Dr. H. Roy Partridge of Bowdoin College.



Keep Singing!

Randy Day, Music Ministry Director

# Living Local: Joining God in the Neighborhood

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*Living Local: Joining God in the Neighborhood* is going "live"!

You may recall that this Diocesan process invites us to learn where God is calling us in our communities.

To begin our efforts, members of the Guiding Team and a partner they have each recruited will begin

interviewing people from our various congregations about our church experiences and feelings. The information will be gathered and shared, anonymously, with the Vestry and leadership. It shouldn't take long and will be very helpful. The members of the Guiding Team are: Caroline Russell and Myrna Koonce, Lil Heyda, Linda Ashe-Ford, Terry Howell, Joan Reynolds, Pat Ryan, Andree Appel.

## St. Paul's Youth Group

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St. Paul's Youth spent a couple of very productive hours on Monday, February 20, preparing five hotel pans of lasagna for Mid Coast Hunger Prevention. MCHPP Program Director Ethan Minton was thrilled to have this meal ready to go for lunch in the Soup Kitchen on the second Saturday of March. Thank you so much to all parishioners who donated money or food to this project.

***We couldn't have done it without your help!***

## A letter to the parish from the Vestry continued

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*(Continued from page 3)*

Among the unanswered questions and/or goals that need to be resolved before the future is clearer, these were identified as particularly important:

- **Unity:** What is it? How do we ensure that each parishioner feels a part of the greater whole, even if not able to participate in some of the "signature" events? Are fellowship (e.g., dinners) or unified services critical or not? What kind of fellowship works best for us? (See above regarding liturgy.)
- **CFD:** We need a Christian Fellowship Director. We hope to have a person identified soon. Why is this important? This ministry will foster cross-fertilization among our many programs, working to enhance unity within the parish. This position

will also serve to strengthen the role of lay personnel at St. Paul's. We have a vibrant and hard-working rector, who is also recognized as a leader in the diocese. There was concern not only about rector "burn out," but also of possible atrophying of the experience and capabilities of lay individuals by over-reliance on such a dedicated and competent member of the clergy.

- **Hospitality:** Two vestry members have agreed to act as liaison between this ministry and the vestry. Hospitality was not previously identified as an issue that needed vestry liaison. However, things have changed. This ministry is a foundation for much that we are doing and want to do. Considering the larger role that hospitality plays in church growth and the need to understand

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different cultural groups (age, economics, race, origin, etc.) and togetherness, we need steady hands guiding this activity and providing

The vestry with the foresight needed regarding direction and scope.

It would be difficult to encapsulate all of the discussions and notes made during the retreat in this note. We hope the above provides a flavor of what took place along with some of the critical concepts that we all need to consider.

On behalf of St. Paul's Vestry and in peace,  
Paul Womer, Senior Warden



## E aster Celebrations

E aster Vigil

Saturday, April 15 at 7:00 p.m.  
at Grace Episcopal Church Bath

E aster Day

Sunday, April 16 at 8:00 & 10:30

## Birthdays and Anniversaries

### Happy Birthday!

03/01 Nancy Hawkins  
03/01 Bonita Labonte  
03/01 Kelton Rose  
03/04 Thomas Davison  
03/04 Adam Fraser  
03/05 Bennett Joseph  
03/06 James Rochette  
03/09 Taylor Peck-Moad  
03/10 Katy Kennedy

03/10 Mary Lee Wile  
03/14 Joshua Frazier  
03/14 Richard Nickerson  
03/18 Pat McCabe  
03/19 Benjamin Fraser  
03/19 Pat Ryan  
03/20 Corrine Beal  
03/21 Isaac Olsen  
03/23 Jaxson Redlon  
03/26 Ethel Grasmuck

03/26 Devonian Redlon  
03/28 Lois Thacker  
03/29 Rodney Sarle  
03/30 Peter McCracken  
03/31 Marjorie Arnold  
03/31 Lucinda White

If we have missed your birthday or anniversary, please let the office know so that we may update our files.



*The Messenger* is published monthly, excluding January and with a combined July/August issue. It is emailed to the parish. Paper copies are available at the church for those who prefer them. It is also mailed to those who do not have email. **Please send submissions for the April issue by March 17.** Articles may be emailed to [stpauls@stpaulsmaine.org](mailto:stpauls@stpaulsmaine.org) or placed in Susan Tyler's box in the parish office.

ST. PAUL'S EPISCOPAL  
CHURCH  
MARCH 2017

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The Rev. Chick Carroll, Deacon  
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Johanna Wigg, Junior Warden  
Randy Day, Music Ministry Director  
Susan Tyler, Parish Administrator  
Melanie Chicoria, Administrative Assistant  
Kimmy Edwards, Nursery Caregiver  
Aubrey Farmer, Sexton

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We're on the web!

[www.StPaulsMaine.org](http://www.StPaulsMaine.org)  
and Facebook

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## First Sunday in Lent March 5

All-parish worship  
and special activity for all ages.

### **9:00 a.m. Church Service**

will be under 60 minutes: All children are invited to march down the aisle with the ministers chanting "The Great Lita-

ny" the special prayer created especially for families with small children. Your seats will be reserved and the bean-bag garden will be ready for you in the church!

### **AFTER-ACTIVITY IN "THE UPPER ROOM IN THE GREAT HALL"**

We will plant tomato seeds to symbolize that we place our plants and our lives in God's Hand. God's "cocoon hand" will be present in the Great Hall during the 40 days of Lent so we can "place something important to us" in God's hand, to blossom at Easter.