



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

I recently watched a news segment on smartphone use. The title of the piece was, "Your phone is trying to control your life." The journalist interviewed a young tech engineer who says that there are about one billion smartphones in use in the world. He says that on average people check their smartphone 150 times a day. Actually, that number seems low to me as I witness more and more people frequently face-to-phone.

This young software developer talked about "apps" that are developed "to suck you in to take more time using your smartphone, not to help you live better." He said that advertisers make more money the more time each person spends on her smartphone.

Now, I know not everyone who is reading this has a smartphone. That might be a blessing in this world of the increasing flow of social media posts, games on apps and pop-up ads. But I am a victim of the "nose-in-the-smartphone" as I've been watching and posting like mad during the election season and following.

I activated my Facebook account just before John got sick. As friends from my past and my present "friended" me, I was able to receive much mental and spiritual support as I posted my daily experience those two months of John's illness and after his death. Indeed, it was the knowledge of a "live cam" on a nest of eagle eggs in Decorah, Iowa, that gave me hope the month after John died. I'd check on that "live cam" every day, several times a day (not quite 150 times!) to see how the mother and father took turns to sit on the eggs. A community of virtual observers watched in delight as the eggs cracked and darling eaglets emerged.

Now, six years later, and an active Twitter account later, two weeks ago, I realized I needed to re-evaluate the time and energy I spent on social media, offering opinions, posting "good articles you must read" and making what I thought were witty comments. I was tired of it and at some level I had become aware that the lure of my smartphone was "...trying to control [my] life." I knew that I needed to

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9:00 a.m.
First Sundays
Life Together

www.stpaulsmaine.org

Sunday, February 5
9 am Meet in the church for worship-less-than-an-hour. Followed by food/fellowship and a brief activity: **"Be a light in the world"** family activity. Bring a large jar that you can decorate.



A Note from the Rector *continued*

have a healthy outlook and rest my eyes and mind for the long stretch of difficulty this country was going to experience. I knew that, as a pastor, I needed to be as centered as I could be for these years of deep division and increased vitriol.

Pope Francis writes sharply about how consumerism degrades the environment. Advertisers tell us we need the newest and latest product or we don't amount to much. I believe that our preoccupation with use of electronic media could be a metaphor for other ways our culture vies for our energy and attention, calling us to more and more consumerism.

After he introduced his encyclical on earth care, "Laudato si," Pope Francis spoke to a group of bishops assembled at St. Charles Borromeo Seminary in Philadelphia in September of 2015. These are his words, "Today, consumerism determines what is important. Consuming relationships, consuming friendship, consuming religions, consuming, consuming...whatever the cost or consequences...a consumption which does not favor bonding, a consumption which has little to do with human relationships...social bonds are a mere 'means' for the satisfaction of 'my needs.' The important thing is no longer our neighbor, with his or her familiar face, story and personality."

I think God is calling us to closer, more meaningful relationships. I think God is calling us to relax our use of social media and those things that draw us from God and our neighbor...that pull on us stealthily day in and day out. That is really what the disciplines of Lent are for Christians. I know that Lent is a month away beginning with Ash Wednesday, March 1.

At St. Paul's, we will be offering "Ashes to Go" out in the community and three services of Imposition of Ashes and Holy Eucharist: 7:30 am, Noon and 7:00pm with the choir. Our Lenten meditation booklet will be available that day for us all to read and share.

There will be ways in February to help us ease into the disciplines of Lent. On Sunday, February 19, our St. Paul's youth will be joining 9:30 am Family Worship to make "Alleluia" communion bread.

FAMILY WORSHIP, 9:30am

FEBRUARY 19

"ALLELUIA" BREAD-BAKING,

All are invited to this service where we sing, move and break bread together. And for sermon time, we'll go to the kitchen to make bread and let it rise during Church School time. It will then be frozen and we will share it on the last Sunday before Lent, February 26, at all three services.

SHROVE TUESDAY PANCAKE SUPPER,
FEBRUARY 28,
5:30 pm-7:00 pm

All are invited to share pancakes, sausage and hot cocoa as we say "good-bye" to the "alleluias" until Easter and ask God how we will consume less and connect more deeply with neighbors, family and parish.



We need God in our lives to know that love abounds even in times of trial. We need each other in order to be of encouragement, good cheer and mutual love for one another and to avoid isolation in a world where being driven apart is the norm.

Let our patron saint continue to teach us from his Letter to the Romans,

"Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor....rejoice with those who rejoice; weep with those who weep."
Romans 12:9-10; 15.

Blessings and peace,

Carolyn+

From the Music Desk

January should be renamed “**Thank You**” month, for during these calmer days following Advent and Christmas I took time to remember all who contributed to making the special worships run smoothly and give so freely of time, talent and treasure. Ironically this also the month when we celebrate Epiphany and tell the story of the Wise Men, or Magi, who gave to the Christ Child their time, talent and treasure.

Like the candles lit during the Christmas Eve services, we now underscore the Light that has come into our darkness. “Behold, the Lamb of God.” “They that walk in darkness have seen a great light.” These two lines were used by George Frederic Handel in the Christmas section of *The Messiah*. We sing the favorite hymn: “I want to walk as a child of the light.”

As the lead musician of St. Paul’s it was my delight to experience many moments of ‘light’ during these past weeks of seasonal celebration. I’m so grateful for the dedication of the Adult Choir, the St. Paul’s Choristers who participated in the Christmas Eve early service, and our guest string trio who added their own special light to the late Christmas Eve service. And there were the contributions by the Altar Guild, our Rector, our Deacons, and Lay Eucharistic Ministers, ushers, greeters, acolytes, and those who provided refreshments. All of you brought joy into a time of year that is challenging more than not.

Moving into 2017 we will look forward to a variety of ways **chant** is used in worship at St. Paul’s. At **Evensong** service in March (watch your newsletter and announcements for the date!) the Adult Choir will present a full Anglican chant for the psalm. At our Annual Meeting we heard the Beatitudes set to the music of a Russian Orthodox liturgical chant. We will learn new ways of chanting the Lord’s Prayer. The first Sunday in Lent we will experience the Great Litany. The mix of word and text multiplies the possibilities of how we retain what we’ve heard and how deeply we experience the hearing of it. For each Lenten service the Adult Choir will be sharing a chanted Introit based on the music of an ancient

Russian chant, each week adding a new verse until we will join as congregation and choir for the last verse of the hymn text “Still, Still With Thee.”

Our **Nave @ 9** rehearsal schedule for 2017 will soon be posted around the parish, indicating when St. Paul’s Choristers, Women’s Ensemble, and Men’s Ensemble will be singing. Thank you to each member who lends skill and heart to these occasional times for blending our voices together in worship.

Lastly, thank you to each of you who sit in the pews on Sunday. I value your presence, voice, and the opportunity for you to express praise to God. Like the name on the frog that sits on the organ console (Joy), my prayer each week is that you will leave the Nave and St. Paul’s with a song in your heart, with enough joy to uplift you through the week until we see each other again.

Keep singing!

In gratitude,
Randy Day, Music Ministry Director

A local asylum seekers group recently had its third meeting at the UU Church. Anyone interested in exploring ways in which we might make our community a welcoming place for asylum seekers, or anyone who’d like to help in other ways (material goods procurement and distribution, mentoring, etc.) is welcome to join this ecumenical group. For more information, call or e-mail Andree Appel.

Christian Formation Director Search Advisory Team

We have received three impressive resumes from people interested in the Christian Formation Director position at St. Paul's. I've met with the Search Advisory Team to plan our interview process and questions. I've contacted people at Bowdoin College who might have connections with people who might be interested in our position. The position is posted on Maine Association of Non-Profits internet job site and the BTS Center, Bangor Theological Seminary's new non-profit that grew out of the closed Bangor Theological Seminary.

We will begin the interview process mid-February and I'll keep the parish posted on developments. My hope is that God sends us a Christian Formation

Director who is passionate about forming children and youth in the Christian faith, who joyfully develops families with young children in the way of Christ and who consistently puts the teachers and classes in good order adding a sprinkle of humor!

Thanks go to the Christian Formation Search Advisory Team. They will help me interview and decide on the candidate: The Rev. Mary Lee Wile, Rodney Richard, Linda Ashe-Ford, Katy Rivera, Christin Nadeau, Hugh Savage, Betsey Bailey, Myrna Koonce, Ariana Edwards, Nancy Johnson.

The Rev. Carolyn H. Eklund

American Red Cross Blood Drive

IT'S CRITICAL The American Red Cross and St. Paul's will host a blood drive on February 14 from 1-6 pm.

The need for blood is critical at this time of year. Due to adverse weather in parts of the country, over 300 blood drives had to be cancelled. This resulted in 10,500 units of blood that were not collected. Every 2 seconds someone needs a unit of blood.

Through this blood drive you can help ease this critical shortage. You can make an appointment by calling 1-800-REDCROSS (1-800-733-2767) or by going on line at redcrossblood.org.

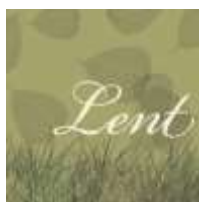
Rapid Pass is a new feature designed to save you time when you donate. Here's how it works. Go to redcrossblood.org/RapidPass. Answer the questions, print out the form and bring it with you for your appointment. This must be done THE DAY OF YOUR APPOINTMENT.

You must also bring a form of identification with you, either a Red Cross donor card or your driver's license.

Ninety-five per cent of the blood donated in Maine stays in Maine but it can be used anywhere if the need is critical.

Bill Edman

Lenten Quiet Morning - Saturday, March 4



"And God Saw that It Was Good"

Facilitated by

The Rev. Mary Lee Wile

Mud season. Lent. Social and political unrest. Why on earth would God look upon what has become of creation today and call it "good"?

But it is. God still delights in it – and in us.

Come and spend a quiet morning reconnecting with

that creative goodness, in spite of all that pushes back against it.

We will begin with prayer, followed by two brief talks and two extended periods of silence, after which we will have a conversation about our experiences during the morning.

Time: 9 am - noon, lunch following.

Please call the office to register so there will be enough handouts and enough lunch! By phone 725-5342 or email stpauls@stpaulsmaine.org

Adult Formation, What's on Tap for February?

Movie and Discussion

Some things sound the same but are different. We are again showing *Chaplains: On the Front Lines of Faith*, back by the popular demand of those who really wanted to see the film and participate in the discussion but missed out a year ago. Macauley Lord and Myrna Koonce, who both have experience as chaplains, will be showing *different* clips from the film this time around, so the viewing and the discussion will definitely *not* be the same as it was last spring. This means that even if you participated the first time we showed the DVD, please come again because it will be a different program.

This film, produced by Emmy-winning filmmaker Martin Doblmeier, has been recently making the rounds of PBS stations around the country. As you will learn from the DVD, chaplains come from their own faith traditions, but their job requires that they provide comfort and support to people of other faiths and to those who may not follow any religion at all. And yet, wherever they work, they often minister to people at extremely vulnerable times of their lives: when they struggle with the ultimate questions of life and death. Whether they work in the military,

in a hospital, in a prison, in a work place, or in a variety of other settings, chaplains are called to fulfill the spiritual needs of those in the communities they serve.

One of the chaplains interviewed on the film said this: "What a chaplain does is lean into the painful places." This is why this is such a compelling film: it touches on the core of what it means to minister to one another, something we all do. As disciples of Jesus Christ, as part of what our Presiding Bishop Michael Curry calls the "Jesus Movement," we are all called to do that one way or another.

You are invited to spend a stimulating Saturday morning with fellow parishioners and stay for lunch. Although not required, it would be helpful if you would let the church office know if you plan to participate. It will make planning the lunch easier.

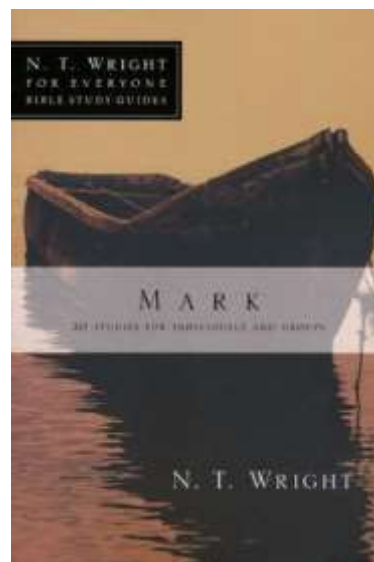
Facilitators: Macauley Lord, Myrna Koonce

When: February 11, 9:00 a.m.-12:30 p.m., lunch included (April 1 is the snow date.)

Women's Bible Study

Starting Tuesday, January 31, the Women's Bible Study will be exploring the fast-moving and action-filled Gospel of Mark. We'll be using N. T. Wright's study guide, which happens to be the same one the Wednesday night group thoroughly enjoyed. Cost of the study guide is \$7.00.

Bag lunch and chatting start at noon, followed by the Gospel study from 12:30 to 1:30. If you have any questions, please check in with Anne Street or Terry Howell.



Ashes to Go

Several years ago on Ash Wednesday, I reached through the bars in the segregation unit at Maine Correctional Center to impose ashes on the woman on the other side, and when I spoke these words, “Remember you are dust, and to dust you shall return,” her response was neither silence nor “Amen,” but a whispered, “I know.”

Most of us don’t have twenty-four hours a day alone in a cell to reflect on our mortality, so we may not “know” it quite so viscerally, but the imposition of ashes at the start of Lent offers all of us an invitation to come closer to that knowing.

Ashes are the ancient sign and reminder with which we begin the journey of Lent. As the prayer over ashes in our Ash Wednesday service says: “Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life...”

Since St. Paul’s began participating in the nationwide Ashes to Go experience of taking ashes into the local community on Ash Wednesday, others have taken over dispensing ashes at the prison, and your deacons now join parishioners who volunteer to share this ancient act of penitence with people right in the midst of their busy lives. We go in pairs to stand near the Tontine Mall, at Midcoast Hospital, Bowdoin College, and outside the soup kitchen.

If you would like to be a volunteer for this year’s Ashes to Go, read the simple directions following, then give me a call or an email, or let the office know.

- Meet at designated spot a few minutes early.
- Share the prayer on the card, or the one below, and impose ashes on each other:

Almighty and merciful God, you forgive the sins of all who are penitent; create in us new and contrite hearts, so that when we turn to you and confess our sins and acknowledge our need, we may receive your full and perfect forgiveness, through Jesus Christ, our Redeemer. Amen.

Remember you are dust, and to dust you shall return. You may add: And remember you are precious in God’s sight.

- When people approach for ashes, ask if they would like a brief prayer first, and if it would be all right to put a hand on their shoulder while you pray. Some may simply want ashes.
- Offer one of the brief prayers if desired.
- Impose the ashes with the designated words. Include the additional words as feels right to you.

Thank you!

Mary Lee



Note of thanks

Dear St. Paul’s,

I want to thank you again for your support and generosity for children in adoptive, foster, and kinship families during the Christmas season. You all make a difference and touch so many lives. I would also like to thank the Outreach program for their on-going support of our school

program again we could not do it without your support.

Thank you for always being willing to help.

Sincerely Tammy Cutchen

Adoptive, Foster, Kinship Families

More information can be found at www.affm.net

Annual Meeting

The St. Paul's Annual Meeting was held on Sunday, January 29. The parish gathered for worship at 10:00 am in the Great Hall. Following a brief time for fellowship the Annual Meeting convened at 11:30.

The parish elected the following:

Paul Womer: Senior Warden, (1 year, to fill an unexpired term)

Johanna Wigg: Junior Warden (2 year term)

Vestry (3 year term) Dana Baer, Betsey Bailey and Caroline Russell

Vestry (1 year term to fill an unexpired term)

Susan Martens

Convention Delegates: Susan Brown, Emily Levine, Kevin Miller, Macauley Lord, Charlie Priest.

Alternates: Linda Ashe-Ford, James Ford, Pat Ryan

The Vestry held a brief meeting following the Annual Meeting. The resignation of Chuck Dyer was accepted. The Vestry appointed Hugh Savage, Clerk; Nancy Whitehouse, Treasurer and Jim Johnston, 1 year term to fill the unexpired term on Vestry.

Birthdays and Anniversaries

Happy Birthday!

1/03	Anne Brautigam	2/01	Shirley Arnold	2/27	Karin Jackson
1/13	Jean Mulligan	2/02	Whitney Blair	2/29	Pamela Frampton
1/14	Kristine Schuman	2/02	Liz Glover	2/29	Thomas Kelley
1/19	Susan Burroughs	2/02	Mike Linkovich	2/11	Lauren Perry
1/20	Ralph Thivierge	2/02	Tom Nugent	2/12	Emily Kennedy
1/29	Susan Martens	2/04	Dan Warren	2/13	Nicole Severance
1/18	Ben Olsen	2/05	Stephen Chandler		
1/29	Brandon Perry	2/07	Charles Priest		
1/21	David Guerette	2/08	Cameron Smith		
1/08	Dicky Walker	2/12	John Frothingham		
1/01	Chris Martin	2/12	Bob Judd		
1/14	Shane Weller	2/15	Ada Moore		
1/19	Sebastian Mull	2/15	Anne Springer		
1/14	Elizabeth Levine	2/18	William Nicita		
1/06	Evelyn Troy	2/21	Helen Nicita		
		2/21	Sue Nickerson		

Happy Anniversary!

Richard & Ellen Hall 1/21
Alan & Ellen Shaver 2/01
Alfred & Bronda Niese 2/05
Nina & James Rochette 2/14
Tom & Pat McCabe 2/18



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 March issue by February 20.** Articles may be emailed to stpauls@stpaulsmaine.org or placed in Susan Tyler's box in the parish office.

ST. PAUL'S EPISCOPAL
CHURCH
FEBRUARY 2017

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Phone: 207-725-5342
E-mail: stpauls@stpaulsmaine.org

The Rev. Carolyn Eklund, Rector
The Rev. Mary Lee Wile, Deacon
The Rev. Chick Carroll, Deacon
Paul Womer, Senior Warden
Johanna Wigg, Junior Warden
Randy Day, Music Ministry Director
Susan Tyler, Parish Administrator
Melanie Chicoria, Administrative Assistant
Kimmy Edwards, Nursery Caregiver
Aubrey Farmer, Sexton

We're on the web!

www.StPaulsMaine.org
and Facebook



Sunday, February 5

All Parish Worship (no Church School)

9 am Meet in the church for worship-less-than-an-hour. Followed by food/fellowship and a brief activity: "*Be a light in the world*" family activity. Bring a large jar that you can decorate.

Gospel Lesson, Matthew 5:13-20



LE NT

Ash Wednesday March 1, 2017

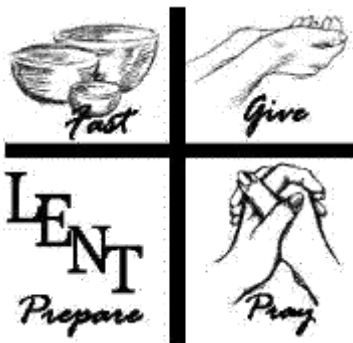
Mark your calendar for Wednesday, March 1, when St. Paul's will observe Ash Wednesday with three services of the Imposition of Ashes and Holy Eucharist at these times:



7:30 am Quiet worship for early risers.

Noon Brief worship for those on their lunch break.

7:00 pm Worship with music and choir.



Observe a Holy Lent

at St. Paul's

Renew your relationship with God this Lent by participating in the many ways our community observes this quiet, reflective, even penitential season:

Copies of the St. Paul's Lenten Daily Meditation booklet are available

For more than ten years, St. Paul's has enjoyed this 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 like no other program, and it inspires us individually and communally as we walk the 40 days of Lent on our way to the Easter celebration.

Tuesday evenings in Lent, 5:30-7:30 pm; Our parish wide Lenten study this year will focus on a film by the Emmy-winning filmmaker Martin Doblmeier—Bonhoeffer: *Pastor, Pacifist, Nazi Resister*. 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.

Lenten Quiet Morning Retreat, March 4, 9:00 am to 12:30 pm; 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