



# St. George's Episcopal Church

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## CROSSROADS

Fall 2022



With the changing of the seasons, we are once again happy to share a new edition of the Crossroads newsletter. Here you will find what we have been up to this summer and what we are looking forward to this fall and winter.

We know that these last couple of years have brought great uncertainty during the pandemic. There are still many who are trying to navigate the times we're living in. Our hope is that we can share what is happening around the church for those getting back into regular worship or looking to connect with the congregation in other ways after time away.

There are some exciting changes to our regular services. In addition to meeting on Sunday, we're pleased to now have some *evening worship services*.

We have Eucharist on the *first Wednesday* of each month and a Taizé service on the *third Wednesday*. These services begin at 6:30 p.m. and lay leaders will be from among those who attend.

## Inside this Crossroads

Message From Our Rector • Meet New Employees • Getting Involved  
Upcoming Events • Holiday Calendar • Recent Happenings Around St. George's

### Little Free Pantry

Inspired by the Little Free Library, the mini pantry movement activates neighbor engagement with food insecurity. It is **open at all times** for people to take what they need and leave what they can. There is a variety of food and hygiene/ personal care items as well. You can find the pantry on the corner by the main entrance to the church.





***From the desk of***  
***Rev. Lauren***

Dear Friends in Christ,

The leaves fast are falling from the trees and hints of winter are blowing in with crisp breezes and morning frosts. May this Fall 2022 Crossroads bring some warmth with its memories of summer and familiar,

friendly faces.

This past year saw us continue making our way in this “post-pandemic” time, expanding our opportunities for gathering as a church as well as welcoming new twelve step and other community groups into our building. We’ve said goodbye to beloved members of our congregation as they’ve gone on to prepare the way for us. Our regular attendance, though lower than it was before the pandemic, has remained steady for many months now - enough that we made the bold move to return to two Sunday morning services.

Coming to church still feels hard for some of you. Seeing a smaller number gathered is one thing, but seeing the empty pews where those we love dearly once sat is a heart pain which cannot be measured. This little church has been through the wringer these past few years.

And yet. Since the first services of St. George’s in Sanford, Maine were held in 1901, this church has remained through a fire, the closing of the mills, the Great Depression, several recessions, wars, and a rapidly changing society which seems to value the idea of church less and less. We are still here.

“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!”<sup>1</sup> Change, while often uncomfortable, is inevitable. Church as we long have known it is passing away. We, as the Body of Christ, have the opportunity to keep saying “yes” to God and loving and serving our neighbors, even as it shifts and changes all around us.

St. George’s has amazing resources for our community. Keeping our little church going means hundreds of people served each week through programs and community groups. Keeping our little church going means having a sanctuary and worship services in which we can be present to God and each other. Keeping this little church going means keeping a spiritually grounded presence here on this corner of Main and Emerson Streets from where our prayers go out into the world.

The smiling faces and other photos in this newsletter are full of life. Let us tap into that energy and remember who we are – and who we are called to be.

“He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life?”<sup>2</sup>

May blessings be upon you this day and always.

Faithfully,

Rev. Lauren+

<sup>1</sup> 2 Corinthians 5:17

<sup>2</sup> Mark 8:34-36

## St. George's Welcomes New Staff



**Mal Meyer (right)**

*Administrator*

he/him or they/them

Mal is coming to St. George's as the new office administrator. He is doing everything from updating the church website to managing the social media pages, putting together the weekly order of service to drafting this very newsletter!

You may also recognize Mal as one of the reporters for CBS13/FOX23 in Portland. He is passionate about the news, hearing from community members about what's happening in their lives and understanding which issues matter to them.

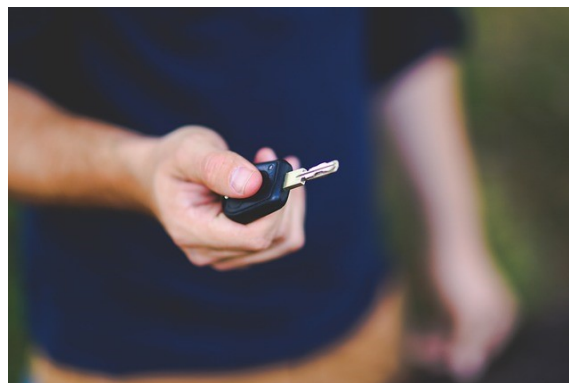
Mal lives in South Portland with his longtime partner and fiancé, Caroline (she/her). When not at work, they enjoy watching whatever TV series they're hooked on lately or going on hikes around Maine. He is excited to learn more about the church, the faith and the congregation.

Please say hi sometime—he would love to meet you!

## Getting Involved

### ***Volunteer Drivers Ministry***

Do you drive? Do you enjoy spending time with other parishioners and getting to know them better? Join our Volunteer Drivers Ministry! We have some members who aren't able to drive to some church services and events. We'd love to keep them involved as they are still a part of our St. George's community. **YOU** can help us do that! Serve God as you serve fellow parishioners by giving them a ride to a church service or event. **Talk with Rev. Lauren for details.**



### ***We need you!***

What are your talents and spiritual gifts? Where are you called to serve? There is a variety of Ministry Teams and Committees that could use your help. That includes everything from assisting with maintenance to keeping finances up to date, welcoming newcomers to singing with the choir.

You are an integral part of the church that allows us to keep serving others. We couldn't do it without you! If you have an idea for something you don't see, **please talk with Rev. Lauren.** Thank you to those who lead and serve in our church!

# New Recurring Events



## ***Evening Services***

We are delighted to now offer two evening services. Every first Wednesday of the month we will have ***Eucharist***. On the third Wednesday of the month we have a ***Taizé service***. Both begin at **6:30 p.m.** Lay leaders will be from among those who attend. For those who are not able to come in person, these services will be livestreamed on Facebook.

As a reminder for our regular services, we have *two Sunday services* all month long. Those are held at **8 a.m. and 10 a.m.** *Coffee hour* is held between the services at **9 a.m.**

## ***NAMI Maine Connection Recovery Support Group***

For people living with mental health challenges, this support group is for you. When you attend a *NAMI support group*, you can share your experiences, gain support from others and have a chance to be heard. This group meets every **first and third Thursday** of the month from **6 p.m. to 7:30 p.m.** For more information, contact Jean, the group facilitator at (781) 572-1393.



## ***Jam Sesh with the Rev***

Rev. Lauren is excited to jam with you! Whether you like to sing or play music, let us make joyful noise to God. We'll play anything from more contemporary music to traditional hymns and beyond. Bring your instruments, voices, music and musical requests. The "**jam sesh**" will go according to whoever is present and as the Spirit moves. Join us **every third Tuesday** of the month at **6:30 p.m.**



All levels of musical experience welcome to join!

## ***Stay up to date!***

We want to keep you in the know with regular happenings around the church. While we are striving to get *Crossroads* to you more often, things come up— be it different events at the church or through the diocese. To get weekly reminders about upcoming events and see what's happening during the Sunday service, sign up for our newsletter.

It's easy to get the newsletter sent right to your inbox. To sign up, just scan the QR code to the right, which will direct you to our website, or you can go to [stgeorgesanford.org](http://stgeorgesanford.org). Just enter your email address on the homepage and hit 'subscribe'.



## Recent Special Events



Furry friends Jesse, Finch, and Frankie joined us for prayer and a blessing from The Rev. Lauren for the *Feast of St. Francis*. While born into a life of wealth, Francis decided to embrace a life devoted to the poor. He is also known for his love for all of God's creation, hence the blessing of the animals. Thank you for all who brought in their beloved companions!

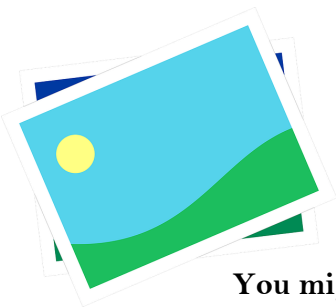


This summer we tried on some *Holy Hikes* and *Paddles with the Pastor*. We explored nearby areas such as the Kennebunk Plains, Mousam Woods, and Bauneg Beg Pond. Here are some scenes from our travels.

**Do have photos from church events you'd like to share?**

**We'd love to see them! Send them to [stgeorgesanford@gmail.com](mailto:stgeorgesanford@gmail.com).**

**You might see them on Facebook, in our weekly email, or an upcoming Crossroads.**



## Recent Special Events



## ***The Jumble Sale!***

*The Jumble Sale* came back this year and was a smashing success! We provided the community with great deals on a wide variety of items from architectural salvage windows to bikes, vintage chairs to a Weber grill, furniture to home goods of all kinds! We even got to enjoy fellowship with each other from set-up through clean-up. Thank you everyone who helped leading up to the sale and during the event.



## Recent Special Events



St. George's showed up for *Sanford Pride* this year with a table full of stickers, a book raffle, and lots of love. It was wonderful to meet so many folks from our community who were glad to see us out there.



On August 21, we gathered to celebrate the *anniversary of our church*, learn about its history, and enjoy food and fellowship at a parish picnic after the service. We had so much good food with plenty to go around. As you can see, dessert was popular, too! We were fortunate to have great weather and good company too.

Women of the church came together for *Ladies' Tea*. It was a hit with finger sandwiches, our favorite treats and of course, plenty of fun hats.



## Recent Special Events



Agape (ah-gah-pay) is the Greek word used for “love” throughout the New Testament. It speaks to affection and benevolence. On the night before his crucifixion, Jesus and his disciples came together for the Passover meal. He washed their feet and they shared food and fellowship, breaking bread together. So we, too, came together to share food and fellowship on Maundy Thursday, commemorating the Last Supper of Jesus with his disciples.



The Rev. Lauren Kay and The Rev. Ryan Mails had their first *pulpit swap* between the two St. George's. On Sunday, October 23, we welcomed Rev. Ryan to our church. Meanwhile, Rev. Lauren went to St. George's in York Harbor for their service. We hope everyone at both congregations enjoyed the shake up, along with the experience of meeting new people.

The two church leaders have been talking throughout the pandemic, along with other priests in York County. It has led to great conversations and ideas. As the rev. said during our service, the Diocese has been asking churches to think how they could grow connections between the congregations. Because our two churches share the same name, it seemed only fitting that the two traded places!



# November 2022

Sun Mon Tue Wed Thu Fri Sat

		<b>1</b> AA- noon  MAP- 4:30 to 6:30 pm	<b>2</b> CU in Hall- 10 am to 1 pm  Eucharist Service- 6:30 pm  AA- 6:30 pm	<b>3</b> Right Brain Club- 5 to 7 pm  NAMI- 6:30 pm	<b>4</b> Al-Anon- 10:30 am  NA- 7 pm	<b>5</b>
<b>6</b> All Saints Day Service- 8 & 10 am  Coffee Hour- 9 am  Ben Gomez's Baptism-10	<b>7</b> AA- 6:30 pm	<b>8</b> AA- noon  Lions Club- 7 pm	<b>9</b> AA- 6:30 pm	<b>10</b> Right Brain Club- 5 to 7 pm  NAMI- 6:30 pm	<b>11</b> Al-Anon- 10:30 am  NA- 7 pm	<b>12</b>
<b>13</b> Pentecost 23  Service- 8 & 10 am  Coffee Hour- 9 am	<b>14</b> AA- 6:30 pm	<b>15</b> AA- noon	<b>16</b> AA- 6:30 pm	<b>17</b> Right Brain Club- 5 to 7 pm  NAMI- 6:30 pm	<b>18</b> Al-Anon- 10:30 am  NA- 7 pm	<b>19</b> Men's Breakfast at the Hen House- 8 a.m.
Rev. Lauren in Baltimore for House of Deputies Committee Meeting						
<b>20</b> Last Sunday After Pentecost  Service- 8 & 10 am  Annual Meeting- 9 am	<b>21</b> AA- 6:30 pm	<b>22</b> AA- noon  Lions Club- 7 pm  Jam Sesh w/ The Rev.- 6:30 pm	<b>23</b> AA- 6:30 pm  Taizé Service- 6:30 pm	<b>24</b> Thanksgiving  	<b>25</b> Al-Anon- 10:30 am  NA- 7 pm	<b>26</b> Baby Blessings- 10 am to noon
<b>27</b> Advent 1  Service- 8 & 10 am  Hygiene care kits- 9 am	<b>28</b> AA- 6:30 pm	<b>29</b> AA- noon	<b>30</b> AA- 6:30 pm	 <b>St. George's Episcopal Church</b> 3 Emerson Street, Sanford, Maine 04073 207-324-8119 • stgeorgesanford@gmail.com www.stgeorgesanford.org facebook.com/stgeorgesanford		



# Christmas Eve Services

**6 P.M.**

**10 P.M.**

**CHORAL EUCHARIST    CONTEMPLATIVE  
FAMILY SERVICE    "MIDNIGHT" MASS**

IN-PERSON & ONLINE

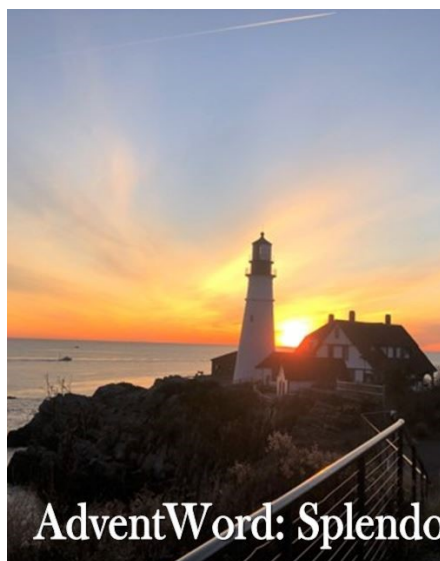
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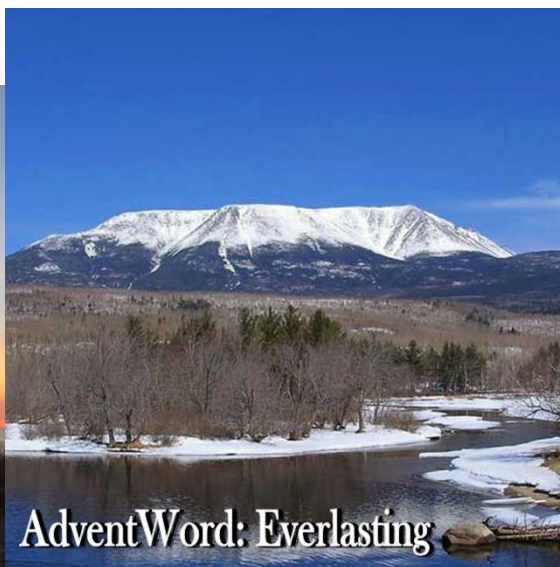
**St. George's Episcopal Church**  
in Sanford, Maine

Join us for worship this Christmas Eve in a couple of ways this year. Please choose the one that best works for you and your loved ones. We hope to see you in person or feel your presence from afar online.

***Please stay home and enjoy the livestream if you feel sick  
or have COVID symptoms.***



**AdventWord: Splendor**



**AdventWord: Everlasting**



**AdventWord: Offering**

For those on Facebook and Instagram, we are looking forward to bringing back the AdventWord! We are inviting those in the congregation to join in by writing a short reflection for one, two or even three of the words. It's a great way to think deeper about the reason for the season and share your ideas with others.

Would you like to contribute your thoughts?

Email [stgeorgesanford@gmail.com](mailto:stgeorgesanford@gmail.com) for more information.

## The 2022 Vestry

*The Vestry has been elected to serve you and  
is always available to listen and to act.*



Keren Gilpatrick, Senior Warden (2022-2025)

Sara Gauthier, Junior Warden (2021-2024)

Maria Lantagne, Treasurer

Mary Field (2020-2023)

Donna Hansen (2021-2024)

Rachel Driscoll (2021-2024)

Gary Samia (2022-2025)

Cathy Larson (2022-2025)

Vicky Lynn (2022-2023)

Rev. Lauren Kay, Rector

Rev. Jean Cavanaugh, Deacon

## Who We Are

St. George's is a welcoming, loving community that strives to live into what it means to be the church in the world. In the heart of Sanford, we seek to be of service and support to the community around us. Wherever you are on your spiritual journey, you are welcome here! All walks of life, all identities, all abilities, ALL are welcome here, no exceptions.

We recognize the Abenaki tribe of the Wabanaki Confederacy (People of the Dawnland), the indigenous peoples in whose territory our church home was built. As Episcopalians, we repudiate the Doctrine of Discovery, repent of our colonizing history which resulted in generations of harm to the native people of this land, and seek to learn and understand how we may take part in the ongoing work of healing.

More information about this can be found on our website and in the church. We encourage others to take part in this journey with us.



### Our Mission Statement:

*We are a welcoming, accepting Christian  
Community that worships God through  
Jesus Christ fostering love, learning,  
and spiritual growth which enables us  
to reach out in service to others.*

## St. George's Episcopal Church

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Like us on Facebook

[www.facebook.com/stgeorgesanford/](https://www.facebook.com/stgeorgesanford/)

Rev. Lauren Kay, Rector

Rev. Jean Cavanaugh, Deacon

Dr. Morton Gold, Organist

Jacob Zwain, Sexton

Mal Meyer, Office Administrator

For pastoral care, please contact  
Rev. Lauren Kay at (207) 370-1010  
or email: [revlaurenkay@gmail.com](mailto:revlaurenkay@gmail.com)

**Worship Services and Holy Eucharist are held each Sunday at 8 a.m. and 10 a.m.**



**All are welcome— no exceptions!**

