



St. George's Episcopal Church

3 Emerson Street, Sanford, Maine 04073 • 207-324-8119
stgeorgesanford@gmail.com • www.stgeorgesanford.org

CROSSROADS

Spring 2023

It seems like we have only just recently become used to another Maine winter, full of unexpected cold snaps and snow for as far as the eye can see. This year will surely be a one to remember— with the coldest wind chill ever recorded in the entire U.S. up on Mt. Washington at a staggering -108.4 degrees. Brrrrrrr!

But soon, warmer days will be upon us. The snow will melt, birds will return and flowers are going to bloom. As we welcome spring, we hope to see you soon at upcoming special celebrations that will remind us of our shared faith and commitment to God. Ash Wednesday, Lent and Holy Week are coming up quickly!

This is why we are delighted to share with you the latest Spring edition of the *Crossroads* newsletter.

Inside you will find an upcoming schedule for the holidays ahead of us, as well as a look at some of the recent special events around St. George's, such as our Christmas Eve Services and the Annual Meeting Part II. Enjoy!



Inside this *Crossroads*

Message From Our Rector • New Vestry • Upcoming Holidays
Lenten Suppers • New Vestry • Recent Happenings Around St. George's



Same Service, Different Space

St. George's will worship in the parish hall through February and March to conserve energy during these colder months. Don't worry, we will still have music for our 10 a.m. service and it will be live streamed on our Facebook page as well! Signs will be posted around the church as a reminder.

We plan to return to worship in the sanctuary on Palm Sunday, which is April 2nd.

From the desk of Rev. Lauren

Dear Friends in Christ,

While still in winter we enter into Lent, a holy time for self-examination and looking for the ways in which we can fast, study, and pray that will bring us closer to God. Not that God is ever far away, rather that it can be so easy to get caught up in our daily lives and all the things happening around us in the world. So many things compete for our attention – and some win!

Lent provides us a great opportunity: a season in which we are encouraged to do the work of identifying what comes between us and God. Only then can we begin the work of reorganizing our priorities. Only when we know what questions to ask can we start to look for the answers.

This year Lent also brings the end of our season for journeying together. Sometimes prayer and discernment lead to hard decisions and bittersweet goodbyes. I did not anticipate Lent being the season in which I would depart from St. George's, yet I find it fitting. What better time than while we are deep in self-examination and figuring out what questions we need to ask? While we may not know what is next, we can trust that God's got this, God's got all of us, no matter how uncertain anything may feel.

As I met with our wardens recently, Keren said it was a semisonic time for St. George's. Sara and I were perplexed at first, then I realized Keren meant Semisonic, the band, and referenced their hit song, "Closing Time." Even if you have no idea who they are or what that song is, perhaps you can relate to the line she thought of: "Every new beginning comes from some other beginning's end." Neither you nor I are closing the book; we are concluding one chapter and turning the page to start the next. This ending leads us into a new beginning, albeit separate from one another.

My last day with you is Sunday, March 19th. We will have one service at 9am followed by a reception at which we can say our goodbyes. My pastoral care for you will end and I will take appropriate time away to make space for someone new to come in. I think this is among some of the hardest things about parish ministry; there always comes a time for leaving, for saying farewell. We will see each other in the grocery store and around town, of course, and you will always find a friendly face in me. I've come to love you all dearly and will always remember this season we shared together. You were my first call of ordained ministry! And we went through a global pandemic together! Neither of these is easy to forget.

As Ecclesiastes tells us, for everything there is a season, and a time for every matter under heaven. Let us celebrate and give thanks for this season we've shared. May blessings be upon you this day and always.

Faithfully,

Rev. Lauren+



Annual Meeting Pt. I and II



Way back in November we gathered together for the Annual Meeting Part I in the parish hall. As you may recall, we went over the proposed budget for the upcoming year. Plus, the congregation elected and approved the 2023 Vestry slate. In addition, we went over what we saw in 2022 and what we were hoping to see in the new year. As with other congregations, we are trying to revitalize membership post-COVID as many try to return to the church.

Then on February 5, we held the Annual Meeting Part II. Some attended via Zoom because of the cold, illness, or other schedule constraints. The meeting was recorded. The congregation discussed and finalized the budget for 2023, which Maria was able to go over with us in greater detail. Plus, we commissioned our 2023 vestry and delegates to the diocesan convention. We appreciate everyone coming who were able to make it!



Left to Right: Rev. Lauren, Maria, Keren, Sara, Aaron, Donna (Some of our Vestry members joined on Zoom)

Welcoming Our New Vestry

On February 5, at Part II of the annual meeting, we welcomed Aaron Morrow to the vestry. Aaron has been with the church for a few years now and we're excited to have him take on this role!

For those who don't know, Aaron grew up going to church. He explored many denominations, and through this exploration of religion, has grown in his faith. Aaron says the first time he was exposed to the Episcopal Church was when he started coming to St. George's. That was some time around the wintertime of 2019.

Aaron does a bible study for high school students in the area through Young Life, a non denominational international organization that reaches out to kids across the world about Jesus.

He says he wanted to join the vestry because he has been attending St. George's for a while now and have been involved with other leadership positions before. He is looking forward to being involved with this next phase of St. George's, as we come out of the pandemic.

Other fun facts about Aaron— he works in the technology department at Noble High School but lives in Sanford with his wife, Anna. He also coaches e-sports at the school and can tell you all about the latest video games!

Planning Ahead

We recently asked the congregation to fill out a survey, part of which asked about ideas for things to do around the church. This was delivered via snail mail and email.

Thank you for all those who took the time to complete this form. Your responses will help us to best plan for the year ahead while meeting the needs of our congregation. Know that we appreciate the honest feedback and are looking for ways to best serve our community. There is still more planning ahead for other events and offerings! The demographic information will go to the Episcopal Church for this year's parochial report.

Pledges

We are overwhelmed with gratitude for all those who submitted an annual pledge. Because of you, we are closer to reaching our \$45,000 goal, however, we are not quite there yet. If you are able and have not done so already, please consider an annual or monthly donation. Any amount you are able to give allows our ministry to continue both inside and outside our walls.

We Need You!

In the survey we asked if members wanted to be more involved in the church and if there was anything they wanted to help with.

If you feel called to assist in any way—from being an usher to a reader, to helping with childcare or coffee hour, to helping with odd jobs or some other idea, please contact the church office at stgeorgesanford@gmail.com.

Thank you to those who lead and serve in our church! We couldn't do this without you.



Activities We Tried

During the fall, we held some new activities at the church to switch things up a bit!

There was Jam Sesh with The Rev every third Tuesday of the month. The Rev. Lauren invited the congregation to an informal gathering of music and song, from traditional hymns to more contemporary music.

We also tried holding two evening worship services each month, including a Taizé and a Eucharist service. Those were streamed online for those who wanted to join remotely. These activities have been put on pause for now as we reassess what the congregation would like to do and when.

What to Look Forward to in Spring

We're looking ahead to our annual \$.50 clothing sale, which is always a big hit with the congregation and the community! The exact date and time is yet to be announced so please keep your eyes peeled for that—we'll be sure to spread the word. We will have some affordable threads for all shapes, sizes and genders. You never know what great items you'll find! All items will be fifty cents unless otherwise marked. Proceeds from the annual sale will go to support our ministries both within the church and in the wider community. Happy shopping!





Other Recent Special Events



Hygiene Care Kits

On the First Sunday of Advent, November 27, members of the congregation put together small hygiene care kits during coffee hour. Many of you were able to donate valuable items, such as shampoo, toothbrushes and toothpaste, tampons, socks, band aids and tissues. Others were able to donate their time putting the items into bags. The congregation then prayed over the bags for those who would be receiving the kits. Thank you for loving our neighbors! We know that this will go a long way for so many in need in our community.





Christmas Eve at St. George's

After a difficult past couple years spent six feet apart, we were delighted to have so many of you join us for our Christmas Eve services. And, many of you brought your families visiting for the holiday. It was wonderful to have them join us as well. At 6 p.m. we lifted up our voices and sang blessed music for God. At 10 p.m., many people joined us for a contemplative "midnight" mass. Whether you joined us at the church or online, we thank everyone for celebrating with us.





The Advent Word!

The Advent Word returned again this year as a way to think deeper about the reason for the season. Each day there was a different word as inspiration. Some members of the congregation joined in on this task— coming up with thoughtful reflections and images to go along with the word that spoke to them. Some of them were deeply insightful, others were simply fun, but all were truly heartfelt. You can still find those Bible passages, thoughts and contemplative questions at any time of the year on our Facebook page and Instagram.



Speaking of Social Media and our Website...

You may have noticed that our online presence is looking a little different these days. We are working on being more active on Facebook and Instagram with one unified voice. Mal is also going through the website to update that as well, which we know hasn't been done in some time! Soon, we will have some of our previous services up on YouTube, with newer services to follow. We hope that this will make it easier for current church members to find the information, events and updates that they are looking for while also making St. George's more inviting to others in the community. Do you have any suggestions for things you would like to see? Please feel free to email stgeorgesanford@gmail.com.

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. Occasionally, we may have to provide updates about scheduled happenings.

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. Just enter your email address on the homepage and hit 'subscribe'.





We Know Times are Tough

If you ever find yourself in need, we have a Little Free Pantry in the front of the church. There you will find some food items and occasional hygiene essentials. Please help yourself to what you need. If you are inclined, we also accept donations.



MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
St. George's Episcopal Church 3 Emerson Street, Sanford, Maine 04073 207-324-8119 • stgeorgesanford@gmail.com www.stgeorgesanford.org facebook.com/stgeorgesanford			1 AA- 6:30 pm	2 Lenten Supper- 6 pm in the Parish Hall <i>Right Brain Club- 5 to 7 pm</i> NAMI- 6:30 pm	3 Stations of the Cross- 5:30 p.m. St. George's in Sanford <i>Al-Anon- 10:30 am</i> <i>NA-7 pm</i>	4
5 Second Sunday in Lent Services- 8 & 10 am Coffee Hour & Book Study- 9 am	6 AA- 6:30 pm	7 AA- noon <i>MAP- 4:30 to 6:30 pm</i>	8 AA- 6:30 pm	9 Lenten Supper- 6 pm in the Parish Hall <i>Right Brain Club- 5 to 7 pm</i>	10 Stations of the Cross- 5:30 p.m. Location TBD <i>Al-Anon- 10:30 am</i> <i>NA-7 pm</i>	11 Men's Breakfast- 8 a.m.
12 Third Sunday In Lent Services- 8 & 10 am Coffee Hour & Book Study- 9 am ⌚ SPRING FORWARD	13 AA- 6:30 pm	14 AA- noon <i>Lions Club- 7 pm</i>	15 AA- 6:30 pm	16 Lenten Supper- 6 pm in the Parish Hall <i>Right Brain Club- 5 to 7 pm</i> NAMI- 6:30 pm	17  Stations of the Cross- 5:30 p.m. Location TBD <i>Al-Anon- 10:30 am</i> <i>NA-7 pm</i>	18
19 Fourth Sunday in Lent One Service at 9 a.m. Celebration for Rev. Lauren afterwards	20 AA- 6:30 pm	21 AA- noon	22 AA- 6:30 pm Vestry Meeting- 6 pm	23 Lenten Supper- 6 pm in the Parish Hall <i>Right Brain Club- 5 to 7 pm</i>	24 Stations of the Cross- 5:30 p.m. Location TBD <i>Al-Anon- 10:30 am</i> <i>NA-7 pm</i>	25 Baby Blessings- 10 am to noon
26 Fifth Sunday In Lent Services- 8 & 10 am Coffee Hour & Book Study- 9 am	27 AA- 6:30 pm	28 AA- noon <i>Lions Club- 7 pm</i>	29 AA- 6:30 pm	30 Lenten Supper- 6 pm in the Parish Hall <i>Right Brain Club- 5 to 7 pm</i>	31 Stations of the Cross- 5:30 p.m. Location TBD <i>Al-Anon- 10:30 am</i> <i>NA-7 pm</i>	

APRIL 2023

SUN

MON

TUE

WED

THU

FRI

SAT



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*April 7th
Al-Anon-
10:30 am
NA- 7 pm

1

2 Psalm
Sunday

Services-
8 & 10 am

Reading of the
Passion- 9 am

3

AA-
6:30 pm

4

AA- noon

MAP-
4:30 to 6:30
pm

5

AA-
6:30 pm

6 Maundy
Thursday

Agapé Feast-
6 pm in the
Parish Hall

Right Brain
Club- 5 to 7 pm

NAMI- 6:30 pm

7 Good Friday *

-12 pm Service @
the Sanctuary
-5:30 pm Stations
of the Cross @ the
Sanctuary
-6 pm Service @
the Sanctuary

8 The Great
Vigil of
Easter

Service- 7:15
pm in the
parking lot,
weather
permitting

9 Easter
Sunday

Services-
8 & 10 am

Easter
Breakfast-
9 am

10

AA-
6:30 pm

11

AA-
noon

Lions Club-
7 pm

12

AA-
6:30 pm

13

Right Brain
Club-
5 to 7 pm

14

Al-Anon-
10:30 am

NA-
7 pm

15

16 Second
Sunday of
Easter

Services-
8 & 10 am

Coffee Hour-
9 am

17

AA-
6:30 pm

18

AA-
noon

19

AA-
6:30 pm

20

Right Brain
Club-
5 to 7 pm

NAMI-
6:30 pm

21

Al-Anon-
10:30 am

NA-
7 pm

22

23 Third
Sunday of
Easter

Services-
8 & 10 am

Coffee Hour-
9 am

24

AA-
6:30 pm

25

AA-
noon

Lions Club-
7 pm

26

AA-
6:30 pm

Vestry
Meeting-
6 pm

27

Right Brain
Club-
5 to 7 pm

28

Al-Anon-
10:30 am

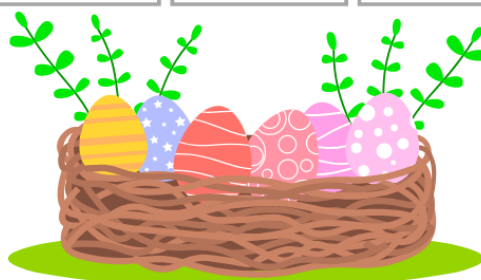
NA-
7 pm

29

30 Fourth
Sunday of
Easter

Services-
8 & 10 am

Coffee Hour-
9 am



Ways to Observe a Holy Lent with St. George's

Lenten Suppers



Thursdays at 6 p.m., starting March 2 through March 30

Join us in the parish hall for food, fellowship, and formation with speakers! This year we have a great lineup of speakers to share with us about faith and formation. This will be held on Thursdays at 6 p.m., starting March 2nd through 30th. Bring your favorite salads, soups, and breads. No dessert, please! Don't want to tempt people during Lent.

- March 2: *All About Education for Ministry (EFM) with Betsy Reilly*
- March 9: *Intergenerational Spirituality with the Rev. Sara D'Angio-White*
- March 16: *Discovering the Diaconate with the Rev. Jean Cavanaugh*
- March 23: *We Can't Have One Without the Other: Grief, Anger and Praise in the Psalms with Anna Youngmann Morrow*
- March 30: *The Trinity and Forgiveness with The Rev. Eleanor Prior*

Stations of the Cross

Fridays at 5:30 p.m., starting Feb. 24 through March 31

These in-person church services are a concerted effort of love from both St. David's, 138 York St. (Rt.1), Kennebunk and St. George's, 3 Emerson St. (Rt. 109), Sanford, to hopefully give you a way to meditate and pray with us through Lent. Please refer to the schedule as to where the services will be held.

- Feb. 24 - The Traditional Stations of the Cross (St. David's)
- March 3 - Mary's Way of the Cross (St. George's)
- March 10 - The Way of the Cross (St. David's)
- March 17 - The Traditional Stations of the Cross (St. George's)
- March 24 - Mary's Way of the Cross (St. David's)
- March 31 - The Way of the Cross (St. George's)



Lent Book Study

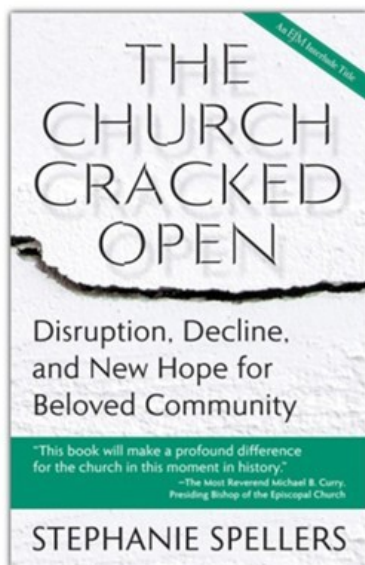
Sundays at 9 a.m., starting Feb. 19 through March 26

Join us as we read and discuss *The Church Cracked Open: Disruption, Decline, and New Hope for Beloved Community* by the Rev. Cn. Dr. Stephanie Spellers.

Paperback and e-book versions are available on Amazon. Financial Assistance is available to assist with book purchase.

The schedule for the Book Study is now as follows:

- Feb 26, Week 1: *Intro & Chapter 1 & 2 & 3*
- March 5, Week 2: *Chapters 4 & 5*
- March 12, Week 3: *Chapters 6 & 7*
- March 19, Week 4: *Chapter 8 & Conclusion*
- March 26, Week 5: *Final Questions & Reflections*



Holy Week at St. George's

April 2: Palm Sunday

Services at 8 and 10 a.m.

These begin outside of the front doors with a Palms Procession (weather permitting). Join us as we process through the streets around our church carrying our palms and proclaiming, "Hosanna!" Bring your bongos or djembe drums to lead the procession. Latter service live streamed on Facebook.



Reading of the Passion at 9 a.m.

The congregation will be reading of the Passion in parts in the parish hall.

April 6: Maundy Thursday

Agapé Feast at 6 p.m.

Join us for an Agapé Meal to break bread together and share in a feast as the disciples did on their last night with Jesus. The evening begins with prayer followed by the meal. This is a potluck meal of all our favorites. There will be a foot washing ceremony, with the option to have hands washed if uncomfortable having feet touched. Following the meal, Rev. Jean will move to the sanctuary for the stripping of the altar and the beginning of Keeping Watch.



April 7: Good Friday

Services at noon and 6 p.m.

- These services will be held in the sanctuary. Both will be streamed live on Facebook for those unable to attend in person.

Stations of the Cross at 5:30 p.m.

- This will be held in the sanctuary.

April 8: The Great Vigil of Easter

Holy Fire and Service at 7:15 p.m.

Join us in the church parking lot (weather permitting) for a Holy Fire and Service. Please contact the church office if you would like a baptism performed during the Vigil.

April 9: Easter

Services at 8 and 10 a.m.

We celebrate Holy Eucharist with shouts of "Alleluia, the Lord is risen, indeed!" Bring flowers to place at the foot of the cross. The latter will be streamed live on Facebook.

Easter breakfast at 9 a.m.

Will be served in the parish hall!



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

Rachel Driscoll, Clerk (2021-2024)

Aaron Morrow (2023-2026)

Donna Hansen (2021-2024)

Gary Samia (2022-2025)

Cathy Larson (2022-2025)

Vicky Lynn (2022-2026)

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.



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Like us on Facebook

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Follow us on Instagram

www.instagram.com/stgeorgesanford

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.

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

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



All are welcome— no exceptions!

