



**This Sunday:  
The Fifth Sunday in Lent  
March 17, 2024  
9:00 AM**

Join us in person for our service.

**Please continue to use the undercroft door entrance on Alton Street or the elevator in the parking lot for entry into the church.**

Or join us by going to the Parish Facebook page for the online service:

<https://www.facebook.com/stpetersport/>

The worship leaflet can be found [here](#).

There will be a coffee hour after the mass.

**This Sunday's Ministers:**

Eucharistic Ministers: David Savage and Wayne Franklin

Crucifer: Fred Fowler

Lector: Judy Howes

Usher: Cindy Sherwood

**MUSIC NOTES** for this Sunday can be found at the end of Key Notes.

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*Our Key Notes Greeting this weeks comes from Myrna Koonce, our Postulant Intern:*

Dear Friends,

After almost four months with you, I could not be happier that my journey has brought me to St. Peter's. As your postulant intern, I have had rich opportunities to talk with many of you, for which I am very grateful, and I hope to spend more time doing this. At every coffee hour, I see new connections being formed and deeper relationships developing—what a joy to be here during this time!

Several of us have been meeting to talk about the Lenten meditations in Sam Portaro's *Sense and Sensibility*. We have considered how traditionally Lent has been seen as a time to deny ourselves sensual pleasures, whether it is the taste of chocolate or the aroma of a roast cooking, the sound of familiar music in headphones or the sight of vivid photos on social media. Yet how often do we actually focus on our bodies, on embodied experience, in healthy and life-giving ways? Portaro encourages us to embrace our sensory selves, to be alert for where and how God is present in the “stuff” of our bodies and our experience of the physical world.

We can deeply benefit from being fully present to God's Creation: there is a “decluttering” of the soul that happens when we take the time to soak in our surroundings and truly inhabit the place where we find ourselves. This week our focus in Portaro's book is on sound; on my walks I have tried to let go of distracting thoughts and really hear what is around me. The other day I heard a new birdcall in my neighborhood. This is one of the blessings of our Lenten journey, the opportunity to slow down, to savor, to

experience the interconnectedness of all things.

As we move through these last weeks of Lent, I will be planning my ministry project with Father Tom, tentatively aiming for this to happen during the fifty days of Easter. I hope to connect with many of you in conversation about how we move through the world as an Easter people, filled with the Holy Spirit and following in the way of Jesus.

In peace and love,

Myrna

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## **Come Join the Song**

The group of us who gathered for singing on Tuesday evening had a delightful time making music. We will be scheduling another such gathering during the Easter season, and we hope more can join us.

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## **Creation Care News**

Janene Gorham, our parish Earth Keeper, will show a short video about Eco Maine at coffee hour this Sunday. She will invite us to consider the ways that our parish can increase our recycling efforts.

The diocese's Creation Justice Council invites us to observe Sunday April 21 as Creation Justice Sunday. If you interested in helping Janene to make plans for this Sunday, please speak to her.

Janene also passes on a from the Creation Justice Council inviting us to urge Congress to pass the REDUCE act, which would discourage the use of single use plastic. You can learn more about the act [here](#).

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## **Youth Service Corps to Engage in Cleanup Project**

Our area Youth Service Corps gathers this Sunday at noon. We will meet at Willard Beach in South Portland to do some spring cleaning of the beach, with pizza afterwards.

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## **Aging With Grace Conversation Meets on Wednesday, March 20th**

Our hour long conversation will focus this month on Maine's "Death with Dignity" Law, which allows for physician assistance in ending one's life after diagnosis of a terminal illness. What does the law allow, and how does our faith affect how we feel about this?

We meet on Wednesday March 20 at 4 PM. (note change from 3 PM).

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## **Merry Hearts Gather for Lunch on Thursday, March 21st**

Come for a simple and delicious soup lunch at noon on Thursday the 21st in the undercroft. There is no agenda, except to enjoy a good meal and visiting with each other.

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## **Join the Dramatic Reading on Palm Sunday: March 24th**

The Sunday of the Passion: Palm Sunday is so named because in addition to the distribution of palms marking Jesus' entry into Jerusalem, we also hear one of the Gospel accounts of the arrest, torture, and crucifixion of Jesus. This year we will hear St. Mark's account, and as in past years, the reading will take the form of a dramatic narrative.

Would you like to participate? Please speak to the rector to let him know of your interest. We will have one rehearsal on Saturday March 23, at 9:30 AM at the church.

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## **The Easter Vigil at St. Luke's Cathedral on Saturday March 30th**

Episcopalians from throughout the Portland area will be gathering at St. Luke's Cathedral in Portland for the first service of Easter on Saturday March 30th at 7 PM. The service begins in darkness, with candles being lit and scriptures lessons leading us from the story of creation to the ultimate triumph of Christ's resurrection. The service concludes with the first Eucharist of Easter.

Area clergy, including our rector will be taking part. And if you are interested in serving as a lector or acolyte in some way, please let Fr. Tom know by this Sunday.

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## **The Sense and Sensibility Book Discussion: Wednesdays at 6:30 PM on Zoom**

Join us as we move through Lent with these daily devotions. The link for the Zoom gathering is [here](#).

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## **Stations of the Cross: Fridays at 5:30 on Zoom**

You are invited to join this devotional service each Friday at 5:30 PM during Lent as we trace the last steps of Jesus from his arrest to his crucifixion. This service is on Zoom only, and the Zoom link is [here](#).

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## **News from the Diocesan Council**

Emma Bond serves on the Diocesan Council as a lay representative for the Presumpscott Area, which includes Portland area Episcopal parishes. She shares a report from the council's most recent meeting on March 9th, and you can read it [here](#). The agenda for the meeting can be found [here](#).

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An Invitation from St. Alban's Episcopal  
Church in Cape Elizabeth:

**MORE THAN  
THOUGHTS AND  
PRAYERS**

**EDUCATING PEOPLE OF FAITH ON  
MAINE GUN SAFETY LEGISLATION  
AN EVENING WITH  
SENATOR ANNE CARNEY**

**SUNDAY MARCH 17, 6:30  
(AFTER CELTIC EVENTIDE)  
ST ALBAN'S EPISCOPAL CHURCH  
885 SHORE ROAD, CAPE ELIZABETH**



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## Compline Link

Join us for the Compline Prayer Service on Zoom on  
Wednesday, March 20th.

**Here** is the service for Compline.

The Zoom link is **here**.

Please note: When you join for Compline during Lent, we  
will be finishing up reflections on our Lenten book study  
that meets at 6:30 PM. The link for both the book study and

Compline are the same.

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## **Looking Ahead**

**Stations of the Cross: Every Friday in Lent at 5:30 PM on Zoom.**

**Sense and Sensibility Conversation on Zoom: Every Wednesday at 6:30 PM followed by Compline**

**Youth Service Corps Gathering: Sunday March 17th**

**Aging With Grace Zoom Gathering: Wednesday March 20th at 3:00 PM**

**Merry Hearts Lunch: Thursday March 21st at noon.**

## **Holy Week and Easter Services**

### **Sunday of the Passion: Palm Sunday**

Mass on Sunday March 24th at 9:00 AM

The service will include the distribution of palms and the reading of the Passion Gospel from St. Mark.

### **Compline**

Wednesday March 27th at 7:00 PM on Zoom. the Zoom link is [here](#).

### **Maundy Thursday Mass**

Mass on Thursday March 28th at 7:00 PM

We recall the institution of Holy Communion by Jesus at the Last Supper.

### **Good Friday Service**

Friday, March 29th at 7:00 PM

The Prayer Book Service for Good Friday, including the Passion Gospel from St. John

### **Easter Vigil Service**

at St. Luke's Cathedral, 143 State St. Portland

Saturday, March 30 at 7:00 PM

## **Easter Day**

Festival Mass on Sunday, March 31st at 9:00 AM

We celebrate the resurrection, including special music, incense, and a celebratory coffee hour after the service.

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## **Easter Flowers**

For a donation of any amount, you can give flowers in honor of loved ones or in memory of those who have died.

You will find offering envelopes at church if you wish to make donations for Easter flowers in memory or in honor of loved ones. You can also list your donations at the flower donation page on our website [here](#).

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## **Sunday Minister Rota for March**

### **March 17**

Eucharistic Ministers: David Savage and Wayne Franklin

Crucifer: Fred Fowler

Lector: Judy Howes

Usher: Cindy Sherwood

Coffee Hour Hosts: The Hickey Family

### **March 24 Sunday of the Passion: Palm Sunday**

Eucharistic Ministers: Janene Gorham and Myrna Koonce

Crucifer: Garrett Keniston

Lector: Anita Chandler

Usher: Tom Ainsworth and Cindy Sherwood

Coffee Hour Hosts: Cindy Sherwood

### **March 31 Easter**

Eucharistic Minister: Myrna Koonce

Crucifer: Tom Ainsworth

Lector: Wayne Franklin

Usher: Bob Simmons

Coffee Hour Hosts: Parishioners are invited to bring sweets and savories.

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# Weekly Prayer List

## Prayers For Parishioners, Families, and Friends

**Ann Marie Cady**  
**Allison Schroth**  
**Francisco Andreu**  
**Steve Secord**  
**Diane Dalton**  
**Dino Rice**  
**Robert Stillings**  
**Linda Foster**  
**Fred Fowler**  
**Jonathan McCormick**

**Peter Haskell**, *friend of Allison Schroth*  
**Martha and Steve Gagliardi**, *friends of Fr. Tom*  
**Tommy Valente**, *friend of Don and Ann Marie Cady*  
**Jane Reiha**, *friend of Judy Howes*  
**Brenda Pappalardo**, *friend of Judy Howes*  
**Stephen and Rebecca Seraniche**, *friends of Dino Rice*  
**Marge Devine**, *family member of Allison Schroth*  
**Jimmy Devine**, *family member of Allison Schroth*  
**Sharon Bay**, *family member of Ann Bay*  
**Fuji Sprott**, *friend of David and Dino Rice*  
**Steve Garnett**, *friend of Cindy Sherwood*  
**Pam**, *friend of Cindy Sherwood*  
**Sally**, *friend of Cindy Sherwood*  
**David Turner**, *cousin of Craig Mousin*  
**Tammy**, *friend of Craig Mousin*  
**Beth**, *friend of Lee Walters*  
**Pam**, *friend of Anita Chandler*  
**The Kutasi Family**, *friends of Allison Schroth*

If you wish to add or return persons to the prayer list, please contact our Prayer Ministry Coordinators:

Allison Schroth, at: 207-807-1315  
ASchroth@maine.rr.com

or

Emma Bond at: 207-619-3662  
emma.e.bond@gmail.com

### **A Prayer for Those We Love**

Almighty God, we entrust all who are dear to us to your never-failing care and love, for this life and the life to come, knowing that you are doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen.

From *The Book of Common Prayer*

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## **MUSIC NOTES FOR THIS SUNDAY**

On Sunday we will be singing without accompaniment, as our organist, Herb Taylor is away. In addition to singing two hymns that are familiar to many, we will sing some new music, including rounds and simple chants.

“Amen, We Praise Your Name, O God” (*Amen Siakudumisa*) is a praise song by Stephen Molefe. A South African musician, he was one of the first to compose indigenous liturgical music following the Second Vatican Council. We sing this translation of the original words written in Xhosa, one of several languages spoken in the country. Originally intended as the “Amen” at the conclusion of the Great Thanksgiving of the Eucharist liturgy, it can also be used as a song of praise, as in our liturgy this morning.

“Send Me, Lord” (*Thuma Mina*) This prayer song also comes from South Africa. It was transcribed from recordings of South African worship, and made more widely known through use in the Iona Community, Scotland.

“Go Now In Peace” was composed by Natalie Sleeth (1930-1992) a well-known composer of hymns and choral music. This hymn can be sung in unison or as a round. Among her other compositions, one of the most popular is “In the Bulb There is a Flower,” or “Hymn of Promise.” Filled with references to the resurrection, it was dedicated to her

husband, who died of cancer shortly after it was published.

Information about the chanting of psalms will be provided during the service.

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