



March 2025

Sundays

- 8:00a.m. H.E. Rite I
- 9:15a.m. Adult Christian Education
- 10:30a.m. H.E. Rite II

Wednesdays

- 10:30a.m. Healing Service
- 12:00pm Lenten Noon Services
- 6:00pm Lenten Dinners

Fridays

- 5:00pm Stations of the Cross

Coming Up

- | | | |
|----------|-----------------------|----------|
| March 1 | Men's Club | 8:00am |
| March 3 | St. Elizabeth's Guild | 12:00pm |
| March 11 | Book Club | 10:00am |
| March 15 | Women's Retreat | 9:00am |
| March 15 | TRCC | 3-5:00pm |



Give up!

Lent has always been different for me because I have a bachelor's degree in economics. That might seem like a strange thing to say, but hold on with me for a second. In economics, there's this concept called "opportunity cost." Opportunity cost is the idea that when you are deciding what you are to do, you have to consider what you would have done otherwise. Put another way, part of the cost of anything is what you had to give up to do it. That changes the way we look at Lent.

I say this because a lot of times people will give up things for Lent. Sometimes they will take things on, but rarely do I see someone intentionally do both. That word intentionally is key because the opportunity cost is in effect whether you think of it or not. Say for Lent you decided to pray an hour a day. Sounds super holy unless you are taking all that time away from your already deprived sleep. That is probably not going to benefit your spiritual well-being. Likewise, giving up caffeine, chocolate, and food and living your life hungry, angry, and tired. That may not make you the most Christian version of yourself. My point here is that Lent isn't supposed to be about setting an arbitrary goal. Rather, it is about how you invest in your spirituality.

The ancients didn't fast because they wanted a saintly six-pack. Rather, they fasted because they knew that food was good for them, but that ultimately they relied on God. They wanted to be aware of how deeply they relied on God. They wanted to see past the material things that can trap us.

At the root of Lent is a Greek word called metanoia. It means "to repent" or literally "to turn around." The point of Lenten discipline is not to turn in on yourself to beat yourself up. Nor is it to prove that you are capable of hard things. The point of Lent is to turn to God and let the experience of His mystery change you, transform you, and prepare you to see Easter anew. You are able to experience the resurrection more deeply when you're able to let go of your self-understanding. Lent gives us a reason to let go of all of the things that you see in yourself that God doesn't see in you.

*continued on next page

To sum up, as we enter Lent this is my advice: give something up, and take something on in proper balance. More than anything else though, whatever you do or don't do, seek God and his Kingdom in it. Let it be a balanced practice that draws you closer to the infinite Grace, forgiveness, love, and mystery of our God. Because that is what this season is about. Or at least, that's one priest/economist's opinion.



Thank you to Denise Watkins at Sky-Vue for collecting canned food items and those goods have been generously given to us to help out our community. Thank you to Knox Porter, for bringing the canned goods in.



Where's my email?

At the beginning of this year, you may have noticed we stopped sending out a daily email with scripture to all of our members. I want to be really clear. That is not because we don't want you to be reading scripture every day. Reading scripture every day is an essential part of our spirituality. It changes us in ways that we cannot imagine.

We made that change because we were aware that there was already another Episcopal group already doing it, and we were reinventing the wheel. Forward Movement is the name of the ministry and it is a really great resource for Episcopalians. There's literally a list you can sign up for that will send you a scripture every day. If you're one of the people who enjoyed having the scripture, and you don't know how to get it, let us know. We would be happy to get you set up. Whether it is through a daily email or from a thick and well-worn family Bible, engaging with God's word every day is an invaluable part of the Christian journey.

I think sometimes people are afraid to do Bible study because they think too much about the idea that it is study. Study is great, but Bible study doesn't always have to be academic. One year, I did a program called "the experience Bible project." For one hour a week, we literally just read scripture, while people journaled and drew with crayons, and listened to a live ambient music band. The idea was that we not focus on trying to figure the passages out, but rather focus on the experience of scripture itself. My parishioners gave it the nickname "Bible Bath" and it stuck.

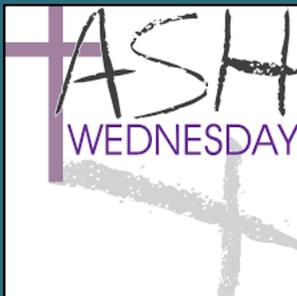
Interestingly enough, it is almost always the experiences that defy explanation that also grow our faith. It is the inexplicable presence of God that draws us into spirituality in the first place. These kinds of practices are especially appropriate for Lent. This time where we let go of our own understandings and our own strength so that we can open ourselves up to God's experience. If an email will help you do that, we can help you with that. If it's permission to read the Bible, even when you don't understand it, I am happy to write you a permission slip. If it's joining a class, we have one of those too. One of the beauties of being Episcopalian is that you can encounter something in prayer that is larger than your human brain can understand.

So, my prayer for each of you is that you will come closer to God this season. That you will come closer to his Word, and most of all that you will come closer to his mysterious Grace. Because that is what has changed me, and so many of us. Completely.

**Shrove Tuesday
Pancake Supper
Tuesday, March 4th at 6pm**



Join us for a family-friendly night full of all-you-can-eat pancakes, beads, and a king cake. Root for our children as they compete in the Ultimate Pancake Flip Obstacle Course for a chance to win the GOLDEN SPATULA. The more the Merrier we are inviting all our friends including our siblings at Good Shepherd Episcopal Church. RSVP on the app or by using the QR code!



Join us on Wednesday, March 5th as we enter into a Holy Lent with 3 services. Each service will include the imposition of ashes and Holy Communion.

Service times are:
7:00 am
10:30 am
7:00 pm (with music)

Lenten Lunch Schedule

3/12

Host Church - St Andrews Episcopal Church
Pastor - Noah Larkin

3/19

Host Church - First UMC
Pastor - Libby Grammer

3/26

Host Church - The Mills Church (@ Saint Paul UMC)
Pastor - Les Carpenter

4/2

Host Church - Lakeside Baptist Church
Pastor - Nathan Wittman

4/9

Host Church - Englewood UMC





March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00am HE Rite I 9:15am Adult CE 10:30am HE Rite II 10:30am Children's Chapel</p>	<p>3</p> <p>St. Elizabeth's Guild 12:00pm Tar River Adult Choir 7:00-9:00pm</p>	<p>4</p> <p>Food Pantry 9-11am Pancake Supper 6pm</p>	<p>5</p> <p>Food Pantry 9-10:30am Ash Wednesday Services 7:00am, 10:30am, 7:00pm</p>	<p>6</p> <p>Tar River Children Chorus 5-7:30pm</p>	<p>7</p> <p>Stations of the Cross 5:00 pm</p> 
<p>9</p> <p>8:00am HE Rite I 9:15am Adult CE 10:30am HE Rite II 10:30am Children's Chapel</p> <p>The First Sunday in Lent</p>	<p>10</p> <p>Tar River Adult Choir 7:00-9:00pm</p>	<p>11</p> <p>Food Pantry 9-11am Book Club 10:00am Finance 6:00pm Lion's Club 6:30pm</p>	<p>12</p> <p>Food Pantry 9-10:30am Healing Service 10:30am Worship & Lunch 12pm St. Andrew's Lenten Dinner 6pm</p>	<p>13</p> <p>Food Pantry 9-11am Tar River Children Chorus 5-7:30pm</p>	<p>14</p> <p>Stations of the Cross 5:00 pm</p> 
<p>16</p> <p>8:00am HE Rite 1 9:15am Adult CE 10:30am HE Rite II 10:30am Children's Chapel</p> <p>The Second Sunday in Lent</p>	<p>17</p> <p>Tar River Adult Choir 7:00-9:00pm</p>	<p>18</p> <p>Food Pantry 9-11am</p>	<p>19</p> <p>Food Pantry 9-10:30am Healing Service 10:30am Worship & Lunch 12pm First UMC Lenten Dinner 6pm</p>	<p>20</p> <p>Food Pantry 9-11am Meals on Wheels 10:00am Tar River Children Chorus 5-7:30pm</p>	<p>21</p> <p>Stations of the Cross 5:00 pm</p> 
<p>23</p> <p>8:00am Morning Prayer 9:15am Adult CE 10:30am Morning Prayer 10:30am Children's Chapel</p> <p>The Third Sunday in Lent</p>	<p>24</p> <p>Tar River Adult Choir 7:00-9:00pm</p>	<p>25</p> <p>Food Pantry 9-11am Lion's Club 6:30pm</p>	<p>26</p> <p>Food Pantry 9-10:30am Healing Service 10:30am Grandparents Day at St. A's Preschool Worship & Lunch 12pm The Mills Church Lenten Dinner 6pm</p>	<p>27</p> <p>Food Pantry 9-11am Tar River Children Chorus 5-7:30pm</p>	<p>28</p> <p>Stations of the Cross 5:00 pm</p> 
<p>30</p> <p>8:00am HE Rite 1 9:15am Adult CE 10:30am HE Rite II 10:30am Children's Chapel</p> <p>The Fourth Sunday in Lent</p>	<p>31</p>				





2025



LAY/LEM READERS

March 2
8:00 Albert Corinth
Ramona Orzell

10:30 Elizabeth Pope
Omari Ansong
Martha Lamm

March 5—Ash Wednesday
7:00pm Linda Hutcheson
Forrest Mericle
Sandy Suggs

March 9
8:00 Lynn Arnow
Ramona Orzell

10:30 Paul Stone
Lisa Stone
Brad Earle

March 16
8:00 Virgil Evans
Brian Westcott

10:30 Pete Roy
Forrest Mericle
Elizabeth Pope

March 23
8:00 Sheryl Love-Johnson
Tim Knapp

10:30 Brandon Rollings
Michele Richwalski
Matt Smith

LAY/LEM READERS

March 30
8:00 Tim Knapp
Forrest Mericle

10:30 Sarah Dial
Jeanie Armstrong
Linda Hutcheson

ACOLYTES

March 2
Walker Wells
Jack Lea

March 5—Ash Wednesday
7:00pm
TBD

March 9
Lauren and Megan Renck

March 16
Mericle Family

March 23
Landon Newcomb
Liam Jenkins

March 30
Walker Wells
Jack Lea



“Come now, let us set things right, says the Lord: Though your sins be like scarlet, they may become white as snow; though they be red like crimson, they may become white as wool”.

—Isaiah 1:18

USHERS

March 2
Brad Earle
Linda Hutcheson

March 5—7:00pm
Don Mucci
Jan Arnold

March 9
Jan Arnold
John Lea

March 16
Angela Reid
Tom Jenkins

March 23
Billy Suggs
Steve Thunkill

March 30
Dan Melnyk
Don Mucci

GREETERS

Ashley Newcomb
TBD

Kitchen Clean Up

Tara Vester and the Preschool

Pantry Distributors

Tuesday—Patty Kennedy
Wednesday—Tommy Parker
Thursday—Elizabeth Hunter

Pantry Volunteers

Betty Bunn
Linda Hutcheson
Tom Jenkins

**LENTEN WEDNESDAY NIGHT DINNERS
HOSTED BY MEN'S CLUB AND ST. ELIZABETH'S
GUILD**



**Wednesdays 6 PM
March 9- April 9**

For the season of Lent, we are having parish meals from 6 to 6:30. They will be simple but a great way to connect. After dinner, people will be encouraged to join one of our Wednesday activities, such as choir or Rev. Les's class, "Foundations for Mission in NC."

Lenten Class: Foundations for Mission in NC

There will be two Class Groups:

Sundays, 9:15-10:10 AM, March 9th-April 6

Or

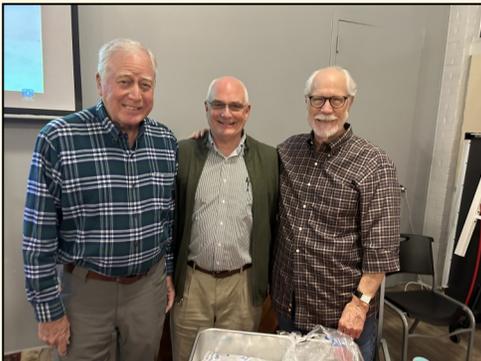
Wednesdays, 6:30-7:30pm, March 9th-April 9th.

As a culmination of an extensive process of prayer, information-gathering, and leadership our diocese identified 5 Strategic Priorities for Episcopalians in our region. These priorities outline "what" our diocesan families are doing. It is invaluable for a group to know what they are doing and it is transformative when they also know why. Join Rev. Les in this 5 week's journey through the diocesan priorities as we connect the dots to reveal the biblical foundations, the "why", behind each of these priorities, and how they connect to us, our faith, and our sacred future. Lectures and materials will also be available online. You don't need to register to join us, but if you want to get updates and links you can register in the App.

St. Andrew's Preschool and Kindergarten
celebrated their 100 days of school
in style!



OYSTER FEST 2025





ST. ANDREW'S EPISCOPAL CHURCH
 301 Circle Drive • Rocky Mount, NC 27804

U.S. Postage
 Paid
 Non Profit
 Organization
 Permit #278
 Rocky Mount, NC

Return Service Requested

Our Parish Family



Let Light Perpetual Shine

Michael Lee Arnold

May 15, 1964-January 27, 2025

Son to Gene and Lynne Arnold

Pancake Supper

Tuesday, February 13th at 6pm in
 the Parish Hall



The Men's Club is meeting Saturday,
 March 1st at 8am.

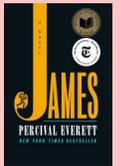
St. Elizabeth's Guild meets on Monday,
 March 3rd at 12:00pm.

We will pack backpack food bags every Sunday
 morning after the 8am service. We will pack food
 pantry bags on Sunday, March 16th after the 10:30am
 service in the Parish Hall.



Celebration of Pet
 Adoption. The
 happy dog
 godparents,
 Wooten and
 Martha Lamm.

St Andrew's Book Club will meet on
 Tuesday, March 11th at 10am. We're
 reading James by Percival Everett.
 Everyone is welcome!



Women of St. A's Celebrating Galentines together!



Women's Retreat—Mark Your Calendars

St. Elizabeth's Guild will host a Women's Retreat on March 15, 2025 at St. Andrew's Episcopal Church from 9am-2pm. There is no charge.

Morning snacks and lunch will be provided.

The Rev. Adele Hatfield has highly recommended Katerina Whitley as our speaker. Mrs. Whitley has worked as a diocesan and national church journalist, photographer, and editor. She has authored 5 monologues and 1 Greek cookbook.

The program will be Dia Dolorosa—We are Participants and the Stations of the Cross. Please plan to join us! Please call the office to make a reservation.

Rise Against Hunger at Calvary Episcopal Church 10,000 meals were packed!



EYC Meal Prep for Spaghetti Fundraiser in June

Ms. Linda Hutcheson helped make it fun and delicious!



Landon Newcomb, Lauren and Megan Renck cooked up a great meal after shopping for the ingredients. Followed by a game of Ping Pong—watch out Landon!

After cooking and eating, the teens completed a St Andrew's scavenger hunt. Then, initiated proudly finding their favorite scriptures and reading them to the sanctuary.



EYC skating around town!

We have had a couple EYC events at Sky-View Skate Rink and everyone has had so much fun!

