



This week at St. Andrew's

Thursday, March 5, 2026

Welcome to St. Andrew's Weekly E-mail Newsletter. In an effort to keep the congregation better informed we will be sending out this newsletter on Thursdays to cover events happening at the church through the following Wednesday. We hope you find it useful.



Daylight Savings Time begins this weekend

Remember to set your clocks ahead one hour on Saturday night

The Mission of St. Andrew's Parish is to worship God, grow in discipleship, and share Christ's love.
St. Andrew's Episcopal Church, 2018



3 Lent

March 8, 2026

8:00am Holy Eucharist Rite I

Celebrant & Preacher: The Rev. Dr. Suzannah Rohman

Altar Guild: Laura Blanchard

Eucharistic Minister: Marilyn Cheney

Lector: Jim Swan

Ushers: Jack & Carol Dexter

Vestry Announcer: Laura Blanchard

The worship booklet for the 8am Sunday service is available by clicking [here](#)

10:00am Holy Eucharist Rite II

Celebrant & Preacher: The Rev. Dr. Suzannah Rohman

Organist: Sean Fleming

Choir Director: Linda Blanchard

Altar Guild: Nora Lundeen

Eucharistic Minister: Andrew Donaldson

Lectors: Nancy Gault & Martha Dodge

Livestream Operator: Bill Judd
Ushers: Martha Dodge & Belinda Nields
Vestry Announcer: Alex Pugh

The worship booklet for the 10am Sunday service is available by clicking [here](#)

You may also watch this service on St. Andrew's YouTube channel. (Live or recorded)



Easter Flowers

This year Easter Sunday is April 5. If you would like to make an Easter flower donation in thanksgiving for or memory of a loved one, envelopes can be found on the backs of the pews. Please fill out the outside, include your donation (cash or check) and place in the offertory plate. You may also call or email the office. Please contact the church office (563-3533) with any questions.

Music Note for the 10am service this Sunday, March 8

The lyrics for "Guide me, O thou great Jehovah" were written by the prolific 18th century Welsh author William Williams. In 1904 the hymn was paired with a recently-composed melody by John Hughes, CWM RHONDDA (named after a Welsh valley of the same name). This pairing happened during a religious revival in Wales known as the Great Awakening, and the hymn quickly spread throughout Wales. Many consider the hymn the unofficial national anthem of Wales, and it is often sung at sporting events as well as churches.

"Guide me, O thou great Jehovah" derives its imagery and narrative directly from the story of the Israelites, led from slavery in Egypt and guided to the Promised Land. Key touchstones from that story are invoked to convey the prayer of just one poor sinner, wishing for God's guidance, trusting in His grace, and offering humble praise. - Sean Fleming

Parish Directory Updates

I have started working on an updated parish directory.

- If you have any recent address, email or phone changes, please let me know.
- If you would like to add a photo by your name, or update an existing photo, you can email it to the office.

Please have all the changes/photos into the office by Monday, March 16.

Let me know if you have any questions.

Thank you. Ann

Online resources for Lenten practices from the Earth Keepers

Are you looking for daily practices or meditations this Lenten season? Here are a couple of suggestions from the Earth Keepers:

Episcopal Relief and Development <https://www.episcopalrelief.org/church-in-action/lent/> has daily meditations for you to use. They are written by Sister Monica Claire, an Episcopal nun and TikTok star.

World Council of Churches <https://www.oikoumene.org/events/global-systemic-carbon-fast-a-faith-rooted-journey-through-lent> is encouraging all to take a carbon fast, praying, reflecting and acting to address our humanity's carbon footprint. You can find the details on the website.

United Thank Offering <https://unitedthankoffering.com/Lent/> is using the book *The Serviceberry* by Robin Wall Kimmerer as a guide for their theme of Gratitude and Reciprocity.

Holy Women, Holy Men
Margaret of Cortona
Monastic

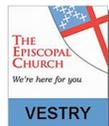
On almost every day of the year, the Episcopal Church honors faithful followers of Jesus who went before us. Every Wednesday at St. Andrew's during our Healing Eucharist, we remember one of more of these

Holy Men and Women. We take time to remember these people for three important reasons. First, they deserve to be remembered. The people chosen for our calendar are remembered because they were particularly remarkable followers of Jesus. The second reason we remember them is because in remembering we are connected to Christians throughout time. And last but not least, we remember them because in remembering we can learn how to be better followers of Jesus in our day and time.

This week we remember Margaret of Cortona. Please click [here](#) to learn more about her.

Coffee Hour update

Please sign up for coffee hour in March and April! There are lots of opportunities to host Coffee Hour in the coming months. Hosts are responsible for set-up, keeping the coffee and tea water topped up, and clean-up. Members of the congregation are encouraged to bring sweet or savoury nibbles as the spirit moves them. If you would like to sign up to host, please put your name on the clipboard in the Undercroft or contact Sara Sandberg through the church office.



Vestry Meeting Minutes

If you would like to read the vestry minutes from the January meeting, please click [here](#)

St. Andrew's book club meeting

Our next book club will be on Thursday March 19th at 2:30 We are reading Slaughterhouse 5 by Kurt Vonnegut.



Winter Weather

In case of icy or snowy weather, please check your email or the church phone message (563-3533) for any service changes due to the weather.

Carpooling

"The Earth Keepers are reminding us that as snow accumulates, car pooling to church is a wise practice. Let's have lower emissions and fewer cars competing for space. Some of us would appreciate not having to navigate a snowbank or walking a distance on slippery ground. Some of us no longer drive but would like to get to church. There's a car pooling sign up at the rear of the church. Or call someone you know who would appreciate your friendly transportation on Sunday morning."



St. Andrew's Church Calendar

St. Andrew's Church calendar is available online. If you would like to access it, please click [here](#)

Weekday Worship

Wednesday Healing Service: Wednesdays at 11:30am

Please note: The next luncheon after this service will be on Wednesday, April 1

Meetings

Benedictine Group: 10:00 AM Wednesday

Zoom Meeting

Senior Choir rehearsal: 7-9pm Thursdays

Knitting Group: 2-4pm Fridays

All welcome: knitters, non-knitters and everything in between.

Please Note: The Knitting Group will be meeting in members' homes until the church spaces are repaired. We'll send the regular weekly announcement around with information on location. If you'd like to be part of the group but are not on the email list, please contact Sara Sandberg for the schedule. You don't have to be a knitter (or crocheter or quilter or embroiderer or anything else) to join us. All that's required is enjoying one another's company on Friday afternoons from 2 to 4pm.

Intercessory Prayer List

"The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words." (Romans 8:26)

We pray for those who are ill or with special needs:

Rob & Irma Hargreaves, Alan Hargreaves, Phil Bartley, Val Gorrill, Tom Belanger, Dick, Tyler & Christine, Julie, Cynthia Troxel, Nathan Hargreaves, Janice Roman, Beth, Tony Sousa, Joanne Sousa, Ian J., Emily Goodchild, Jennie Wildner, Elizabeth Lyon, Robin Schneider, Susan & Fred Murray, Nicole & Family, Susan O'Brien., Steve Busch, Lydia, Joe & Sherry, Anne

St. Andrew's Episcopal Church

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Rector: The Rev. Dr. Suzannah Rohman
Senior Warden: Bob Lundeen - Junior Warden: Kelley Kash
Clerk: TBD - Treasurer: Ed Ross
Organist: Sean Fleming - Choir Director: Linda Blanchard
Parish Administrator: Ann Kash
Ministers: All Members of the Parish

[Visit our Website](#)

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