



Experience Lent at St. Mary's

Lent is a season of prayer and reflection. We give things up and take things on in an effort to grow closer to God. This year St. Mary's is offering several opportunities for you to learn, stretch, and grow. Here are some suggestions:

Lent 2017: A Pilgrimage

*An offering from the Adult
Education Committee*

TUESDAY EVENINGS

Session 1:
March 7th & 14th

Session 2:
March 28th & April 4th

Eucharist

5:30 PM

+

Common Meal

5:50 PM

+

Breakout Offerings

6:30-8:00 PM

*Read about the
Breakout Offerings on page 5*

Hearing the Fourfold Gospel

**Sundays March 5, 12, 19, & 26
at 4 PM in the Guild Room**

The Gospels were meant mainly to be heard, not read. During Lent we will have four sessions to read the Gospels to one another, taking turns with the reading, one Gospel per session, all the way through and without commentary.

Come and you might hear the Gospel afresh.

Worship opportunities

outside of our weekend Eucharists:

Morning Prayer

in the chapel at 8:30 AM Mondays, Tuesdays, & Fridays

Holy Eucharist

in the chapel at 9:30 AM Wednesdays

Centering Prayer

in the Guild Room at 8 AM Thursdays

Contemplative Prayer

in the Guild Room 3rd Saturdays from 1:30 to 3 PM

How We Live

Sharon L. Rodgers, Liturgist

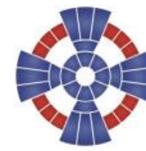
... that we, being delivered from the fear of all enemies, may live in peace and quietness Collect for Peace, p 123, BCP

Two days ago I opened A Year of Days, and the meditation by Bishop Browning for that day expressed his wonder that with the Dow Jones indicating that the economy is booming, and unemployment down, people still feel so precarious. He went on to talk about suspicions about immigrants draining our economy when data clearly shows that they enlarge it, about all the talk of violent crime with statistics clearly showing that it has decreased dramatically. The most amazing thing about reading this extremely accurate description of our society today is that it was written over twenty years ago. In other words, we seem to have many of the same fears today as we had in the mid-nineties. How can this be? Bishop Browning wrote his meditation before 9/11, before the Great Recession, before terrorists and terrorism had become household words.

He wondered then, and I wonder now, if we have not somehow become addicted to fear. Fear in the moment - one's car is sliding off an icy highway - is a reaction to a specific set of circumstances. It is a reasonable response to an out of control situation. But living in fear on a more or less permanent basis is, I believe, a choice, a decision to accept the notion that we are powerless, incapable of making a difference, and worst of all, that we are alone. To live this way is to abdicate our responsibility to be co-creators with God, of the world in which we live. This is the antithesis of how Jesus taught us to live. As you have heard me say many times, be not afraid, FEAR NOT, are the most frequently uttered commands in the Gospels. We can't love our neighbors as ourselves, not to mention love our enemies, if we are frozen in fear. Jesus understood that. So did Franklin Roosevelt. So does anyone who understands anything about the human psyche. This is why those who want to control us tell us over and over again to be afraid, while those who would empower us tell us just the opposite. Only God is all-powerful, but none of us is powerless, unless we choose to be. We are the children of a loving God. We were created by Love, and it is our capacity to love, not our power of reason, that distinguishes us from the rest of the animal kingdom. Both anger and hate, in my experience, are rooted in fear. It is our responsibility, as followers of Jesus Christ, to fight to overcome both of those emotions, in ourselves and in those around us by intentionally, unrelentingly behaving as Jesus taught us to behave, which is to say by choosing to base our lives in love, rather than fear.

Daylight Savings begins Saturday night March 11th!
Set your clocks **FORWARD** one hour before you go to bed.

April *Bellringer* Deadline:
March 15th



ST. MARY'S
Episcopal Church

1300 Pearl Street Eugene, Oregon 97401
Church Office 541-343-9253

Web Page: www.saint-marys.org
"Like" us on Facebook: www.facebook.com/st.marys.eugene

OFFICE HOURS

9 AM to 5 PM, Monday - Friday

CLERGY

The Rev. Bingham Powell, *Rector*
The Rev. Brad Toebben, *Assistant Priest*
The Rev. Christine Marie, *Priest Associate*
The Rev. Nancy Crawford, *Deacon*
The Rev. Tom English, *Deacon*
The Rev. Nancy Muhlheim, *Deacon*
The Rev. Ann Rose, *Deacon*
The Rev. Theodore Berktoold, *Rector Emeritus*

MUSIC

Maria Dossin, *Music Director, Organist*
Tom Trent, *Liturgical Choir Director*
Paula Ward, *Children & Youth Music Director*
Loren and Tom Mohler, *Circle Service Musicians*
Christine Zeller-Powell, *Spanish Service Pianist*
Harold Owen, *Liturgical Choir Director Emeritus*

OFFICE

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Judy Alison, *Program Support Team Assistant*
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CHILDREN, YOUTH, AND YOUNG ADULTS

Glenda Jeter, *Nursery Coordinator & Care Giver*
Taylor Cabrera, *Nursery Care Giver*
Sue Ann Hinman, *Sunday School Director*
The Rev. Doug Hale, *Campus Chaplain*

VESTRY

Jesse Williams, *Senior Warden*
Lisa Kovacevic, *Junior Warden*
Pam Birrell
Eric DeFreest
Sarah Epplin
Dena Putnam Gilchrist
Mike Ignatius
Hillary Kittleson
Brian McMurray
Chris Spinks
Nicole Smithweiland
Rose Thomas

Clerk TBA
Ron Scharfer, *Treasurer*

LOGOS: The Word

Join us Monday, March 6th, from 7:30 to 8:30 PM as we travel the Bible with Brad+ and your fellow parishioners.

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St. Mary's Widows' Group

Thursday, March 9th at 1:30 PM
at Ingrid Horvath's home

Questions? Contact Helga Nagygyor 541-343-0228
or Jean Shirey 541-607-1623

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Spirited Women!

Thursday, March 9th at 6:30 PM

ALL St. Mary's women are invited to join us in the Damascus Room. We will be discussing "Falling Into Grace" by John Newton. Questions? Contact Paula Ward at pmw@copper.net if you can join us.

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No Brainer Meeting

Thursday, March 16th at 6 PM
Beer Garden

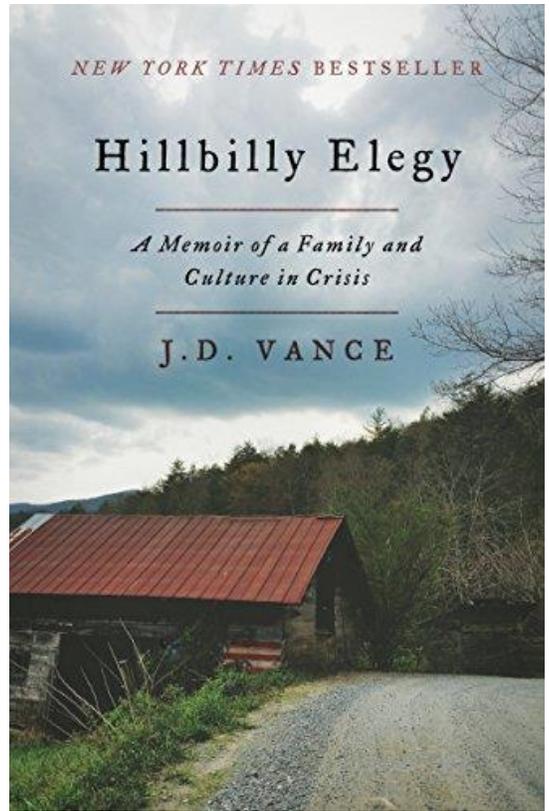
If you are in your 20s, 30s, or 40s, you are welcome to join in this low-key fellowship opportunity. This month we are meeting at Beer Garden (777 West 6th Avenue, Eugene) Questions? Contact Megan Lintner at meganlintner46@gmail.com.

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Contemplative Prayer

Saturday, March 18th, 1:30-3:00 PM

The service consists of rotating periods of sitting meditation and walking meditation with a short teaching period on some aspect of contemplation. Questions? Contact Geoff Colvin 541-915-1645 or geoffcolvin@comcast.net.



Book Club

Monday, April 3rd, 5:30-7:30 PM

After the 2016 presidential election, Lisa Lucas, the head of the National Book Foundation said, "My life is small, and I think books are a way to make your life larger." Beth Wirth will lead a group exercise of reading, discussion, and meditation on texts from marginalized populations. On February 6th we considered *Between the World and Me* by Ta-Nehisi Coates. On April 3rd we will discuss J.D. Vance's *Hillbilly Elegy* which reflects his journey through and out of an impoverished upbringing in Appalachia. Join us for a potluck meal and discussion in small and large groups.

Stay Up-to-Date on Everything Happening at St. Mary's!

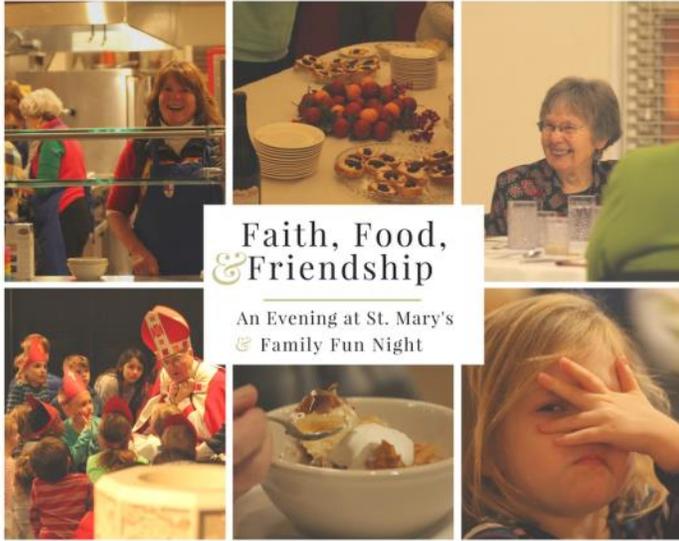
Sign up for our weekly email announcements. Visit our website

www.saint-marys.org

At the bottom you'll see blue banner like this that says "Sign up for our weekly eNewsletter." Enter your information, click submit, and you're set!



An Evening at St. Mary's/Family Fun Night



Faith, Food, & Friendship

An Evening at St. Mary's
& Family Fun Night

Our Holy Family Tuesday, March 21st

5:30 PM - Social Time in the Guild Room
(separate kids' activities)

6:00 PM - We bring everyone together for a short program in the church

6:15 PM - Delicious dinner in the Berkoldt Hall

Join us for an evening of entertainment, social time, great food, children's activities, and lively conversation.

If you haven't been to An Evening at St. Mary's & Family Fun Night since we changed our format, we recommend you check it out. Sign up at the *church* or by calling the office.

News of the Family

THANK YOU

Celebrating 35 years together on January 29th was such a joy! Rev. Ivor Hughes from England said it's good "to keep the memories of happy days alive, not to live in the past, but to rejoice in what the past has given us." The past gave us each other, and we are grateful. Thank you for the warmth of your greetings and the attendance of hundreds. Thanks to all who worked on the wonderful refreshments (we DO know how to celebrate at St. Mary's!). Most especially, we thank Fr. Bingham and Vestry for naming the parish hall "Berkoldt Hall." Nothing could have surprised us more, or been a greater honor. We love you, and we continue to feel your love for us after 35 years.

Ted and Penny Berkoldt



Daphne K. DeFrest, mother and mother-in-law of Eric and Melissa DeFrest and grandmother of Nicolai and Zachary DeFrest, died on February 5th and was inurned at St. Mary's on February 12th

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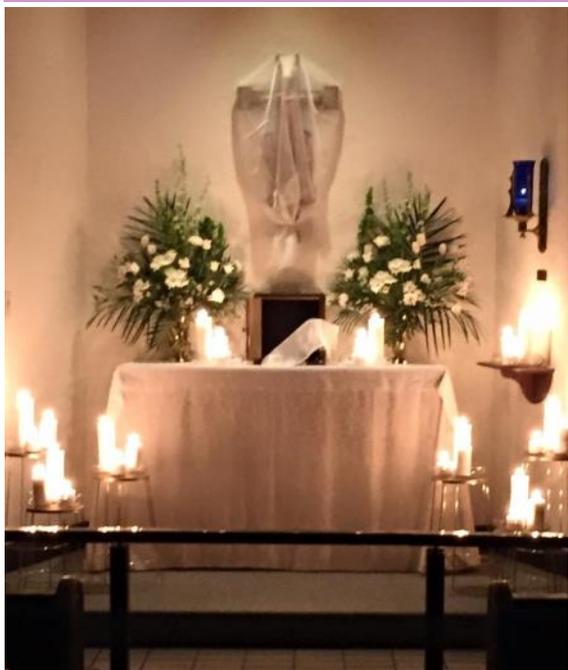
On February 26th a Rite 13 Ceremony was held for Stephanie Sterling and Liam Warner.



Blessed prayer shawls and crosses are given to our youth as part of their Rite 13 Ceremony.



More Lenten Opportunities



“Remain here, and watch with me.”
Matthew 26:38

Altar of Repose Vigil Thursday night and Friday morning of Holy Week - April 13th & 14th

A vigil is kept at the ALTAR OF REPOSE in the chapel from the close of Maundy Thursday service at 8:30 PM to the beginning of the Mass of the Pre-sanctified Eucharist on Friday at noon. Two people are needed for each hour of the vigil. One person is a “WATCH” at the ALTAR OF REPOSE and the other person is a “GUARD” by the alley door. Look for the sign up chart in the narthex in mid-March.



Lent 2017: A Pilgrimage Tuesday Evenings

Session 1:
March 7th & 14th

Session 2:
March 28th & April 4th

Eucharist
5:30 PM

Common Meal
5:50 PM

Breakout Offerings
6:30-8:00 PM

COMPLETING THE CIRCUIT: CARE GIVING AND RECEIVING - A conversation on the dynamics of learning, living, loving and thriving in the midst of chronic disease. By learning to greet suffering when it knocks, we begin the process of inviting wholeness and salvation into our homes and hearts. *Facilitated by Skip and Ginny McDonald.* OFFERED SESSIONS 1 & 2.

SING OUT MY SOUL! - The 1982 Hymnal is a unique treasure that offers a constant source of encouragement, life guidance, and theological teaching and reflection. Eclectically drawing on great music and texts from a wide variety of sources, it yet remains distinctively Anglican. Join us as we sing and discuss the richness of our hymnal hoping to come away with a renewed appreciation for this precious resource. *Facilitated by Loren Crow, Ph.D.* OFFERED SESSIONS 1 & 2.

ABRAHAM: A JOURNEY THROUGH LENT - This book by Meg Warner offers a rich context for a Lenten journey. Using the author's questions as a starter for conversation and creativity, we will journey through Lent towards the transformation of Easter. While this conversation will span the season, you are welcome to enter at any point. *Facilitated by Judy Alison.* CONTINUOUS THROUGH SESSIONS 1 & 2.

EARTH PRAYERS - How are we dependent on God's earth and how is it dependent on us? *Reflect* on our mutual relationship. *Explore* resources for prayer and meditation. *Create* your own spiritual paradigm and practice. *Facilitated by Rob Bressi, with Earth Stewards (formerly Cool Congregations).* OFFERED SESSION 1 ONLY.

THE INWARD JOURNEY - Contemplative prayer is a form of meditation centering on the core belief that God is present within us - a *divine indwelling*. As such, there is a sacred ground within each of us where we are *one* with God: "In God we live and move and have our being" (Acts 17:28). Contemplative prayer then is an inward journey where we immerse ourselves in silence and stillness so that we may consent more fully to the presence and action of God in the core of our being. After a short orientation, we will alternate periods of sitting and walking meditation. *Facilitated by Geoff Colvin.* OFFERED SESSIONS 1 & 2.

St. Mary's Even

Sun

Mon

Tue

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<p>Key: CH = Church CR = Conference Room GR = Guild Room LB = Library BH = Berktoled Hall (previously known as the Parish Hall) PR = Piano Room Rooms with Biblical location names are classrooms and are located in the Sunday School wing.</p>			<p>1 Ash Wednesday 9-5 Quilting Guild (Gu 9:30 am Holy Eucharis Ashes Noon Holy Eucharist a Ashes 5:30 pm Children's Ser & BH) 7:00 pm Liturgical Cho week 7:30 pm Holy Eucharis Ashes</p>
<p>5 8:00 am Holy Eucharist 9:30 am Holy Eucharist 10:15 am Sunday School (8th-10th graders—J2A class—stay in church for sermon followed by a 15 minute sermon check in over coffee and treats) 11:00 am Holy Eucharist 1:30 pm Spanish Eucharist 2:30 pm Communion Classes (CH, Narthex, Classroom) 4:00-6:00 pm Lent Gospel Reading (GR) 5:00 pm Joyful Noise Rehearsal (offsite - see Paula W)</p>	<p>6 8:30 am Morning Prayer (Chapel) 9:15 am PrayerBreath Yoga (BH) 7:00 pm LOGOS: The Word (Guild Room)</p>	<p>7 8:30 am Morning Prayer (Chapel) 9:30-11 am Itty Bitty Bible Study (Nursery) 12:00 pm Brown Bag Bible Study (Damascus) 1:15-3:15 pm Knifty Knitters (Damascus) 5:30-8 pm Adult Ed Lenten Program: A Pilgrimage 7:00 pm Order of St. Luke (Chapel)</p>	<p>8 9-5 Quilting Guild (Gu 9:30 am Holy Eucharis anointing 5:30-8:00 pm Men's Cl Kitchen) 7:00 pm Liturgical Cho</p>
<p>12 Daylight Savings Begins Vestry Fair after all weekend services 8:00 am Holy Eucharist 9:30 am Holy Eucharist 10:15 am Sunday School classes for Pre-k through 7th grade 10:15 to noon 8th-10th graders—J2A class—class and lunch in conference room 11:00 am Holy Eucharist 1:30 pm Spanish Eucharist 2:30 pm Communion Classes (CH, Narthex, Classroom) 4:00-6:00 pm Lent Gospel Reading (GR) 5:00 pm Joyful Noise Rehearsal (offsite - see Paula W)</p>	<p>13 8:30 am Morning Prayer (Chapel) 9:15 am PrayerBreath Yoga (BH)</p>	<p>14 8:30 am Morning Prayer (Chapel) 9:30-11 am Itty Bitty Bible Study (Nursery) 12:00 pm Brown Bag Bible Study (Damascus) 1:15-3:15 pm Knifty Knitters (Damascus) 5:30-8 pm Adult Ed Lenten Program: A Pilgrimage</p>	<p>15 April Bellringer De 9-5 Quilting Guild (Gu 9:30 am Holy Eucharis anointing 7:00 pm Liturgical Cho</p>
<p>19 Blood Pressure Checks (Library) 8:00 am Holy Eucharist 9:30 am Holy Eucharist 10:15 am Sunday School classes for Pre-k through 7th grade 10:15 to noon 8th-10th graders—J2A class—class and lunch in conference room 11:00 am Holy Eucharist 1:30 pm Spanish Eucharist 2:30 pm Communion Classes (CH, Narthex, Classroom) 4:00-6:00 pm Lent Gospel Reading (GR) 5:00 pm Joyful Noise Rehearsal (Offsite - see Paula W)</p>	<p>20 8:30 am Morning Prayer (Chapel) 9:15 am PrayerBreath Yoga (BH)</p>	<p>21 Evening at St. Mary's/Family Fun Night—Our Holy Family 8:30 am Morning Prayer (Chapel) 9:30-11 am Itty Bitty Bible Study (Nursery) 12:00 pm Brown Bag Bible Study (Damascus) 1:15-3:15 pm Knifty Knitters (Damascus) 5:30 pm Evening at St. Mary's/Family Fun Night—Our Holy Family (GR, CH, & BH) 7:00 pm Order of St. Luke (Chapel) 7:00 pm Vestry Meeting</p>	<p>22 9-5 Quilting Guild (Gu 9:30 am Holy Eucharis anointing 7:00 pm Liturgical Cho</p>
<p>26 8:00 am Holy Eucharist 9:30 am Holy Eucharist 10:15 am Combined Sunday School for Pre-K through 3rd grade 11:00 am Holy Eucharist 1:30 pm Spanish Eucharist 3:00-5:00 pm ECW Movie Matinee - Higher Ground (Damascus) 4:00-6:00 pm Lent Gospel Reading (GR) No Joyful Noise Rehearsal</p>	<p>27 8:30 am Morning Prayer (Chapel) 9:15 am PrayerBreath Yoga (BH) 12:00 pm Liturgical Arts Committee mtg (Damascus)</p>	<p>28 8:30 am Morning Prayer (Chapel) 9:30-11 am Itty Bitty Bible Study (Nursery) 12:00 pm Brown Bag Bible Study (Damascus) 1:15-3:15 pm Knifty Knitters (Damascus) 5:30-8 pm Adult Ed Lenten Program: A Pilgrimage</p>	<p>29 9-5 Quilting Guild (Gu 9:30 am Holy Eucharis anointing 7:00 pm Liturgical Cho</p>

ts - March 2017

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<p>Child Room) t with healing and ub (GR & BH oir (Church)</p>	<p>9 8:00 am Centering Prayer (GR) 9:15 am PrayerBreath Yoga (BH) 1:30 pm Widows' Group (offsite—see Ingrid or Jean for more information) 12:30 pm Needle Arts Guild (GR) 5:30 pm Needle Arts Guild (GR) 5:30 pm Russian Choir Rehearsal (CH) 6:30 pm Spirited Women</p>	<p>10 8:30 am Morning Prayer (Chapel) 10:30 am Lectionary Group (GR)</p>	<p>11 SPRING FORWARD: Daylight Savings Begins tonight. Set your clocks FORWARD one hour tonight! Vestry Fair after all weekend services 9:30 am Saturday Breakfast (Parish Hall) 2:30 pm Circle Service Coordinators meeting (CR) 5:00 pm Circle Service (GR) - Vestry Fair</p>
<p>eadline Child Room) t with healing and oir (Church)</p>	<p>16 8:00 am Centering Prayer (GR) 9:15 am PrayerBreath Yoga (BH) 12:30 pm Needle Arts Guild (GR) 5:30 pm Needle Arts Guild (GR) 5:30 pm Russian Choir Rehearsal (CH) 6:00 pm 20s/30s/40s Get Together - the "No Brainer" Meeting (offsite - this month meeting at the Beer Garden)</p>	<p>17 8:30 am Morning Prayer (Chapel) 9:30 am Group Supervision/Spiritual Direction (Damascus) 10:30 am Lectionary Group (GR)</p>	<p>18 1:30-3:00 pm Contemplative Prayer (GR) 5:00 pm Circle Service (GR)</p>
<p>Child Room) t with healing and oir (Church)</p>	<p>23 8:00 am Centering Prayer (GR) 9:15 am PrayerBreath Yoga (BH) 12:30 pm Needle Arts Guild (GR) 5:30 pm Needle Arts Guild (GR) 5:30 pm Russian Choir Rehearsal (CH)</p>	<p>24 8:30 am Morning Prayer (Chapel) 10:30 am Lectionary Group (GR)</p>	<p>25 9:30 am Saturday Breakfast (Parish Hall) 5:00 pm Circle Service (GR)</p>
<p>Child Room) t with healing and oir (Church)</p>	<p>30 8:00 am Centering Prayer (GR) 9:15 am PrayerBreath Yoga (BH) 12:30 pm Needle Arts Guild (GR) 5:30 pm Needle Arts Guild (GR) 5:30 pm Russian Choir Rehearsal (CH)</p>	<p>31 8:30 am Morning Prayer (Chapel) 10:30 am Lectionary Group (GR)</p>	

Vacation Bible Camp
July 31st to August 4th

Looking ahead to your summer schedule already? Well mark your calendar for VBC so that your preschool through elementary age children don't miss out on a week full of fun and special activities learning about God through music, crafts, and games.

Evening at St. Mary's/Family Night *present*
Our Holy Family
Tuesday, March 21st
5:30 to 7:00 PM

5:30 PM - Social Time in the Guild Room
(separate kids' activities)

6:00 PM - We bring everyone together for a short program in the church

6:15 PM - Delicious dinner in Berktoold Hall

The Feast Day of St. Joseph, husband of Mary, is March 19th. In addition to time to chat with your friends and eat a delicious Mediterranean-inspired meal, you will hear a little bit about St. Joseph.



Scout Sunday on February 5th was celebrated by the DeFreest Boy Scouts along with Ginny Verrey, a Girl Scout, who ushered and helped with the 9:30 AM service coffee hour.

What are we learning in Sunday School?



St. Mary's 4th to 7th grade students baked cookies in Sunday School that illustrated the lesson on Shadrack, Mechach, and Abednego from the book of Daniel.

If you don't know the story, they were condemned to die in a furnace by King Nebuchadnezzar because they refused to bow down to the king's false gods. An angel appeared and they were untouched by the fire.

Another great lesson by our Sunday school teachers!



Sending our hearts out into the world!

Combined Sunday School

Sunday, March 26th and April 2nd

On the two Spring Break Sundays we will provide a combined Sunday school class for children age Pre – K to 3rd grade. The 4th – 10th grade students will stay in the church service with their families.

J2A (Journey to Adulthood 8th through 10th grade class)

Meeting Schedule

March 5th - Stay in church for the sermon then meet for 15 minutes of reflection

March 12th - Full Class 10:15 to 12:00

March 19th - Full Class 10:15 to 12:00

March 26th and April 2nd – Spring Break Sundays – No meetings

A Peek Inside a J2A Meeting

During our February 19th class we talked about prayer bead usage in world religions, then studied Catholic rosary usage and Anglican/Episcopal prayer bead usage (how they came about, compared and contrasted, how we could use prayer beads in our own prayer life). Then we each made our own set of prayer beads. Originally I thought this would be a good project because our group was so small this week. However, the kids thought maybe we should circle back to this lesson again with the rest of the group so they can also make their own prayer beads and talk about it as a larger group, then maybe take them with us on retreats/the pilgrimage/etc.



- Contributed by Jessica Barnhart, J2A leader



Children's Communion Classes

Sundays, March 5, 12, & 19 at 2:30 PM

Is your child interested in learning more about the Eucharist? Whether they are already receiving Eucharist and would like to deepen their understanding, or they are waiting to know more before receiving, they are welcome to these special classes. Join us for Communion Classes this Lent. **All children from K - 6th grade are invited** for a special three-session course on Communion. We encourage parents to join us for the sessions if they are able. Questions? Contact Bingham+ at 541-343-9253 or Bingham@Saint-Marys.org.



St. Mary's Outreach Ministry Council

Members gathered on February 5th to discuss outreach ministries and what their plans are for 2017. The Saturday Breakfast Task Force is working on the procedures for that ministry: the need for dividing up jobs, new volunteers, etc. in light of Holly Cabell's end of the year retirement from her role in leading this ministry. Alice Parman reported about Family Night Shelter and her plan to have someone shadow her when we welcome families in September. Cindy Kokis reported that OFRAH is having an Advocacy Day at the Capitol in Salem on April 13th. She will also be contacting the Downtown Association as St. Mary's is located in that Neighborhood Council area. Bingham+ brought everyone up to date about the situation with the Refugee Relocation Coalition due to the Executive Order to ban refugees for 120 days. Phyllis Hockley reported that St. Mary's Episcopal Peace Fellowship is exploring the possibility of hosting a fundraiser for the new St. Vinnie's Youth Shelter. Katharine Hunt shared that the Interfaith Advocacy Day at the Capitol was to be on February 7th. A number of members from St. Mary's attended this annual Ecumenical Ministries of Oregon event, attending workshops and then meeting with their Senators and Representatives. There were over 450 people in attendance, well over the anticipated 300.

FISH

If you attend the 9:30 AM service you may have noticed that a basket is taken up to be blessed along with our collection plates. Recently a mother and daughter carried it up reminding me that this is a cross-generational ministry. I need to remember to bring food every Sunday and discuss why we are doing this with my grandchildren.

FISH is an all-volunteer ministry operating out of Trinity Methodist Church on Maxwell Road. Caroline "Carrie" Grant delivers the food that you contribute to this site every week. More volunteers are needed to keep this ministry running smoothly. For example people are needed to answer the phone. If you would more information about FISH please contact Del Hawkins at 541-342-8214 or delihawkins@hotmail.com or contact Katharine Hunt at 541-607-0106 or keehhunt@gmail.com

- Contributed by Katharine Hunt

Earth Stewards (formerly Cool Congregations)

During Lent we are often asked to give up something. The Earth Stewards committee would like to suggest that you try Meatless Mondays (in addition to your meatless Fridays) during the Lenten season. You might also consider making this a yearlong life change.

In giving up meat one day a week, you will promote personal and planetary health. Reducing the amount of meat you eat can, or will

- decrease your chance for heart disease, stroke, cancer, diabetes and obesity
- reduce fuel use and decrease the production of greenhouse gases
- reduce your food costs
- reduce water use. It takes 1850 gallons of water to produce a pound of beef and 39 gallons to produce a pound of vegetables.

You can find out more about the Meatless Monday Movement by going to their website meatlessmondays.com

There you will find a history of the movement, recipes, and famous people who have signed on to the movement. There is an interesting letter from Super Bowl champion Roland Williams who supports Meatless Mondays and has recently decided to become vegan. Read his letter on the website.



Peanut noodles: One of many delicious recipes to inspire you.

If you want to get more involved in climate justice, consider getting daily emails during Lent from the [New England Regional Ministries Carbon Fast](http://NewEnglandRegionalMinistries.org) at macucc.org/carbonfast. Each email include a contemplative section and an action section.

We hope you have a spiritual and healthy Lenten season.

That's My Farmer - Double Up Food Bucks for new CSA Members

This season, there is funding through the PACSAC (Portland Area CSA Coalition), to provide 1st time CSA members who receive SNAP benefits, with up to \$200 toward the cost of their CSA Share. While this is a Portland program, they have enough funding to provide assistance to some of the Eugene area CSA farms this season. Visit www.portlandcsa.org/ foodbucks for more information or contact Katharine Hunt at keehhunt@gmail.com.

Saturday Breakfast

The February 11th Saturday Breakfast was sponsored by Regina and Joe Cox in honor and memory of Vic Bender.

If you'd like to sponsor a breakfast, or part of a breakfast, contact Holly Cabell at hollycabell@gmail.com.



Vic's widow, Alice Bender, at Vic's breakfast.



**ECW Presents
OUR LENTEN MOVIE
MATINEE**

Higher Ground

Vera Farmiga's *Higher Ground* is the life story of a woman who grows into, and out of, Christianity. It values her at every stage of that process.

**Damascus Classroom
Sunday, March 26th**

3 PM to 5 PM

**All Are Welcome!
Contact: Deacon Nancy Crawford**

SAVE THE DATES

2017 St. Mary's Women's Retreat - April 28-30 *See Insert*
2017 Spirituality Day - May 20, St. Paul's Salem

Church Women United (CWU)

WORLD DAY OF PRAYER promotes justice and equality for women through prayer, service and celebration. Each year we observe a common day of prayer and action. This year the worship service *Am I Being Unfair to You?* was written by the women of the Philippines, lifting up their issues of justice and peace. The offering taken will fund grants focusing on justice and equality for women. Our guest speaker is Pastor Tom Dodd. Plan to join us and bring a friend.

Saturday, March 4th
United Lutheran Church, 2230 Washington St.reet
9:00-11:15 AM

National Church Women United 100 Days of Prayer

You are invited to join others around the country in praying for the nation. Invite others to join you in this daily devotion. Weekly prayer conference calls continue through April 30. These take place every Wednesday at 9:00 AM. They are led by different clergy from different areas of our country. On March 22nd Katharine Hunt, CWU Northwest Region Coordinator, will introduce Deacon Nancy Crawford who will then speak at the prayer conference. For more details see the flyer on the bulletin board, visit www.cwu.org call 1-408-638-0968 PMI 271 473 764 or contact Katharine Hunt 541-607-0106 or keehhunt@gmail.com . I hope you will be able to join us.



Lent is a rich season with many themes. One of those themes is pilgrimage. Lent is forty days because it reminds us of Jesus' forty days and the Israelites' forty years journeying through the desert wilderness. Every year, we join them in this journey as we move through our Lenten wilderness. The Lenten program that Brad+ and the Adult Education committee are putting on this year will be exploring the theme of pilgrimage from five different perspectives.

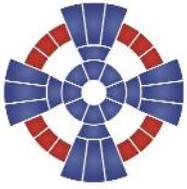
A pilgrimage is a journey to seek God and growth in faith. I know that my own faith has been enriched and transformed by several pilgrimages to England and the Holy Land. My faith was deepened by a pilgrimage to Coventry, England where I saw resurrection and reconciliation embodied through their experience of the destruction and rebuilding of the Cathedral. My faith was enriched by walking on the original

Temple steps in Jerusalem where Jesus would have walked. My faith was transformed by visiting the Sea of Galilee and putting my feet in the water and reflecting on Jesus' call to follow him.

Pilgrimage is also the perfect metaphor for our faith. That pilgrimage journey with all of its ups and downs, both revelatory and mundane moments, so mimics the life of faith. Even if we don't physically travel anywhere, we are all on a pilgrimage in faith. Lent is set aside as a time to work on that faith. Originally designed as a time for the catechumates to make their final preparations before their Easter baptisms, it has become a time for all of us to work intentionally on our faith.

Every journey requires provisions: perhaps good shoes to protect your feet, food to nourish your body, a staff to help distribute the burden on your legs. What provisions do you need for the journey this Lent? Maybe the Lenten program will be the staff you need as you walk through Lent. Maybe engaging in extra prayer by worshipping at a mid-week Morning Prayer service once or twice a week will nourish your soul. Maybe our once-a-month contemplation time is just the perfect pair of shoes to protect your feet on the journey. Maybe it is one of the many other offerings we have this Lent, or some other idea you have. Regardless of how you decide to deepen your faith this season, I encourage you to take this time to do so.

Bingham+



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Experience Lent at St. Mary's

Lent is a season of prayer and reflection. We give things up and take things on in an effort to grow closer to God. This year St. Mary's is offering several opportunities for you to learn, stretch, and grow. See suggestions on the front cover of this issue of the Bellringer.

All are welcome to worship at St Mary's, no matter what age, ethnicity or race, gender, sexual orientation, or economic and social circumstances.