



# The Song of Saint Francis



**Saint Francis by the Sea Episcopal Church, Salter Path, NC March 2025**

## Parish Office Hours:

Tues-Thurs: 10 a.m.-3 p.m.

## Weekly Activities



Prayer Shawl-Wed, 10 a.m.

Celtic Eucharist Service-Wed, noon

"Be Still and Know" Prayer Group-

Tues, 10 a.m.

## Other Activities

\*Sun, March 2, after church-Lectors and Crucifers Meeting

\*Tues, March 4, 5:30 p.m.- Shrove Tuesday Pancake Supper

\*Tues, March 11, March 25 11:00 a.m.-Meals on Wheels Cook Dates

\*Sat, March 15, 8 a.m.-Men of St. Francis Fellowship

\*Wed, March 19, 7 p.m.-Guided Meditation Walk (Spring Equinox)



## Song of St Francis March 2025

If you loathe the idea of Lent as a season of penitence, consider it as a season of prayer.

You could begin here:

Make it a habit to wake up every morning and say, first thing, 'Thanks be to God.'

All prayer begins with thanksgiving, for the breath of life, itself.

Next, prayer for those you love. This is intercessory prayer.

It is simpler than you think, though not as easy.

You don't need words.

First, Write down the name or names of those you want very much to experience God's healing love and presence.

Just sit for a moment, their names on the paper before you, their image in your mind if you are praying for someone you know, all other mental activity put aside.

Then, set the paper aside, let the image fade, and just sit empty of words or images, in God's presence.

It doesn't matter if you don't "feel" anything. Simply trust that God's love flows freely through the one for whom you have prayed, as it now flows through yourself.

To intercede for someone in prayer, as you have just done, is to stand in God's presence on their behalf, as Christ stands with us before God.

Throughout the day, imagine standing before God with the one for whom you intercede.

Stand with them in the presence of the boundless compassion and mercy of God.

"It is God's business to take things on from there. We are to fill the water pots with water - we are to fill them to the brim - the wine-making is his. We are to remove the stone; 'Lazarus come forth' belongs to him. We are the dry bones; the clothing with flesh and the breathing upon them is his"\*

We "petition" God on our own behalf. We ask God to do something for us, or to us or through us.

Lent is a great time to petition God for spiritual renewal. Call it Spring cleaning.

I recommend for this purpose The Southwell Litany which can be found online in its original wording at <https://artandtheology.org/2024/03/03/southwell-litany/>

Or in more contemporary wording at <http://blessedtimothy.blogspot.com/2013/09/a-litany-for-personal-life-modern.html>

Trying to describe The Southwell Litany, a series of prayers for personal renewal makes me think of going to the dentist.

The petitions poke and probe where decay might lurk and though it is uncomfortable to be poked and probed, because they are so accurate in finding the tenderest infected areas, when I have finished praying them, I know, I can feel, that I am better for it. I don't enjoy going to the dentist, but I go at least once a year.

Our souls need a thorough periodic cleaning, too.

Cross-fit prayer, I made up, as a name for what I consider the most challenging kind of prayer of all. Listening. A workout consists of mentally counting to 10 before responding when in conversation with another person. Beginners may have to drop that and try counting to five instead. Extending your capacity for momentary silence expands dramatically your capacity to listen. In that pause, lies an abundance of grace.

Lent doesn't have to be a season of austerity. Pray without ceasing and God's abundance will be yours to share in abundance.

Mary+

\*( taken from the card for intercessions at St Julian's Church, Norwich England )





## Vestry View

Never take things for granted...

I am honored to be appointed SFBTS's newest vestry member and will serve our parish for the next year. Having never served on vestry before, I have often taken for granted how the church service just 'runs itself'...but after my first vestry meeting, I have suddenly realized that things don't 'just happen'. They are thoughtfully planned out and meticulously carried through. Did you realize that there is always a vestry member on call at every service to see that the leaves have been cleared from your path outside, doors are unlocked, elevator has been tested, coffee is made, volunteers of the day are in place, trash is emptied, and doors are locked after everyone departs. Your VOD sits quietly in the back of the church, sometimes even serving double duty in the choir and working as a chalice bearer and filling in wherever needed.

Ash Wednesday is upon us. During this Lenten season of 40 days, Jesus reminds us of our own mortality. Ashes to ashes and dust to dust. Each of us have been given a most precious gift of life from God that we should never take for granted. What changes do we need to make in our lives? What should we stop doing?? What should we start doing for ourselves and for others in this short time that we are on this earth?

First and foremost, let's mark our calendars to attend the Ash Wednesday service on March 5th at 5:30. The Lenten Dinner series begins Wednesday March 12th at 5:30. Dinners will be provided and we will delve into 'will you' questions from the Baptismal Covenant. I believe that the light of Christ on Easter morn will be so much brighter if you participate. So please join us, will you?

Lisa Park





## Towel and Basin

By Deacon Robin

The cold days in February did not stop the busy volunteers at St. Francis by the Sea.



On February 9, we held our annual Souper Bowl in place of coffee hour, and it was an outstanding success! Our talented collection agents, Win and Holt Perry, collected nearly \$500 in donations during our Souper Bowl lunch, so special thanks to them for being so successful with that responsibility. Thanks to all of you who provided soup, side dishes, and desserts for the delicious meal we shared. With your generous donations, we collected 120 jars of peanut butter, 80 jars of jelly, and 280 bars of soap to be distributed to needy families at Martha's Mission. Imagine how many peanut butter and jelly sandwiches will be available to hungry kids in our community! I am always amazed at the generous spirit of the parishioners at St. Francis by the Sea. **Thank you for feeding the hungry.**

In February, we added another grocery store for food recoveries. Lowes Foods in Cape Carteret is our new location, and we have begun picking up food there on Thursdays and Fridays to deliver to Martha's Mission. Last year, the food recoveries from area grocery stores, including Publix, Food Lion, Lowes, Lidl, Harris Teeter, and Walmart brought in about 250,000 pounds of food to be distributed to families in our community. Most of the meat, bakery products, and produce that is given out comes from these grocery store recoveries, and we have about 30 volunteers from St. Francis who help in this effort. If you have a vehicle with space to haul boxes and a couple of free hours in the morning a few times each month, this is a vital ministry that could be your place of service. Let me know if you are interested. **Thank you for serving needy families in our community.**



Our Meals Ministry Team is always busy, and in March, we will cook twice for Meals on Wheels. On Tuesday, March 11 at 11:00 AM, we will make our (almost) famous chili with corn muffins and dessert, and on Tuesday, March 25, we will prepare baked pasta, green beans, and dessert. Each time we cook, we send 64 meals out to be delivered to Meals on Wheels recipients in our community who do not otherwise receive meals on the weekends. We always add Love Meals to the top shelf of the freezer, and they are available to anyone, so feel free to take them for friends, neighbors, or yourself any time. We have a large, enthusiastic, and dedicated Meals Ministry Team, and we are always happy to have new folks join us. If you want to support this effort but cannot come to cook, consider helping to provide ingredients. The ingredients sheets are always on the Meals Ministry table in the parish hall. **Thank you for sharing with others.**

In March, we look forward to beginning our Lenten study, *Will You?* Written by Amanda Perkins McGriff. We will focus on the questions in our Baptismal Covenant in five Wednesday night sessions. This will be a meaningful time for reflection in Lent, and you will want to be part of it. We will enjoy simple suppers each night of the study, so plan to come at 5:30 PM each Wednesday night, from March 12 - April 9, to enjoy good food and fellowship, followed by a time of study and discussion. Thanks to the Vestry, the Choir, the Men of St. Francis, and the Meals Ministry Team for providing the suppers for the first four sessions; the last one, on April 9, will be a potluck. **Thank you for devoting time to spiritual growth and development.**

As part of our Lenten observance, we will have a food drive for Martha's Mission. This year, we will collect **canned vegetables** - green beans, carrots, mixed vegetables, potatoes, beans, tomatoes, etc. Every family needs vegetables, so bring in canned goods any time between Ash Wednesday on March 5 through Easter Sunday on April 20. As always, if you would like for me to shop for you, I am happy to do so. Let's fill some tables in the parish hall! **Thank you for feeding the hungry in our community.**



## Next Blood Drive – Tuesday, April 8!

Our next American Red Cross blood drive at Saint Francis By the Sea is scheduled for **Tuesday April 8 from 10AM to 3PM** in the Fellowship Hall.

Thanks to ALL our faithful donors and volunteers who make these critical blood drives so successful.

The link below is active and ready for YOU to schedule your donation. Please share this information with your friends and encourage them to donate as well.

<https://www.redcrossblood.org/give.html/drive-results?dt=WB:PL:DR:PM&ed=04%2F08%2F2025&order=DATE&range=10&sd=04%2F08%2F2025&zipSponsor=28557>

Thanks for your donation on April 8 and for giving the “Gift of Life” as we approach the Easter season!!!

See you there!



# Lay Ministry Schedule (March 2-16)

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	March 2	Ash Wednesday 5:30 PM	March 9	March 16
<b>Lector</b>	Katherine Parrish	Betsy Randall	Beth Beswick	Romaine Riddle
<b>Prayers</b>	Libba Shelton	Romaine Riddle	Marian Goetzinger	Mollie Mossor
<b>Altar Guild</b>	Betsy Randall	Elizabeth Sheeks	Carol Holland	Jean Smith
<b>Chalice</b>	Frances Jenkins Terry Parrish	Libba Shelton Scott Shelton	Sarah Criddle Betsy Randall	Elizabeth Sheeks Kelly Sheeks
<b>Crucifer</b>	Marian Goetzinger	Terry Smith	Frances Jenkins	Scott Shelton
<b>Torch Bearer</b>	Martha Edwards George Grigg	Tim Owens Kelly Sheeks	Kay Brackins Mary Kurek	Liam Mossor Sarah Criddle
<b>Audio</b>	Stover Morris	Stover Morris	Larry Castle	Larry Castle
<b>Video</b>	Skip Kemp	John Clarke	John Clarke	Skip Kemp
<b>Coffee Hour</b>	Men of St. Francis	NONE	Martha/Clark Ed-wards	Romaine/Dan Riddle, Donna Standley
<b>Vestry of the Day</b>	Dale Elks	Lisa Park	Pam Ball	Sharon Birmingham



# Lay Ministry Schedule (March 23 and 30)

8

	March 23	March 30
<b>Lector</b>	Sharon Birmingham	Kathy Driver
<b>Prayers</b>	Beverly Davison	Donald Williams
<b>Altar Guild</b>	Laura Leslie	Gay Lea
<b>Chalice</b>	Marion Morris Dale Elks	Martha Edwards Terry Smith
<b>Crucifer</b>	Jami Turner	Bill Blanchard
<b>Torch Bearer</b>	Marian Goetzinger Frances Jenkins	Sarah Haigwood Scott Shelton
<b>Audio</b>	Stover Morris	Larry Castle
<b>Video</b>	John Clarke	Skip Kemp
<b>Coffee Hour</b>	Kay Brackins/Sarah Criddle/Lisa Park	Daughters of the King
<b>Vestry of the Day</b>	Terry Smith	Terry Parrish





## March Birthdays

9



Jay Randall–5  
Leigh Westbrook–5  
Dale Elks – 6  
Bowen Ellis–8  
Sharon Whitehurst–10  
Jean Turner–12

Larry Gracie – 13  
Pat Shuping–17  
Layne Helwig – 24  
Christian Pruitt–24  
Graham Pittman – 26  
Tim Bradford–27

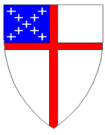
\* If you don't see your name above and would like to be added to our birthday list, please email or call the church office.

## Art and Music Ministries



*Our choir rehearses each Wednesday, from 4:30-5:30 p.m., and again on Sundays, at 9:15 a.m. prior to the beginning of our 10 a.m. Worship Service. We are always looking for additional choir members. Please join us at any time with no musical audition. All are welcome!*





St. Francis by the Sea Episcopal Church  
920 Salter Path Road  
Salter Path, NC 28512

## First Class Mail

Worship Service begins at 10 a.m. , casual dress welcome  
Sunday school for ages 6-12 begins at 9:45 a.m.  
*Nursery is not available at this time.*

If unable to attend, please visit <https://stfrancisbythesea.org/live> at 10 a.m. to view our worship service online or visit our website at [www.stfrancisbythesea.org](http://www.stfrancisbythesea.org) for additional information and viewing options.

St. Francis by the Sea Episcopal Church is a parish in the Diocese of East Carolina  
The Right Reverend Robert Skirving, Bishop

### **Interim Supply Priest**

The Rev. Mary Ogus

### **Priest in Residence**

The Rev. Chris Carlin

### **Deacon**

The Rev. Deacon Robin Smith

### **Parish Manager**

Stover Morris

### **Financial Administrator**

Peggy Quinn

### **Treasurer**

Dave Phillips

### **Sexton**

George Grigg

### **Vestry Class of 2025**

Kay Brackins

Dale Elks

Lisa Park

### **Vestry Class of 2026**

Pam Ball, Senior Warden

Sharon Birmingham

Terry Smith

### **Vestry Class of 2027**

Terry Parrish, Junior Warden

John Clarke

Laura Leslie

### **Clerk of the Vestry**

Korin Gagnon

### **Music Director**

Craig Everett

### **Art Gallery Director**

Tim Bradford

### **Vergers**

Tim Bradford, Marion Morris

### **Communications**

Penn Perry



**The Song of St. Francis** is a monthly publication of  
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Sound side of NC Hwy. 58, between Mile Marker 10 and 10½  
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