

Second Sunday in Lent

Grace Episcopal Church

March 1, 2026

The Holy Eucharist

Prelude

Prelude in C minor

J.S.Bach
(1923 - 2006)

Opening Hymn LEVAS 188 It Is Well with My Soul

1 When peace, like a river, attendeth my way,
When sorrows like seabillows roll;
Whatever my lot, thou hast taught me to say,
It is well, it is well with my soul.

Refrain:

It is well with my soul,
It is well, it is well with my soul.

2 Though satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And has shed His own blood for my soul. [Refrain]

3 My sin oh, the bliss of this glorious thought
My sin not in part, but the whole
Is nailed to the cross and I bear it no more,
Praise the Lord, praise the Lord, O my soul! [Refrain]

4 And, Lord, hast the day when the faith shall be sight,
The clouds be rolled back as a scroll,
The trump shall resound and the Lord shall descend,
“Even so” it is well with my soul. [Refrain]

The Opening Acclamation

Priest Bless the Lord who forgives all our sins.

People **God’s mercy endures for ever.**

The Collect for Purity

An ancient prayer for centering ourselves at the beginning of the service.

All **Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

Kyrie eleison S 91:

Lord, have mer - cy up - on us. Lord, have mer - cy up -
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -
on us. Lord, have mer - cy up - on us.
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

The Collect of the Day

The prayer of each Sunday, which 'collects' or summarizes the theme of the liturgy this week.

Priest The Lord be with you.

People **And also with you.**

Priest Let us pray.

Priest O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever.

People **Amen.**

The Readings

All may sit.

The First Lesson: Genesis 12:1-4a

This reading is generally from the Hebrew Scriptures (the Old Testament), which were the Scriptures of Jesus' time. They remain sacred to us today.

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the Lord had told him; and Lot went with him.

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Psalm 121*Levavi oculos*

The psalms are a collection of poetic prayers that can be sung. They were likely used liturgically in ancient Israel, certainly in the time of Jesus.

Herbert Howells (1892–1983)



- 1 I lift up my ¹eyes ¹to the ¹hills; *
from ¹where is my ¹help to ¹come?
- 2 My help ¹comes ¹from the ¹LORD, *
the ¹maker of ¹heaven and ¹earth.
- 3 He will not let your ¹foot be ¹moved *
and he who watches over you will not ¹fall a- ¹sleep.
- 4 Behold, he who keeps ¹watch ¹over ¹Israel *
shall neither ¹slumber nor ¹sleep;
- 5 The LORD himself ¹watches ¹over you; *
the LORD is your ¹shade at your ¹right ¹hand,
- 6 So that the sun shall not ¹strike you by ¹day, *
nor the moon ¹by ¹night.
- 7 The LORD shall preserve you from ¹all ¹evil; *
it is ¹he who shall ¹keep you ¹safe.
- 8 The LORD shall watch over your going out and your ¹coming ¹in, *
from this time ¹forth for ¹ever- ¹more.

The Epistle: Romans 4:1-5, 13-17

This reading is typically from the New Testament letters of the apostles.

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader Hear what the Spirit is saying to God’s people.
People **Thanks be to God.**

All may stand.

Sequence Hymn 668 I to the hills will lift mine eyes

A sequence is a chant or hymn sung or recited during the liturgy, often before the proclamation of the Gospel.

1. I to the hills will lift mine eyes,
From whence shall come my aid?
My help is from the above
Who heaven and earth hath made.

2. He will not let thy foot be moved,
His own he safely keeps;
With watchful and untiring eye
He slumbers not, nor sleeps.

3. Thy faithful guardian is the Lord,
Thy shelter and thy shade;
Nor sun by day, nor moon by night,
Need make thy soul afraid.

4. From evil he shall keep thee safe
And shall thy strength restore
And guard thy going out and in,
Both now and evermore.

The Gospel: John 3:1-17

This reading is taken from one of the four Gospels (Matthew, Mark, Luke or John), which are biographies in the ancient tradition. They are not comprehensive accounts of Jesus' life, but rather describe moments, encounters, and events which support the Christian belief that Jesus is the Messiah. We stand for the Gospel reading as a sign of respect. Other readings are read from the lectern; the Gospel is proclaimed among the people.

Gospeler The Holy Gospel of our Savior Jesus Christ, according to John.
People **Glory to you, Lord Christ.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

Gospeler The Gospel of the Lord.
People **Praise to you, Lord Christ.**

All may sit.

The Sermon

A message usually based on the readings and their relevancy to life today.

All may stand.

The Nicene Creed

Creed comes from the Latin 'Credo', 'I believe.', The Nicene Creed was created in the formative years of the Church, to be a symbol of common faith. It pertains to the Holy Trinity – a core belief which distinguishes Christianity from other faith traditions.

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father
Through him all things were made.
For us and for our salvation
he came down from heaven,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshiped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

The Prayers of the People

Form VI (BCP, p.392)

The community of the Church is called to pray in Christ's name for the needs of the world. Standing for the Prayers is a sign of our calling to be a corporate priestly community (the priesthood of all believers), praying for those needs.

In peace we pray to you, Lord God.

Silence

For all people in their daily life and work; *For our families, friends, and neighbors, and for those who are alone.*

For this community, the nation, and the world; *For all who work for justice, freedom, and peace.*

For the just and proper use of your creation; *For the victims of hunger, fear, injustice, and oppression.*

For all who are in danger, sorrow, or any kind of trouble; *For those who minister to the sick, the friendless, and the needy.*

For the peace and unity of the Church of God; *For all who proclaim the Gospel, and all who seek the truth.*

For *N.* our Presiding Bishop, *N. (N.)* our Bishop(s); for all clergy and people; *For all who serve God in God's church.*

For the special needs and concerns of our congregation.

(Silence)

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life.

(Silence)

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, . . . that they may have a place in your eternal kingdom.

(Silence)

Lord, let your loving-kindness be upon them;
Who put their trust in you.

We pray to you also for the forgiveness of our sins.

Leader and People

Have mercy upon us, most merciful Father;
in your compassion forgive us our sins,
known and unknown,
things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honor and glory of your Name,
through Jesus Christ our Lord. Amen.

The Bishop, when present, or the Priest, stands and says

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ,
strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal
life. *Amen.*

The Peace

The Peace is meant as an encounter with Christ in others, and a reconciliation with one another and with ourselves in anticipation of the kingdom of God.

Priest The peace of Christ be always with you.
People **And also with you.**

Then the Ministers and People greet one another in the name of the Lord.

All may sit.

Greeting

The Holy Communion

Offertory Anthem

Let us strive together
Patrick Spoor, baritone

Isabella Lozier

Let us strive together to part with time more reluctantly,
to watch the pinions of the fleeting moment
until they are dim in the distance
and the new coming moment claims our attention.
But I feel that I have not yet made my peace with God.
I am still a stranger to the delightful emotions which fill your heart.
I have perfect confidence in God and his promises and yet I know not why,
I feel that the world holds a predominant place in my affections.
I do not feel that I could give up all for Christ, were I called to die.
Pray for me, Dear A., that I may yet enter into the kingdom,
that there may be room left for me in the shining courts above.
—Emily Dickinson (1830–1886)

Sanctus S 114

Ho - ly, ho - ly, ho - ly, Lord God of
Hosts: Hea - ven and earth are full of thy glo - ry. Glo -
- ry be to thee, O Lord Most High. Bless - ed is he that com - eth
in the name of the Lord. Ho - san - na in the high - est.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

The Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People:

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

People: Amen.

The Lord's Prayer

Together we pray the prayer that Jesus taught his disciples. This prayer is common to all Christians.

Priest And now, as our Savior Christ has taught us, we are bold to say,

People and Priest

Our Father, who art in heaven,
hallowed be thy Name,

thy kingdom come,
 thy will be done,
 on earth as it is in heaven.
 Give us this day our daily bread.
 And forgive us our trespasses
 as we forgive those
 who trespass against us.
 And lead us not into temptation,
 but deliver us from evil.
 For thine is the kingdom, and the power,
 and the glory,
 for ever and ever. Amen.

The Breaking of the Bread

This is a sign that the bread is to be shared by all.

Priest: We break this bread to share in the Body of Christ.

People: **We who are many are one body, for we all share in the one bread.**

Fraction Anthem S 158

O Lamb of God, that ta - kest a -
 way the sins of the world, have mer - cy up -
 on us. O Lamb of God, that
 ta - kest a - way the sins of the world, have
 mer - cy up - on us. O Lamb of
 God, that ta - kest a - way the sins of the
 world, grant us thy peace.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

The Communion of the People

All who seek God, and are drawn to Christ, are welcome at his table. If you do not wish to receive Communion, but desire a blessing from the priest, simply cross your arms across your chest to indicate this, and the priest will say a prayer of blessing over you. If you require a gluten-free communion wafer, please go to one of the Communion stations at the front of the church. Wine may be consumed from the chalice. Intinction, the dipping of the bread into the wine, is NOT allowed.

Communion Hymn 489 The great Creator of the worlds

1 The great Creator of the worlds,
The sovereign God of heaven,
His holy and immortal truth
To all on earth hath given.

2 He sent no angel of his host
To bear this mighty word,
But him through whom the worlds were made,
The everlasting Lord.

3 He set him not in wrath and power,
But grace and peace to bring;
In kindness, as a king might send
His son, himself a king.

4 He sent him down as sending God;
In flesh to us he came;
As one with us he dwelt with us,
And bore a human name.

5 He came as Savior to his own,
The way of love he trod;
He came to win us by good will,
For force is not of God.

6 Not to oppress, but summon all
Their truest life to find,
In love God sent his Son to save,
Not to condemn mankind.

Postcommunion Prayer

This prayer gives thanks for the gift of Communion, that it may bear fruit in daily life.

All Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

The Blessing

The traditional ending of the service. We are reminded that God is with us and empowering us.

Recessional Hymn 473 Lift high the cross

Lift high the cross, the love of Christ proclaim
till all the world adore his sacred Name.

1. Led on their way by this triumphant sign,
the hosts of God in conquering ranks combine. [Refrain]

2. Each newborn servant of the Crucified
bears on the brow the seal of him who died. [Refrain]

3 O Lord, once lifted on the glorious tree,
as thou hast promised, draw the world to thee. [Refrain]

4 So shall our song of triumph ever be:
praise to the Crucified for victory. [Refrain]

Dismissal

At the point of leaving, the Church sends us forth. In Christ's name we are sent out for mission and service in daily life.

Deacon Let us go forth in the name of Christ.
People **Thanks be to God.**

Postlude

Fugue in C minor

J.S.Bach
(1923 - 2006)

Serving at the Altar Today

8:00 am	Celebrant & Preacher	The Rev. Thomas N. J. Synan
	Deacon	The Rev. Rebecca Grant
	Lectors	Eve Webster, Kitty Dougherty
	Eucharistic Ministers	Janet Teng, Gail Gnatek
	Ushers	Rachel Blain & Brenda Aldrich
10:30 am	Celebrant	The Rev. John Horn
	Preacher	The Rev. Thomas N. J. Synan
	Deacon	The Rev. Rebecca Grant
	Lectors	Trent Maxey, Mary Hocken
	Eucharistic Ministers	Karen DeSantis, Sarah Boy, Mark Marshall
	Bell	Nancy Lowry
	Ushers	Bruce Stebbins, Doug Moore

Please remember in your prayers

For strength and healing: Nancy Boyd, Don Allison, Chris O'Carroll, Michael Erard, Lisa, Marc Hamel, David LeSage, Emrys Bond, Leo, Mia, Trish Callard, Janet Teng, Rick Read, Joan Dunn, Tommy, Cherie Feeley, Gretchen Gerzina, Laura Klock, Cara Crandall, Meg Kelsey Wright, Robin, Scottie Faerber, Carl Miller, Lauren & Stephen, Greta, Sara Stelzner, Jon Zobel, Bob Moran, Jona Hammer, Kay Gregory, Nancy Rose, Norah, Zen Latimore-Dallas, Roberta Olsen, Ramona & Warren Hebert, Paul Pesenti, Carla Shanahan, Loy Harris, Mary Sidney Treyz, Wally Rodriguez, Roberta & Dennis Kirby, Anne Neely, Peter, Alan Musgrave, Lorie Healy, Penny Lane, Stephen Dogero, Doug Adler, Chris & Deanne Riddle, Patricia Tillona, Pam Wilkinson, Carmen Lee, Maida, Amy, Steve, Jessie, Kenneth Page, Tim Callard, Castor Moss, Marion, Cyndee & Dennis Grader, Reynolds Winslow, Annmargret Wobst Wille, Joey Baker, Jane Pemberton, Michael Baker

For the repose of the soul of Nancy Burns, Sophie Gergley, Carolyn Murray, Michael Rhoads

For all those having birthdays this week including Natascha Wanninger, Betsy Cannon Smith, Alesha Owaki, Gemma Polino, William Harron III, Rose Bogal-Albritton, Dee Brace, Walter Tebbetts, Mark Marshall, Camila Hwang-Carlos, Maddox Keedy, Lucy A. Smith, Gabriel Davila-Bustamante, Caleb Ireland

For Natalia Wobst for the work she is doing through St Jude's Hospital in Eastern Europe

For peace with justice in Ukraine, Palestine and Israel.

For our partners in Haiti: St. Matthieu, Bayonnais—its priest, teachers, students and their families

For our partners at the Episcopal Technical & Vocational Training Center in Ramallah, Palestine

According to the Diocesan Cycle of Prayer: Christ Church, Fitchburg; Reconciliation House, Inc., Webster; Education for Ministry

According to the Anglican Cycle of Prayer: The Nippon Sei Ko Kai

Please note that names are removed from the prayer list after one month unless you specify otherwise

Parish Announcements March 1, 2026

About the Choir Anthem

From composer Bella Lozier: "Let us strive together," uses text from Emily Dickinson's letter to her childhood friend, Abiah Root, to capture her struggles reconciling her uncertain faith with a desire to be saved. Ultimately, Dickinson begs Abiah to pray for her and timidly asks if there will be room for her in heaven. As we are currently amidst Lent, Dickinson's words are especially poignant given the spiritual

deepening that occurs during this time.

Lenten Book Series: *The Rule of Saint Benedict* A Rule for all Christians

Sundays at 9:15am February 22nd - March 22nd in the Fireplace Room

From the time it was first written in the sixth century, the Rule of St. Benedict has been one of the most influential, enduring documents of Western civilization. Composed for the guidance of his own monks at Monte Cassino, St. Benedict's Rule has become the basis for the rules of practically every Christian monastic community in the West. It is an excellent guide for living the spiritual life - through work, prayer, study, obedience, community life, and moderate asceticism. The spirit of the Rule is summed up in the motto of the Benedictine Confederation: pax (peace) and the traditional ora et labora (pray and work). It provides a moderate path between individual zeal and formulaic institutionalism; because of this middle ground, it has been very popular.

LUCE Bystander Training

Grace Episcopal Church, Amherst, MA, Saturday, March 7 from 2:00-4:00 PM

Learn from the LUCE Immigrant Justice Network about how to effectively respond to ICE sightings and attempted detentions. To confirm your spot, please register by 5:00 PM on Monday, March 2. They will only admit people who are registered in advance. Doors will open at 1:30 p.m. Be sure to arrive before 2:10 p.m. or your seat may be made available to others. **Registration Link:** <https://secure.ngpvan.com/2-dx33KWyUepV6AcYnMsOA2>

Knitters Unite

People are making red knit hats with a tassel, which was a form of protest in Norway during World War II. If you would like to knit a hat, please contact Mary Ellen Shaughan meshaugan@yahoo.com.

Are you interested in being baptized, or know someone who is?

Along with Holy Communion, Holy Baptism is one of the two great sacraments given by Christ to the Church. We acknowledge one Baptism, which means Baptism in the name of the Trinity is performed once in a person's life and is recognized regardless of where or how it took place. If you have not been baptized or you are not sure whether you were baptized, and would like to know more, please contact the church office or speak with the Rector. We would be happy to talk with you about this holy sacrament.

Gifts to Grace

When making a Donor-Advised Fund (DAF) gift to Grace Church, please ensure your fund provider includes your name and the intended purpose of the donation (e.g., Pledge, Haiti, Outreach) with the distribution. This helps us ensure your gift is properly acknowledged and applied. Thanks, Jaana

The Grace Church Stewardship campaign for 2026

To date 143 pledges have come in totaling \$537,182 – most encouraging, we have 5 new pledges. We are off to a good start. To those who have pledged God bless, to those who have yet to pledge please pray and pledge so our Vestry can budget for 2026. If you need a pledge card, they are available as you enter the church or you can contact the office (413) 256-6754.

Publicity for your Event?

Please let the Communications Committee know if you need help with your event. Please fill out this form: <https://www.gracechurchamherst.org/wp-content/uploads/2023/07/Request-for-Event-Publicity-Form-2023.pdf>, also located on the "Outreach" page of the church website. The committee requests at least 6 weeks notice. Please forward questions to Patrick Kelly or Sarah Chadwick.

Coffee Hour

The hospitality committee keeps a small supply of treats on hand but this often is not enough. Won't you please be so kind as to donate a baked good for all to enjoy? Coffee cakes, quick breads, muffins, or bagels are always appreciated as well as other baked goods. Thank you so much for your thoughtfulness. Please see Sarah Chadwick if you have questions or want to help out further.

You are welcome!

We want you to know that you are welcome here. If you are new to Grace Church please reach out, because we are here to invite, embrace, and welcome you into our community. Whether you are:

- New to the area
 - New to our church (and perhaps new to the Episcopal faith)
 - A longtime resident in search of connection and community
 - Part of the LGBTQ community and are looking for a spiritual home where you are welcomed and affirmed
 - A New Student, looking for a place of safety and comfort during your time studying here
 - A Mom or Dad of a student and want a place that will support your child while they live and study here
- We are here for you. Please fill out a blue Card, and reach out to someone wearing a WELCOME badge and come back **AGAIN !**

Ascentria Care Alliance is putting together a list of volunteers should they need assistance regarding the immigrant community they serve and who we have supported with our clothing drives. If activated, supporters may help with things like:

- Supporting families with daily needs such as food delivery or transportation
- Helping reduce isolation and anxiety through check-ins and accompaniment

If you're interested in being part of this rapid-response supporter list, please sign up at https://ascentriacarealliance.formstack.com/forms/crisis_volunteer_response

Save the Date

Joy of Living Group, 7:00-8:30 p.m., 2nd and 4th Mondays

This group combines meditation, practices integrated in the flow of life, and discussion. **Next meeting, in the Connector: March 9, 2026**

Thank you, Bishop Fisher! Saturday, March 14th, 3pm

Join us for a special service to celebrate Bishop Fisher and to thank him for his ministry among us. There will be a reception following the service. St. Andrew's, 335 Longmeadow St, Longmeadow, MA 01106

Garden Ministry

The Grace Garden Ministry needs volunteers to load garden debris on **Saturday March 21st and 28th**.

We will meet at 9am by the pink doors on Spring St. We will finish at 11:AM. By doing this work ourselves, we are saving over \$900 from our budget. Please let Sara Libertry-Laylin know your availability . Contact her at: p.laylin@comcast.net. We thank you!

Ora et Labora: An Invitation this Lent to get more involved

Ora et Labora – this centuries –old phrase, meaning “pray and work,” is rooted in Christian tradition. It originated from St. Benedict of Nursia (circa 480-547) as a guiding principle for monastic life, but it is applicable for all Christians. It challenges us to think about a life fully dedicated to inviting God into every aspect. St. Paul speaks to this kind of commitment in Colossians 3:17: “*And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*”

The principle of *ora et labora* provides a guide:

- Sanctify work
- Sanctify time
- Balance work and prayer
- Live out love
- Be mindful of others
- Find rhythm in life

This Lent all are invited to take on this spiritual practice. To support one another, we will list opportunities and ways for you to get involved at Grace Church – simple tasks to help in the ministries of the parish. Please join us in sanctifying work and time and finding the blessed balance of *Ora et Labora*.

Outreach Ministries

Amherst Survival Center

The Amherst Survival Center serves more than 10,000 people in our community every year, providing prepared meals, a food pantry, fresh food distribution, food deliveries, and a variety of other support services and programs. Volunteers are crucial to the Center's operation. Here are some ways you can help:

- Volunteer to work at the Center: volunteers help to prepare and serve meals, unload deliveries of donations from area stores and set up fresh food distribution, stock pantry shelves and help participants with pantry shopping, prepare food packages for deliveries, and many other tasks. To learn more and to sign up for a volunteer orientation, please go to the web site <https://amherstsurvival.org/volunteer/>
- Become a Neighborhood Food Coordinator who recruits a group of “neighbors” to donate food, and collects the donations and delivers them to the Center every other month. To learn more about becoming a coordinator, please go to the web site <https://amherstsurvival.org/nfp/>
- Collect food donations gathered at Grace Church and deliver them to the Center.
- For more information please contact Patrick Kelly (spellkelly@icloud.com).

Garden Ministry is looking for help with various tasks including:

- The Garden Sale is May 9th but we are seeking items for the sale during Lent. Please bring garden decor and smallish patio items in good condition to the undercroft tables (There is a sign designating Garden Sale).
- Work Outdoors on March 21st and 28th in the Garth area loading up garden debris. Meet on the Spring Street pink door at 9:00 and wear work gloves.

Contact Sara Liberty-Laylin at p.laylin@comcast.net.

St. Nicholas Bazaar could use a few people to take a box or two of bazaar leftovers to the Salvation Army or Goodwill. Contact Joan O'Brien at jobrien82@gmail.com.

Mutual Care Committee is looking for of people willing to send cards and to check up on people.

Also a list of people to include in a Meal Train invitation when meals are requested. Meal Train is a self-scheduling way to sign up for meals. There's no pressure to sign up if invited. It's just a way to get the word out. Contact Gail Gnatek at ggnatek@gmail.com.

Communications Committee

The Communications Committee publicizes Grace Church happenings. We work with our Parish Administrator to arrange Church website content, post events on social media and online calendars, and create event flyers and signs. Volunteer opportunities include:

- Taking photos at Church events
- Designing graphics for flyers, signs, and social media posts

For more information please contact Sarah Chadwick (schadwick@verizon.net) or Patrick Kelly (spellkelly@icloud.com).