

KTF 2025 March 27

Dear Ones,

On Tuesday, I sat in the chapel praying for my friend and colleague Sara, her sister Shirley, and their family and loved ones as they removed the ventilator and waited for Shirley's body to stop, so that they could then harvest her organs to help other people live. I was already very moved, as I realized it was the Feast of the Annunciation, when Mary says yes to allowing her body to be used to bring new life to the whole world through the child she would bear. I was also keenly aware that Sara's mother would be experiencing that particular heartbreak of watching her child die, just as Mary did as she stood at the foot of the cross.

But as I sat there in that beautiful, quiet space, the words of Jesus, "This is my Body, broken for you..." echoed through my head. I had that image of Shirley's body being 'broken' and the pieces shared with others. How very Christlike it was for her to offer herself so completely to others. I was overcome with a tremendous sense of awe and gratitude to God for such a beautiful act of generosity. I wasn't even with them at the hospital, but I could feel myself in the presence of something so very, very holy.

Then on Wednesday, as I approached those words of institution in the Eucharist Prayer, I felt my hands begin to shake when that sense of awe and awareness of the holiness came flooding back. As I said, "Do this in remembrance of me" I had a fleeting vision of the people whose bodies will be restored, gathering around the grieving mother, thanking her and for just a brief minute, re-membering Shirley—drawing all those parts back together.

I know I'm getting a little mystical, what some might call "Woowoo!" but I had to share this powerful experience with all of you.

In the meantime....*keep the faith*,
Nancy+

THIS SUNDAY'S READINGS

Joshua 5:9-12 * Psalm 32 * 2 Corinthians 5:16-21 * Luke 15:1-3, 11b-32

BIRTHDAYS AND ANNIVERSARIES

David Mering (4/2)

Kyalo Mulandi (4/3)

Allison and Jason Long (4/3)

CREATION CARE TIPS

Who is my neighbor?

Bruce often tells about attending a workshop in Augusta during Bishop Lane's final year as our diocesan bishop. In that workshop, participants told about times that touched them and changed their lives. One man spoke of having had a particularly unfriendly neighbor. Then he explained that one day in mud season, his car broke down – in the mud – in front of this curmudgeon's house. The neighbor came out of his house; the driver expected to be heckled, but instead, the neighbor offered to help him! And the astounded driver asked, "Why?" The answer was simply. "Because you are my neighbor."

"Neighbors are near and far, neighbors are rich and poor." I'm probably making a mess of the lyrics of a song Sue taught our Sunday School children, but the song reminds us that neighbors don't just live next door. Some

neighbors live half-way around the world. Some live in California. And thank you, Maine firefighters, for travelling to California to help fight the Los Angeles wildfires last fall, to help our neighbors there. As wildfires increase in frequency, size, and intensity, they affect more than just the area that burns. Smoke from wildfires adds to the airborne particulate matter that dirties our air and imperils our health. Smoke joins other particulate matter – vehicle exhaust, power plant emissions, industrial smokestack effluents – to dim our skies and endanger our lungs.

Particulate matter (PM) is linked to an increase worldwide in adenocarcinoma, a form of lung cancer that is on the rise worldwide. Tobacco smoking worldwide has decreased in the past forty or so years, but this form of lung cancer has increased. Research, published in Lancet Respiratory Medicine (a well respected medical journal) has shown that particulate matter – solid particles and liquid droplets – contributes to the likelihood of developing this type of cancer. Air quality indexes regularly list PM 2.25 as a major component of air that reduces air quality; the 2.25 is relative size of the size particles.

What can we do to counteract this worrisome trend? Consumers can choose electric cars, industries can clean their effluents by using scrubbers in their smokestacks, power companies can use cleaner fuels or decrease their dependence on fossil fuel generators, and the power grid can rely more heavily on solar and wind power. But with the recent gutting of the EPA, little improvement will occur in the US in the next few years.

To protect our lungs, we can use indoor air filters, stay indoors if the air quality is poor, and use masks – like the KN95 masks that we used a few years ago – to keep particulate matter out of our lungs.

– Patty Watts, Christ Church Earth Keeper

Hurt not the earth—neither the sea—nor the trees. Revelation 7:3

PS All six New England states, New York, Ohio, West Virginia, Michigan, Minnesota, North Dakota, Wyoming, Utah and Alaska. Do you know what these states have in common right now?

These 16 states are the only states that do not have active wildfires as of Tuesday night!

CALENDAR

SUN:	9:30 AM	Sunday School	
	10:00 AM	Silent confession and absolution	
	10:15 AM	Eucharist/In-person and online	
WED:	9:00 AM	Eucharist/Bible Study	
THU:	9:00 AM	Christ Church Book Group/Zoom	
	7:15 PM	Zoom Compline	
FRI:	12 Noon	Lenten Lunch at 1 st Congregational, So Paris	<i>Nancy is this week's speaker!</i>

ANNOUNCEMENTS

Community Lenten Lunch Every Friday at noon during Lent. 1st Congregational hosts us; different churches prepare the soup. One of our local pastors offers a short reflection. (We have date—speak to Patty Watts if you would like to help)

Silent Prayer and Confession During Lent, join Sandy in the chapel at 10 AM for ten minutes of silent prayer, concluding with the absolution.

Giving Thanks during Lent It's not too late to start a practice of giving thanks during Lent! Pick up a box outside the office.