

January 8, 2026

Dear Ones,

Today's *Keeping the Faith* is arriving to you later than usual because yesterday's weather threw my internal calendar off and I completely forgot about it! I will keep it brief.

I hope you had a blessed Christmas season and welcomed the new year with joy and hope. This Sunday's prayers of the people include a petition that moved me to tears as it was prayed yesterday during our Bible Study on Zoom: *Uphold our lay leaders, missionaries, priests, and bishops, and all who proclaim hope in a broken world.*

The escalating violence in our country is frightening and disheartening. It can be all too easy to fall into despair and cynicism. As followers of Jesus Christ, our call is to continue to carry that light into the dark places. That doesn't mean being falsely cheerful. If anything, the most powerful message of hope acknowledges the darkness, admits to the fears and doubts, but still works to protect and foster the flickering flame of faith and confidence in Emmanuel, God-with-us. We don't have to do it alone. It's God with *us*, not God with *me*. If you feel like your light is about to go out, reach out to someone else. Read something inspiring. Sing the blues. Put your thoughts down on paper, either in words or as a prayer drawing".

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

**I would like to offer a prayer drawing workshop during Lent. More info to come.*

THIS SUNDAY'S READINGS

Isaiah 42:1-9 * Psalm 29 * Acts 10:34-43 * Matthew 3:13-17

BIRTHDAYS AND ANNIVERSARIES

Sandy Williams, Ordination 1/13

CREATION CARE TIPS

Is it soup yet? – *Classic Campbell's Soup TV ad*

My brother scoffed when I offered him a cookbook, stating "Cooking is a survival skill," by which he meant he wanted nothing to do with preparing any fancy, new, international, regional, or 'different' dishes.

I had an 80-year-old dear friend on a diocesan committee in NJ who confessed that she had never learned how to make soup.

The connection between these two people who never met? That they missed a great opportunity to save money, use up odds and ends, eliminate food waste, and eat luxuriously. How? By making soup from scratch (Sorry, Campbell's).

I've mentioned using a chicken for several meals, or a turkey for many meals, but I think it's worth repeating. Using the whole bird reduces waste, uses odds and ends, eliminates food waste, saves lots of money, and can create many tasty meals. And if you have a good recipe, it doesn't feel like a hardship one endures because of a budgetary problem.

Trim the bird before you roast it: remove the giblets and neck, any fat and skin that clings near the neck, and the wing tips. Now put them in a pot, barely cover them with cold tap water; chop an onion, a carrot of two, and a stalk or two of celery, and simmer these for an hour or so. You'll have a basic rich poultry stock.

Take that stock, and search your refrigerator's corners, produce drawers, and leftover containers for bits you might add to a soup. Add two (or more!) vegetables, a pasta, or rice, or potatoes, or even dumplings, and some meat if you have any, and there's a great meal. You can augment it with cheese and crackers, a salad, or biscuits.

Once you've eaten "high on the hog," and there's no meat left to remove, break the carcass up into pieces so it fits in your large pot, add the same three vegetables (and herbs if you feel like being fancy), cover it with water, and simmer this for an hour or so. This gives you poultry broth, ready for making sauces, casseroles, and yes, more soup.

And before you eat these economical wonders, here's a children's grace we used with our kids:

*Lord Jesus be our Holy guest, our morning hope, our evening rest;
And may this prayer of thanks impart love and peace to every heart. Amen*

– Patty Watts, Christ Church Earth Keeper

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

CALENDAR HIGHLIGHTS

SUN:	10:15 AM	Eucharist
WED:	9:00 AM	Eucharist/Bible Study
THU:	9:00 AM	Christ Church Book Group/Zoom
	7:15 PM	Zoom Compline

ANNOUNCEMENTS

Sunday School on hiatus We put Sunday School on hiatus through this season of Epiphany to give us time to consider how to best design a program for our kids.

Annual Meeting, February 1 We will meet following the service to review 2025; look ahead to 2026; elect a warden, vestry members, and convention delegates; and accept the 2026 budget.

Annual Reports due January 18

The bishop is coming! The Rt. Rev. Thomas J. Brown will be with us at worship and fellowship on Sunday, March 15. This is an opportunity for confirmation, or being received into the Episcopal Church (from the Lutheran or Roman Catholic traditions). Please speak to Nancy if you wish to do so. We will begin preparation by the end of January.

Lenten lunch We may still have Christmas hymns ringing in our ears, but we need to look ahead to Lent which begins on February 18. The clergy association is once again offer community lunch on Fridays, but need help in preparing the meal (soup, sandwiches, cookies).

For ongoing and up-to-date information about diocesan activities and news, as well as news from other congregations, sign up for **the Diolog**. <https://episcopalmaine.org/newsletter/>

MINISTRIES LIST

	This week:	Next week:
Lector 1:	Jenna Mulandi	Br. Matthias
Psalmist:	Kyalo Mulandi	Thelma C
Lector 2:	Holly Stuhr	Michelle Christoph
Acolyte:	Malaikah Mulandi	Mary Bickford
Euch. Minister:	Patty Watts	Michelle Christoph
Shepherd:	<i>on hiatus</i>	<i>on hiatus</i>
Usher:	Peter Hammond	Tom Knight
Altar Guild:	Caroline Leonard	Caroline Leonard
Coffee Hour:	Rosemary Laban	Jan Wall
Counter:	Peter Bickford	David Mering
Closer:	Tom Knight	Nancy Mering