

**March 5, 2026**

Dear Ones,

It's a girl! For those of you who were in church on Sunday and knew I was heading to Brunswick to look for a cat companion for Willie (and me), I am happy to share I have adopted a little ginger girl named Clementine. Thank you for your encouragement and enthusiasm about it. Check out our Facebook page if you would like to see a photo.

But I didn't find her on Sunday. On Sunday all I found were empty cages and a lot of discouragement that I was never going to find the right cat. I had a good cry about it Sunday night, then checked the web page. They had cleared a bunch more cats for adoption, so back I went on Monday. She snuggled right up into my neck as soon as I picked her up, and I knew we had found each other. It took a while for me to be ready and convinced it was the right thing to do.

In Sunday's epistle reading we will hear "suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us." This is not meant to glorify suffering or to encourage us to seek it out. It isn't even meant to suggest that God causes suffering. It is instead an acknowledgement that in this life there are things that will not go the way we want them to. There are things that will happen that will break our hearts, hurt us to the core, make us want to give up and just let the sorrow define who we are, what we believe about ourselves and our worth. However, if we continue to hold onto the faith that we are loved by God, that God cares about us and stays with us as we move through it, we will discover that we were sustained by hope all the way through.

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

#### **THIS SUNDAY'S READINGS**

Exodus 17:1-7 \* Psalm 95 \* Romans 5:1-11 \* John 4:5-29, 39-42

#### **BIRTHDAYS AND ANNIVERSARIES**

Bruce Watts 3/9; Cathy Bickford 3/12; Lynn Brown 3/14

#### **CREATION CARE TIPS**

*PFAS on Mount Everest? PFAS at the Olympics? Two Whodunnits in one Creation Care tip!*

Remember our recently discovered enemy, PFAS, lurking in non-stick cookware, waterproofing sprays, and even children's toys and ladies' make-up? Well, some of those 60,000+ chemicals that fall in the categories of perfluoroalkyl and polyfluoroalkyl substances – PFAS – have found their ways to far-flung and honorable places.

Run-off water from glaciers on Mount Everest has tested positive for PFAS. At first that sounds almost impossible. How did it get there? PFAS are found in water-proofing sprays, and you can bet that anyone who climbs to Base Camp One, at 20,000 feet above sea level on the tallest mountain on Earth, will waterproof his tent, boots, pants, gloves, face mask, and jacket! In an earlier post I wrote about the tons of discarded equipment and trash that the Nepali Army had removed from the mountain, some of which had been there for decades, exposed to the elements. Most of that contained PFAS. So how do you and I prevent more PFAS contamination on Everest? Well, we could cancel our trips there, but there is little else I can suggest that we can do about it. Do you have any ideas?

Now let's travel west from Nepal to Italy, and land at the Livigno Snow Park in Milano-Cortina. Last month one unlucky snowboarder was disqualified from competing there because traces of PFAS were found on his snowboard. The Olympic Committee banned the use of PFAS on skis and snowboards – and all equipment – in all games now and in the future. The snowboarder wasn't alone. Two skiers were also disqualified when their skis tested positive. Perhaps our chances of skiing in the Italian Alps are slim, but Pleasant Mountain in Bridgton, Lost Valley in Auburn, Mt. Abram in Greenwood, Sunday River in Newry and Roberts Farm in Norway (cross-country only) are all close enough to be patronized by Christ Church skiers. Each of these family-friendly areas deserves to have PFAS-free slopes. Here's something you can do to help: Whether you ski downhill or cross-country, or snowboard, make sure your wax is PFAS-free. Be sure the shop that tunes up your equipment uses PFAS-free wax. Or look for the PFAS-free statement on the wax you buy, if you're a do-it-yourselfer.

*Climbing.com, Apr. 21, 2021: "Why Are There Harmful Chemicals on Mount Everest?" written by Aaron Gerry, NY Times, Feb 15, 2026: "Three Olympic Athletes Were Just Disqualified for a Novel Reason: PFAS," written by Hiroko Tabuchi*

– Patty Watts, Christ Church Earth Keeper

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

### CALENDAR

SUN:	9:15 AM	Sunday School—prayer beads—adults are welcome to join us!
	10:15 AM	Eucharist
TUE:	5:15 PM	Vestry Meeting
WED:	9:00 AM	Eucharist/Bible Study
	5:00 PM	Soup Swap
THU:	9:00 AM	Christ Church Book Group/Zoom
	7:15 PM	Zoom Compline
FRI:	12 Noon	Community Lenten Lunch at 1 <sup>st</sup> Congo

### ANNOUNCEMENTS

**The bishop is coming!** The Rt. Rev. Thomas J. Brown will be with us at worship and fellowship on Sunday, March 15. Spread the word! It's a great time to invite a friend.

**Palm Sunday** is March 29. This year, you are invited to bring a branch with you to raise up as we hear that the people spread branches along Jesus' path. They used palms because that was what was local. Here, we have evergreens, oaks, the stalks of last year's flowers, etc. Bring one with you that day. It will be saved for next year's burning of the ~~palms~~—branches!

**Vestry Meeting** There will be a vestry meeting Tuesday, the 10<sup>th</sup>, at 5:15 pm.

**Wednesday Evening Soup Swap** What to bring: a crock pot full of your favorite and famous homemade soup, chowder or stew; a serving ladle; your own soup bowl and spoon; your own storage containers, to take your swapped soup home with you. Bread and butter will be provided. We will begin to gather at **5 pm**. Please join us even if you haven't had time to make soup. There will be more than enough to share.

**Lenten Lunches** We have agreed to do it again! March 13. Sandy is coordinating.

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

	<b>This week:</b>	<b>Next week:</b>
Lector 1:	Tom Knight	Allison Long
Psalmist:	Rosemary Laban	Bella Long
Lector 2:	Peter Hammond	Fran Martin
Acolyte:		Bella Long
Euch. Minister:	Jim Christoph	Michelle Christoph
Usher:	Janet Harvey	Peter Hammond
Altar Guild:	Michelle Christoph	Michelle Christoph
Coffee Hour:	Allison Long & Family	Patty Watts
Counter:	Marg Means	Tom Knight
Closer:	Jason Long	Allison Long