

# The Messenger

St. Michael's Parish  
78 Pleasant Street  
Auburn, ME 04210

Volume 12, Issue 3  
March 2010



## HERE'S..... The Frumiento Family

Laurie Frumiento's home town is Indiana, Pennsylvania and husband Carmine's home town is Locust Valley in Long Island, New York.

Laurie was a traveling nurse and in 1994 met her husband at a hospital in Burlington, Vermont, where he was a resident. They were married in Indiana, PA in 1999 and resided in Burlington, Vt. for 6 years where Laurie took up a permanent position as a nurse. Their first son was born in Vermont in the year of 2000.

Carmine was granted a

Fellowship in cardiac surgery in Madison, Wisconsin. They lived in Madison for two years and in 2002 their first daughter was born.

When Carmine was offered a position with Central Maine Medical Center as a thoracic surgeon in 2004, Maine became their home. Their second son was born in 2004 with daughters born in 2005 and 2007.

We enjoy watching your children sitting on the floor in front of Father Jim on Sunday mornings while he tells them a story about our Bible.

Laurie, Carmine and family joined St. Michael's in 2006. Laurie is one of our Sunday school teachers and enjoys teaching her "little ones".

Summers are filled with working in their vegetable garden (and blue berries), sailing and hiking, while their winter activities consists of downhill skiing.

Family members also consist of their dog "Bear", along with chickens and ducks.

This happy family is a joy to watch and be with. Thank you for telling us a little bit about yourselves.

## Claire DeSoi in Nicaragua

(Claire is a young adult who grew up at St. Michaels.)

I'm happy to write a little about my first impressions; it seems incredible that I've only been here a little over two weeks, so much has happened.

Nicaragua has been absolutely wonderful so far. I am living with a Nicara-

guan host family in LaPaz, a small town about an hour outside of Managua, and it's been great. My family is fairly small, by Nicaraguan standards; two 'parents' and two kids from the countryside who live here so that they can attend school. My town is pretty tiny—four streets intersecting around a church and park, and it seems that everyone I meet is somehow related to my

host family! It's been an adjustment getting used to not having running water all the time (only in the mornings, usually about 4-5 am), but bucket showers get easier every day!

(Continued on page 3)

All newsletter info must be received by the 15th of each month, directed to:

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## From Your Interim's Study

Dear Friends:

**During the Ash Wednesday Liturgy, the following words were read, "...I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self examination and repentance: by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word." (BCP p265)**

Most of Lent occurs this year during the month of March. I encourage you to continue in the Lenten discipline you have chosen. For those of you who have not yet begun your "giving up and taking on" know that it is not too late to start the process.

### Prayer

The old adage about this month is: "March comes in like a lion and goes out like a lamb". This adage is a bit like one's prayer life. Often we begin prayer in the midst of "lion" conditions. We are part of a noisy, strife-ridden and stressful world. Our lives are often stress ridden as we seek to care for those we love, as we participate in the process of being caring family members, loving neighbors, and good citizens. For our prayer to be effective we need to discover "lamb" conditions of quiet time and private space where we can center on God. This is the reason I have chosen to have us begin worship at St. Michael's each week with a centering hymn. One idea for this Lent is to take home

the words of the centering hymn each week and to meditate upon them. Finally, please watch the church calendar for a Lenten Quiet Day and plan to join us then. The first steps in prayer are listening for and then listening to the voice of God.

### Fasting and Self Denial

Do we still "give up" things for Lent as we did when we were children? Some wag once said, "The most enjoyable things in life are either illegal, immoral, or fattening." For me, Lent seems like a very good time to get back to a good eating and exercise regimen. If I am able to practice "moderation in all things," then I will, indeed, preach it. We will provide your household with boxes in which you can place the value of the "dessert you did not eat." Any funds realized from that self-denial will go to World Mission projects of the Episcopal Church, including relief to Haiti.

### Reading and Meditating on God's Word

One of the easiest ways of doing this is to take a copy of *Forward Day by Day* which lists the Daily Office Readings, with a brief commentary for each day. By practicing the discipline of reading these lessons in March, you will begin a process that might well lead to year-round Bible study. You might be willing to read the Daily Office scriptures in the context of Morning Prayer Rite One, found in the Book of Common Prayer beginning on page 37. Finally, join us for our Simple Soup Supper Study Series on Church hymns and other worship music

The Rev. James R. Low

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Wednesday evenings. Very often, the words we sing reflect the Word from Scripture.

Bless You All,

*Father Jim+*

### Diocesan Mission Survey

The Bishop is requesting we complete and return the enclosed survey and mail it to the Diocese.

For those of you who are on the internet, you can complete the survey by accessing:

[www.surveymonkey.com/s/mission](http://www.surveymonkey.com/s/mission)

Thank you for your help and support.

### Church Bulletin

The pastor would appreciate it if the congregation would lend him their electric grid-dles for the pancake breakfast next Sunday.



## Rev. John Scott, Jr.

Father Scott died peacefully on January 26th at Westside regional Medical Center in Florida, after a long illness.

Father Scott was ordained priest on March 25, 1950 at St. Jude's Cathedral in Portland, ME. He was active

in the civil rights movement in the 1960's and marched with Dr. King in Selma, Alabama. He served parishes and chaplainries in Maine, Massachusetts, New York and Connecticut.

A Requiem Mass was held at St. Benedict's Episcopal

Church in Plantation, FL on January 30th. The Committal will be held at a later date in Maine.

Rest eternal grant to him, O Lord: *And let light perpetual shine upon him.*

May his soul, and the souls of all the departed, through the mercy of God, rest in peace. Amen.

## Wisdom's Women (Continued)

**Our Partner & Fiscal Sponsor** - Trinity Episcopal Church.

**Our Funders**—Including The Daughters of Wisdom, The Maine Community Foundation, a private family fund, an angel who has been paying the rent, 14 additional funders and more than 65 individual donors.

Several area agencies have offered workshops for us: Healthy Androscoggin, the Nutrition Center of Maine, University of Maine Coop-

erative Extension, Western Maine Community Action Health Services, Pine Tree Legal, Catholic Charities, the Sexual Assault Crisis Center, and Visible Community. The fibromyalgia support group has returned to our space, and other support groups are forming or are anticipated.

Next up: A fundraising campaign is ready to roll—our goal this year is to find 100 people or groups to each sponsor one woman at \$1 a day! By increasing the goal each year, we will be self-supporting in 5 years! Read on about the plan and other

projects, people and activities.

We are becoming a collaborative of women who work in the community toward the bettering and enriching of each other's lives. We are excited about what is possible and would love to share it with you. Read the story on us from the local paper at :

[www.sunjournal.com/node/658229/](http://www.sunjournal.com/node/658229/). Visit our website: [www.wisdomswomen.org](http://www.wisdomswomen.org) or e-mail us at [cww@oxfordnetworks.net](mailto:cww@oxfordnetworks.net). Better yet, if you are in the area, come and see us!

## Claire DeSoi—Continued

The adjustment process has been overwhelming, between 6 hours of language training most days of the week, learning about the health system and the culture of Nicaragua, and technical training in the skills I'll need as a Volunteer. The smallest things have been throwing me off; for example, learning the different hand signals for things and the fact that people point by pursing their lips. The food has been delicious, though! I've had lots of gallo pinto (beans and rice cooked with the spices), fresh fruit and fresh-squeezed juices, and tortillas. Some

of the food takes getting used to. There's a popular salty cheese here that texture-wise reminds me of trying to eat a sponge, but overall it's pretty good. I did buy a package of Ritz crackers the other day out of nostalgia and a little homesickness from a "pulperia" near my house, though. (Pulperias are a little bit like the Nicaraguan equivalent of a convenience store; they're run out of peoples' homes and sell everything from shampoo to Coca-Cola to shoes.)

I'll be in LaPaz for the next ten weeks or so, until I'm sworn in as a Volunteer in April. After that, I'll move to my official "site" somewhere else in Nicaragua and work there for the next two years, working with

youth and adults to raise awareness and educate about HIV/AIDS (a growing problem in Nicaragua's mobile population), nutrition and health concerns in newborns and pregnant women, and whatever other health concerns my community identifies. It seems impossible to think about two years, sometimes, but the first two weeks have flown by incredibly fast, and I have every reason to think the remaining weeks will go by just as quickly!

All my love to St. Michael's; you all are in my thoughts and prayers.

Claire



## Kids Korner

Parishioners who went to 8 am service on February 7th, were surprised we had new ushers.



The Frumiento girls were standing at the side of the altar to hand out service bulletins, while their brothers stood at the back of the church handing out bulletins.

The boys also brought



up the sacraments to the altar and passed around the collection plates.



Story time with Father Jim.

## Helping Haiti by Ellie Wheeler

At the November ECW meeting, Rev. Gary Drinkwater spoke to us about the St. Jacques Church School in Morne Rosette which his church, Christ's Church in Gardiner is sponsoring. This is located 60 miles north of Port-eu-Prince.

He spoke of how desperate this school is for supplies. Children write on a paper, erase it, and use it

again and again, using pencil erasers.

We thought it would be a great outreach project to "FILL A SUITCASE" with classroom supplies, i.e. pencils, pens, paper of all kinds, erasers, crayons, markers, scissors, etc. Also supplies for teacher use—chalk blackboard erasers, flash cards, etc.

Rev. Gary will possibly be going to Haiti late spring

or early summer as right now they are using all facilities to care for the injured at Port-eu-Prince. What we gather in the next 6-8 weeks will be ready when he is. You will find the suitcase in the Washburn Room. Watch it fill up!

Rev. Gary has been a life-long member of St. Michael's until he became a Deacon and assigned to Christ Church, Gardiner.

### CHURCH MOUSE



Here's a novel way to invite children to a birthday party.

Write the information on an inflated balloon, then deflate it and send it in an envelope which reads "Blow Me Up!"

## ECW Book & Bake Sale by Ellie Wheeler

Our book and bake sale will be coming up in May or early June.

We hope you are saving your books and that

parishioners will be able to bake for us. We are looking for a space to store these books until the sale, but space is at a premium. We will advise

when a space is available. Thank you in advance for your contributions to this important fund raiser.

## Report From The Junior Warden

Around this time last year I felt compelled to respond to some of the conversations that I had been a part of or that had been reported to me and the rest of the Vestry. The result was my first (and so far only) Junior Warden's letter that was published in the February/March edition of last year's newsletter. In it I talked about the anxiety I have when faced with change and the anxiety that I was feeling from the Parish. I talked about us all taking a deep breath, a chance and working our way through all of the change that we were experiencing. I asked us all to take some time to get to know one another again and, in the words of St. Paul, "be reconciled to God."

So here I stand, almost one year later to say that I am overwhelmed by what you have done. It wasn't easy, but you were gentle with one another, patient and you worked with the Wardens and Vestry. You gave us great feedback throughout the spring and summer on the different supply priests who joined us for Sunday worship. We listened to what you had to say and we called Father Jim to lead us through the next phase of our transition.

You stepped up and became "empowered" to take an active part in the life of the parish again. Because of this we have had a wonderful Shrove Tuesday Pancake Supper, Pentecost picnic, St. Michael's Day celebration and a joyous Advent and Christmas season. You have stepped into ministries that were in need and given them new life. But, most importantly, you have brought a sense of joy and laughter back into St. Michael's and back into our worship. I see it every Sunday whether I'm sitting in the chancel or in the pews. I see the smiles on your faces when Father Jim talks to our children before his Sunday sermon and hear it in the laughter that makes its way from the Washburn Room as well as the laughter that occasionally escapes from the pews.

I can't wait for the Bishop's visit on February 21st. He is going to be wonderfully surprised by what has happened since his pastoral visit last year. We have a joyfully noisy and busy Sunday School Program. We have a "Discovery" class of young adults who are coming together as a community of faith as they prepare for confirmation. We have a group of adults who have asked to be received into the

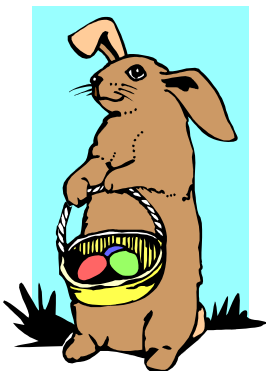
Episcopal Church and others who wish to join them to reaffirm their commitment to Christ. We've welcomed back old friends and made new ones. And, we raise our collective voices in song every Sunday.

In short we have strengthened our foundation and now we are ready to start building on what we have and what we do well. Self-discovery is our next challenge. We need to start thinking about the future, the parish we want to become and who we wish to eventually call to help lead us into the next chapter in the life of the parish of St. Michael's. It will be hard work, but I hope we will find the joy in it. There will be hard decisions, but I hope that we can make them with grace. For indeed, we can, "do all things through Christ, who strengthens us."

God's Grace & Peace,

*Melissa Sparks, Junior Warden*

## ECW MARCH MEETING By Ellie Wheeler



Tuesday, March 2nd at 7 PM will be our next ECW meeting. It will consist of preparing baskets for the

children at the Abused Women's Shelter.

For those not familiar with the outreach project, we provide baskets, grass, ribbon, tags and anyone wishing to can sign a basket out, fill it, and return it to church the Sunday before Easter.

Giving these baskets to the shelter

provides the children, ranging in ages from infant to teens, Easter baskets and joy. We try to give them some happiness that they would not normally be receiving on this special Easter Day.

## February 8th Vestry Meeting by Melissa Sparks, Junior Warden

The Vestry had the opportunity to meet with Rev. Amelia Hagen. Mother Hagen explained the Appreciative Inquiry process in full and outlined some possible ways to begin collecting information. The Vestry agreed on a format and will be sharing the information in the near future with the Parish.

Shrove Tuesday Pancake Supper plans are well underway coordinated by Mary Lou Rider. We are pleased to announce that the Culinary Arts students from LRTC will be doing the cooking.

Parishioners are encouraged to attend the 10 AM

service on February 21st which is the official visit with the Bishop. He would like to meet and visit with as many members of the Parish as possible. The Bishop is tentatively scheduled to join our young adults for Discovery class and shortly thereafter he will meet with the Vestry at Senior Warden, George Sheat's home.

Father Jim will be giving an 8 AM service for members who cannot attend the 10 AM service.

ECW will be hosting the reception for the Bishop following the 10 AM service.

The annual Vestry retreat is

scheduled for February 27th. George Sheats has graciously offered the meeting space at Poland Spring to hold the retreat. Father John Widdows will be the retreat leader.

A report from the Outreach Committee has designated the 1st Sunday in Lent (Feb. 21st) as "Peanut Butter" Sunday. \*Parish members were encouraged to bring in peanut butter which will be donated to High Street Food Pantry.

The next Vestry meeting will be Monday, March 8th at 6:30 PM.

\* Check out Page 9 for other requests for the Food Pantry.

## Outreach Request



Our church member Joyce Baker is Food Pantry coordinator, in co-operation with the High Street Congregational Food Pantry.

Joyce is requesting egg cartons (for the Food Pantry) that will be cut in half to give one-half dozen eggs to people to take home.

She is also requesting coupons that are not used by parishioners. Shaw's has a coupon program whereby they give 1% total amount of receipts to the Good Shepherd Food-Bank.

⇒ Please leave coupons

and egg cartons in the hallway where food items are left. There will be a coupon box on the table.

Joyce received a letter from Good-Shepherd Food Bank as follows:

"Thank you for supporting Good Shepherd Food-Bank through the Shaw's Receipt Rewards Program. With your support, the Food-Bank is able to reach more than 70,000 hardworking Mainers every month.

The Receipt Rewards Program has recently changed. Submissions of

paper receipts have been replaced with the Community Rewards Program, so supporting the Food-Bank is now easier than ever. You can now link your Shaw's Rewards Card to the Food-Bank, so when you shop on Tuesday, Wednesday or Thursday, a portion of your purchase will go to supporting the Food-Bank's feeding programs.

Thank you for supporting Good Shepherd Food-Bank. Signed by Rick Small, Executive Director"

# Here's Our New Vestry!

Give a big hand to these dedicated hard working volunteers who make the difficult decisions regarding the growth and finances of St. Michael's.

Standing L to R: Rhonda Vickerson, Melissa Sparks, (Junior Warden) Maria Koski, Mary Lou Rider, Mary Bussell and Aggie Bellevue. Seated: Woody Trask, Father Jim, Paul Beaudette and George Sheats (Senior Warden).



# Bible Study Group

Standing L to R: Suzanna Chatametikool, Sheryl Whitmore, Peggy Gatchell.

Seated: Patti Hackett and Fran Miller. (Calvin Dube is missing from picture.)

The group has been reading and discussing "Meeting Jesus Again for

The First Time" by Marous Borg.

# Name That Tune!

Father Jim was visiting my husband Jim and your Editor and we discussed the subject of hymns.

Father Jim thought Jonathan would be happy to play favorite hymns requested by our parishioners, soooo,

please cut out the below form, fill out your request and drop it in our collection plate or mail to the office.

Please play my favorite hymn \_\_\_\_\_

Requested by: \_\_\_\_\_

## March Birthdays & Anniversaries

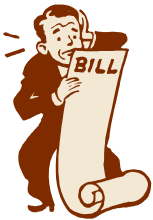


2nd—Mitchell Grimmer  
 3rd—William DeSoi  
 5th—Elizabeth Blanchard  
 7th—David Dexter  
 10th—Cecil Wheeler  
 14th—Jeremy Vickerson  
 20th—Edward Haley  
 21st—Paul Beaudette  
 22nd—Tobie Violette  
 24th—Caroline Sheats  
 25th—Phyllis Curtis  
 27th—Clark Chamberlin  
 Rev. Gary Price

29th—Linda Rolfe

No Anniversaries

Silly is good.  
 Selfish is not.  
 Never forget  
 the blessings you've got.  
 Smiles are contagious,  
 Laughter's a gift.  
 Deeds done for others  
 Give your spirits a lift.  
 Caring is classy.  
 Friendship's a jewel.  
 Life is a journey,  
 And love is your fuel.  
 Have a wonderful Birthday!



## Financial Support For St. Michael's Parish

Thank you, thank you, thank you to all the people participating in our pledge program as well as those that give when they can. We have an increase of over \$17,000 from the previous year of 2009 pledges.. We are getting closer to not relying on the Ide Fund to help pay our bills.

As more people join our church, whatever time of the year, it will not be too late to ask for a pledge card. If you give a cash donation, please put it in an envelope along with your name on the outside of the envelope. This way you will be credited for the financial support. At the beginning of 2011 you will receive a financial statement from

the church which can be used towards your income taxes.

If you have any questions, please ask an usher for help or speak to Woody Trask, chair person for the Stewardship Committee. Thanks again!

### STEWARDSHIP REPORT by Woody Trask



* As of 1/25/10	2010*	2009	2008	2007
Total Pledges	\$74,330	\$56,930	\$70,221	\$78,901
Number of Pledges	47	39	44	59
Average Per Pledge	\$1,581	\$1,460	\$1,596	\$1,337
Pledges Increased	14	10	12	18
Pledges Decreased	5	3	3	17
Pledges Same	18	13	24	16
Pledges New	9	13	5	8

# March Schedule

Date	Altar Guild	Coffee Hour	Acolytes	Chalice Bearers	Readers	Prayers of the People	Ushers
Mar. 7th	Rhonda Vickerson	<u>8am</u> Betty Ann Thomas <u>10am</u> Rhonda Vickerson	<u>8am</u> George Sheats <u>10am</u> Clark Gordon	<u>8am</u> George Sheats <u>10am</u> Melanie Lee	<u>8am</u> Paul Beaudette Dennis Powers <u>10am</u> Jon Whitmore J. DerBoghosian	<u>8am</u> S. Chatametikool <u>10am</u> Janet Steeves	<u>8am</u> Linda & Dean Rolfe <u>10am</u> Rhonda V. Janet Steeves
Mar. 14th	Janet Steeves	<u>8am</u> Rhonda Cobb <u>10am</u> Sheryl Whitmore	<u>8am</u> Ben Bellevue <u>10am</u> Phoebe Maddie	<u>8am</u> Melissa Sparks <u>10am</u> George Sheats	<u>8am</u> S.Chatametikool Diane Dillon <u>10am</u> Jon Whitmore Bill DeSoi	<u>8am</u> P. Beaudette <u>10am</u> Maria Koski	<u>8am</u> Laurie & Iain Frumiento <u>10am</u> Bettyann & Caroline Sheats
Mar.21th	Donna Sparks	<u>8am</u> Ellie Wheeler <u>10am</u> Joyce Baker	<u>8am</u> Melissa Sparks <u>10am</u> Maria Koski William	<u>8am</u> Melissa Sparks <u>10am</u> Melanie Lee	<u>8am</u> Dennis Powers Melissa Sparks <u>10am</u> Jon Whitmore Aggie Bellevue	<u>8am</u> S. Chatametikool <u>10am</u> David Dexter	<u>8am</u> Carolyn & Amy Kasabian <u>10am</u> Johce Baker Peggy Gatchell
Mar.28th	Melissa Sparks	<u>8am</u> Diane Dillon <u>10am</u> Janet Steeves	<u>8am</u> George Sheats <u>10am</u> Ben Bellevue Gordon	<u>8am</u> George Sheats <u>10am</u> Mary Lou Rider	<u>8am</u> Paul Beaudette George Sheats <u>10am</u> Jon Whitmore Jamet Steeves	<u>8am</u> Diane Dillon <u>10am</u> Woody Trask	<u>8am</u> Benita Flynn Betty Ann T. <u>10am</u> Aggie & Chris Bellevue

## Mark Your Calendars

### Food Pantry Request

March 7th -  
Paper products—  
hand towels, toilet  
paper, etc.

### Food Pantry Request

March 14th -  
Soap products -  
for body, dish, hair,  
etc.

### Food Pantry Request

March 21st -  
Canned veggies and  
fruits.

### Food Pantry Request

March 28th -  
Baking needs—flour,  
sugar, etc.

## Dr. Cynthia DeSoi in Haiti

Your Editor received the following e-mail from Cynthia on February 1st.

Very much appreciate your thoughts and prayers...we have been working all day, every day, and there is little energy left at day's end. Tomorrow I hope to work at the Espwa clinic in the morning, which has been sadly neglected—there were about 100 people waiting today to see me and I had to leave to help at the hospital in town.

My little team has been fantastic. We have two orthopedist, who are wonderfully patient and kind, a very creative anesthesiologist who has been doing an incredible job allowing the surgeons to do their work in the most primitive conditions possible—no general anesthesia, no oxygen, no monitoring and a very skilled orthopedic NP as well as a caring recovery room nurse. I serve as interpreter, circulator, scrub nurse, retractor holder, cast tech, and general girl Friday. We have literally been in hell, you cannot imagine it, the hospitals are full, patients wait for days to be seen with 3 week old injuries, in pain, with no meds, and lying on the floor, with blood and pus all over the place. the smell is horrible. No one really seems to know what the plan is—we try to make rounds in the wards which are like something out of the civil war—change dressings, review what few x-rays there are—but are met with some hostility by the Haitian medical staff. There does not seem to be a concept of getting folks mobilized—Foley catheters remain in place for days on end and there is no concept of physical therapy. Since there is nowhere for the patients to be discharged to, they remain—and the post op antibiotic and pain med orders remain unfilled. Although there is a warehouse full of meds (more arriving daily) from all over the world, the hospital staff refuses to give these to the patients, and force their families to go out and buy the meds at local pharmacies, many of which are owned by their family members who see their livelihoods threat-

ened by donations. I have made friends with the volunteer pharmacists from Luxembourg who are staffing the depot of donated meds, and each day stock my bag with antibiotics and ibuprofen, which I dispense directly to the patients on rounds. Probably not going to make us very popular but I cannot watch these people keep suffering.

Today the surgeons did several amputations, one on a 92 year old man. They also reduced a horrible femur fracture on a woman who has already had an amputation on her other leg as a result of the earthquake. We discovered her lying in the ward, with nothing being done. She was incredibly graceful—transferred herself onto the OR table, and was profuse in her thanks and smiling at us. What on earth will become of her? At least her pain should be a little better now.

The town is very crowded—with long lines at the cash transfer stations and stores. I have never seen so many people on the streets. Busloads of people arrive here daily. We have a few new kids at Espwa, but I have actually spent very little time on our campus as we have been working in town at the hospital. I will spend tomorrow morning at our Espwa clinic, unpack the meds I brought for them, and see the patients who come in. In the afternoon I will be at the Missionaries of Charity—Mother Teresa's joint in town. They have been taking a lot of the post op patients with no where to go, many with wound infections. They have had a team of American nun-physicians working there for the last week, and those ladies will be leaving on Wednesday. (Did you have any idea that was a career path?) They were here at Espwa tonight and asked that I take over making rounds there after they depart, so I'll go over the patients with them tomorrow. The sisters there have always been good to us when we need help and we work together well.

The surgeries seem to be almost fin-

ished now; only new injuries non-quake related coming in. Had a man with a degloved foot from falling off a bus today. The anesthesiologist was busy in the other OR so I was in charge of his sedation—he was terrified that his foot would be amputated and he has 5 children. Very tough to get him to relax. Hopefully, his foot will be okay, it was cleaned and patched up. Our surgeons will leave Friday, though I will stay at least another week.

It is still difficult to grasp the scope of this disaster. Everyone has lost children, siblings, cousins, spouses and so many are missing, unknown whether they are in a mass grave, a field hospital, or under the rubble. There will be a huge need for years to come for physical therapists, rehab specialists, prosthetics—we have been talking about getting some teams of such people together and training our older kids to fashion prosthetics and to help work with the wounded. Psychologists who can speak French/Kreyol may also be very helpful—there are people who are just lying in the hospital mute and insensible, perhaps they have subduals or other introcranial injuries, but the only CT scanner in the country was in Port au Prince, so that is not an option.

The most discouraging aspect is that there seems to be absolutely no central command and control here. The Haitian government is paralyzed and there is little evidence of any other entity stepping in to fill the gap. There are many random people who've come to help, but no coordination. Espwa is serving locally as a bit of an anchor, and the local PR from our help in the prison and the hospital is good and not unnoticed. I'm proud to be associated with the Espwa community. Father Marc remains upbeat and indefatigable, and is hopeful for change in Haiti. I hope he's right. Must sleep.

*Cynthia*

# March 2010 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 9:30 AM Holy Eucharist  6 PM Simple Soup Supper—Lenten Study	4	5	6
7 <u>3rd Sunday of Lent</u> 8 AM Holy Eucharist 9:00-9:45 AM Sunday School & Choir Rehearsal 10 AM Holy Eucharist 2:15 PM Marshwood Service 5 PM Discovery Class	8 6:30 PM Vestry Meeting	9	10 9:30 AM Holy Eucharist  6 PM Simple Soup Supper—Lenten Study	11	12	13
14 <u>4th Sunday of Lent</u> 8 AM Holy Eucharist 9:00-9:45 AM Sunday School & Choir Rehearsal 10 AM Holy Eucharist 5 PM Discovery Class	15	16	17 9:30 AM Holy Eucharist  6 PM Simple Soup Supper—Lenten Study	18	19	20 9-10:30 AM Adult Confirmation Class Governor's Restaurant
21 <u>5th Sunday of Lent</u> 8 AM Holy Eucharist II 9:00-9:45 AM Sunday School & Choir Rehearsal 10 AM Holy Eucharist 2:15 PM Schooner Servc/ 5 PM Discovery Class	22	23	24 9:30 AM Holy Eucharist  6 PM Simple Soup Supper—Lenten Study	25	26	27
28 <u>Palm Sunday</u> 8 AM Holy Eucharist 9:00-9:45 AM Sunday School & Choir Rehearsal 10 AM Holy Eucharist 5 PM Discovery Class	29	30	31 9:30 AM Holy Eucharist  7 PM Tenebrae "Service of Darkness"	⇒ St. Michael's Office is open Monday, Wednesday and Thursday From 10 AM— 2 PM. ⇒ Phone 207/782-1346 ⇒ E-Mail: <a href="mailto:stmichaels@midmaine.com">stmichaels@midmaine.com</a> ⇒ Web Site: <a href="http://www.stmichaelsepiscopal.org">www.stmichaelsepiscopal.org</a>		

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TO:

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## Feature Story: The Frumiento Family



Handicap Accessible

## Wisdom's Women by Klara Tammany, Executive Director

Wisdom's Women is one program supported by our ECW. Recently your Editor received a copy of their newsletter *Wisdom's Whispers* and Klara gave me permission to copy part of her article "GOOD NEWS!"

"We are rolling! After a year of dreaming, laying groundwork, being open part time and spreading the word, we have reached a cross-road, and we are here to stay! So here is our first "Annual Report!"

- Sponsored a table at the annual Great Falls Balloon Festival.
- Parties at Christmas and Halloween and a goodbye party for the Sisters who created and ran the Center as they left to move back to Long Island.
- Our first anniversary Open House on October 24th.
- A burst pipe on Christmas Day 2008 that turned our space into a steam bath (some repairs needed, but no serious loss or damage).
- A new meditation room where we begin each day with a quiet gathering circle.
- As of October, expanded hours to nearly full time.
- Through gifts and grants, raised more than \$50,000 and covered our expenses, including beginning to pay an Executive Director—we even had a bit left over.

It has been a good year, but we could not have managed without the support of many people and organizations.

**Our Volunteers**—Dozens of dedicated people who have staffed the center, led workshops, and served on our board. (Continued on Page 3)