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It's Pretzel Time!



After the 10:00am service in the lower parish hall, the youth will be making pretzels. Pretzels have been a traditional Lenten treat going back as far as the seventh century. During the Middle Ages, Lenten fasting requirements were much stricter than today's - with no eggs, milk, or butter being permitted. Pretzels can be made of simply water, flour, and salt (though the ones we make will be a little more interesting than that). Similar to bagels, pretzels are boiled first before they are baked. The pretzels are shaped like arms crossed over the chest in prayer. This is one of the most ancient prayer positions. Like other Lenten observances, this Lenten treat was designed to inspire prayer. After the children have had their portion, pretzels may be eaten by anyone who wants one. For my German friends, it is a little early for a pint, but I will at least bring some mustard. Blessings,

Pretzels

Marc

UPCOMING EVENTS:

St. Patrick's Dinner - 3/16

Happy Birthday! Claudia Kuehl Darius Kirk Ruth McElraevy Don Wills John Horan Art Plante Bill Gutzmer **St. Patrick's Corned Beef Dinner** – Please join us for the 13th annual St. Patrick's Day Corned Beef and Cabbage Dinner on March 16th @ 5:30pm in St. Mary's Hall. Ticket prices are: Adults \$10/Families \$25. Vegetarian and child meals will be available if requested. Anyone interested in helping with cooking or decorating please contact Lois Valliere <u>lvalliere1@icloud.com</u>. Tickets will soon be available in the narthex after services.

Join Episcopal Relief & Development on a Lenten Journey - For 15 years, Episcopal Relief & Development has been blessed by the opportunity to join readers on their spiritual journeys with thought-provoking meditations. During Lent, we pray, "Create and make in us new and contrite hearts." Our 2024 meditations focus on embracing this new heart, this new life in Christ, and looking deep within ourselves and acting in ways that seek and serve Christ in others. Visit our website to subscribe to daily emails, download a PDF, read the meditations and access a Group Study Guide to reflect on the meditations and Scripture with others. Go to episcopalrelief.org/Lent or scan the QR code to read the daily meditations.



Lenten Series - The Brothers at the Society of St. John the Evangelist will lead us through a video Lenten Series called "In the Midst" an exploration God's presence even in the hardest, messiest parts of life. Join us on Thursdays beginning on February 22nd at 6:00pm. We will begin our time with a soup supper, have conversation, and conclude with a brief Eucharist.

2024 Stewardship - Our 2024 Stewardship program will run from Ash Wednesday, February 14 through Palm Sunday, March 24. Throughout Lent we plan to again have a very active stewardship conversation with our parish family. We will be asking our parish to reflect on their many blessings and offer gifts of their treasure as a thanksgiving to God, who has made all things possible.

To that end, we are seeking parishioners to share your personal insights and testimonials regarding your own stewardship journeys during each Sunday service's Stewardship Moment. Please contact Skip Sutcliffe at 860-978-0091 or by e-mail at jw9714@yahoo.com to discuss or arrange the Sunday you can share your thoughts with the parish.

LUNCH BUNCH IS BACK! - On Thursday, April 4th Lunch Bunch is making a comeback. All parishioners are welcome to attend a potluck luncheon in the St. Mary's lower parish hall. Doors open at 12 noon for socializing with a potluck lunch to follow at 12:30. Bring a hot or cold dish of your choice to share (the kitchen oven will be available for any hot foods). Additional potluck lunches are scheduled for May 2nd and June 6th. Mark your calendar and join in for some food, fun and fellowship. For any questions contact Chris Emery at 860-593-3176 (calls or texts).