SOUNDS LENT 2025 OF ST. FRANCIS

ST. FRANCIS POTOMAC

JI ST. FRANCIS POTOMAC

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SUNDAYS

8:00am Holy Eucharist9:00 am Sunday School9:15am Holy Eucharist*Coffee and Doughnuts after the service*

TUESDAYS

11am Bible Study

WEDNESDAYS

8:30am Morning Prayer 11am Book Club (2nd Wednesdays) 5pm Evening Prayer (not livestreamed)

THURSDAYS

Noon Savvy Seniors Luncheon (3rd Thursday in the library)

FRIDAYS

8:30am Morning Prayer 5pm Evening Prayer (not livestreamed) *Holy Week Schedule is included in the calendar section



Welcome to Saint Francis Episcopal Church in Potomac, Maryland! Whether you have been a member of Saint Francis for decades or are new to our community, you will find here rich opportunities to worship therisen Lord, a warm welcome, and many opportunities to grow in faith and love.

Wherever you are in your own walk of faith, we would love to have you with us, not because we want something from you, but because we have tasted and seen that the Lord is good at Saint Francis, and we want to share that with you.

Pastor's Corner

Dear Brothers and Sisters of Saint Francis,



I've spent a lot of time this last month speaking to members of our community about work-- about employment, the use of free time, and volunteering efforts. Many of us have a strange relationship with work-- it can be idolized as a form of ambition, or hated for its burdens.

Despite what you may think when the alarm goes off on Monday morning, work is not a curse. Even before the Fall, God gives Adam and Eve the work of tending the garden—minus the thorns and thistles that grow up out of sin. Work is a part of their original blessedness. Ones created in the image of God were made to use their minds and souls to share in the creative task. Prune the bushes so they'll bear fruit; plant the seeds; care for the child; prepare the meal; build the furniture; seek understanding. In addition to being the normal means of providing for ourselves and our families, work that seeks good ends can be profoundly satisfying.

At no time does this become more clear than when our employment is taken from us or when our efforts feel as if they are wasted or taken for granted. Many in our community feel this accutely at the moment. Some of you have retired over the last few years, and you're struggling to give meaning and structure to your days. Others of you are anxious about your own employment or that of your friends, children and grandchildren. One parishioner expressed to me the added grief of having one's work trampled on and insulted, often by people who have no idea what they even do. What could have ended in a retirement lunch with thanks and appreciation ends with a couple of cardboard boxes filled with desktop mementos and an end to the project you cared deeply about.

We were made with the desire to accomplish something meaningful with the hours of our day. When those opportunities are taken from us, we find ourselves with a fear that our own dignity has been diminished.



But every good work is worthwhile. St. Paul observed our labors often fail to be appreciated or that sometimes the tasks we do seem endless and thankless—laundry comes to mind! Plus, the fallenness of the world has made work more frustrating. Things break. The hammer hits the thumb. A squirrel eats the perfect tomato just before you're ready to pick it. But such challenges do not entirely negate the joy we can get from a job well done. Got calls us to love and create, and in the end, faith calls us to trust that God will make our work bear fruit no matter the short-term outcome.

Whatever your age or present employment status, you have work to do, and if you do the good things God lays before you, your labor is a sharing in the very work of God. It may be filling out job applications, or driving carpool, or even gathering up the courage to leave a job that asks you to violate your conscience. Maybe your work today is to tend something beautiful—to plant a flower in the garden or make music. Or maybe, you are as many of us will be—with waning health, but a great deal of time to think and pray. That work, too, is essential.

If your efforts are praised by humans, be careful to make sure the work is something that shares in God's goodness, and thank God for the seeds of encouragement that he's given you through those human voices. But if you are doing what God is asking of you today, do not despair if your efforts go unnoticed and get taken for granted. Anything done for the glory of God is worthwhile, and it will bear fruits in your own soul or in the world that you cannot yet see. Be encouraged! You will receive your reward.

"Whatever your task, work heartily, as serving the Lord and not men, knowing that from the Lord you will receive the inheritance as your reward; you are serving the Lord Christ." (Colossians 3:23)

In Christ, Pastor Allison

St. Francis Welcomes Zion Church International

The Vestry of St. Francis entered into a license agreement with Zion Church International, who will lease space for worship, education, and fellowship activities, mostly on Sunday afternoons, beginning March 1, 2025.

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Who is Zion? Zion Church International is an independent evangelical congregation of about 100 members, first and second generation immigrants from Southern India. They have been meeting in a rented space in Derwood for about ten years and worship in English and Telugu, but have reached out to us because their current space is too small, and they would like a gathering place closer to the Beltway for the convenience of their members, who come from five counties in the DC area.

Why Zion? Our engagements with the leaders at Zion Church have been warm, and we hold much in common in our understanding of the Christian faith and the Church's mission. They are able to reach a population of people with the good news that we cannot, and we have an opportunity to share our space at a time when it is almost never in use. The funds we receive from them in rent can help with ongoing maintenance costs for our large campus. Many other Episcopal churches in our area, who like us have large campuses, have rented space to other congregations for many years.

Weekly Schedule: Zion Church will gather in the Church for worship starting at 11:45, and will have Sunday School for children concurrently in the Undercroft, Kincaid Library, and St. Francis Hall. They will have a community bring-and-share lunch in St. Francis Hall after services, which will sometimes be followed by men's and women's fellowship meetings. Their use of the space will end at 4:00.

Special Occasions: Zion will also hold services in the church on a few holy days (Good Friday, Thanksgiving, Christmas Day, New Year's Eve), and teaching or fellowship gatherings on a few weekend days per year. These will be arranged so as not to conflict with the calendar at St. Francis.

License Details: We have signed a one-year license agreement with Zion, and they will pay a lease amount of \$3,300 per month. The lease has a four-month trial period, and during this period either congregation can end the agreement with 15 days' notice. If all goes well, we plan to enter into a multi-year agreement with an annual inflation adjustment after the one-year lease expires. The vestry has allocated the funds we will receive from Zion for property repairs to prevent St. Francis from becoming dependent on the income for operating needs.

Zion Church International

Space Sharing Details: We believe that Zion's expected pattern of space usage should minimize possible conflicts. Because they begin their time in the church, it's not a major problem if events in St. Francis Hall run late. If we needed to have a rehearsal before a Sunday evening service, it would be in the church (while they were in the hall). Cultural norms mean that many worshippers arrive late for church, minimizing possible congestion in the parking lot. They will use their own vessels for Holy Communion and their gatherings should not interfere with the Altar Guild's work in any way. They will not enter any of the spaces exclusively leased by Georgetown Hill, and some spaces exclusively used by St. Francis will be off-limits (Sacristy, Church Offices, storage rooms in church Undercroft and St. Francis Hall)

Space Usage Details: We have developed and reviewed with Zion's leaders a set of rules for using the space. They will be responsible for cleaning up all spaces after use, rearranging tables and chairs in St. Francis Hall, taking trash to the dumpster, turning off lights, and locking doors. It will be important for St. Francis volunteers to clean up after coffee hour and fellowship events to leave the kitchen and hall ready for their usage. **Storage Details:** Zion plans to bring two large storage cabinets (which will be placed in the North Closet in St. Francis Hall) and a small refrigerator (which will be placed in the St. Francis Hall kitchen). Some shelves have been set aside for their use in the kitchen in St. Francis Hall and in the Undercroft kitchen.

How can we get to know Zion? All of Zion's worship services and community events (like ours) are open to the public. We are planning some joint activities focused on children and youth, beginning with Vacation Bible School this summer. We are planning a forum this spring where some leaders from Zion can speak about their congregation, and hope to plan other activities to get to know one another.

Who should I talk to if I have questions? Gaines Hurdle is our designated liaison with Zion Church, and Father Mark and the wardens have been deeply involved in the conversations that led to the signing of the license agreement on February 23. A team from St. Francis will meet monthly with a team from Zion to discuss details of our space sharing.

The Vestry at St. Francis

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In the month of February, Sunday School students explored matters of the heart and what it means to be kind.

We were reminded to add sweetness to the lives of others.

Children had an opportunity to see how a little kindness can go a long way!

The Sunday School meets every Sunday at 9:00am! We'd love to see you there.

Ve d love to see you there. Please contact Kherrmann@stfrancispotomac.org with any questions! <u>SIGN UP HERE IF YOU WOULD</u> <u>LIKE TO HELP!</u>









We learned about John the Baptist and tried some key elements of his humble diet... BUGS! Adam and the Sunday School Crew recommend an Animal Cracker-Honey- Cricket Sandwich!





WE WANT TO HEAR FROM YOU!



The Sounds will be featuring members of all ages! We would love to learn more about you! Reach out if you would like an interview!

Our first volunteer was Lawrence, age 4! CLICK HERE TO LISTEN.







Meet Grace Rood's beautiful bulldog sisters!!

Send us your pets to be featured in the next issue!

For Sounds Submissions Contact:

Kathy Herrmann or Pastor Allison kherrmann@stfrancispotomac.org sounds@stfrancispotomac.org (240)- 409- 9434 or (607) 544- 4400





A Letter from Our Organist and Choir Director **John Widmann**

usic Notes

Internationally known Carillonneur

I have found that I gain quite a lot of insight and use out of the associations that I belong to.

Each of the associations offers me opportunities for training, networking with colleagues, performance opportunities and information about the instruments that I play, the ensembles that I lead, and the music that I select. The process for entry into each of these associations differs somewhat, depending on which association that we're considering. Each of the three associations that I belong to offers me support in my position here at St. Francis in some way, most especially the Association of Anglican Musicians (AAM) and the American Guild of Organists.



The Association of Anglican Musicians - AAM

This is the most recent association in my life. I joined the AAM about a year and a half ago, after I started my position at St. Francis. Initial entry to this organization requires more effort than the other two organizations to which I belong. I needed to have a letter of recommendation from a clergy member, a sponsoring musician member of the AAM, and another letter of recommendation from another member of the AAM.

My colleague, Dr. Carl Schwartz, the Organist and Choirmaster at All Hallows Parish in Edgewater and Davidsonville, Maryland, suggested to me that I would find the AAM useful and enjoyable, and wrote my sponsoring recommendation. Farther Mark wrote a nice letter for me from St. Francis, and Ken Brown, a long-time friend of mine and Canon for Music and Worship at the Cathedral of the Incarnation in Baltimore, wrote the other letter of recommendation.

The AAM publishes a nice magazine every other month with interesting articles and news about life in the Anglican Communion here in the US. Articles in the current issue include: John Mason Neale: A Commentary on the Psalms and St. James Music Press: Providing Musical Resources for the Church since 1992. As an added note on that article: We get a LOT of our choral music from SJMP.

The AAM hosts an annual conference with workshops, lectures, services and performances. I will be attending that conference this Summer in Cincinnati, Ohio, from June 15-19.



The Guild of Carillonneurs in North America (GCNA)

I have belonged to the GCNA since 1986. Entry is easier than the AAM. You send in your dues, and you're in.

Music Notes

Continued...

However, the process for recognition as a professional player in the GCNA is much more difficult. The GCNA has several levels of membership:

- Associate: You pay your dues. You don't even need to be a player.
- Associate Carillonneur: This level requires an adjudicated process of recording a video of yourself playing. If you should playing proficiency in the process, you are awarded this level.
- Carillonneur Membership: This level requires all of the above, but a higher proficiency, and only an audio recording, followed by an invitation to play a short recital, including some required difficult pieces and other pieces of your choice, anonymously, at the National Annual Congress, after which the jurors (blind) make a recommendation based on what they here, and the existing Carillonneur Members vote as to whether you are awarded this, the highest level. This is the level that I passed in 1996 in Cohasset, Massachusetts.

The annual conference in this organization is called "Congress", and features some of the same sorts of things that you would find above in the AAM, including even workshops on things such as using composition computer programs, such as Finale, which is unfortunately no longer supported by the publisher, but I still use it here at St. Francis.

I will attend the GCNA National Congress from June 10-14, 2025 at the University of Kansas in Lawrence. Yes, it ends the day before the AAM begins, so I will travel from Lawrence to Cincinnati directly.

The American Guild of Organists (AGO)

I joined the AGO while in college in the early 1980's. Like the GCNA, you pay your dues and you're in.

Unlike the GCNA and AAM, there are local chapters of the AGO. The AGO hosts national conventions annually. I won't be attending that convention this year.

The local chapter of the AGO that I belong to is called Potomac Chapter, AGO. I have previously been Dean (president) of the Chapter, and have also been a past Dean for the Central Maryland Chapter, mostly located in Frederick County.

The AGO offers a number of levels of certification, at increasingly difficult levels. While I probably should have attempted one or more of these, it is something that I have never gotten around to:

- Service Playing Certificate: Basic Playing competencies
- Colleague (CAGO): Advanced playing competencies
- Associate (AAGO): More advanced playing competencies
- Fellow (FAGO): Most advanced playing competencies

Choirmaster (ChMAGO): Most advanced choir directing competencies

Each of these levels features more to do, including written work, improvisation, and required playing pieces, and higher and higher ranks of jurors judging candidates' worthiness.

Our local chapter often sponsors member recitals (our most recent one was here at St. Francis), and also workshops. I attended a great workshop at Good Shepherd Lutheran in Gaithersburg sponsored by the Potomac Chapter on service planning and playing resources.

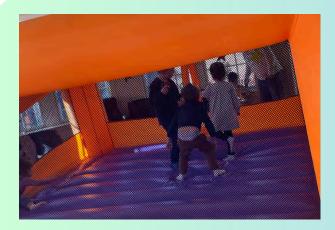
Have a blessed Lent and Easter season!

John



PARISH LIFE

At St. Francis, we work hard to have activities that appeal to a wide range of ages and interests, and we hope you have enjoyed some of the recent things we have done together. Mark your calendars now for upcoming events, so you don't miss out on any of the fun.







Family Play Date on Saturday, January 25th!

We pulled out the bounce house and games in the parish hall and set out some coffee and snacks. The kids had a great time! Check our Calendar for future dates!





NEWCOMER'S EVENT

It was a pleasure to spend quality time with some of our Newest members at the Michael's Household. Stay tuned for our next newcomers event.

Are you a **NEWCOMER?** Send a photo of the family with a blurb to be featured in our next edition of the Sounds. Send to sounds@stfrancispotomac.org









Holy Baptism was administered to Christopher Martin Palcher, the infant son of Geoffrey and Katie Palcher. Christopher's godparents are Steven and Chelsea Jerry.



PARISH LIFE

Savvy Seniors

The Savvy Seniors gathered for a festive and delicious Christmas luncheon and carol sing along. Thank you to Laurel Bahar, Sue Tendall, Ann Warren who generously hosted!

Shout out to John Widmann for playing music for us!





Wanda Tomlinson, Margie and Henry Scott



Laurel Bahar, Karen Meyers, Mary Bowers, Gail Feagles, and Kathleen and Leigh Alexander

Karen Meyers, Deborah Byam, Sue Tendall, and Laurel Bahar



Jean Canada, Terri Vande Sande, Faith Doody, Roxanne Stosur, and Gail Feagles



Kathy Herrmann and Fan Oleson

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St. Francis Episcopal Celebrates

The Nativity

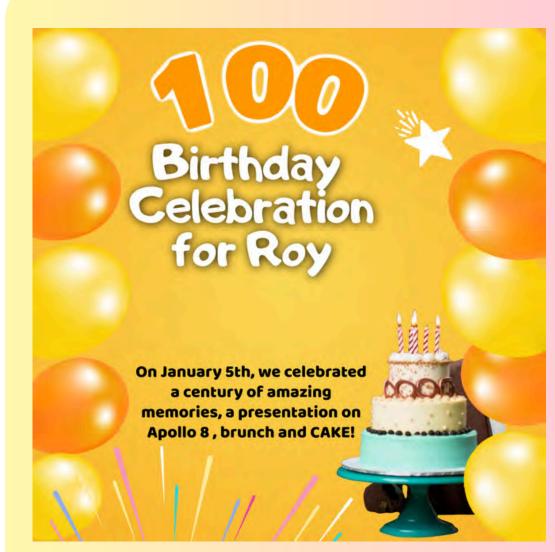




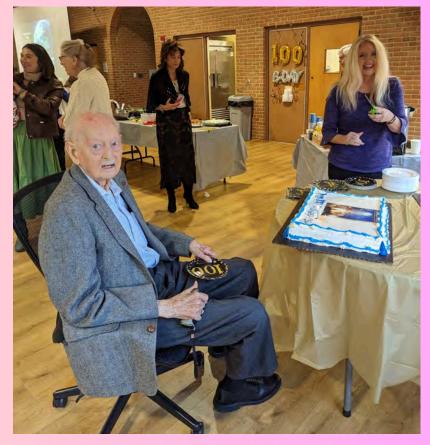


Special thank you to Kathy Herrmann and all of the families that volunteered to help make our Nativity Presentation such a wonderful time for everyone involved!











Thank you to everyone who came out to celebrate Roy Day turning 100!

You all made the event extraordinarily memorable.



INTERFAITH WORKS ** WOMEN'S CENTER

LENTEN COMMUNITY SERVICE OPPORTUNITY St. Francis Week at Interfaith Works Women's Cener 2 Taft Court, Rockville 20850 Sunday March 23 – Saturday March 30

IWWC is a program of Interfaith Works of Montgomery County that provides short term shelter, meals, case management and vocational services to 70 women as they work toward selfsufficiency. IWWC also coordinates housing, behavioral health, and primary medical and dental care for residents from its state-of-the-art facility nearby in Rockville.

Sponsored by the parish Outreach Committee as a Lenten service opportunity, IWWC Week provides a week's meals for approximately 35 women. We're grateful for the faithful response the week has drawn over its 26 year run, and are always looking for first-time participants or parish newcomers to join in. IWWC is a warm and friendly place, located off East Gude Drive about twenty minutes from the church. Volunteers are encouraged to bring along friends and family, joining the residents for lively conversation over dinner. Anyone tall enough to see over the counter can help, and the women enjoy chatting with kids, so plan to make serving at IWWC a family affair.

Helpers are needed to 1) pre-shop breakfast/lunch supplies and paper goods 2) prepare, transport and serve dinner for approximately 35 women nightly and 3) make bag lunches daily

for 20-25 women. The Outreach Committee pre-shops all breakfast and lunch items, and happily will reimburse dinner cooks for their expenses. Supply shopping takes about two hours, set-up and serving dinner under two hours, and making lunches about one hour. Lunches can quickly be assembled by small teams in the church kitchen or made at home with the kids and dropped off at SF or the shelter. IWWC has a warming oven but no stove, so dinners typically are prepared at volunteers' homes and transported hot. The church kitchen also is available for team cooking with advance notice.

If you enjoy cooking with friends here's your opportunity to have a good time while helping others: divvy up prep assignments (main/sides/dessert) or cook together, whenever it best works for your group. All we ask is that dinners arrive hot and ready to serve by 6:30 pm. Interfaith Works activities are pre-approved for MCPS Student Service Learning hours and meet community service requirements for private schools, so be sure to involve your middle and high school students and we'll sign off on hours.

SIGN-UP SHEETS ARE POSTED ON THE BULLETIN BOARD OUTSIDE ST. FRANCIS HALL

There you will also find menu suggestions and directions. **Contact Susan Dolan (240-472-4379 or s.leighdolan@gmail.com)** or **Andy Jordan (301-299-3162/marionaj@aol.com)** with questions. We hope that being part of this community effort will be a meaningful part of your Lenten preparations as well as a blessing to those we serve.





Youth Group Update





The highlights of youth group in January and February included a trip to volunteer at the men's long-term shelter for Community Reach, and a visit to some senior apartments to help provide tech support! Our teens taught people how to put calls on hold, how to unsubscribe from email lists, and how to use a hotspot. They also set up a ring doorbell, an app-linked coffee pot, and did some troubleshooting with a printer! It was a great success.



Events	MAR 23	Interfaith Works Women's Shelter Night Prepare meals at Christ Episcopal and then go to the IFW Women's Shelter to serve dinner. Details TBD, but we typically meet at CEC around 6pm. SSL Eligible.
ming E	APR 5	Rise Against Hunger Pack 10,000 meals for distribution to communities suffering from famines or natural disasters across the world! Morning @ Christ Episcopal, Rockville. SSL Eligible.
Upcor	APR 6	Peeps Dioramas An annual favorite Make Peeps scenes of your favorite Bible stories and play games. 6:30-8:00pm @ Saint James.

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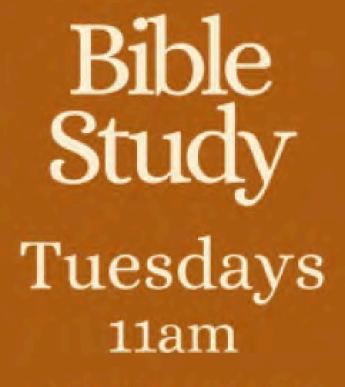
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Paul's Letter to the Church at Corinth



II Corinthians



Meet in the Kincaid Library Childcare Provided

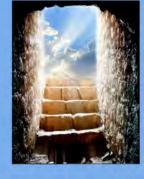
Don't Miss it! HOLY WEEK SERVICES





Palm Sunday April 13 9:15am Maundy Thursday April 17 7:30pm Good Friday April 18 12pm

<u>†</u> † †



Easter Sunday April 20 9:15, 11:00



March 23-29-

St. Francis Provides Meals for Interfaith Works Women's Shelter **Tuesdays at 11am**- Midweek Bible Study <u>CLICK HERE TO SEE OUR MORE DETAILED CALENDAR</u>

