

The Vision of St. Thomas' Episcopal Church is to be a community:

Spring 2017

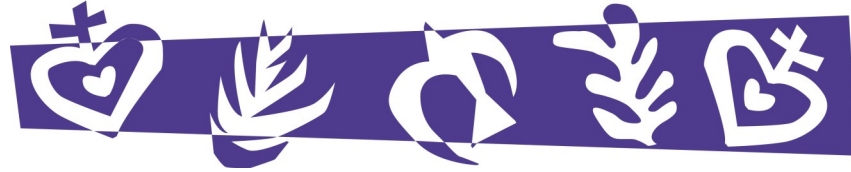
- Centered in Christ,
- Glorifying God,
- Serving our neighbors.

The Bridge

ST. THOMAS' EPISCOPAL CHURCH—DOVER, NH—CORNER OF HALE AND LOCUST

The Bridge

SPRING



A Time for Transformation

For those outside the Episcopal Church the cycle of our Liturgical Calendar may appear confusing. It's a cycle of birth, life, death, resurrection, and our witnessing to that new life. It begins every year late in November/early December with the season of *Advent* as we wait in joyful anticipation of the birth of Christ and his 2nd coming. After Christmas comes the season of Light known as the *Epiphany* when Jesus' presence is made known throughout the world. Three Magi from afar following a star, messengers from God, light, saltiness—all herald in the changes that the birth of the Christ child brings to our darkened world.

On Ash Wednesday March 1st, we will enter into a *Holy Lent* marking the season of *Repentance* where we turn our lives once again to the healing power of Jesus. This year, I am struck by the brightening of our days and how they contrast to our Lenten practices of fasting and repentance—inviting us to shine the light upon the dark areas of our lives.

At first glance repentance is the embodiment of regret and sorrowful remorse. However there is more to repentance than feelings of regret. The Greek word for repentance is *metanoia*—literally meaning “a turning around, a change in direction, turning towards some different.” And for Christians that life-changing event is Jesus.

Recently we heard in our Sunday Gospel readings that we are to retain our saltiness and be the light in our darkened world. Lent reminds us that we will have times when we lose our saltiness and brightness and during those times, we can turn towards Jesus again (and again.) I happen to love Lent for this very reason. It calls us to change directions—refocusing our lives on what matters in ways that *do* transform us.

The Sunday before Ash Wednesday we are reminded of the brilliant transfiguration of Jesus upon the mountain, where Peter, James and John are dazzled by his brightness—a wonderful crescendo to our Epiphany season of light. Who wouldn't want to stay up there in that radiance and bask in Jesus' warmth...but we are called to get off the mountain, back to our healing work of reconciling the world to God—transforming the darkest places of our lives into healing opportunities.

This Lenten season, may that healing work begin with us as we turn once again to Jesus, our Lord who makes us whole. And then, come Easter, let us joyfully celebrate our *own* resurrection along with Christ whom God raised from the dead.

With Christ's peace and love,

Gail+

Create in us clean hearts, O God; and sustain us with your Holy Spirit





EPISCOPAL
CHURCH OF NH

A Pastoral Letter from Bishop Hirschfeld

February 2, 2017

Several clergy have shared with me a modest but noticeable increase in attendance at our churches since last November's election. If social commentators are correct, it may be that the painful and stark divisions within our culture are invitations for souls to seek community, connection, mutual support and healing in our parish churches. As it happens, I am writing this in a monastery where the guesthouse is full to capacity and includes persons of different generations (including young adults!), races, and genders. Some of the monks have wondered if places like this will become more and more a refuge from a society pulling apart at the seams. If so, monastic life will be brought to its original function in society, as we remember that the Saints Benedict and Scholastica founded their orders partly in response to the chaos that ensued during the fall of the Roman Empire.

Here at the monastery, the sermons are not very explicit about the President or the latest Executive Order or tweet. They focus on the Lord Jesus and the beautiful realm that he points us to, the realm we refer to as the Kingdom of God. How Jesus treated people--sinners, seekers, the ill, the powerless--these are the topics for reflection, homilies, prayer, discussion, and contemplation around the Altar of communion. To gather in a community of prayer, kindness, mutual respect, humility, and hospitality towards the stranger is itself an act of political resistance to a culture that is increasingly coarse, hateful, racist, and intolerant of differing political views.

I believe in a Jesus who chose the way of humility, personal sacrifice, kindness, love of community among strangers. In the Gospel lesson from Matthew 5 that we just read on a recent Sunday, we heard how Jesus privileged not the wealthy, but the poor, not the bullying, but the meek, not the belligerent, but the peacemakers, not the self-assured, but the broken-hearted. These are ones on whom God's favor rests.

The Jesus who preached the Sermon the Mount is the Jesus we all need to hear more about these days. The Jesus who referred to a thin-skinned King Herod as a fox, and who was annoyingly silent before an anxious governor Pilate, and who was willing to lose his life to show how puny worldly power is on Easter morning--that's the Jesus I need to hear more about. That's the Jesus whom I need to listen for more frequently in my life. For Jesus, the Kingdom of God was always first. First. Even before Caesar.

As prevalent as the talk about our President is, it's even more critical for us in the Church to be talking about Jesus right now. Who was he? What does it mean when we say that Jesus is Lord, Sovereign, The Christ? When those in political power claim to make decisions based on their Christian commitments, who is the Christ they are claiming to follow and obey? What is the nature of the power that Christ gives to us? How did Jesus exercise power and authority? The Christ I have followed, and who led me into this Church, is the Christ who chose to empty himself by joining the fallen human race. He did this in order to show how, on that first Easter, love conquers all fear, all death, and shines in every darkness.

As much as each of us is being called to demonstrate and act on our political views in the public sphere of our lives--and we are so called--I believe God is asking something even more risky, more dangerous, more uncomfortable of us when we gather in prayer: to extend the peace of Christ to those with whom we find ourselves on the other side, politically. I agree with those observers who have said that at least part of the reason our nation is in its present predicament is because we've lost the ability to take seriously the pain, the full story, of our estranged neighbors. I think Jesus did that--listened to his neighbors, even neighbors and disciples who often irked him. For proof of his being irked, just check out how those first followers fare with Jesus in Mark's Gospel.

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On my wall is a framed quotation that was given to each bishop who was ordained during Bishop Katharine Jefferts Schori's time as our Presiding Bishop. The quote is from Archbishop Helder Camara, who served as a bishop in Brazil during a prolonged and oppressive military regime in that economically fractured country. Dom Helder, as a young priest, adhered to some very right-wing political views, and over time his experience among the poor led him to a ministry in solidarity with the disenfranchised, for whom he became an outspoken advocate. All the while, with God's help, he maintained relationships with those who took exception to his witness. The quote on my wall reads:

Let no one be scandalized if I frequent those who are considered unworthy or sinful. Who is not a sinner? Let no one be alarmed if I am seen with compromised and dangerous people, on the left or the right. Let no one bind me to a group. My door, my heart, must be open to everyone, absolutely everyone.

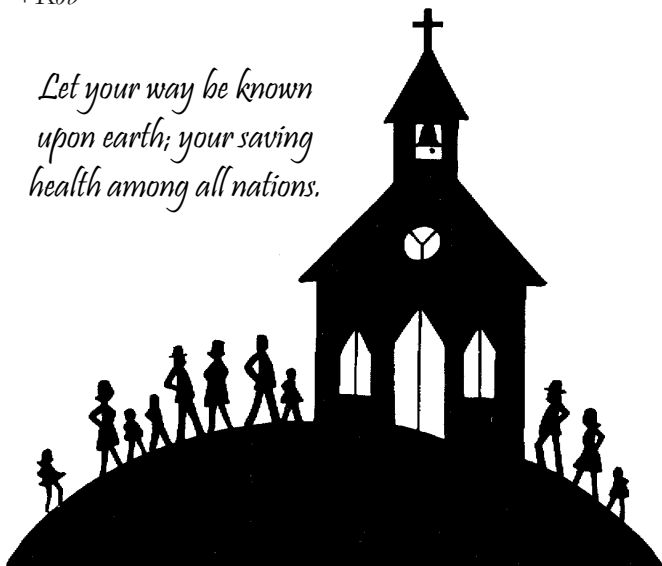
May God give us such a capacity for love and openness in these times so marked by shame, division, and scandal, remembering how Jesus stretched out his arms of love on the hard wood of the cross, so that everyone might come within His saving embrace. (*Book of Common Prayer, page 101*).

O God, help us.

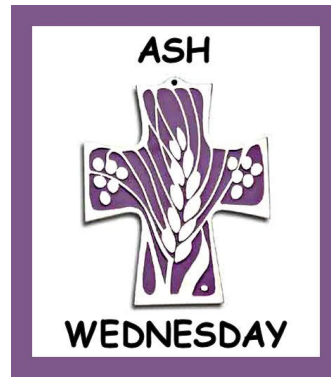
Yours Faithfully, in the Lord Jesus,

+Rob

Let your way be known upon earth; your saving health among all nations.



Show us your mercy, O Lord; and grant us your salvation.



Service is March 1st at 7:00pm



A Lenten Practice

Bishop Hirschfeld has distributed the Lenten Program, 5 Marks of Love, to clergy. This Lenten practice is offered by the Brothers of SSJE. Each week, they will explore one of the Anglican Marks of Mission (Tell, Teach, Tend, Transform, Treasure) so we all can speak more clearly and act truthfully, motivated always by hearts marked by God's love. It is designed for both individuals and small groups. For individuals, daily videos and reflections will lead them through the process. For small groups, there are facilitators' guides. The site has videos, exercise, reflection questions, bulletin inserts, posters and materials for your church, and it is free. For more visit <http://ssje.org/ssje/5marksoflove/>

Bishop Hirschfeld's Book Available NOW

Bishop Rob Hirschfeld published his first book this winter. *Without Shame or Fear, from Adam to Christ*, examines ancient and contemporary stories, which connect shame and vulnerability to Scripture and Christian theology. The book delves into this emotional and spiritual phenomenon to mine what shame has to teach. A study guide is also included with the book, making it ideal for discussion groups or formation classes. To order your copy, visit Church Publishing's website at <https://www.churchpublishing.org/withoutshameorfear>

Two Parishioners describe “Why I Give”



Elle Yarborough

I am happy to have the chance to share something I really care about - the future of Saint Thomas - what I hope our shared future as parishioners will be, the gifts that we can give to support St. Thomas and our future. But in order to talk about the future, I have to talk about the past.

I grew up at Saint Thomas.

One of the greatest gifts of my life is that my mother raised me here; that we were here every single Sunday. My best friend and I went to Sunday school together here. I remember sitting at the small tables in the Sunday school classroom, talking about Noah’s Ark with Debbie DeBeck. I remember climbing the steeple after the Christmas tree bonfire and throwing snowballs at the adults below. I remember sitting in the pews on the right side – ALWAYS ON THE RIGHT SIDE – next to my mom, putting my head on her shoulder and feeling that this was exactly where we were meant to be. To me, St. Thomas has always felt right.

I remember dressing up as a friendly beast and signing at the front of the church, and I remember that once I was Mary for the Christmas pageant, which really felt like the most incredible honor. For years I had wanted to be Mary. I remember how excited I was, not only to be Mary, but mostly to get to pretend to be married to Adam Ford, who was playing Jesus that year.

I remember when my mom finally decided I was old enough to attend midnight mass on Christmas Eve. I remember the songs, the beauty of the church as we sang Silent Night, with one set of lights turned off for each verse, holding Allie MacLeod’s hand as we sang, and I remember the joy of loudly exclaiming “Merry Christmas!” when the clock struck midnight. That was, and still is, my favorite moment of every single year.

I remember walking down this aisle so many times; to get communion, for confirmation, for a blessing, to bring the offerings, and once, surrounded by so many of the people I love, people who shared their love of God and Jesus with me here for years before, and saying my marriage vows. So very many of the most important moments of my life have happened here.

I remember going to church with my family for the first time after our home had burned down one cold December night. We were all in jeans, and my mom used to be more against the wearing of jeans in church. Before I went in with my younger siblings, my mom had told me to tell Susan Garrity that she was sorry that we had come in jeans. And so I told Susan that, and I remember that she hugged me and said, “God doesn’t care what you wear to church. This is where you are meant to be, you are here and I’m confident that God is not concerned about your clothing.” And she was right, and this was where we were meant to be. St. Thomas has always felt right.

I remember the last sermon that I saw Mr. Ervin give, and after the sermon I told him it was beautiful. He told me I had always loved rhetoric, which was true, and he knew that because he knew me - as he had known me for 28 years. I remember how he said “May the peace of the Lord, which passes all understanding, be always acceptable in your heart and mind,” and I remember the cadence and rhythm of his voice. This is the prayer I say most often now – I don’t know why, but it feels so true in my heart and I used to love it when he would say it. Now, when I hear other people say it, I think they emphasize the wrong words. I can still hear Mr. Ervin’s voice in my head when I say this prayer.

But most of all, I remember sitting on the floor at the front of the church with the other children, watching new babies being baptized. I remember singing “I want to walk as a child of the light” and I remember feeling each time, even as a child, that God was here, celebrating this new child who would be raised in our church. I felt that same joy at the baptisms for each of my sons. I remember the incredible joy I felt when each boy was marked as Christ’s own forever. I hope that they will carry that love and joy with them throughout their lives.

And all of this is why I give to St. Thomas – because many of the people who sat in these pews when I was a child are still here, sitting in the exact same pews, and they continue to share their love for God with those around them. I give because I value this community and I want this community to be the community where my children have these same moments. I want their formative moments to take place in the same building and with the same people who I hope will be here for a lifetime. I give because St. Thomas is my past and because St. Thomas is our future.

St. Thomas gave me my best friend and dear friendships including our beloved Margie Ford, who is helping my (p.5)



Tim Constantine

I am Tim Constantine. I grew up in Somersworth and Dover as the youngest member of an Irish Catholic family of nine. I went to St Thomas Aquinas High School here in Dover. I work in the Food Industry as a Regional Sales Manager for a large food Manufacturer and travel extensively throughout the Eastern half of the US. I have been working in food and cooking since age 14.

I am divorced almost seven years and live in Rollinsford. I have two children – Jack, age 21, is a senior at Emmanuel College in Boston and Kate, age 17, is a Senior at Marshwood High School.

We left the Catholic Church when Jack was just a baby because, in our opinion, they were not kid friendly. We became members of a thriving Episcopal church with an outstanding children’s program that helped to keep kids grounded and well-rounded. As a result, both of my children are kind, respectful and caring of others—a testament to the foundational education and involvement that a church community brings, which I see being expressed here at St. Thomas with our Kids Rock program. I cannot think of anything more important nor sustaining.

I needed to find a new spiritual home at the time of my divorce. That is how I came here to St Thomas.

I noticed that you had a café and were looking for volunteers. I spoke to Nancy Stafford Parsons. She said “do you have any foodservice experience?” I said, “I am proficient on the grill”. She said “come back next Sunday, be here at 7:15 and we will see how you do”.

St Thomas has become my spiritual family. I am amazed and humbled by the energy, effort, enthusiasm, love and faithfulness of so many of our members. We are part of a cause that is greater than ourselves. This is part of our path.

We are all part of one Spirit. Each of us was created by God, and are here on a unique path to find ways to become closer to the God. St Thomas has become an essential part of my spiritual journey.

I am excited and moved by our renewed spirit and growth, which I see as a significant part of the Seacoast community. “We show up and We feed people”. The Hospitality Team, The Harvest Fair, Café, End 68 hours of Hunger cookout, Dover Friendly Kitchen, Crop Walk luncheon, Youth Breakfasts, Valentine’s Prime Rib Din-

ner, The Tea, the work being done for The Food Pantry and on and on with more things to come.

We should all be extremely proud of who we are and what we do here at St Thomas.

Last year I took three steps up in my monetary commitment to St Thomas. This year I will take another step up. I am not doing so out a sense of obligation. I am doing this because I feel that I am being called to do so.

We are inching closer to the day when we will no longer have to dip into the endowment fund to cover expenses. We have been pushing a huge boulder up a hill. The apex is almost in sight.

I would like to thank all of you for allowing me to be a part of this Spiritual Family here. Thank you for helping along the way to the path that God has chosen for me.



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husband and me to raise our children. St. Thomas brought Kathy MacLeod into my life, surely the best surrogate parent a teenager could ever ask for. St. Thomas is where my family went to celebrate and share our love for God, and because I was raised here in so many ways, I am grateful for every time that my mom made me go to church instead of going to a sleepover. Or drove here from Wells in a snowstorm when it would have been easier to stay home. Her dedication to taking us to St. Thomas was consistent and celebratory – she loved bringing us to church. St. Thomas gave me a foundation – through relationships with God, with Jesus, and with the larger community filled with people who made me feel welcomed and loved.

I give because there is no other community that will provide these things for my children and me and I try to give as much as I can – not only financially, but also in gifts of time, energy and love. It is only through giving that we can sustain our church, and through sustaining our church, we sustain ourselves and our future. I give so that my children can receive all that I have as members of our living church.

I hope that we will all give, in recognition that our gifts are far more than financial, but with the knowledge that financial gifts sustain this church. And, most importantly, that this church sustains each of us.

From Our New Senior Warden, Kevin Gorham

I became the Senior Warden of this parish at the annual meeting on 1/29. I initially didn't see much of a change - I've been a leader of this church for some time. But, as it turns out, it is different - especially since Tim keeps calling me "Your Excellence". ☺

I came here to St. Thomas 12 years ago after the Church of the Redeemer in Rochester closed its doors in April of 2005. For years in Rochester I was a member of the vestry, and served as treasurer. Before that, I was at St James Episcopal Church in Amesbury MA which I joined in the spring of 1978 and where I was soon serving as treasurer - at the tender ages of 23-24. All those vestry years and yet I have never been a Senior Warden. I take great pride in this role. I will work hard not to let you down.

Looking over my job description, I know I am the Rector's warden. My primary responsibility is to meet regularly with Gail to review the life and work of the congregation so we can plan ahead to anticipate and resolve problems. I also want to provide leadership working with the vestry and other ministry leaders to identify mission, vision and goals for our congregation. My preference is to work with all to identify the key priorities, then to focus on those, and only those, priorities. To gain traction by getting the top two or three things done successfully, then move forward to the next two or three items. I ask that you work with me in HIS name. Please bring to my attention any concern you have. Please consider the gifts you have and how they can help this fabulous community.

I had the privilege of preaching on the Sunday before the annual meeting. I spoke about my concerns for this par-

ish and its sustainability. We do have a great core of good people. I know many of you are doing something and some of you are doing A LOT more than just something. I also know many are tired. And I think part of that fatigue is that we have not focused on being fed. I think we yearn to be fed. We do a GREAT job of physically feeding people. The café and February's Valentine's dinner are two of our most recent success stories that show the great work bringing our community together and raising funds for several local efforts. Thank you to all!

In addition we need to focus on feeding the spirit within us. We have three programs which are great ways to feed yourself this Lenten season. They are:

- Living Well Through Lent 2017: Listening With All Your Heart, Soul, Strength and Mind
- Wellness Circles
- The 5 marks of Love www.5marksoflove.org

I URGE you to participate in at least one of these programs. We need to be fed by the Word of God - to fill us and sustain us so we can move this parish forward. Step into the reflecting time of lent and be ready for the joyous Alleluias of Easter tide.

Peace to you all,
Kevin M. Gorham

"If you love me, feed my sheep."
John 21:15-19

Let not the needy, O Lord, be forgotten; nor the hope of the poor be taken away.



Summer Dates to Note

- June 4th: Pentecost Sunday. Seacoast Convocation Taize Service. (Location TBA)
- June 11th: Last Day of Sunday School
- June 18th: Father's Day & last Day of Choir
- June 25th: Gail to officiate at St. Andrews's by the Sea
- July 2nd: Summer Service begins

A Short Excerpt From:

Social Justice League

A cadre of medical and legal advocates cares deeply about the health of people behind bars.

In 2005, **Bradley Brockmann, JD '76** was working in Boston as a civil rights litigator for Prisoners' Legal Services of Massachusetts. On December 20, Nelson Rodriguez, a 26-year-old man with a cognitive disability and mental illness, hanged himself in Cell 49 of the isolation unit known as 10 Block in the maximum security prison in Walpole, MA. Brockmann and colleagues went to the prison the next day to begin interviewing the other 25 men on the tier, who claimed that Rodriguez had spent the night screaming for help and received none.

Brockmann describes those interviews as “horrendous,” but the experience shaped the way he sees the problem of incarceration. “What I came to understand over time was that virtually all of my clients—dozens and then hundreds— had a substance use issue and/or a mental health disorder. And that is what’s driving recidivism in our prison system: individuals with co-occurring mental health and substance use disorders.”

He’s not wrong. According to the Bureau of Justice Statistics, more than half of inmates in US state prisons have a mental health problem, and three-quarters of those individuals also meet the criteria for substance dependence or abuse.

At Brown, physicians and public health and policy experts like Brockmann have joined ranks under the aegis of the Center for Prisoner Health and Human Rights. Based at The Miriam Hospital, the center and its affiliated physicians and advocates work to develop programs to enhance continuity of care for released prisoners, as well as diversion programs to keep individuals with behavioral health disorders out of the justice system in the first place.

“One of the saddest things I hear is when someone says, ‘Thank God I was incarcerated. Otherwise I’d be dead.’”

To read this article in full, please visit:

<http://www.brownmedicinemagazine.org/blog/social-justice-league>



Brad Brockmann, JD, MDiv, is a civil rights attorney and the first Executive Director of the Center for Prisoner Health and Human Rights, based at The Miriam Hospital in Providence, RI. The Center seeks to improve the health and human rights of justice-involved populations through education, research and advocacy. Key to this goal is bringing a public health lens to the nation’s epidemic of incarceration. Today, the Center’s work falls into three core areas: 1) raising awareness at the national and state level about the healthcare issues and challenges of incarcerated and other justice-involved populations; 2) providing education and training opportunities for college, graduate, and medical students and encouraging student engagement and leadership in justice issues; and 3) collaborating with local justice system stakeholders to identify and support projects that respond to the intersection of incarceration, recidivism, and public health in the State of Rhode Island. Brad teaches courses focused on Incarceration and Health at Brown University’s School of Public Health and its Medical School. He is a graduate Brown University, the University of Michigan Law School and Episcopal Divinity School. Brad was our guest preacher Sunday February 12th. Thank you Brad for sharing your transforming work.



7th Annual Afternoon Tea Saturday, April 22

The Breakfast Café will be sponsoring the 7th Annual Afternoon Tea on Saturday April 22nd, 2-4pm.

Tickets are \$18 each, or \$120 for a full table seating up to eight, if you buy before April 9th (Palm Sunday). After April 9th, tickets are \$20/ea or \$130/table.

Our Tea comprises volunteers who host their tables by supplying a theme, china, silverware, etc. We serve a seven-course meal of: crème carrot soup, salad, tapas plate, Devonshire scone with lemon curd, a lime schrub, tea sandwiches—chicken salad on a croissant, rye open-faced cucumber, crab empanadas, and ham & cheese rollup plus desserts. We'll also have raffles and live music. Tea will be served throughout the afternoon.

Sign-up sheets available in Ervin Hall beginning February 26th, for hosting tables, captain of tables, raffles, setup, cleanup, and sponsorships. Please call Nancy for more information at 603-767-2349.

Committee Members:

Deb Rice, Community Relations
 Patty Laughlin, Cyber Secretary
 Carol Heighes, Tickets
 Bonnie Hartford, Raffle Assistant
 Margie Ford, Treasurer
 Thomas D. Stafford and Timothy J. Constantine, our Breakfast Café chefs
 Kevin Gorham, M.C.
 Nancy Stafford Parsons, Breakfast Café Director and dutchess

Grant, O God, that your holy and life-giving Spirit may so move every human [and especially the hearts of the people of this land], that barriers which divide us may crumble, suspicions disappears, and hatred cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen BCP p. 823



3rd Annual Valentine's Dinner a Success!

The 3rd Annual Dover Valentine's Caring Dinner and Silent Auction, sponsored by Dover Cooperative Ministries Council, was held Saturday, February 11th in the Ervin Hall.

Funds raised benefitted the Dover Friendly Kitchen which has been serving hot meals every Tuesday and Thursday in the Ervin Hall since 1993, staffed by various local faith communities.

Many thanks to all who generously donated items for the Silent Auction, including Photographer Steve Bedell for donating his talent, Tinka Finley, for her a quilted Spring throw, Debbie Mueller, local physician and artist, for her painting and Jake & Ky Wolterbeck who donated two blankets made from the wool of their sheep.

Thanks to those who donated their time and talent toward the dinner, including Chef Tim Constantine of St. Thomas who prepared a Prime Rib and Pistachio Encrusted Chicken Dinner followed by a Chocolate Buffet. Katherine Mayfield and Tony McManus each entertained the diners with piano music.

That the Valentine's Dinner is a sold-out event every year is a testimony to the care and generosity of the Dover Community. Many thanks to ALL who helped with the dinner.



Almighty and everlasting God, who in the Pascal mystery established the new covenant of reconciliation: Grant that all who have been reborn into the fellowship of Christ's Body may show forth in their lives what they profess by their faith; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen BCP p. 223

*O God, you have made of one blood all the peoples of the earth, and sent our blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh and hasten the coming of your kingdom; through Jesus Christ our Lord.
Amen* *BCP p. 100*



Holy Week
Palm Sunday
April 9
Easter Sunday
April 16th



**Breakfast with The
Easter Bunny**
Saturday, April 15th
8:30 am - 10:30 am
in Ervin Hall



Parish Workday
Saturday, May 20
9:00 am - 3:00 pm

**Welcoming our new
Vestry members, Officers &
Seacoast Convocation Delegates**

At our Annual Meeting on January 29th we elected the following parishioners to our Vestry and Seacoast Convocation Delegation:

Officers to Vestry:

- Kevin Gorham, Senior Warden
- Chris Turner, Junior Warden
- Bill Hunt, Clerk
- Rob Sylvester, Treasurer

Vestry Members:

- Tinka Finley, 1-year term
- Tim Constantine, 2-year term
- Kathy MacLeod, 3-year term
- Kevin Martindale, 3-year term
- JoAnn Rohde, 3-year term

Seacoast Convocation Delegates:

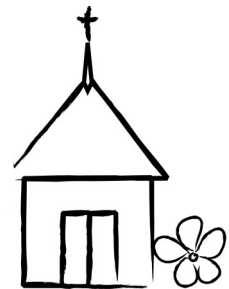
- Nancy Hunt
- Jo-Anne Fuller-Sattler
- Rob Sylvester
- Bobbi Beavers

Alternates:

- Nancy Kershaw
- Floyd Beavers

Youth Delegate:

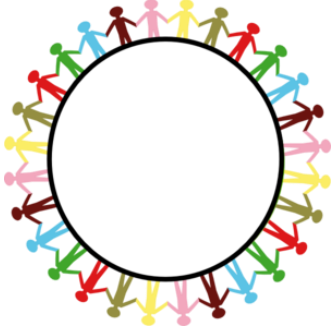
- Cam Turner



We also give thanks to Margaret Miller and Paul Smith for their years of Vestry service and to Allen Laughlin who is stepping down as our Senior Warden. Allen is a Lieutenant Colonel of the US Service and has been deployed to the Mediterranean. We extend our special thanks to Allen and his wife Patty for their service to St. Thomas and our country. May God return Allen safely to us in December.

Lord, keep this nation under your care; and guide us in the way of justice and truth.

REVELATIONS - *Building Bridges through Small Groups*



Wellness Circles are Forming NOW for Adults

A Wellness Circle is a small group of people (5-6) who commit to meet for ~1 hour for 6 weeks. Each person starts with Self-Assessment to see the direction your life is headed in all aspects of your life. “Am I heading in the direction that I desire for myself?” “Am I heading in the direction that God desires for me?” Your Living Compass Wellness Circle will help you explore these questions and if necessary, make any needed adjustments. (Sundays 11:30-12:30, or Tuesdays 11-noon). If you would like to join a group, contact Judi Turner or Rev Gail Avery. **Wellness Circles will be starting soon and will overlap with the LC Lenten program. These programs are independent of each other.**



Lenten program begins Sunday March 5

This year, St. Thomas is engaging in a Lenten offering Sunday nights from 5-6:30pm called *Living Well through Lent: Listening with All Your Heart, Soul, Strength, and Mind*. We will have a simple meal—soup, bread and salad to feed our bodies and souls, and a deeper engagement of our Sunday’s Gospel readings as we develop a greater connection between our faith and our capacity to listen. All are welcome for however many weeks you are able to come. **Once available, please be sure to take a Lenten booklet for your family to use at home if you cannot attend a Sunday evening session. They are FREE and here to be used.**



Give peace, O Lord, in all the world; for only in you can we live in safety

CONNECTIONS - *Hospitality beyond introductions...involving ourselves in the life of each other*



Help St. Thomas Add Signs to Welcome Newcomers

Over the last year, members of the Vestry have been reading the book *Real Good Church: How Our Church Came Back From the Dead, And Yours Can, Too* by Molly Phinney Baskette. Reverend Baskette serves at First Church Somerville UCC, a progressive Christian church in Cambridge, near Harvard, MIT and Tufts University. Much like St. Thomas, the First Church of Somerville struggled with decreasing attendance, among many other issues. The book outlines about 200 different things that the church did to improve community, worship and engagement; this church found enormous success through the range of projects they took on. One of the first things that the parishioners of First Church did was to focus on making it easier for newcomers to navigate the church so that when someone new would visit, they would immediately know where to go. We hope to follow in the footsteps of First Church, enlivening and growing both our community and our outreach and so we have decided that our first step will be to increase our signage in the entryway of Ervin Hall.

We are beginning a fundraising campaign to fund this signage and hope to raise \$500 in the coming months through fundraisers. If you are interested in contributing to this fund, please submit your donation to the main office with the note “signs” on the check.

ACTS - *Action in Community through Service*



Packers Needed for “End 68 Hours of Hunger”

Our week to pack 135 bags with food and supplies for the children of Dover is the Thursday after the 3rd Monday of the month. Packing starts @ 9:30 AM at the little red house next to St. John’s Methodist Church on Cataract Ave. If you have questions, contact Mary Jo Dudley (749-3899) or Tinka Finley (742-7314).

Box-carriers needed for Federal Commodities Food Delivery

On Tuesday, February 28th @ 10 AM a large white truck delivered boxes of food to the Niles Senior Center in Dover to distribute to low income people in Dover over 62 years of age. The City of Dover has asked for volunteers to help deliver the boxes to those Seniors who are unable to lift the boxes, or do not have transportation to up the boxes. Please consider volunteering to deliver the food which takes from 1 – 1 1/2 hours of time on a Tuesday morning. **The next delivery will be Tuesday, April 25th.** If interested, talk with Fran Whiting or Mary Jo Dudley (749-3899)

Food Pantry Donations

Many, many thanks to all of you who have so generously donated much needed personal items each month. Several large bags of items have been delivered each month and the Dover Food Pantry is so very grateful, as are its patrons. For the upcoming months, here’s what we’re hoping for:

MARCH: Many people who come to the Food Pantry have arrived on foot. The bags we give them to carry items home are flimsy supermarket bags. What would be helpful are sturdier, recyclable bags; they’re available at a very modest cost at Walmart, JoAnn Fabrics, Christmas Tree Shop and just about any grocery store in the area. Let’s set a goal of at least 50 bags, to be taken to the Food Pantry at the end of the month.

APRIL: Longer days, warmer temperatures, and it’s time for spring cleaning! This month, please consider donating: Comet/Ajax powder, Spray all-purpose cleaner, Pine Sol or its equivalent



Hospitality Committee Seeks Volunteers!

The Hospitality Committee is coordinated by Nancy Hunt, Georgia Campbell, Kathy MacLeod and Fran Whiting; supported by a host of wonderful volunteers who so willingly assist with whatever is needed, often on very short notice. Responsibilities of this committee include, but are not limited to, hosting funeral receptions, setting up the hall for church functions, and serving refreshments after concerts and other such events. Most recently we have assumed responsibility for after-service coffee hour which Kathy MacLeod coordinates.


During the past year this committee has participated in several funeral receptions including two very large affairs. Our expertise broadens with time and experience. Participating with the Hospitality Committee does not require a regular time commitment, as we operate on an as-needed basis. One can assist as one is able and has the time.

Respectfully submitted, Fran Whiting



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock 5-6:30p Lenten Program	6 7a AA Morning Reflection 9a-2 Office Hours 7p Property Committee 7P Craft Group	7 9a-2 Office Hours 5p DFK	1 7a AA Morning Reflection 9a-2 Office Hours 7p Ash Wednesday Service Parochial Report Due ASH WEDNESDAY	2 9-2 Office Hours 5p DFK 7p Dover original AA	3 7a AA Morning Reflection	4 Vestry Retreat Diocesan House Concord, NH
12 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock 5-6:30p Lenten Program	13 7a AA Morning Reflection 9a-2 Office Hours 7p Craft Group	14 9a-2 Office Hours 5p DFK	8 7a AA Morning Reflection 9a-2 Office Hours 5-7p Girl Scouts 7p Choir	9 9a-2 Office Hours 5p DFK 7p Dover original AA	10 7a AA Morning Reflection	11 8:30-12p Safe Church Training at Christ Church, Exeter
19 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock 5-6:30p Lenten Program Gail Vacation	20 7a AA Morning Reflection 9a-2 Office Hours 7p Vestry 7p Craft Group Gail Vacation	21 9a-2 Office Hours 5p DFK Gail Vacation	15 7a AA Morning Reflection 9a-2 Office Hours 7p Choir	16 9a-2 Office Hours 5p DFK 7p Dover original AA	17 7a AA Morning Reflection	18 Gail Vacation
26 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock 5-6:30p Lenten Program Gail Vacation	27 7a AA Morning Reflection 9a-2 Office Hours 7p Craft Group Gail Vacation	28 9a-2 Office Hours 5p DFK Gail Vacation	22 7a AA Morning Reflection 9a-2 Office Hours 5-7p Girl Scouts 7p Choir Gail Vacation	23 9a-2 Office Hours 5p DFK Gail Vacation	24 7a AA Morning Reflection Gail Vacation	25 Gail Vacation
			29 7a AA Morning Reflection 9a-2 Office Hours 7p Choir Gail Vacation	30 9a-2 Office Hours 5p DFK Gail Vacation	31 7a AA Morning Reflection Gail Vacation	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock 5-6:30p Lenten Program Gail Vacation	3 7a AA Morning Reflection 7p Property Committee 7p Craft Group	4 9a-2 Office Hours 5p DFK 6-9p Seacoast Convocation	5 7a AA Morning Reflection 9a-2 Office Hours 7p Choir	6 9a-2 Office Hours 5p DFK 7p Dover original AA	7 7a AA Morning Reflection	8
9 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock 5-6:30p Lenten Program PALM SUNDAY	10 7a AA Morning Reflection 7p Craft Group	11 9a-2 Office Hours 5p DFK 5p Kitchen Team	12 7a AA Morning Reflection 9a-2 Office Hours 5-7p Girl Scouts 7p Choir	13 9a-2 Office Hours 5p DFK 7p Dover original AA	14 7a AA Morning Reflection	15 8:30-10:30A Breakfast with the Easter Bunny in Ervin Hall
16 8a Holy Eucharist 9a Coffee Hour 10a Holy Eucharist EASTER SUNDAY	17 7a AA Morning Reflection 7p Vestry 7p Craft Group	18 9a-2 Office Hours 5p DFK	19 7a AA Morning Reflection 9a-2 Office Hours 7p Choir	20 9a-2 Office Hours 5p DFK 7p Dover original AA	21 7a AA Morning Reflection 9a-7p Tea set-up	22 2-4p 7th Annual Tea Ervin Hall
23 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock	24 7a AA Morning Reflection 7p Craft Group	25 9a-2 Office Hours 5p DFK	26 7a AA Morning Reflection 9a-2 Office Hours 5-7p Girl Scouts 7p Choir	27 9a-2 Office Hours 5p DFK 7p Dover original AA	28 7a AA Morning Reflection	29
Sunday April 30: 9a Holy Eucharist, followed by Parish Forum						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7a AA Morning Reflection 9a-2 Office Hours 7P Craft Group 7p Property Committee	2 9a-2 Office Hours 5p DFK	3 7a AA Morning Reflection 9a-2 Office Hours 7p Choir	4 9-2 Office Hours 5p DFK 7p Dover original AA	5 7a AA Morning Reflection	6 Lay Leadership Institute
7 8a & 10a Holy Eucharist 8:30a Breakfast Café	8 7a AA Morning Reflection 9a-2 Office Hours 7P Craft Group	9 9a-2 Office Hours 5p DFK	10 7a AA Morning Reflection 9a-2 Office Hours 5-7p Girl Scouts 7p Choir	11 9a-2 Office Hours 5p DFK 7p Dover original AA	12 7a AA Morning Reflection	13 9am-2p Red Cross Blood Drive
14 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock MOTHER'S DAY	15 7a AA Morning Reflection 9a-2 Office Hours 7p Craft Group 7p Vestry	16 9a-2 Office Hours 5p DFK	17 7a AA Morning Reflection 9a-2 Office Hours 7p Choir	18 9a-2 Office Hours 5p DFK 7p Dover original AA	19 7a AA Morning Reflection	20 9-3p Parish Workday
21 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock	22 7a AA Morning Reflection 9a-2 Office Hours 7p Craft Group	23 9a-2 Office Hours 5p DFK	24 7a AA Morning Reflection 9a-2 Office Hours 5-7p Girl Scouts 7p Choir	25 9a-2 Office Hours 5p DFK	26 7a AA Morning Reflection	27
28 8a & 10a Holy Eucharist 8:30a Breakfast Café 9:30a Kid's Rock	29 7a AA Morning Reflection 9a-2 Office Hours 7p Craft Group	30 9a-2 Office Hours 5p DFK	31 7a AA Morning Reflection 9a-2 Office Hours 7p Choir			

MARCH

Celebrating in...



March Birthdays

Floyd Beavers
 Wayne Ciccotelli
 Alice Clark
 Tim Constantine
 Gloria Davis
 Donna Desrosiers
 Noah Devereaux
 Gloria Feenstra
 Patricia Friars
 Wynne Graves-Moody
 Heather Hesse-Stromberg
 Estelle Kiesel
 Ted Kontos
 Allen Laughlin
 Connor Lucas
 Samantha Lucius
 David MacInnis
 June Meserve
 Constance Moxley
 Lonnn Sattler
 Nancy Schulte
 Robert Steele

April

April Birthdays

Nancy Coleman
 Beryl Ekstrom
 Susan Ervin
 Andrew Franas
 Heather Franas
 Ian Franas
 Kevin Gorham
 Viviana Jeanpierre
 Philip Kendrick
 Allison Leach
 Ed Mayrand
 Cam Turner
 Candy Wolterbeek

April Anniversaries

Allen & Patty Laughlin
 Paul & Valerie Smith

MAY

May Birthdays

Rev. Gail Avery
 Bobbi Beavers
 Vincent Ciccotelli
 Emma Hampton
 Greg Hesse-Stromberg
 Haiden Hesse-Stromberg
 Kathleen Koson
 Joseph Marquette III
 Ava Martindale

Logan Martindale
 Sora Martindale
 Simone Masse
 Bea Mayrand
 Linda Mayrand
 Eleo Miranda
 Marko Miran4da
 Alexis Wolterbeek
 Ky Wolterbeek

Anniversary Blessings & Congratulations to :



May Anniversaries

Mary Jo & Bill Dudley
 Gwen & Peter Klevitch
 Philip Kendrick & Simone Masse
 Christopher Parker & Katherine Parker-Wright
 Dale & Sharon Smith

We are delighted to celebrate birthdays & anniversaries in The Bridge each month. If you have a birthday or anniversary this month and are not listed, please contact us so we may update our records.

Serving God in His Church

The Rt. Rev. A. Robert Hirschfeld, Bishop
 The Rev. Gail Avery, Interim Rector

Convocation and Convention Diocesan Delegates

Nancy Hunt, Bobbi Beavers, Rob Sylvester,
 Jo-Anne Fuller-Sattler

Alternates: Nancy Kershaw, Floyd Beavers

Youth Delegate: Cam Turner

Safe Church Minister: Judi Turner

The Vestry

Officers

Kevin Gorham, *Senior Warden;*

Chris Turner, *Junior Warden*

Bill Hunt, *Clerk*

Rob Sylvester, *Treasurer*

Term ending 2018

Tinka Finley

Gwen Klevitch

Nancy Stafford-Parsons

Term ending 2019

Tim Constantine

Fran Whiting

Elle Yarborough

Term ending 2020

Kathy MacLeod

Kevin Martindale

JoAnn Rohde

Bridge article submissions are due the **15th of each month**. Please email your article to parish.office@stdover.org

St. Thomas' Episcopal Church
5 Hale Street
Dover, NH 03820



The Bridge

Non-Profit Organization
US Postage Paid
Dover, NH
Permit No. 156

Current resident or:

Mailing label Here

Who's Who at St. Thomas' Episcopal Church

The Rev. Gail Avery, Interim Rector (603-674-5455)

603 742 3155 ~ stthomas@stdover.org

Parish Office Hours:

Tuesday, Wednesday, Thursday 9:00 am - 2:00 pm

Jerry Costanza, Financial Bookkeeper
Katherine Mayfield, Director of Music
Roland Girard, Sexton

For upcoming events and 'The Bridge' articles, visit our website at:
www.stdover.org

Mission Statement

The mission of St. Thomas Episcopal Church is to know and worship God, to build community, and to serve others.



**Come
Worship**

Sunday Services

8:00 am Holy Eucharist

9:30 am Sunday School

10:00 am Holy Eucharist with music & choir

8:30-10:00 am Breakfast Café

Months with 5 Sundays, there is one Service at 9:00 am on the 5th Sunday

Please call the church office for additional pastoral needs at 603-742-3155. In cases of emergency call Rev. Gail at 603-674-5455