

**ST. MARGARET'S**  
ECUMENICAL & RETREAT CENTER

**March & April 2023**



# March & April 2023

## On-Going Weekly Activities

### Worship Services Wednesdays at Noon

Zoom and In-Person Worship Services - All Welcome!

Zoom.us ID: 842 3057 0175 Passcode: SMH

### Wednesday Lunches at 12:30pm

Includes main + veggies, salad, bread, and dessert

*Please make a reservation by the Friday before 315-724-2324*

*Suggested donation \$13 per person*

## On-Going Monthly Activities

### Friends of Emmaus House Meetings

March 8th and April 12th

2nd Wednesdays at 10AM @ **St. Margaret's**

New Members Welcome!

### Conversations with Rev. Gillett

April 12th at 1:30pm

2nd Wednesdays at 1:30pm at St. Margaret's

Group discussion about Matters of Faith

*This group will not be meeting in March due to Lenten Activities (pages 6 & 7)*

### Grief Support Group

March 14th and April 11th at 6:30pm

2nd Tuesdays at 6:30pm at St. Margaret's

## What's Cooking with Irene

### March 15th Monthly Dinner

Corned Beef, Mashed Potatoes, Brussel Sprouts, Glazed Carrots, Bread, & Dessert

### April 19th Monthly Dinner

Chicken Parmesan, Pasta, Salad, Bread, & Dessert

*\*\* Third Wednesdays at 5:00pm (take out) and 6:00pm (dine in) \*\**

*Please make a reservation by the Friday before 315-724-2324*

*\*\* Suggested donation \$17 per person \*\**

## All Welcome!

Welcome! I am so thankful that you have our newsletter in front of you! Each time we put it together we work intentionally to bring you opportunities specifically to build your faith, to put it into action, to make friends and develop relationships with one another, and grow deeper in faith.

I hope that you come visit often. Bring a book, find a quiet spot, and leave refreshed.

I look forward to sharing a cup of coffee and conversation with you. Hoping to see you soon!

Be well,  
Judith H. Reilly

### **“A Lenten Poem” by Malcolm Guite**

That we might come at last to his true light  
We turn again to him, when all things turn;  
The year returns to growth and spring. Our sight  
Is blessed with tender green. We learn  
To hold the gospel plough, to follow him  
And not look back. Our Lenten discipline  
Opens deep furrows in the frozen soul  
And sheets through the obstruction of our sin,  
Harrows our hearts and opens us to him,  
Till Christ the Sower finds in us good soil.  
Seeds of his kingdom deep in our dark clay  
Will stir with hidden growth through Holy Lent  
Will share with him Good Friday's dark descent  
And rise to life with him on Easter Day.

# Special Events

## **Ash Wednesday - February 22nd at Noon**

Please join us on Ash Wednesday for Holy Eucharist and Imposition of the Ashes. *Information about our Lenten Events can be found on pages 6 & 7.*

## **It Takes A Village - March 7th and April 4th at Noon**

Join this social action-oriented group that meets first Tuesdays at Noon to have lunch, talk about the issues of our community, and prepare a meal to be served that night at The Morrow Center. We meet from noon - 2:00pm, and then gather again at The Morrow Center at 5:45pm to serve dinner (from 5:45pm - 9:00pm). You are welcome to assist with either or both parts of the day. Please register by the Thursday before the meeting in order that we can prepare for the proper number of people for lunch. Thank you for helping be the hands and feet of Jesus!

If you would like to assist, but are unable to help on the Tuesdays that we prepare and serve, perhaps you would consider assisting in a different manner. We always need Kool-Aid, hot cocoa, fruit, baked goods, and cups for hot/cold drinks. These items should be dropped off at St. Margaret's. Thank you for your generosity!

*This program is funded through the Episcopal Diocese of Syracuse. We thank them for their support!*

## **Friends of Emmaus House - March 8th and April 12th at 10am**

Friends of Emmaus House is a group of volunteers who provide support to help meet the needs of the house & guests. Upcoming meeting dates are March 8th and April 12th at 10am at St. Margaret's. Please see our Emmaus House page for more information. Please note that the meetings have moved back to St. Margaret's as of March. *New Members Welcome!*

## **Respite Days at St. Margaret's - March 10th and April 14th**

Each month we will hold a Respite Day open for all who would like to set aside time to dedicate to a quiet day of prayer and reflection. What can you expect? The day will begin with an optional focused-meditation lead by Rev. Elizabeth Gillett to start your day. The rest of the day will be quiet time on your own.



There will be coffee/tea, morning/afternoon snacks, and a light lunch. Lunch will be a time that visiting with the others will be encouraged, but if you would like to remain in silence, a space for that will be afforded you. *Suggested donation \$25/session.*

### **Grief Group - March 14th and April 11th at 6:30pm**

St. Margaret's hosts an open facilitated grief group to support anyone experiencing loss second Tuesdays from 6:30 to 8:00pm. *Please reach out if you have questions.*

### **The Journey Program with Rev. Carol Jubenville - March 14th, April 11th, and May 9th from 10 - 11:30am**

Clergy, laity, individuals, and organizations alike are invited to join Rev. Carol Jubenville for an introduction and discussion around "The Journey: Shepherding God's People." *Please register ahead by calling or emailing St. Margaret's.*

### **MWPAI Presentation with Darby O'Brien - April 19th at 1:30pm**

A most interesting exhibit will be opening at Munson-Williams-Proctor Arts Institute on June 23 entitled "Sporting Fashions - Outdoor Girls 1800-1960." Darby O'Brien will come to St. Margaret's on April 19th from 1:30 - 2:30 to give an introduction to the exhibit and answer your questions. *Please register by April 12th.*

### **Scrabble Day - March 22nd and April 26th at 9:15am**

We had a good turnout for our January Scrabble Day and the group has decided to keep it going! Starting in March the group will meet Fourth Wednesdays at 9:15am. *Please let us know if you would like to stay for lunch by the preceding Monday.*

### **Alzheimer's Association of Central NY - April 26th at 1:30pm**

The Alzheimer's Association will hold a presentation regarding area resources to all facing Alzheimer's and other dementias, including those living with the disease, caregivers, health care professionals, and families. *Please register by April 20th.*

### **Dinner and a Movie @ St. Margarets - April 27th at 5:30pm**

Please join us for a special dinner at St. Margaret's followed by a movie! The dinner will be a choice of steak or chicken, with shrimp, veggies, salad, and dessert. We will then retire upstairs to watch a movie. Suggested donation \$25 per person. *Please register by April 17th. Feel free to call ahead to learn what movie will be shown.*

# Lenten Offerings

Ash Wednesday, February 22nd

Ash Wednesday is the beginning of the season of Lent. It is a time during which we try to be aware of what is separating us from a closer relationship with God. During the 40-day Lenten season, we do our best to lessen those obstacles, while also opening ourselves to God's healing grace and forgiveness. The process of turning away from what separates us from God, back to God, is known as penitence or repentance. Ever since the Jewish beginnings of Christianity, Christians have used ashes on their heads as a sign of penitence and a desire to be one with God.

Thus Ash Wednesday is like a prism, focusing our desire for forgiveness and freedom from sin through the light of God's love and mercy. All of this comes together through the Ash Wednesday liturgy which will be celebrated at St. Margaret's House on February 22nd at noon in the chapel with the imposition of ashes and the Eucharist. The Rev. Dr. John LaVoe will be our guest preacher and celebrant. Everyone is invited to stay for lunch following the service. If you wish to do so, please call 315-724-2324 to sign up for lunch. Or you may email our Executive Assistant, Adrienne Kinne, at [info@stmargarets houseny.org](mailto:info@stmargarets houseny.org).

Elizabeth Gillett+

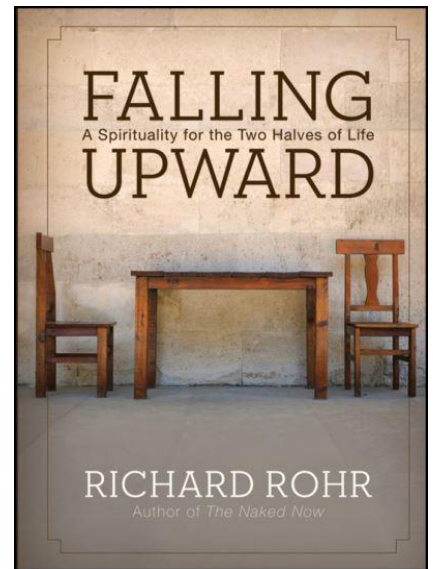
## Falling Upward: Exploring Our Spirituality for the Second Half of Our Lives

**Lenten Study Group with Rev. Elizabeth - March 8th, 15th, 22nd, and  
29th from 1:30 to 2:30 pm**

St. Margaret's Chaplain, the Rev. Elizabeth Gillett, will be offering a four-week exploration of Richard Rohr's insightful and illuminating book, *Falling Upward: A Spirituality for the Two Halves of Life*. The group will meet on Wednesdays March 8th, 15th, 22nd, and 29th, right after lunch at 1:30PM. Participants are welcome to also attend the noon Eucharist and to enjoy chef Irene's delicious lunches. Please

sign up (see above) for lunch and/or the study group if you would like to participate. Books may be ordered from Amazon or through Barnes and Noble. Hint: the hard cover version is actually less expensive than the paperback one!

In *Falling Upward*, Father Richard Rohr gives us a new paradigm for understanding how our second-half-of-life spirituality is different from when we were younger. With rare insight, he takes us on a journey which helps us to understand how the heartbreaks, disappointments, and first loves of our younger lives are actually stepping stones to the spiritual joys that are possible in the second half of life. Fr. Rohr writes:



“Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of our physical life, but the whole thesis of this book is exactly the opposite. What looks like falling can largely be experienced as falling upward and onward, into a broader and deeper world, where the soul has found its fullness, is finally connected to the whole, and lives inside the Big Picture.”

Elizabeth Gillett describes *Falling Upward* as “a spiritual adventure which brings our maturity into focus. It makes us aware of the great depths upon which we have been floating and helps us to explore them. For me, it brings a welcome clarity to our maturing growth and development in God. I look forward to sharing the riches of Richard Rohr’s wisdom during our time together during the Wednesdays in March.”

## **Journeying with St. Paul**

**Lenten Study Group with The Rev. Deacon Barbara Groves - February 28th, March 7th, 14th, and 21st at 2:00pm**

Please join The Rev. Deacon Barbara Groves for a discussion about the ministry of Paul. Where did he travel? Who did he write to all those letters?

*Please register with us by February 22nd.*

# Emmaus House

Thank you to all who donate necessities and niceties to the women and children staying at Emmaus House! New Home Welcome Kits and Hygiene Supplies are always in need. *Donations may be brought to St. Margaret's or directly to Emmaus House. Thank you for your kindness.*

**Friends of Emmaus House** is a group of volunteers who provide support to help meet the needs of the house & guests. This is done through donations, fundraisers, and our annual Open House. We typically meet the 2nd Wednesday of each month to determine needs and find solutions to those needs. Upcoming meeting dates are March 8th and April 12th at 10am at St. Margaret's. *New Members Welcome!*

**Monetary Donations:** Donations can be mailed to St. Margaret's or made through our website: [www.stmargarethouse.org](http://www.stmargarethouse.org). All checks should be made out to "St. Margaret's." Please write "Emmaus House" in the "for" line if you would like your donation to go to Emmaus House. All donations are tax-deductible.



## ↷ Community Donation & Volunteer Opportunities ↶

**It Takes a Village** members are asking for your assistance in gathering donations for Hope House. Needs include diapers (ten pounds and up), baby formula, toilet paper, toothbrushes & paste, shampoo & conditioner for all hair types, and coffee. Donations can be dropped off at St. Margaret's or directly at Hope House.

**Volunteers Needed:** With the help of people like you, St. Margaret's Food Pantry at Grace Episcopal Church, has the opportunity to support families in our neighborhood and families across our community. Because of food pantries our most vulnerable neighbors never have to decide between food or bills. With just a little of your time, you can help families achieve the stability and independence they need to feed themselves and their families. If you are available to volunteer on Fridays from 10:00 am - 1:00 pm at either our Food Pantry or Thrift Store, please contact Grace Episcopal Church at 315-733-7575.

**The Morrow Warming Center:** Please join us in serving meals at Utica's low barrier shelter first Tuesdays from 5:45pm - 9:00pm. If that day does not work for you, please contact the shelter for other volunteer days and times.



# Personal Retreats at St Margaret's

St. Margaret's has meeting spaces for group meetings and overnight retreats. We also welcome members of the community to come and stay at St. Margaret's for personal retreats. Individuals staying at St. Margaret's have use of the house, library, and chapel during their stay. There are many quiet sitting areas for relaxation and contemplation. We have a lovely path to the Wayside Cross on our grounds. Personal retreats are unguided and offer guests a chance to unwind and reconnect with themselves.

Guest rooms are \$55 per night and include overnight accommodation and use of the house and the guest kitchenette, which has a refrigerator, microwave, toaster, and instant hot water for tea and coffee.

If you would like to plan a personal retreat for one or more nights, please contact us for additional information and scheduling.



Photos: St. Margaret's Chapel, Living Room, Library, and Meditation Room.

## **CONTACT INFORMATION & RESERVATIONS:**

Phone: 315-724-2324 | Email: [info@stmargaretshouseny.org](mailto:info@stmargaretshouseny.org)



# St. Margarets, Friends, & Events!



Photos: It Takes a Village; Conversations with Rev. Gillett; Barbara Couture; and Library Spruce Up Day + photos from around the house and chapel. Many thanks to all of our volunteers for supporting our programs and helping with the house!

## **CONTACT INFORMATION & EVENT RESERVATIONS:**

Phone: 315-724-2324 | Email: [info@stmargarethouseny.org](mailto:info@stmargarethouseny.org)

# World Day of Prayer - March 3, 2023

Program written by the  
World Day of Prayer (WDP) Committee of Taiwan for 2023  
Ephesians 1:15-19

From the World Day of Prayer website (see below): “One of the WDP Guiding Principles states that ‘Prayer is rooted in listening to God and to one another. In WDP we listen to the Word of God and to voices of women sharing their hopes and fears, their joys and sorrows, their opportunities and needs.’

The theme of the worship service “I Have Heard About Your Faith,” based on the letter to the Ephesians, is an invitation to active listening, which is the ground of our prayers. Following the example of the letter (1:15-19), where the author praises the church for their faith in Jesus and love toward all the saints, the worship service contextualizes the witness of the saints with the stories from Taiwan.



The worship service shares the letters of encouragement sent to women who faced suffering and injustice. Their stories of faith contemplate issues that are shared by women and girls around the world and that continue to challenge us to prayerful action.

They remind us of the urgency to protect the environment and have a nuclear-free homeland; to be aware of the gender stereotypes women face when defying the traditional role in the workplace or in the family, and to care for the healing of the victims of verbal and sexual abuses. It also brings to light the hidden struggle of the essential workers during the pandemic who had to balance between work and family in a vulnerable economic situation. The sisters thank God for the natural resources of the island and pray for wisdom in face of the political isolation of Taiwan in the international community. They ask for our prayers. What are the stories of faith in your community? How do you encourage them with your prayers and actions? Include those stories in the WDP activities. Praise God and be inspired by those testimonies of love and justice.

May God give us the wisdom and courage to tell the stories of faith that transform lives.”

**Please consider saying a prayer on March 3rd to support this effort.**

**For more information, please visit: <https://worlddayofprayer.net/>**



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