

# Weekly Update

## February 21, 2024

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Please join us on Sunday for Holy Eucharist

The Second Sunday in Lent  
February 25, 2024  
8 am & 10 am\*

Celebrants: Reverend Victoria Pretti and The Rev.  
Deacon Chris Miller-Marcin

If you are unable to worship in person, please join us on YouTube  
\*To view the livestream service please click the link below.



**This week at**  
St. Martha's



### Wednesday, February 21st:

- Seashell Ringers practice at 1 pm.
- Scholarship Committee meeting at 2:30 pm in the conference room.
- Choir practice at 7 pm.

### Thursday, February 22nd:

- St. Martha's Hybrid Book Club will meet at 3 pm in the parish hall. This month they will discuss, *This Is How It Always Is*, by Laurie Frankel. If you have any questions or would like to attend by Zoom, please contact [Rick Legeer](#).

### Saturday, February 24th:

- Christian Yoga at 10 am in the parish hall. Please bring your own Yoga mat, blanket and water. Abstain from eating 1.5 hours prior to class. This is a gentle advanced beginner class. Participants must be able to get up off the floor by themselves. \$10/class.

- A Choral Tapestry - Celebrating Black History Month at 2 pm, Epworth United Methodist Church, Rehoboth Beach. Tickets \$25 they can be purchased [online](#) or at the door. Choral performances by Southern Delaware Chorale, Cantabile Women's Chorus, Sussex Tech Bell Voce and Sussex Community Gospel Mass Choir.
- Hispanic Dance and Cultural Celebration at 3 pm. Presented by the Hispanic American Association of Delaware. It is a celebratory dance and cultural celebration that is free and open to the public.

### **Sunday, February 25th:**

- Book Study will continue the Lenten devotional book, "A Book of Hours" by Thomas Merton. They will meet in the Narthex in between services from 9 to 9:45 am.

### **Monday, February 26th:**

- Yoga at 9:30 am. \$10 drop in. Bring your own mat, blanket, block and/or strap. Some will be available.

### **Tuesday, February 27th:**

- Bible Study at 1 pm in the parish hall. They will continue reading the Gospel according to Matthew.
- Yoga at 5:30 pm. This is a beginner's class starting with the basics for anyone new to yoga or just looking for a gentle practice. \$10 drop in.

### **Wednesday, February 28th:**

- Men's Discipleship Group will meet from 8 - 9 am in the conference room.

# Upcoming Events



## Lenten Prayer, Soup & Salad Wednesdays at Noon

February 21st : St. George's United Methodist Church

February 28th: Ocean View Presbyterian Church

March 6th: St. Matthews's By the Sea

March 13th: Bethany Beach Christian Church &  
St. Martha's Episcopal Church

March 20th: St. Ann's Catholic Church

A free-will offering will be accepted  
for the Emergency Fund of the  
Southeast Sussex Ministerium  
providing housing, utilities and  
medication for those in need.



# **St. Martha's Episcopal Church Presents:**

## **HOMELESSNESS AND THE LACK OF AFFORDABLE HOUSING IN SOUTHERN DELAWARE: A PANEL DISCUSSION**

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**Monday, March 4, 2024  
3:00 pm**




Join us for this important program as panelists from different organizations present their perspectives on these issues.


**117 Maplewood Street, Bethany Beach, DE**



# Qigong Class

Discover the rejuvenating power of Qigong. Embrace gentle movements and mindful breathing to increase energy and reduce stress.

 9:30 - 10:30 AM

 Tuesdays

**Beginning on  
March 5th**

 St. Martha's Episcopal Church  
117 Maplewood St, Bethany Beach



Bring a mat, water bottle, and comfortable clothing. Movements can be done seated or standing.

Contact Maggie for more information:

 484-686-8196

 [maggie@presenceconnectionflow.com](mailto:maggie@presenceconnectionflow.com)

# GAME NIGHT



JOIN US  
March 7, 2024  
5:30 - 8pm



Soup and salad from 5:30 - 6:30 pm  
with a variety of games to follow

Sign up sheet is in the parish hall.

## HOLY WEEK/EASTER SUNDAY SERVICE SCHEDULE



**Palm Sunday (3/24):** Services 8 am and 10 am

**Tenebrae (3/26):** Service at 7 pm

**Maundy Thursday (3/28):** Service with Potluck Dinner at 6 pm. Sign up sheet in the parish hall.

**Good Friday (3/29):** Service at 3 pm. The Church will also be open from 9 am to 3 pm for private prayer and Stations of the Cross.

**Easter Sunday (3/31):** Services at 8 am, 9:30 am and 11:30 am

Outreach



Remember to drop off your aluminum Pop Tabs for recycling for Ronald McDonald House Charities. Drop your tabs into one of the 3 Ronald McDonald houses in the Narthex, on the table near the office, or in the Parish Hall.

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### Clothing Drive for **The Way Home** in February!

The Way Home needs undergarments for men in all sizes. Outreach will be collecting new t-shirts, thermals, socks, underwear, briefs and boxers. Gently used sweat shirts and pants are welcome. Monetary gifts are appreciated. Please write **TWH Clothing Drive** in the memo line.

## Flower Guild

During Lent, we do not have flowers in front of the altar on Sunday morning, but will use an arrangement of dried materials, signifying a more somber time in our church life. As in the past, we will add something each week to keep the arrangement interesting and fresh. A clue will be included on the preceding Wednesday. and you are invited to find the addition the following Sunday morning. **Last week, we featured three “fans” in our arrangement. This week look for a very tiny treasure.**

## Announcements



**OFFICE** +

**NEW!**

**HOURS**

**TUESDAY, WEDNESDAY & THURSDAY**

**• 8:00 AM TO 2:00 PM •**