

MARCH 1, 2026

# good news

FAITH IN ACTION, BOUNDLESS LOVE, HOPE FOR ALL.



Always learning and improving. Our staff attending Safe Church training

## Welcome

Today is the **Second Sunday of Lent**.

**If you're new, welcome!** Please take a welcome bag from the back of the church. Parents with young children up to 3 years old: The nursery is available in Rm 233 and children can be dropped off anytime between 8:45 AM and 9:15 AM

Here is what's happening today:

7:30 AM Holy Eucharist I, Nave  
9:00 AM Holy Eucharist II, Nave  
11:15 AM Holy Eucharist II, Nave  
5:00 PM Evensong, Nave

## Gathering Around the Flame with Poetry: *Awareness of God's presence.*

Do you desire to deepen your awareness of God's presence? Come and learn about the simple, accessible practice of reading poetry. We will explore silence as a companion to the spoken word and the way in which poetry and silence can both be practices of prayer. Bring a journal, a curious mind, and an open heart for this afternoon of slowing down and learning together. For more information, contact workshop leader Julie Smith at [jdjs1000@gmail.com](mailto:jdjs1000@gmail.com) Sunday, March 1 from 2:30-4:30 PM at The Station

## Spirituality in the Anglican Tradition: *Creating a Life with God.*

Sundays in Lent at 10:15 am | Colhoun Room | Adult Formation

# now and upcoming

MONDAY <b>2</b> Mar.	TUESDAY <b>3</b> Mar.	WEDNESDAY <b>4</b> Mar.	THURSDAY <b>5</b> Mar.	FRIDAY <b>6</b> Mar.
<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>EUCHARIST</b> 10 AM   Salemtowne	<b>MEN'S PRAYER BREAKFAST</b> 7 AM   Colhoun B&C
	<b>NOVICES REHEARSAL</b> 4:30 PM	<b>BOOKSHOP OPEN</b> 10 AM to 1 PM	<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>ST. PAUL'S WALKING GROUP</b> 9 AM   Reynolda
	<b>CHORISTERS REHEARSAL</b> 5:30 PM	<b>NOVICES REHEARSAL</b> 4:30 PM	<b>HOLY EUCHARIST</b> 3:30 PM Arbor Acres	<b>AL ANON</b> 10:15 AM   Youth Rm
		<b>CHOIR SUPPER</b> 5 PM   Colhoun A,B & C	<b>CENTER OF HOPE DINNERS</b> 4:45 to 6:45 PM	<b>STATIONS OF THE CROSS</b> 11:15 AM
		<b>CHORISTERS &amp; SCHOLA REHEARSAL</b> 6 PM		<b>HOLY EUCHARIST</b> Noon   Nave Side altar

## REMINDER

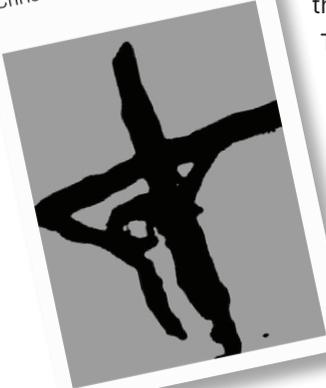
Daylight Savings Time begins next Sunday, March 8th. Move clocks ahead by 1 hour before bed Saturday.

## Stations of the Cross

*Fridays at 11:15 AM in the Nave*

### The Way of the Cross

Stations on the Way of Christ's Journey to the Cross



We invite you to move from station to station, following the events in the words of scripture and letting the prayers draw us into the story. The stations can be prayed either silently, using our hearts and minds, or aloud. The following of Jesus in his passion allows us to identify not only with his journey to the cross, but also with the hope of the resurrection. We are invited into the patience, courage, trust, love, and hope of Jesus on this spiritual pilgrimage of prayer. Stations of the Cross brochures are located at back of Nave.

## SAVE THE DATES:

### Friends of Music: Heartland Baroque

Sat. March 14 | 3 PM | Nave

Heartland Baroque, along with guest artist Charles Humphries, countertenor enthusiastically welcomes you into the vibrant soundscape of the early Baroque, where music was not merely composed but lived. Our new concert project honors the extraordinary journey of Heinrich Schütz (1585–1672) — revered as the most influential 17th-Century German composer and devoted Kappellmeister in the service of both court and church.

### Palm Cross Workshop

Wed. March 25 | 1:00 to 5:00 PM | Colhoun B & C

Come as you are and join in the fun to make Palm Crosses for Palm Sunday. Stay a little or as long as you want. All are welcome.



When sending a memorial or honorarium, please provide the following information:

1) who it is from 2) where it is going and 3) who it is memorializing or honoring. Contact Emma LaBella at [elabella@stpauls-ws.org](mailto:elabella@stpauls-ws.org) to provide information on who it is from, where it is going, and who it is memorializing or honoring.

# community engagement

## VOLUNTEERS ARE NEEDED

This service opportunity takes place every other Thursday and starts at 4:45 PM at the family shelter inside The Salvation Army on North Trade St. Volunteers can sign up to bring a salad or dessert and stay to serve in person. See sign up for more details.

<https://www.signupgenius.com/go/20F0C4FA4A72EA2FB6-58565187-center/>

If you have any questions, please call Martha Metzler at 336-403-0866.



**Easter Memorials**  
Order forms are located in the Nave,  
at Reception Desk or at Chapel entrance.  
**Easter Memorials are  
due Friday, March 20 by 3 PM**



### THE LANTERN INITIATIVE

**52 Ways to Walk:**

*The Quarry at Grant Park - The park's focal point is the overlook pier that extends over the eastern side of the quarry, offering views of the deep blue waters of the old quarry that gives the park its name, and of the Winston Salem skyline in the distance. Pilot Mountain is also visible on clear days! Grant Park is located at 1790 Quarry Road. Enter off Reynolds Park Road, next to the tennis courts at the William R. Anderson Recreation Center and across from Reynolds Park Golf Course. Meet in the parking lot at 9:30 am. Let your leader Tess Kennedy know you plan to come by registering:*

*Please let us know if you plan to attend.  
52 Ways to Walk Registration.*

**[52 Ways to Walk Registration.](#)**

or contact Kathy Ausen at: [kathyausen@gmail.com](mailto:kathyausen@gmail.com)

## Offerings for Lent

### Spirituality in the Anglican Tradition: An Adult Formation Series for Lent

Learn about significant people in our own Anglican tradition who inspire us to draw closer to God and to one another through the example of their lives, their words, and their prayer. Sunday mornings in Lent beginning Feb 22 at 10:15 AM in the Colhoun Room.

### Creating a Life With God ❖

#### Small group on Sunday mornings in Lent.

This group will meet during the formation hour on Sunday mornings in Lent. Facilitator Parker Haynes will offer a short reading for reflection and discussion. No outside reading required. Just come and enjoy the fellowship of others as we observe this holy season. Sunday mornings in Lent at 10:15 AM in the Parlor, beginning Feb 22.

### Centering Prayer ❖ a new group just for Lent.

If you are looking to try a new way of praying in this holy season, come learn about the ancient, contemplative practice of wordless prayer. Beginners welcome and encouraged. Suggested, though not required, reading: *Thomas Keating's Intimacy with God: an Introduction to Centering Prayer*. Copies are available in the St. Paul's Bookshop. Every Sunday in Lent at 4 PM in the Parlor, beginning Feb 22.

### Gathering around the Flame with Poetry

Do you desire to deepen your awareness of God's presence? Come and learn about the simple, accessible practice of reading poetry. We will explore silence as a companion to the spoken word and the way in which poetry and silence can both be practices of prayer. Bring a journal, a curious mind, and an open heart for this afternoon of slowing down and learning together. For more information, contact workshop leader Julie Smith at [jdjs1000@gmail.com](mailto:jdjs1000@gmail.com). Sunday, March 1 from 2:30-4:30 PM at the Station.



## SESQUICENTENNIAL FESTIVAL WEEKEND

Many volunteers will be needed during the Festival Weekend

- Welcome Hosts are needed: (assist w/questions, info/ Welcome hosts needed (etc.) during the day Friday & Saturday, May 15 & 16. Help with Welcome Reception on Friday night, May 15 & 16.
- To be Convenors for "affinity groups" on Saturday evening;
- Help with table decorations, set-up and clean-up for the Festival Luncheon on Sunday, May 17.

If you would like to add your name to a volunteer list, please contact: Peggy Slater [peggyplater@gmail.com](mailto:peggyplater@gmail.com)

## Announcements

**Learn More:** Visit [stpaulsws.org/hello](http://stpaulsws.org/hello) or email our Membership Coordinator, Betsy Reiners, at [breiners@stpauls-ws.org](mailto:breiners@stpauls-ws.org) to answer any questions.

### Ministry Newsletters:

**Outreach:** [bit.ly/SPOutreachNews](http://bit.ly/SPOutreachNews)

**Youth:** [bit.ly/SPYouthNews](http://bit.ly/SPYouthNews)

**Children:** [bit.ly/SPChildrenNews](http://bit.ly/SPChildrenNews)

### Helpful Links:

**Sermons:** [link.stpaulsws.org/sermonlisten](http://link.stpaulsws.org/sermonlisten)

**Email Signup:** [link.stpaulsws.org/emails](http://link.stpaulsws.org/emails)

**Latest eNews:** [link.stpaulsws.org/goodnews](http://link.stpaulsws.org/goodnews)

## Pastoral Care

If you have an **urgent pastoral care need**, please call 336-723-4391. If you do not speak to someone directly, follow the prompts for the clergy on call.

**Hospital Visits:** If you or an immediate family member are in the hospital, please let us know. We no longer receive a hospital admission list and we don't want to miss an opportunity to care for you and your family. Please reach out to the Rev. Nancy Vaders at [nvaders@stpauls-ws.org](mailto:nvaders@stpauls-ws.org) or call the church office 336-723-4391 to notify us of a current or upcoming hospital stay.

## Prayer Lists

St. Paul's maintains **three prayer lists**: a published list, a confidential list, and one for active military members. To add someone, please obtain their permission and contact Laura Hoffman at 336-723-4391, ext. 1208 with at least their first name, your name, and contact information. Names remain for one month unless renewed.

**Keeping in prayers this week:** *We pray for those whose needs are closely linked with ours and for those who suffer from any sickness, grief or distress, also remembering and praying for those on our parish prayer list including:* Joe Bybel, Lisa Bybel, Jim Brady, Jan Hummel, Barbara Edwards, BG, Hardy Phillips, Kathy Kirkpatrick, Richard Dudley Moore, Weezie Gunter, Jim and Alice Hodgkin, William Allen, Nancy Walker, Martha Stewart, Stan Haggerty, Elaine Williams, Linda Carroll, Carrie Malloy, Carolyn Twisdale, Carol Venters, Charlotte, Robert and Deborah Nash, Erin Brothers, Whitney, Chip Warner, Tomi, John Thompson, Sharyn Dowd, Andy Mathews, Matt, Lamar Hill, Abigail Edwards, Hanna Rostlund, Mandy Pearson, and Debbie Dillion *and those serving in the military:* Chase Young, George Bailey, James Barnwell, Cameron Beckham, Will Davis, Stephen Geyer, Gregory Hodgkin, Will Hodgkin, Cody Ivie, Mateo Marshall, Patrick S. Meyer, Max Mistecka, Tracey Mosley, Samuel George Pulliam, Andrew Tamer, Molly Wharton, and Nate Wilsey.

**Birthdays, Mar 1-7:** Ames Bettis, Gwen Bratland, Henri Brown, Lee Bryan, Darren Burke, Jenni Chao, Anne Benton Dillon, Griffin Duncan, Hillary Dunn, Ragan Folan, Adrienne Gillis, Millie Glenn, Carina Hankins, Joseph Hilleary, Mark Holton, Hugh Jernigan, Susan Johnson, Margaret Keiser, Gail Kirkwood, Jameson Lasley, Bonnie Leonard, Charlie McCurry, Sam Metzler, Freddy Meyer, Chip Morgan, Jennifer Morris, Carole Murray, Garrett Owens, Laurin Potter, Gail Pritchard, Gene Sharp, Hayes Smith, Maddi Swindle, Frank Thomas, Julia Toone, Adriana Veille, Margaret Williams, James Wilson

**Anniversaries, Mar 1-7:** Hails and Lyndsay Foster, Norton and Carol Willis, Griffin and Jane Duncan, Tommy and Margie Hodgkin, Ryan and Jennifer Brown.

**To add someone** to our birthday or anniversary list or report a correction, contact Betsy Reiners at [breiners@stpauls-ws.org](mailto:breiners@stpauls-ws.org) or 336-723-4391, ext. 1219.

### Stewardship 2026 Campaign Update



97%

100% GOAL

STEWARDSHIP

### Giving at St. Paul's

Your generosity sustains **St. Paul's ministries, programs, and outreach**, helping us live out our mission of **faith, love, and service**.

To make a pledge payment or set up recurring giving, scan the QR code. Questions? Contact Victoria Bass at

[vbass@stpauls-ws.org](mailto:vbass@stpauls-ws.org).

Thank you for supporting this



## St. Paul's Episcopal Church

In Winston-Salem, NC

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