

St. Matthew's Episcopal Church

February 24, 2021
Issue 241



Craig's Corner

Lesson 1: Learn How to Stop

My son, Joseph, turns 15 this week and so a driver's learning permit is in his near future. Jennifer took him for his first practice run in a parking lot a few days ago. As they left out the door to go practice, she announced, "Today is lesson one: learning how to stop!" Learning to stop is a great first driving lesson for obvious reasons. Come to think of it, it is a great skill in many departments in life, not least of which is the art of prayer. Oh, and birdwatching.

My sweet olive tree has begun to perfume the air as it does every Spring. I so enjoy sitting on my front porch, enjoying that sweet smell, and the songbirds that perch in its branches. I read someplace that if you enjoy birds, but don't want to fool with maintaining a birdfeeder, you can simply put out a pan of water for them. They need a place to drink, and to wash their feathers. I put out a pan just beneath the sweet olive tree, and I get lots of visitors. A bright red cardinal visited a couple of days ago. I watched him through the kitchen window as he splashed around and preened his feathers. This afternoon he returned with his mate. She saw me sitting there and was very wary. So I stopped moving, held perfectly still. Slowly, very slowly, she hopped to lower branches and finally to the ground to get to the pool of water. She kept her eye on me the whole time. If I hadn't been so still, I know she'd have flitted away.

I find the toughest part to learn about prayer is learning how to stop...how to be still, inwardly. It's something that takes practice and patience. I use breathing exercises, and some phrases from the Psalms which I repeat silently like a mantra. Sometimes it takes 10-15 minutes just to get still. Some days I never quite manage it. But when I succeed the rewards are great. It's only after managing to stop the chatter in the mind, that we are able to simply sit with God and to listen. I sometimes imagine God is like that skittish cardinal---happy to visit awhile, but only if we are still and welcoming.

I'm looking forward to many more beautiful spring afternoons to practice the art of being still and enjoying the birds. I hope you are too. It's such great practice for prayer.

See you in church,

Craig

Don't Miss Out!

If you can't come to worship in person, then please join us on
Facebook Live: <https://www.facebook.com/stmatthewshouma>



We broadcast every Sunday at 10 AM
Blessings and Peace to You and Yours!

Announcements:



The Episcopal Diocese of
LOUISIANA

How You Can Support the Solomon Episcopal Conference Center

I recently received the following email from Lisa Holden, coordinator of the Women's Creative Process Retreat. With her permission, I am sharing her testimony on the experience of attending a personal retreat at the Solomon Episcopal Conference Center. The business of the conference center has been devastated by the COVID-19 pandemic. They could use your help now more than ever. Attending a personal retreat is one way to do just that.

Greetings:

Twice in recent months, I have done a personal retreat at the Solomon Center --once with one friend and once with 3 friends. In each case, we spent the grand majority of time outside in rockers or walking through the woods, and when we were inside we were masked and distanced. I cannot tell you what soul food these retreats provided. Such a lift for our spirits!

In both cases, we were the only ones at the Center, so we brought our own food. A fridge, microwave and stove/oven are available. The cost is \$75 per day for a regular room and \$95 for an upgraded room. Also, it is a great way to support the Solomon Center. These personal retreats are helping a great deal in keeping them afloat.

Laura Robert's EFM group had a meeting at SECC in November. The weather was delightful and since another group was meeting the dining hall was open for lunch. They had their own private area on the patio to eat. There's plenty of space for social distancing on the grounds. The staff at the Conference Center is so welcoming! We all thoroughly enjoyed our day. Individuals can go for the day too. Just call in advance and let them know. Also, the Frisbee Golf course is lots of fun for families to get out and enjoy nature.

Blessings to all!

Lisa Holden and Laure Robert

With gratitude,

The Rt. Rev. Morris K. Thompson, Jr.

Bishop of Louisiana

SECC Silent Retreat 2021

Parable Retreat with Silence
May 7th - 9th, 2021

To register and for more information, please visit our website
SeccLa.org/events2/secc-silent-retreat-2021

February

Happy Birthday

1-David Michel

2-Trish Berry

4-Martha Lynn Lewis

9-Mrs. Amanda Pellegrin

21-Pearl Moss

21 - Nate Matherne

23-Skip Howland

24-Suzanne Alexander

25-June Allemand

27-Joseph Dalferes

27-MaryMercer Buquet

Happy Anniversary

4-Lyle and Stacey Lirette

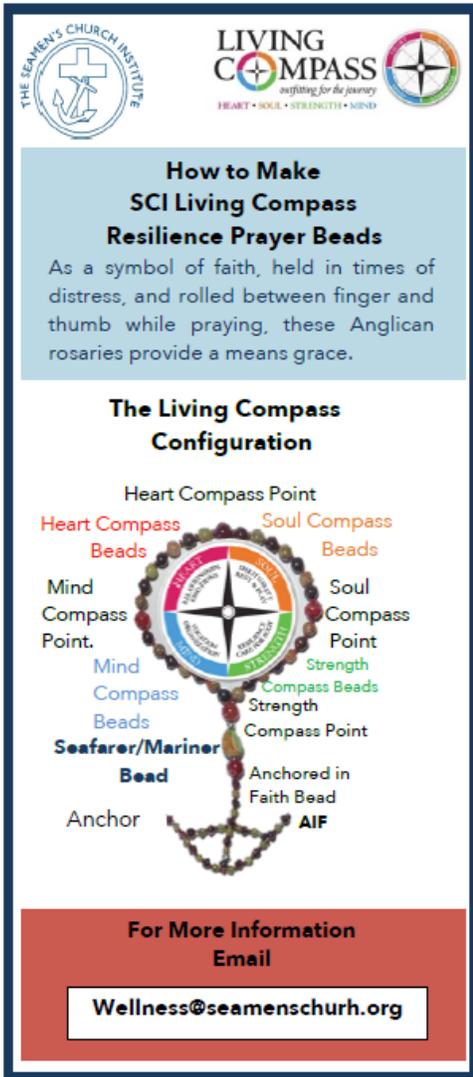
12-Gerard and Sharon Pontiff

29- James and JoAnn Caillouet

Parish Prayer List

Margaret, Andr e, Jay, Norma, Sybil, Betty, Lydicia, Donna, Clifford, James, Lona, Charles, Jules, Ursula, Jane, Carol & Bennett, Brenda, Beth, Pat, Mary, Annette & Alex, Helen, John, Mike, and Legion Park School. We give thanks and pray for St. Matthew's Episcopal School, Head of School, Larke Leonard, members of the Board, faculty, staff and students, our Parish Vestry.

Announcements:



THE SEAMEN'S CHURCH INSTITUTE

LIVING COMPASS
outfitting for the journey
 HEART • SOUL • STRENGTH • MIND

**How to Make
 SCI Living Compass
 Resilience Prayer Beads**

As a symbol of faith, held in times of distress, and rolled between finger and thumb while praying, these Anglican rosaries provide a means grace.

**The Living Compass
 Configuration**

Heart Compass Point
 Heart Compass Beads Soul Compass Beads
 Mind Compass Point Soul Compass Point
 Mind Compass Beads Strength Compass Beads
 Seafarer/Mariner Bead Compass Point
 Anchor Anchored in Faith Bead AIF

**For More Information
 Email**

Wellness@seamenschurh.org

Learn to Make Resilience Prayer Beads with Rev. Tom Rhoades from the Seamen's Church Institute!

Trainings will be on March 4
 8:00 a.m., 11:30 a.m., 2:30 p.m., and 6 p.m.

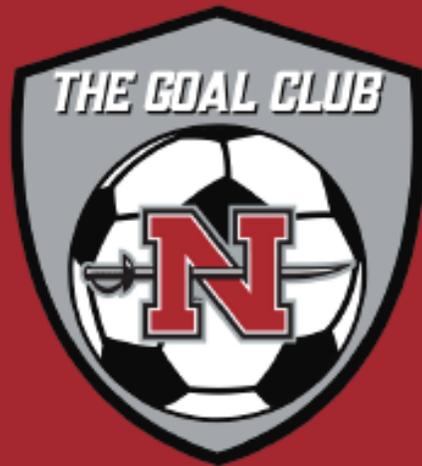
To register for the zoom training, email Tom at wellness@seamenschurch.org with the subject **Bead Making** by **February 24** indicating your preferred time. I will send you a packet of beads; one made, one unmade.

For the zoom training, you will need to purchase your tools prior to the meeting.

Peace to you all,

Tom

Time	0800 – 0930	1130 - 1300
Zoom ID	Join Zoom Meeting https://us02web.zoom.us/j/82312423829?pwd=bk40eWh4RURVZkRHMF4WGJMR3VYZz09 Meeting ID: 823 1242 3829 Passcode: SCI1834	Join Zoom Meeting https://us02web.zoom.us/j/83556161341?pwd=Wit1R2hLUEZuNG5vaXVhTWJvYnBxUT09 Meeting ID: 835 5616 1341 Passcode: SCI1834
Time	1430 – 1600	1800 - 1930
Zoom ID	Join Zoom Meeting https://us02web.zoom.us/j/81573497335?pwd=Ky9YQUt2VmZVRStvQ0JUbWt1UTBSZz09 Meeting ID: 815 7349 7335 Passcode: SCI1834	Join Zoom Meeting https://us02web.zoom.us/j/87826195065?pwd=Nk5vVU5mRFNOeXI5bTRENEVYSTIkQT09 Meeting ID: 878 2619 5065 Passcode: SCI1834



**NICHOLLS SOCCER
JAMBALAYA FUNDRAISER
THURSDAY, MARCH 4TH, 2021**

CHICKEN AND SAUSAGE JAMBALAYA, WHITE BEANS AND BREAD
\$10 PER PLATE

TO PLACE AN ORDER

EMAIL: DAVID OHLMEYER AT DMOHLMEYER@YAHOO.COM

CALL/TEXT: DAVID OHLMEYER 985-226-3696

DEADLINE TO PLACE ORDER: MONDAY MARCH 1, 2021

TWO PICK-UP LOCATIONS:

NICHOLLS SOCCER PAVILION IN THIBODAUX, LA

Off Audubon Ave.

DAVID OHLMEYER ALLSTATE IN HOUMA, LA

6658 West Park Ave.

Houma, LA 70364

***FREE DELIVERY, IF ORDER OF 10 MORE IS PLACED ***

PLEASE PRINT THE INFORMATION BELOW

Company Name /Name _____

Address _____ Phone Number _____

Contact Person to collect money _____

Number of Plates _____ **Please Circle** Pickup- Houma Pickup- Thibodaux

Delivery- Houma Delivery- Thibodaux

Circle what time would be most convenient and we will try our best to accommodate

10:30-11:00 11:00-11:30 11:30-12:00 12:00-12:30

PLEASE HAVE ALL MONEY COLLECTED AND READY FOR TIME OF DELIVERY

CHECKS MAY BE MADE OUT TO: COLONEL ATHLETIC ASSOCIATION - SOCCER