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no regrets.

No Regrets!

From Ned Reade, Senior Warden

“No Regrets” is the title of a song by folk singer Tom Rush who will perform as part of the Music in the Nave series in early October later this year. Matt Harris asked me to countersign the contract and that song’s name popped into my head.

The lyrics allude to a relationship that has dissolved, and the two parties go off to their separate ways with “no regrets.”

However, the phrase got me to thinking...What would it be like to live life with no regrets? Perhaps it would mean when you say to someone you haven’t seen in a while “let’s get together for lunch sometime” that you pick a date! Rather than think “Oh, I have to walk the dog tonight in the cold wind,.” Put it to yourself a different way:, “I get to go out with my companion and see the stars before the moon comes up!” Rather than whine and say to yourself, “I have to go to the gym for a workout.” Think... “Wow, I am healthy enough to have the

energy to keep my self in shape and energized.” By working to think of mundane things as special, you can pull yourself out of negative thoughts and avoid the winter blues!

God has a plan for us, and we do well to be patient and wait for things “in his time.” So drop in on that friend who is alone and in need of a conversation and companionship. Delight in the abundance on the shelves in local markets and treat yourself to something special! And it does not have to break the bank! Give a friendly wave to a passing car even if you don’t know the occupant. Your smile and wave just might put a positive spin on their day. Aim to finish your week with “no regrets!” Amen.

A Special Lenten Discussion Group Beginning after Ash Wednesday! Also, a Diocesan Lenten Bible Study Available

LENTEN DISCUSSION GROUP



We Are Marching Toward the Light of God

I woke up one morning this week with the South African freedom hymn ringing in my ears. Hymns have guided me in good ways it would seem for much of my life — and when Susan G. chooses what my late husband and I call “a good shouter,” boy oh boy do those endorphins kick in.

During this season of light and dark, many of us are wrestling with personal issues as well as matters of the day. We could all use the kind of spiritual sustenance these hymns bring me. In this most challenging of times one might ask, “Just where does faith come in?”

To explore this fundamental question we’ve asked some of our parish friends to share their personal journeys with us. We’ll hear from Rich Clark, Michael Ward, Steve Morocco, and Marty Johnson. If this fledgling adult series speaks to you — and we very much hope it will — please join us. If it takes off, we will build on it after Easter.

We'll begin the second Sunday after Ash Wednesday (3/16) and we'll plan to meet for four Sundays for about 45 minutes after our coffee hour.

Whether you are a cradle -to -grave Episcopalian, or a parishioner who has found a home at Saint Andrew's for any number of other reasons, we hope this series will give us all a chance to know each other better. Rich has promised us some of his famous gumbo for our Shrove Tuesday supper; we hope this Lenten series will offer another layer of nourishment as we move through this season toward Holy Week and the jubilation that is Easter.

-Kris Phelps

Additionally....

Join Episcopalians across ECCT and lay leader Angelina Pease for a Lenten Bible Study reflecting on the Letter to the Romans. Using the Roman Road framework as a guide to help us dig deeper into the theme of salvation, this group will spend time with scripture and with one another checking in on where we are on our spiritual journeys. Consider this a Lenten opportunity to checkup on your spiritual health!

Fridays in Lent, 9:30-10:30 AM on Zoom (March 7, 14, 21, 28, April 4 and 11)

[Click Here to Sign Up for the Diocesan Lenten Bible Study](#)

KCNS Presents A Winter Snow Ball



Regarding Church Announcements



We're rolling out a new way to keep everyone in the loop! If you have an announcement that you'd like to share with the Parish at the end of the service, simply drop an **email to KC** to add your announcement to our master list. We want to make sure your voices are heard.

2025 Flower Offerings



If you're looking to brighten the altar and honor a beloved memory or joyous event with the beauty of flowers, you're in luck! Our 2025 Flower List is blooming with options and can be found in the narthex. And if you prefer to browse from the comfort of your home, you can also **download it right here!**

The Cathedral Clothing Drive is Back in Full Swing



Cathedral Clothing Drive Resumes for the Fall

From Steve Klots: With South Kent School back in session, I am resuming the clothing drive in support of the Church Street Eats soup kitchen at our cathedral in Hartford. I am happy to collect and take over with SKS students anything you can donate--sweatshirts, sweatpants, coats, casual shirts, t-shirts, pants, new socks, blankets, and even shoes. (The collection box will be in the narthex.)Larger sizes (L, XL, and 2XL) are particularly needed.

Keep in mind that 90% of the guests at the soup kitchen are men. More formal

clothes such as suits really would be better for the thrift shop at the Congregational church.

Please reach out to me at klotss@southkentschool.org if you have any questions. Many thanks!

Mark Your Calendars

05 March
Ash Wednesday

This Week at St Andrew's

Sunday, 23 February :: 8:30 am

Holy Eucharist: *The Seventh Sunday after the Epiphany*
(spoken)

Sunday, 23 February :: 10:30 am

Holy Eucharist: *The Seventh Sunday after the Epiphany* (with music) *(in-person and live-streamed)*

Monday, 24 February :: 8:00 pm

LGBTQ+ A.A. meeting

Wednesday, 26 February :: 6:00 pm

Midweek Worship Service

Wednesday, 26 February :: 7:00 pm

A.A. for Women

Thursday, 27 February :: 7:00 pm

A.A. Meeting

Thursday, 27 February :: 7:00 pm

Al-Anon Meeting

Help Support the Kent Food Bank



Please help our parish family continue to support of the Kent Food Bank by sending a check in any amount to:

Kent Community Fund
P O Box 262
Kent, CT 06757
memo: Food Bank

These funds will be used to purchase vouchers for local families in need, under the direction of Kent's Social Services Director, Samantha Hasenflue. In addition, it is useful for the Director to have IGA gift cards to give to families who are in need. Please consider purchasing a card, for \$25 or \$50, and taking it to Samantha's office in Town Hall, or placing it in the offering plate, marked for the food bank.

The Kent Food Bank also accepts food donations. They are especially in need of staples such as **beans, rice, tea, coffee, sugar, nuts, hot & cold breakfast cereals, peanut butter, jellies, jams and tuna**. Make certain that the 'Best by ...' dates are not past! Please remember that the Food Bank accepts pet foods as well!

You may drop off food items on Fridays from 10:00 am - 12:00 noon in the back of the Community House on Main Street.

Lessons for this Week

The Seventh Sunday after the Epiphany Year C

Genesis 45:3-11,15
Psalm 37:1-12,41-42
1 Corinthians 15:35-38,42-50
Luke 6:27-38



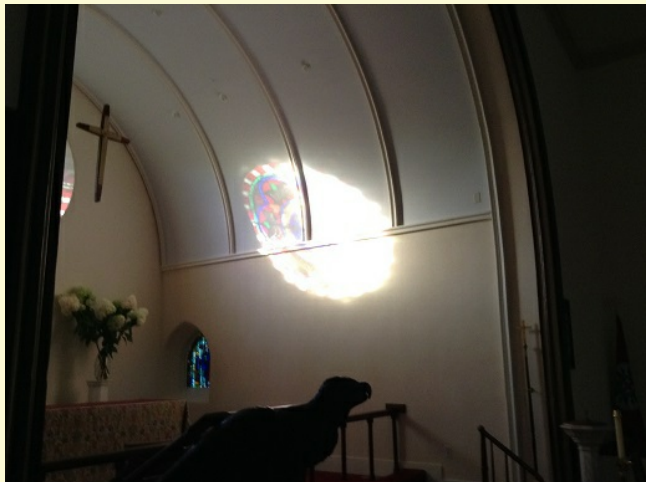
Worship Services

**-Sunday-
Holy Eucharist**
8.30 a.m. & 10.30 a.m.

In person
(10.30 a.m. available live
stream on YouTube)



**-Wednesday-
Holy Eucharist**
6.00 p.m.



12 Step Meetings

Mondays
LGBTQ+ A.A.
(Parish House)

Wednesdays

A.A. for Women
(Parish House)

Thursdays
Al-Anon. at 7.00 p.m.
(Old Vestry Room)
A.A. at 7:00 pm
(Parish House)



Parish Staff

**The Reverend
Richard J. Clark**
Rector

Susan Guse
Organist & Director of Choirs

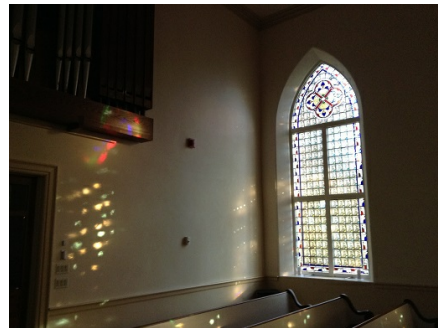
KC Compton
Parish Administrator

Jane Farnol
Church School Leader

Joan I Cassel
Financial Secretary

Randy Osolin
Verger

Gloria Contreras
Sexton



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