



# St. Paul's EPISCOPAL CHURCH

**FIRST SUNDAY  
IN LENT**

*The Rev. Sarah Phelps, Celebrant  
The Rev. Robert Fruehwirth, Homilist*

**HOLY EUCHARIST  
9 & 11:15 AM SERVICES  
FEBRUARY 22, 2026**

**Prelude**

Carol Yeargin, Organist

*Please stand if able*  
**Processional**

O Love, How Deep, How Broad, How High

Hymn 448

## Liturgy of the Word

**Penitential Order**

Book of Common Prayer (BCP) 351

Celebrant Blessed be the Lord who forgives all our sins.  
People *God's mercy endures forever.*

*All kneeling if able*

**The Decalogue (Ten Commandments)**

BCP 350

Hear the commandments of God to his people:  
I am the Lord your God who brought you out of bondage.  
You shall have no other gods but me.  
*Amen. Lord have mercy.*

You shall not make for yourself any idol.  
*Amen. Lord have mercy.*

You shall not invoke with malice the Name of the Lord your God.  
*Amen. Lord have mercy.*

Remember the Sabbath day and keep it holy.  
*Amen. Lord have mercy.*

Honor your father and your mother.  
*Amen. Lord have mercy.*

You shall not commit murder.  
*Amen. Lord have mercy.*

You shall not commit adultery.  
*Amen. Lord have mercy.*

You shall not steal.  
*Amen. Lord have mercy.*

You shall not be a false witness.  
*Amen. Lord have mercy.*

You shall not covet anything that belongs to your neighbor.  
*Amen. Lord have mercy.*

*The Celebrant says*

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these."

*The Deacon or Celebrant says*

Let us confess our sins against God and our neighbor.

*Minister and People*

*Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.*

*The Priest stands and says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

*During the season of Lent, when self-examination and the call to "return to the Lord" become central to our spiritual practice, we begin worship with the Penitential Order from The Book of Common Prayer, including a weekly recitation of the Ten Commandments and the placement of communal confession at the start of worship.*

*The joyful exclamation of "Alleluia" also is omitted from the liturgy as a form of "verbal fasting" which honors the reflectiveness and solemnity of the season.*

The following is sung.

**Kyrie**

**Kyrie Eleison**

Russell McKinney

Ky - ri - e e - le - i-son, Ky - ri - e e - le - i-son,  
 Ky - ri - e e - le - i-son. Chri - ste e - le - i-son, Chri - ste e -  
 le - i-son, Chri - ste e - le - i-son. Ky - ri - e e - le - i-son,  
 Ky - ri - e e - le - i-son, Ky - ri - e e - le - i-son, e - le - i - son.

**Collect of the Day**

Celebrant The Lord be with you.  
 People *And also with you.*  
 Celebrant Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

*Please be seated.*

**Children’s Processional (9 am)**

Fairest Lord Jesus (v. 1)

Hymn 383

*Children’s Chapel is for children 3 years old through 5th grade.*

**First Reading**

Genesis 2:15-17; 3:1-7

A Reading from Genesis.

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader The Word of the Lord.  
 People *Thanks be to God.*

**The Psalm**

Psalm 32

- 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.

- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.
- 6 I said, " I will confess my transgressions to the LORD." \*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in time of trouble; \*  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."
- 11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the LORD.
- 12 Be glad, you righteous, and rejoice in the LORD; \*  
shout for joy, all who are true of heart.

## Second Reading

Romans 5:12-19

A Reading from the Letter to the Romans.

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader           The Word of the Lord.  
People            *Thanks be to God.*

*Please stand if able.*

**Gradual**

Forty Days and Forty Nights (vv. 1-3)

Hymn 150

*Remain standing.*

**The Gospel**

Matthew 4:1-11

Gospeller       The Holy Gospel of our Lord Jesus Christ according to Matthew.  
People            *Glory to you, Lord Christ.*

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone,  
but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'  
and 'On their hands they will bear you up,  
so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God,  
and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

Gospeller       The Gospel of the Lord.  
People            *Praise to you, Lord Christ.*

People remain standing until the homilist invites all to be seated.

**Homily**

The Rev. Robert Fruehwirth

A moment of silence follows the homily.

Please stand if able.

**Nicene Creed**

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

**Prayers of the People**

People's Response: Lord, in your mercy, hear our prayer.

Please stand if able

**Peace**

BCP 360

Celebrant The peace of the Lord be always with you.  
People And also with you.

Please be seated.

**Welcome & Announcements**

If you would like to donate online, follow the QR code found here or on the giving card in the back of the pews.

At the end of the announcements, you are also welcome to come forward to make a special donation to Heifer International, a non-profit organization whose mission is to end hunger and poverty, to mark an anniversary, blessing, or other event.

**Liturgy of the Eucharist**

**Offertory**

The Road Home  
Kaela Belington, soprano soloist  
St. Paul's Choir (9 am), Voices of St. Paul's (11:15 am)

Stephen Paulus

*Tell me where is the road I can call my own,  
That I left, that I lost so long ago  
All these years I have wandered oh when will I know  
There's a way, there's a road that will lead me home?  
After wind, after rain, when the dark is done  
As I wake from a dream in the gold of day  
Through the air there's a calling from far away  
There's a voice I can hear that will lead me home.  
Rise up, follow me come away, is the call  
With love in your heart as the only song  
There is no such beauty as where you belong  
Rise up, follow me I will lead you home.*

Please stand if able while the offering is presented.

**Offertory Response**

All things come of Thee, O Lord, and of Thine own have we given Thee.

**The Great Thanksgiving**

**Eucharistic Prayer A**

BCP 361

The People remain standing. The Celebrant proceeds

Celebrant The Lord be with you.  
People And also with you.  
Celebrant Lift up your hearts.  
People We lift them to the Lord.  
Celebrant Let us give thanks to the Lord our God.  
People It is right to give God thanks and praise.

*The Celebrant proceeds*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

*Celebrant and People*

**Sanctus**

Holy, Holy, Holy Lord

Hymn S124

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
hea - ven and earth are full of your glo - ry, Ho - san - na in the high - est.  
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

*Please stand or kneel if able.*

*The Celebrant continues*

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, we proclaim the mystery of faith:

**Memorial Acclamation**

*Celebrant and People*

*Christ has died.*

*Christ is risen.*

*Christ will come again.*

*The Celebrant then continues*

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

*The Celebrant then continues*

And now, as our Savior Christ has taught us, we are bold to say,

**Lord's Prayer**

BCP 367

*People and Celebrant*

*Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.*

## Breaking of the Bread

*A period of silence is kept.*

### Fraction Anthem

Lamb of God

Hymn S161

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: grant us peace

## Holy Communion

*The Celebrant says*

The Gifts of God for the People of God.

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*All are welcome to come forward for communion, including children. Please follow the ushers' guidance as you come to the rail.*

*If you would like a gluten-free host, extend your hands palms down. If you would like to receive the wine by intinction (dipping the bread in the cup), keep the bread in your hands and wait for the communion server to come to you. If you would like to receive from the common cup (drinking from the cup directly), please consume the bread first and then make your way to the steps at the end of the rail. A communion server will be there with the common cup. If it is not your custom to receive communion, you are still welcome to come forward for a blessing. Simply cross your arms across your chest and the minister will offer a prayer.*

*A priest may be available to provide prayers for healing in the back southwest corner of the church. Simply head to the back during communion distribution and wait for your turn.*

### The Communion Music

A Mighty Fortress is Our God  
Lead Us, Heavenly Father, Lead Us

Hymn 688  
Hymn 559

## Spiritual Communion Prayer

*For those worshiping with us online*

*In union, O Lord, with your faithful people at every altar of your Church, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.*

*Please stand or kneel if able.*

### Postcommunion Prayer

*Celebrant and People*

EOW 69

*God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.*

## Blessing

*The Celebrant says*

Bow down before the Lord.

*The people bow if standing or kneel, and the Celebrant says*

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. *Amen.*

*Please stand if able.*

### Recessional

The Glory of These Forty Days

Hymn 143

### Dismissal

Deacon Let us go forth in the name of Christ.  
People Thanks be to God.

BCP 366

### Postlude

Carol Yeargin, Organist

## GENERAL INFORMATION

**Please wear your nametags when you're here at church!** And if you don't yet have a nametag, please complete an order form in the narthex (lobby) so we can get you one!

**New to St. Paul's? Welcome!** Please let us know you are here by filling out a visitor card in the pew. Stop by our Connecting Station in the narthex (lobby) to chat and find materials that might help if you are new to St. Paul's or The Episcopal Church. Join a tour of our campus each third Sunday at 10:15 a.m. to learn more and meet others. Contact Mary Kintz, our Community Connector, at [mary.kintz@stpaulscary.org](mailto:mary.kintz@stpaulscary.org) to find out more about us!

**Accessibility:** St. Paul's strives to make our services and programs comfortable and accessible to all. Ushers and Greeters are available to help. Please let us know how we can work together to improve your experience here.

**Kids in Worship at St. Paul's:** Children are always welcome in our worship services without exception, but if parents should wish for a space where your kids have more room to move around during the service, you are welcome to make use of the Comfort Room (glassed-in room at the rear of the worship space from which you can still hear and see the service). Ask an usher if you need help finding it. Also, our Kids' Club (free nursery care) is available during the 9 a.m. service, and infants/toddlers through 36 months (3 years old) are welcome to attend.

## HAPPENING TODAY – FEBRUARY 22, 2026

**Children's Chapel:** Our Animal Crackers curriculum begins today with goats! Children 3 years old through 5th grade are invited to process to Children's Chapel during the 9 a.m. service and will return to their families during announcements.

**Coffee Hour (Parish Hall):** Sponsored by the Appalachia Service Project (ASP) Ministry at St. Paul's. Come enjoy conversation and learn about this relational ministry, with construction on the side!

**Adult Forum (Church, 10:15-11 a.m.):** Join Fr. Robert for *Christ's Own Forever*, our Lent formation program which is a blend of instruction and small group interaction. Today's session: "Believing in Christ" will be held in the church following the 9 a.m. service. Please join us as we revisit the meaning and commitment of our baptismal promises.

**Children's Sunday School - 5th grade and under (Ed. Bldg):** Classes are meeting from 10:15-11 a.m.

**Youth Sunday School - 6th thru 12th grade (Youth Wing):** Classes are meeting from 10:15-11 a.m.

**Men's Group Gathering (Parish Hall):** Join us at 2 p.m. for our annual social; see details below.

**Episcopal Youth Community (EYC):** Meets this evening from 5-7 p.m. in the Youth Wing for fun and fellowship.

## PARISH ANNOUNCEMENTS

**All the News, Right Where You Need It:** Check out the News Update QR Code below for a link to the online version of weekly news and announcements, with live links to event signups. If you're not receiving this email update on Fridays, you are invited to subscribe now. Contact Mary Kintz at [mary.kintz@stpaulscary.org](mailto:mary.kintz@stpaulscary.org) if you have any questions.

**Men's Group Annual Gathering Today:** The Men's Group invites all men, young and old(er) to join us today at 2 p.m. in the Parish Hall to celebrate our successes from 2025 and talk about the year ahead and the opportunities for engagement planned in 2026. A social gathering will precede the planning portion of this event. Feel free to bring a snack or other shareables. Questions? Contact Mike McInerney at [michael.k.mcinerney@gmail.com](mailto:michael.k.mcinerney@gmail.com).

**Special Children's Chapel Series during Lent:** Back by popular demand, Children's Chapel will follow the "Animal Crackers" curriculum during Lent, developed by Heifer International (with new animals this year!). Each Sunday, children will learn about an animal and how it helps communities around the world thrive, with opportunities to see themselves as part of a global family and learn how small changes can have big impacts. We will distribute mite boxes so the children can collect donations for Heifer International; mite boxes can be returned on Easter Sunday. Contact Erica Ridderman at [erica@stpaulscary.org](mailto:erica@stpaulscary.org) with any questions.

**RJPG Book Discussion Today, Theater Trip Feb. 28:** Join the Racial Justice Planning Group to discuss "Halfway Home: Race, Punishment and the Afterlife of Mass Incarceration" by Reuben Jonathan Miller. We will meet today from 12:30 to 2 p.m. in the Chapel. Please sign up in advance on the website. On Saturday, Feb. 28 at 2 p.m. we will attend the Justice Theater Project's production of "Pipeline" at Umstead United Church of Christ in Raleigh. We encourage participation in both, but please join us for either, if you can. Theater goers should purchase your own tickets in advance at [www.thejusticetheaterproject.org](http://www.thejusticetheaterproject.org). Questions? Email Aleta McClenney at [aleta@att.net](mailto:aleta@att.net).

**Parents of Emerging Adults (18-22 Year Olds):** If you are a parent of an 18- to 22-year-old and would like to connect with other St. Paul's parents, you are invited to meet for conversation, fellowship, and the inevitable good laugh. This new ministry is still being developed, with gatherings scheduled through December 2026. Join us on Saturday, Feb. 28, at 9 a.m. at Panera Bread, 2002 Kildaire Farm Rd. in Cary. If you cannot attend in February but would like more information, please contact Julia Rudy at [jbrudy@yahoo.com](mailto:jbrudy@yahoo.com).

**Children's Communion Retreat Feb. 28:** All 1st through 3rd graders are invited to a communion retreat led by Erica Ridderman on Saturday, Feb. 28 from 2-4 p.m. We'll explore the meaning of the Eucharist, allowing time for kids to ask questions, learn, and grow in their understanding and curiosity about this central act of our faith. Communion Retreat participants will be celebrated the next day, Mar. 1, with a festive coffee hour. Please fill out the online form (available in the narthex) so Erica knows whom to expect. Contact Erica at [erica@stpaulscary.org](mailto:erica@stpaulscary.org) if you have any questions.

**Sign Up by March 1 for the ASP (Appalachia Service Project) Trip in June:** St. Paul's Youth will return to Appalachia this summer (June 21-27), joining ASP in working to make homes warmer, safer and drier, and the sign up is open NOW. You don't have to be "handy" with construction or be outgoing - this is a relationship ministry, and everyone can find a role! We welcome all youth (rising 9th graders, age 14+) and adult volunteers. All the details about the work, the cost and how to sign up for the trip can be found in the narthex and on the ASP webpage for St. Paul's. Please reach out to any of our volunteers or contact [asp@stpaulscary.org](mailto:asp@stpaulscary.org) with your questions. You must sign up by March 1 to secure your spot.

**Young Adults Bible Study & Fellowship:** The young adults of St. Paul's (ages 20s/30s-ish) are gathering once a week, alternating Saturdays and Wednesdays, to read and discuss the Gospel of Luke. We meet in the Youth Wing, 7-8:30 p.m., and we have one remaining date planned for now, Feb. 25. If you have questions, or if you'd like to join the Young Adults GroupMe, reach out to Erica Ridderman at [erica@stpaulscary.org](mailto:erica@stpaulscary.org).

**Ice Skating Event for EYC and Pre-EYC:** Inspired by the Olympics? Meet St. Paul's Youth, including our 4th and 5th graders, at the Polar Ice House on Buck Jones Rd. in Raleigh at 12:30 p.m. on Sunday, Mar. 1 and see what you can do! Cost is \$16, which includes skate rental. Questions? Contact Erica Ridderman at [erica@stpaulscary.org](mailto:erica@stpaulscary.org).

**Lent Quiet Day Retreat on March 14:** Join us for "Returning to God: Rest, Repentance and Resistance," a Lenten retreat offering a gentle but liberative reframing of the Biblical concepts of sin and repentance. This day long retreat will be led by Kristen Leigh Mitchell, theological scholar, retreat leader and spiritual director. Cost is \$50; scholarships are available. Please register in advance online, or contact Fr. Robert at [robert@stpaulscary.org](mailto:robert@stpaulscary.org) for more information.

**Hermano Day is March 22:** Representatives from the Episcopal Farmworker Ministry (EFWM) will be with us on Sunday, Mar. 22 for Hermano Day, our 29th year honoring their work with agricultural workers (chiefly crop field workers and meat processing plant workers) and their families across rural eastern NC. This year, EFWM is requesting donations of men's work clothing and new underwear and socks; items can be placed in the collection box in the narthex. Monetary donations are also appreciated - donate online or bring checks; you must put "Hermano Day/EFWM" in the comment section. Contact MaryMarsha Cupitt at [mmcc.ltc@gmail.com](mailto:mmcc.ltc@gmail.com) with questions.

**Men's Beach Week:** Look for the sign up in the narthex to join the men of St. Paul's for a relaxing trip to Emerald Isle during the week of April 19-26. Come for as many days as you like for \$100/night, meals included. The only planned event is a group dinner every evening, and it's quite fair to say that we eat very well. Contact Mike McInerney at [mbw@stpaulscary.org](mailto:mbw@stpaulscary.org) if you want to know more.

**Women's Beach Week:** Attention Ladies: join us for fun in the sun and a laughter-filled trip to Emerald Isle April 26 - May 3! Come for a few days or for the whole week; it's only \$50 per night! Learn more about the trip and how you can treat yourself to this wonderful stress-reliever on the St. Paul's website. Sign up online or contact Yvon Daniel, 919-747-1199, [yvdaniel60@gmail.com](mailto:yvdaniel60@gmail.com).

**Prayer List: We pray for** Dave, Bob, Ann, Vickie, Mary, Noah, Sally, Parrish, Janet, Nancy, Susan, Chuck, Craig, Jack, Wanda, Carter, Anne, Ethan, Sid, Mary Jo, Rebecca, Elizabeth, Ralph, Suzanne, Ryan, Mark, Gary, Johnnie, Kelly, Jessica, Hillary, Sydenna, Vera, Sheri, Darren, Craig, Ted, Dylan, Anthony, Brad, Virginia, Carl, Amanda, Judy, Sharon, Kay, Carl, Martha, Liz, Hilda, Cindy, Ben, Glenys, Kathy, Henry, Althea, and Stan.



News Updates

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**Worship. Serve. Grow.**

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