



“The mission of St. Augustine of Canterbury parish is to grow closer to Christ and one another through worship, prayer, learning and service, and to dedicate our lives to serving Christ in the world through the power of the Holy Spirit.”



Where will your Lenten Journey take you?

Lent is a time of penitence and transformation, when we ask God for forgiveness and reflect on Jesus' life, death, and resurrection, through fasting, prayer, and self-examination. Many of us approach Lent by fasting from the foods we love, or other distractions which separate us from deeper reflection with God. Others might take on a new outreach project, focusing their energy into helping others, or giving alms to those in need. No matter what direction your path leads, may your Lenten season be a blessed one!



Easter Memorial Envelopes Are Available Now!

Memorial Flower Envelopes are now available to pick up in the Narthex. Please turn them back into the office or put in the Sunday morning offering by **Palm Sunday, 03/29/26**.

Lent 3

“Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.”

John 4:13-14



“Water, water, everywhere!” And plenty of it to drink.

This Sunday’s scriptures are all about water – water from the rock, water from the well, and living water from Jesus. At the place Moses called “*Meribah*” because the people quarreled with him, water is what the people were clamoring for, but it isn’t until John 4 that we hear about the “*living water*” that Jesus offers. The woman at the well didn’t understand it, just as the Israelites didn’t understand that the Lord was their perfect provision in every circumstance. Instead, they “quarreled” because they did not *trust* – they didn’t trust God or Moses to give them what they needed each day to survive. Just as the manna in the desert could not be saved from day to day and a new supply had to be provided, water was a precious daily commodity.

As Jesus created an opening by asking the woman to “*give me a drink*”, he was also challenging previous traditions and customs, as evidenced by the woman’s reply to him, “*How is it that you, a Jew, ask a drink of me, a woman of Samaria?*” (John 4:7-9) Jesus offers her “*living water*”, but she doesn’t understand the concept or how to receive it as she says “*Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?*” (John 4:11-12) According to past teachings and traditions, Jesus did not fit the idea in people’s minds about how the Messiah should appear and therefore was not accepted by the religious leaders as the source from which salvation would come. However, once the woman believed, not only was she willing to receive the living water that Jesus offered, she spread the word and brought many people to Him by her own testimony.

Lack of trust in God can close us off from the very thing that we might need, whether it is provision, salvation, or the presence and power of the Holy Spirit in our lives; the “*living water*” that Jesus speaks of to the Samaritan woman. May we also say as she did, “*Sir, give me this water, so that I may never be thirsty*” (John 4:15). Even after we receive the Holy Spirit, we need a fresh infilling daily, and trust His all-sufficiency for anything that we face, physical or spiritual.

By focusing on the Holy Spirit (not our circumstances, which will surely make us grumble), we can choose each moment to renew our trust and believe that the “living water” that Jesus promises is always more than enough, no matter how unexpectedly it presents itself in our lives.

Upcoming Events

Lenten Potluck Suppers



Join us This Wednesday for a Lenten Potluck Supper!

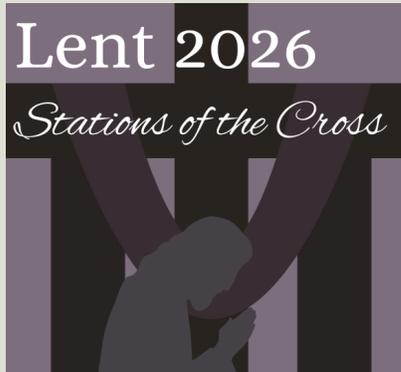
Continue to join us Wednesdays in Lent to gather for a simple Lenten Potluck Supper at 5:30 pm (March 11, 18, and 25). Join us for some good food and great fellowship! No sign-up necessary - just bring a favorite main, side or dessert dish. After dinner each week, Fr. Tyler will lead us in a Lenten teaching for about 35 minutes after the meal. Each week's lesson will focus on a crucifixion story. Questions? Please [contact the office](#).



Thursday Lenten Walks

Thursday Lenten Walks at Riverside Park

Lent is a time for reflection, renewal and for striving towards positive additions to our lives. If you have been wanting to be more active, come join us on **Thursdays at 9 am by the walking path in Riverside Park** near the Tennis Courts! I'd love to have you join me on my Lenten Journey. Contact me if you have questions: [Sally Munson, RN](#)



Friday Stations of the Cross

The fourteen Stations of the Cross will be visited every Friday in Lent, including Good Friday, at 2 pm. Attendees have the option of following the cross as it moves from station to station, or remaining in the pews. Verses from the Stabat Mater (Hymnal 159) are sung between stations. Contact: [Gene Tobey](#)



St. Patrick's Day Dinner

Last call! Please sign up in the Narthex this weekend to come **Saturday, March 14 at 6:15 pm** in the Parish Hall (after the 5:30 service) for a delicious, traditional dinner of corned beef and cabbage, with entertainment by Danny, Donna, Gene, and Lisa! A good will offering to benefit parish ministries will be appreciated. Contact: [Carol Paris](#)



SAS at Shining Light Garden

St. Augustine Serves ... It's not just all about weeding, there's some planting of seeds and harvesting new friendships, as well! Way to go to the Shining Light Garden team: Lisa Blaicher, Brian and Karen McIntyre, Beth Weatherstone, Maureen Luther, Darlene Gorles and Barbara McGowan. Our sincere thanks for your service! **Come Saturday, March 14 at 8:30 am for our next service date.** All are welcome!

Be sure to bring a hat, sunscreen, water, and gloves. Wear shoes that you don't mind getting dirty. Questions? Ministry contact: [Barbara McGowan](#)



EPISCOPAL CHURCH WOMEN

"Protecting Ourselves and Others"

Part 3 - DNRs vs. LIVING WILLS

Join ECW for Protecting Oneself and Others, Part 3

Saturday, March 21 at 11 am in the Parish Hall

We are delighted to invite everyone to Part 3 of an exciting series titled "Protecting Ourselves and Others", an initiative dedicated to fostering a safe and resilient community presented by VNA. This meaningful gathering is designed to equip individuals with the knowledge and tools needed to safeguard not only themselves but also those around them.

For "Part 3" of this series, the topic will be **"DNRs vs LIVING WILLS"**.

By attending this workshop you will:

- Gain valuable insights from seasoned professionals.

- Learn actionable steps to positively impact your community.
- Join a network of like-minded individuals working towards a safer future.

Please sign up in the Narthex!

Questions? Contact: Pam Wehrberger at gran459495@aol.com

Find these and all our upcoming events at ...

Looking to Deepen Your Faith?



The Beatitudes (Matthew 5:1–12)

This week in Sunday School, we will begin exploring the Beatitudes — the opening words of Jesus’ Sermon on the Mount. In these powerful verses, Jesus teaches us what it truly means to live as citizens of God’s Kingdom.

The Beatitudes turn the world’s thinking upside down. Jesus tells us that the poor in spirit, the meek, the merciful, the peacemakers, and even those who are persecuted are blessed. Instead of focusing on power, popularity, or success, He calls us to humility, compassion, purity of heart, and a deep hunger for righteousness.

Our students will learn that being “blessed” doesn’t always mean easy — it means living close to God and trusting Him in every circumstance. We will talk about what it looks like to show mercy, to make peace, and to stand firm in faith, even when it’s difficult.

Please join us in praying that our children grow into disciples who reflect the heart of Christ — gentle, courageous, merciful, and faithful.

Please Come Join Us!

Sunday School meets Sunday at 10 am in the last classroom at the end of the hall in the Christian Education Wing. **Ages K-8 are welcome.** Come with

your friends and make new ones too!

If you have kids, grandkids, neighbors, or anyone that might be interested in Sunday School, please contact ministry leader [Michelle Guancione](#).



Evening Bible Study

Please join us Tuesdays, at 6:30pm as Evening Bible Study focuses on the Gospel of Matthew. Over the course of the next year our Sunday gospel readings will be taken from the Gospel of Matthew. Our hope is that this evening bible study on Matthew will help us all dig deep into the Gospel of Matthew this next year.

Any questions? Please contact Fr. Tyler at tyler@staugustinevero.com. We hope you can make it!



Connections: Women's Bible Study Group

Ladies, please join us for Connections - a weekly Bible Study ministry just for women. As iron sharpens iron, we will learn from each other, grow in our faith, and develop rich friendships as we study the Bible together.

This session, we are focusing on the **Book of Exodus** which recounts the single most important event in Israel's history, God rescues the people of Israel from Egypt and invites them into a covenant with Him. We will be using the study guide "Exodus" (Knowing The Bible Series) by Matthew R. Newkirk.

Please order your study guide here:

[Exodus Study Guide by Matthew R. Newkirk](#)

If you have any questions, please contact [Anita Plummer](#) or [Valerie Reich](#)



Morning Prayer | Daily 8 am, M-F

From wherever you are, join in on [Daily Morning Prayer](#) services over the telephone. Simply dial (339) 209-4611 before 8 am, Monday through Friday to participate. The service is easy to follow and is about 30 minutes long.

Newcomers, please see the [Online Instructions](#) to set up the Daily Office App. [Launch the Daily Office App>](#)

Want to get involved or need help? Please contact [Marianne Rowan](#) or call 772-321-1534.

Outreach / Volunteer Opportunities



Salvation Army Ministry 2026

We are continuing our positive impact at the Salvation Army with our Spaghetti, Pasta and Peanut Butter donations! The three items that we donate every week to the Salvation Army continue to be a lifeline to families in need. The Salvation Army tells us we are the ONLY church in town who is doing this on a weekly basis, and that the fully stocked shelves on Monday are empty by Wednesday.

We only accept three items: pasta, spaghetti sauce and peanut butter (at their request). Please place your contributions in the collection box in the Parish Hall. And as always, your faithfulness in helping to serve our local community is very much appreciated. **Thank you!**

VOLUNTEER



Fellowship Ministry

Do you enjoy participating in the social events of our church and joining in the comraderie with fellow parishioners? Do you love attending the Italian and St. Patrick's Day dinners, and the New Year's Brunch and would like these events to continue? Then please consider joining the Fellowship Ministry!



The purpose of the Fellowship Ministry is to plan social events that will help foster increased nurturing of relationships among all our parishioners, welcome new members, and provide opportunities to invite others to learn more about our parishioners lives. Other examples of events that fall under the purview of the Fellowship Committee are Trivia Night, the Ice Cream Social and Music Bingo.

Contact: [Valerie Daly](#) or call (989)860-0284.

The Hospitality Ministry

Do you have a gift of hospitality? Do you like to serve and host? Then please consider volunteering for this ministry and serve on one of the 4 Hospitality

teams that rotates monthly throughout the year. Each team serves 3 months out of the year and provide hosting services for special events, potluck gatherings, Lenten suppers and Celebrations of Life. All are welcome to join, including snowbirds and couples!

No cooking, shopping, heavy cleanup, or serving at Sunday Coffee Hours is involved, as these entities operate as separate ministries.

Contact: [Carol Paris](#)



The Garden Angels

Do you like to garden and get your hands in the dirt? Then consider joining the Garden Angels and help keep our grounds looking beautiful! Tasks include watering the gardens and urns by the church main door and grounds along with thinning, weeding, and planting. Light handyman skills are a plus! Currently, the Angels currently have only two year round weekly gardeners. If you can help, stop by any Tuesday. Hours are flexible.

Contact: [Brian McIntyre](#)



This Sunday!

"Sir, give me this water, so that I may never be thirsty."

MATTHEW 4:15

Come Worship with us this Sunday!

St. Augustine of Canterbury invites you to join us for worship this **Third Sunday of Lent**, either in person or via [Livestream](#) at 10 am. Watch our livestreamed service anytime during the week on our [YouTube channel](#).

This Week's Scripture

Readings:

First Reading:

Exodus 17:1-7

Gradual Psalm:

Psalm 95

Second Reading:

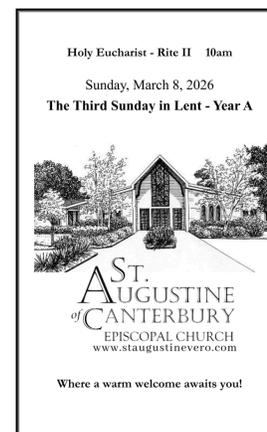
Romans 5:1-11

The Gospel:

John 4:5-42

[Worship Schedule>](#)

[Download the Bulletin>](#)



This Weekend's Readers and Servers will be...

Saturday, 5:30 pm

All duties: Carolyn Robinson

Sunday, 8 am

Lessons/Server/POTP:

Mary Power

Ushers:

Linda Beardslee, Ralph Chilton

Coffee Hour: Byron & Inge Curcio,
Donna & Carl Kerber

Sunday, 10 am

Ushers: Dick & Karen Monaco,
Tom Wehrberger

Lessons: Sally Munson

POTP: Deb Kavanagh

Chalice:

Carolyn Robinson, Deb Kavanagh

Crucifer: Carolyn Robinson

Torches:

Deb Kavanagh, Sally Munson

LEM: Sally Munson

Livestream: Emma Shields

Sunday School Assistant:

Pam Wehrberger

Coffee Hour:

Brian & Karen McIntyre,
Leslie and Chris Valentine



Home Communion

Are you unable to worship with us in person due to illness or mobility issues and would like to receive communion at home? Just call the church office (772-770-3494) and ask to be put on the Home Communion list or contact [Sally Munson](#) to schedule a home visit.

Join us this Week for ...

Sunday Morning Coffee Hour

Please come join us each Sunday at Coffee Hour after the 8 am and 10 am services in the Parish Hall. Enjoy great coffee and treats as well as the company of your fellow parishioners. You never know who you might meet!



Parish Prayer Group | Mondays at 1:30 pm | Library

Prayer Shawl & Knitting Ministry | Tuesdays, 1-3 pm | Library

Evening Bible Study | Tuesdays at 6:30 pm | Library

Healing Eucharist | Wednesdays at 10 am | Sanctuary

Bible Study | Wednesdays at 11 am | Library

March is Colon Cancer Awareness Month

It's March! Time to talk turkey with the Gastroenterology Chick! I will try to not bore you with statistics and medical jargon.

Guess what? Colonoscopy is the only cancer screening technique that can actually prevent cancer, not just detect it.



I have been a gastroenterology nurse for 20 years. One of the biggest concerns people about having a colonoscopy is fear of being embarrassed. Never have I ever heard a health care professional comment on or joke about a patient during a colonoscopy. No one is interested in seeing your derriere. File that under the "seen one you've seen them all" category. I HAVE seen a wife take her husband's hand and cry upon finding out he has colon cancer. I have had people tell me, "I'm never having that done." Boy, are they misguided. Folks who say that have never seen someone suffering with colon cancer. Colonoscopies save lives. Got that? A 30 minute procedure CAN PREVENT CANCER .

Here is how: get a baseline colonoscopy at age 45. If you are over 45 and not had one, DO IT. Early detection of colon polyps is the key. Polyps are small but often precancerous growths in the colon. If your doctor finds polyps (which can only be found during a colonoscopy) they will be removed. Polyps gone, so is cancer risk. If you do not have a colonoscopy, and you have polyps, they most likely will develop in to colon cancer. Sorry, it is true. Colo -Guard, ultrasounds, virtual colonoscopies CANNOT remove polyps.

Now, let's get to the preparation. First, congratulate yourself for scheduling your colonoscopy! OK, the day before the procedure is no picnic. In fact, it's no food at all. And a kind of yucky but do-able drink. It is worth every gulp! The day of the procedure? It is relatively easy. And safe. You will be sedated during the procedure and will not feel a thing. You will wake up quickly, feel rested and you can eat as soon as you are discharged.

Want to make it even easier? I will tell you how. Starting now: Eat 30 grams of fiber daily. Fiber helps to keep your bowels moving and keeps your colon healthy. Don't smoke. Exercise. Easy on the red meat, partner! Doctors do not know exactly what causes colon polyps. Probably poor diet (lack of fiber, too much processed food.) Research shows it could be hereditary. Which is why, if you have a family history of colon cancer, you need to be tested earlier than age 45.

To underscore the importance of a screening colonoscopy, consider this: for men and women combined, colon cancer is the second leading cause of cancer deaths. More than 51,000 Americans die each year from colon cancer. That's it for statistics!

So no more excuses. Tell your family practitioner you want a referral for a screening colonoscopy.

Nancy Kelly, LPN,
the GI Chick

Update to the Parish Prayer List Guidelines



We all know many people who need prayer. Many of us are in need of it ourselves! However, because the prayer list in the bulletin can get very long, we want to be sure that we have enough room to list everyone for prayer as they need it.

For this reason, **we can no longer handle blanket requests to keep someone on the prayer list in the bulletin indefinitely.** We will also be limiting it to those who may have an acute illness or issue, which means after a month's time, the name will come off. This will also be true for the Canterbury Tales, as that list will match the one in the bulletin. If someone would like to renew a name in the bulletin, they may do so once the name comes off by contacting the [office](#). Or, they may simply wait to renew the name when another issue arises.

However, please know that **just because someone's name comes off from the bulletin, this does not mean that prayer has ceased for that person!** ALL names that are in the bulletin have been submitted to our chapter of the Order of the Daughters of the King, who are the prayer warriors for this church. Prayer is a very large part of their mandate in the Order - it is what they are here to do! They have their own guidelines for names, but generally it is known that if someone has a long term illness, such as cancer, that name stays on their list for at least a year, and that time can be adjusted according to the need of the individual involved.



Do You Need Prayer Now?

If you or a loved one needs prayer, please contact the Daughters of the King at dokprayer@staugustinevero.com or fill out a blue card in the Narthex with your contact information on it and slip it in the wooden box where the cards are found. All prayer requests are kept confidential.

Someone from the DOK will respond to you about your request, and your loved one's name and need will be distributed among their membership for prayer. They will be more than glad to help! Communicate with them regularly and give them updates, so that they may pray with you according to up-to-date information about your loved one's situation.

The Order of the Daughters of the King is a religious Order of the Episcopal Church whose members have taken vows and live by a Rule of Service and Prayer. All women are welcome to join. Our goal is to spread Christ's Kingdom throughout the world. If you would like more information about DOK as to who they are and what they do, or if you would like to become a Daughter, please

contact [Nancy Kelly](#) who is the President of the DOK chapter at this church. She would love to hear from you!

Calendar

Mark Your Calendars!

Fri. Mar. 6, 13, 20, 27 - Stations of the Cross, 2 pm, Sanctuary
Tues. Mar. 10, 17, 24, 31 – Connections Bible Study, 9:30 am, Parish Hall
Tues. Mar. 10, 17, 24, 31 - Parish Prayer Shawl Group, 1 pm, Library
Tues. Mar. 10, 17, 24, 31 – Evening Bible Study, 6:30 pm, Library
Wed. Mar. 11, 18, 25 - Lenten Potluck Suppers, 5:30pm, Parish Hall
Thurs. Mar. 12, 19, 26 - Lenten Walks, 9 am, Riverside Park
Sat. Mar. 14, 28 - SAS at Shining Light Garden 8:30-10:30 am, offsite
Sat. Mar. 14 - St. Patrick's Day Dinner, 6:15 pm, Parish Hall
Tues. Mar. 17 - Men's Breakfast, 9 am, CJ Cannon's
Fri. Mar. 20 - Third Fridays at the Source, 12 pm, Parish Hall
Sat. Mar. 21 - ECW Luncheon Meeting, 11 am, Parish Hall
Mon. Mar. 23 - Vestry Meeting, 7 pm
Tues. Mar. 24 - Caregivers Support Group, 2 pm, Parish Hall
Sat. Mar. 28 – DOK Meeting Library, 10 am, Library
Sun. Mar. 29 - Blood Pressure Screening, 9 & 11 am, Parish Hall
Sun. Mar. 29 - Ask the Dietician, 11 am only, Parish Hall

Save the Date!

Thurs. Apr. 2 - Good Friday Service, 5:30 pm
Fri. Apr. 3 - Good Friday Service, 5:30 pm
Sat. Apr. 4 - Easter Vigil Service, 7:30pm
Sun. Apr. 5 - Easter Sunday Services, 8 & 10 am
Sun. Apr. 5 - Easter Egg Hunt, right after the 10 am service, outside
Mon.-Tues. April 6-7 - **OFFICE IS CLOSED.** Will re-open on Wednesday.
Sat. Apr. 11, 25 - SAS at Shining Light Garden 8:30-10:30 am, offsite
Tues. Apr. 14, 21, 28 – Connections Bible Study, 9:30 am, Parish Hall
Tues. Apr. 14, 21, 28 - Parish Prayer Shawl Group, 1 pm, Library
Tues. Apr. 14, 21, 28 – Evening Bible Study, 6:30 pm, Library
Fri. Apr. 17 - Third Fridays at the Source, 12 pm, Parish Hall
Sat. Apr. 18 - ECW Brunch Meeting, 11:30 am, Parish Hall
Mon. Apr. 20 - Vestry Meeting, 7 pm
Tues. Apr. 21 - Men's Breakfast, 9 am, CJ Cannon's
Sat. Apr. 25 – DOK Meeting Library, 10 am, Library
Sun. Apr. 26 - Blood Pressure Screening, 9 & 11 am, Parish Hall
Sun. Apr. 26 - Ask the Dietician, 11 am only, Parish Hall
Tues. Apr. 28 - Caregivers Support Group, 2 pm, Parish Hall

Find these events and more on our St. Augustine's calendar

CALENDAR

Useful Links

- [How to Choose a Bible](#)> by the Rev. Wes Shields
- [Church Center](#) To access our Church Center database app on the web
- [Daughters of the King Prayer List](#)
- [Morning Prayer info and downloads](#)
- [Livestream Services](#)
- [St. Augustine's Facebook Page](#)
- [St. Augustine's YouTube Channel](#) To subscribe: Sign in to YouTube on your computer. Go to [St. Augustine's YouTube channel](#) and select a video to play. Click "Subscribe" under the play window.

Please Keep in Your Prayers

Please pray for ... all who are affected by violence, conflict or impacted by natural disasters. We also pray for **Patrick, Joanne, Jacinth, Bill, Dakota, Deborah, Andrew, Kirby, Chris, Katie, Al, Ginger, Carol, Samira, Melanie, Teresa, Gloria.**

Parish Prayer List Reminder!

The Parish Prayer List names are listed on a monthly basis. Names of those we have not received updates are removed from the list unless the parish office is otherwise notified. Please let us know who is in the hospital and who is deceased. Contact: [Dana Johnson](#) at 772-770-3494.

This Week, We Celebrate

Birthdays

08 – Olin R. Melchionna
10 – Kathleen Hillcoat
12 – Ron Neely
 Dick Monaco
13 – Emma Shields
14 – Melani Bobson

Anniversaries

11 – Eric & Marolyn Findlay

This Week, We Remember

Departed

12 – George Adams (2022)



This Week's Altar Flowers

There are no flowers on the Altar during Lent. However, if you would like to remember a loved one with Altar Flowers starting in the Easter season, please fill out a flower request envelope found in the brochure rack on the wall in the Narthex, or on the Slat Wall in the Parish Hall. It can be submitted to the office or in the offering plate, or by contacting [Dana Johnson](#) at the parish office at 772-770-3494.

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