

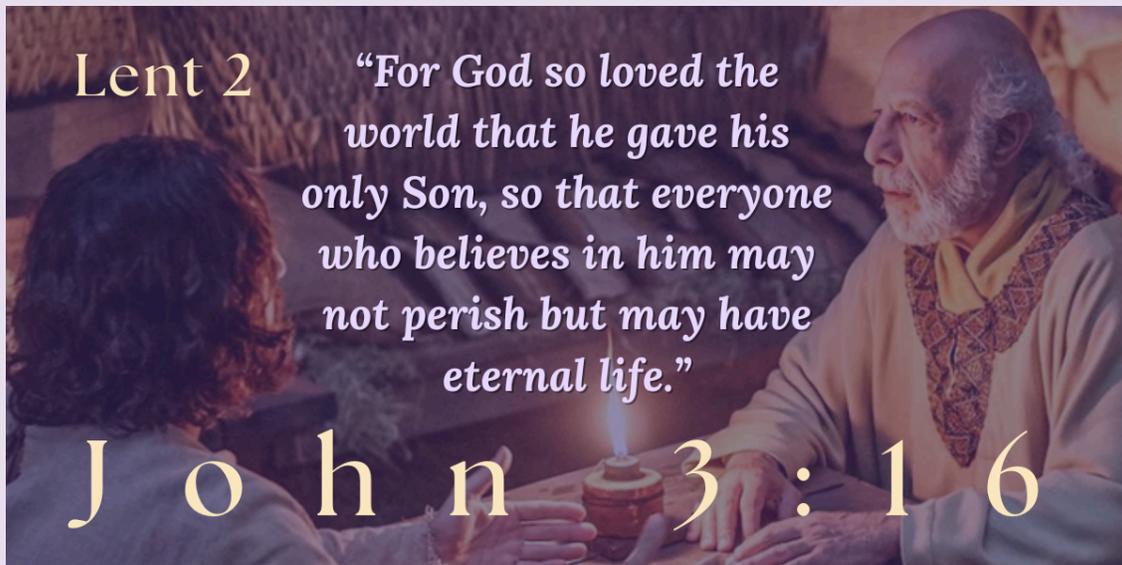


“The mission of St. Augustine of Canterbury parish is to grow closer to Christ and one another through worship, prayer, learning and service, and to dedicate our lives to serving Christ in the world through the power of the Holy Spirit.”



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!



Got Questions? Meet Nicodemus and “John 3:16”

We all know the verse “John 3:16”. It has been called the “most quoted scripture”, having gained recognition at large sporting events and also the key verse used for evangelism around the globe. The scripture is: *“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.”*

The context of this verse is set amidst the backdrop of a meeting between Jesus and a Pharisee named Nicodemus. Nicodemus came to Jesus by night because he didn’t want to be seen by his fellow Pharisees as visiting someone provoking widespread opposition among their ranks. Yet while Nicodemus had a hard time understanding Jesus, something in him recognized Jesus to be more than just a controversial figure and was someone who he wanted to learn from. Jesus was trying to explain to Nicodemus what He considered to be a basic concept - about being “born again” in which He also illustrates a parallel between Himself and Moses *“lifting up the serpent in the wilderness”*; that Jesus too, must be lifted up so *“that whoever believes in him may have eternal life.”* (John 3:14-15) What follows is the famous John 3:16 verse.

This conversation by night, while confusing to Nicodemus, clearly had an effect on him and his emerging faith. Later, we hear about Nicodemus publicly defending Jesus to the Sanhedrin regarding His right to be heard before going to trial. Nicodemus appears again with Joseph of Arimathea, bringing 75 pounds worth of spices to prepare Jesus’ body to be placed in the tomb after His crucifixion. While Nicodemus might have had a slow journey from someone with a lot of questions to being a faithful follower, he did over time become more bold with his words and actions, as he aligned himself with Jesus. Many have criticized Nicodemus for not being a “believer” right away. Yet some of us need more time to investigate for ourselves, even if there is a lot that we don’t understand. Don’t be afraid to have questions. Even if progress is slow, Jesus promises not to *“break a bruised reed”* or snuff out a *“smoldering wick”* (Matthew 12:20). No matter the speed, if we continue to move forward in our faith, we too will find ourselves aligning more and more with Jesus and choosing to follow Him more closely.



Upcoming Events



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 this Saturday, February 28 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](#)

Lenten Potluck Suppers



Join us This Wednesday for a Lenten Potluck Supper!

On Wednesdays in Lent, all are invited to gather for a simple Lenten Potluck Supper at 5:30 pm (March 4, 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 45 minutes after the meal. This year's topic is The Crucifixion and each week's lesson will focus on a crucifixion story.

Questions? Please [contact the office.](#)



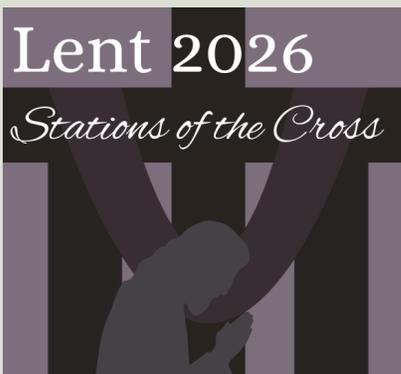
Thursday Lenten Walks

Thursday Lenten Walks at Riverside Park

A glorious day for our first Lenten Walk! Great fellowship.



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](#)



Lent 2026

Stations of the Cross

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](#)



Please join us for our annual

St. Patrick's Day Dinner and Entertainment

Hosted by the Fellowship and Hospitality Committees

St. Patrick's Day Dinner

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



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?

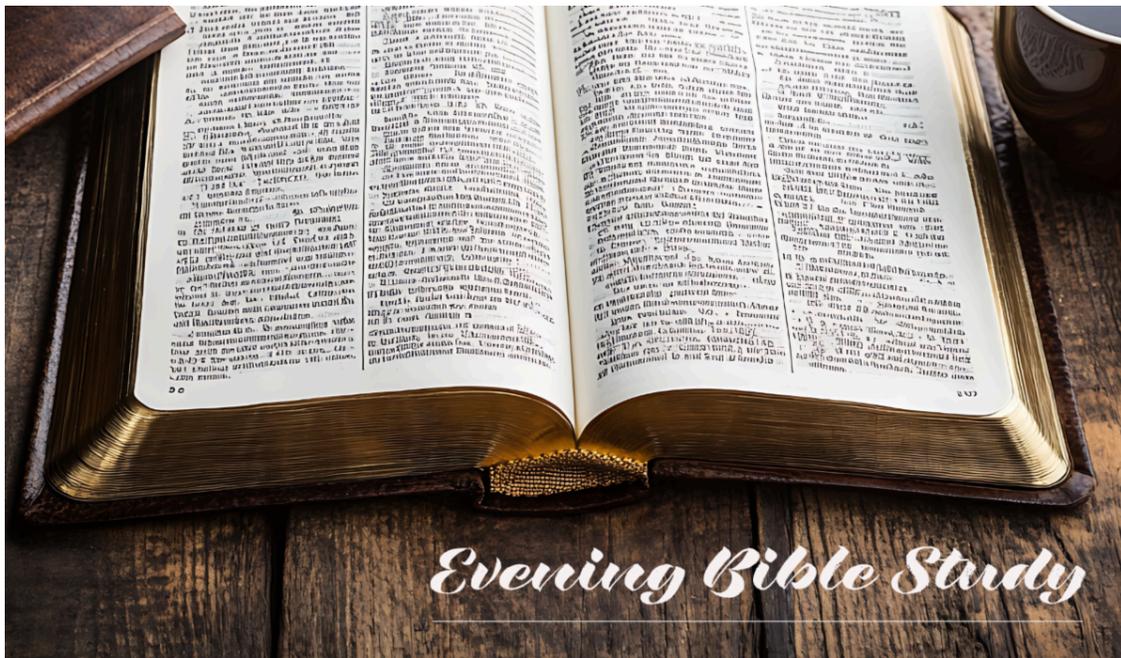


Children on the Altar

This Sunday, there will be no Sunday School, as our children will be serving on the altar as acolytes. Each month, on the first Sunday, children have the opportunity to assist in worship by serving on the altar. If your child is interested in becoming an acolyte, please reach out to [Fr. Wes](#) for training opportunities.

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.



Renewal of Vows THIS Saturday, February 28 at 10am in the Library.

The Order of the Daughters of the King are a religious Order of the Episcopal Church. We have taken vows and live by a Rule of Service and Prayer. Everyone in the parish is invited to learn more about us. All women are welcome to join us.

Our goal is to spread Christ's Kingdom throughout the world. If you would like to become a Daughter or have questions, please contact [Nancy Kelly](#).



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!**

This Sunday!

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

MATTHEW 4:10

Come Worship with us this Sunday!

St. Augustine of Canterbury invites you to join us for worship this **First 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:

Genesis 12:1-4a

Gradual Psalm:

Psalm 32

Second Reading:

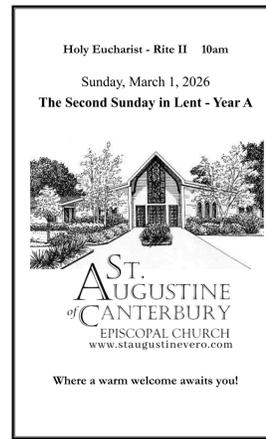
Romans 4:1-5, 13-17

The Gospel:

John 3:1-17

[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:

Lisa Margaret Grandage

Ushers:

Bill & Sandy Hawksworth

Coffee Hour: Byron & Inge Curcio,

Donna & Carl Kerber

Sunday, 10 am

Ushers: Tom & Pam White,

Deb Kavanagh

Lessons: Julianna Guancione

POTP: Cody Shields

Chalice: Cody & Tucker Shields

Crucifer: Julianna Guacione

Torches:

Margaret Been, Jack Guancione

LEM: Emma Shields

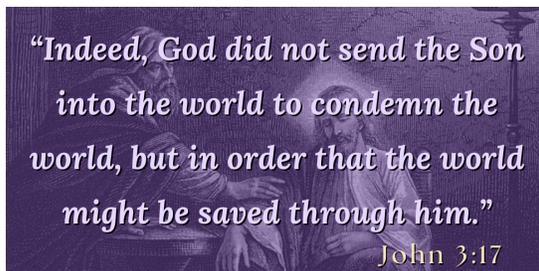
Livestream: Emma Shields

Sunday School Assistant:

Julia Wiggins

Coffee Hour:

The Daughters of the King



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!



Sunday Morning Coffee Hour Needs Volunteers!

Serve once a month on one of 4 teams that rotate weekly, or on a team that only serves when there are 5 Sundays in the month. Contact [Brian McIntyre](#)

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

News & Notes

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.

If you would like more information about DOK as to who they are and what they do, 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!

Thurs. Feb. 26 - Lenten Walks, 9 am, Riverside Park

Fri. Feb. 27 - Stations of the Cross, 2 pm, Sanctuary

Sat. Feb. 28 – DOK Meeting - Renewal of Vows; Library, 10 am, Library

Sat. Feb. 28 - SAS at Shining Light Garden 8:30-10:30 am, offsite

Save the Date!

Mon. Mar. 2, 9, 16, 23, 30 - Parish Prayer Group, Library

Tues. Mar. 3, 10, 17, 24, 31 – Connections Bible Study, 9:30 am, Parish Hall

Tues. Mar. 3, 10, 17, 24, 31 - Parish Prayer Shawl Group, 1 pm, Library

Tues. Mar. 3, 10, 17, 24, 31 – Evening Bible Study, 6:30 pm, Library

Wed. Mar. 4, 11, 18, 25 - Lenten Potluck Suppers, 5:30pm, Parish Hall

Thurs. Mar. 5, 12, 19, 26 - Lenten Walks, 9 am, Riverside Park

Fri. Mar. 6, 13, 20, 27 - Stations of the Cross, 2 pm, Sanctuary

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

Mon. Mar. 16 - Vestry Meeting, 7 pm

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

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

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 **Joanne, Jacinth, Bill, Dakota, Deborah, Andrew, Kirby, Chris, Katie, Al, Ginger, Carol, Samira, Melanie, Gloria, Jane, Tom, Teresa, Genie, Jodi, Samuel.**

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

- 01 – Mary Breglia
- 03 – Emily Neely
Brady Johnson
- 05 – Grace Miller
- 07 – Lala Maresi
Joan Diament

Anniversaries

- 01 – Toby & Carolyn Robinson

This Week, We Remember

Departed

- 02 – Linda Scruggs (2024)



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.

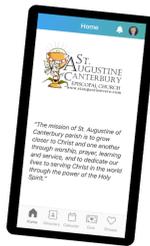
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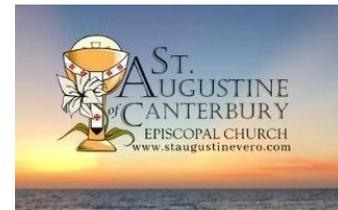
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