

**Ruach Retreat.** Ruach, the Hebrew word for spirit or wind, is used in the Old Testament to talk about God's Holy Spirit. This retreat is named Ruach because it was created with the goal of letting the Holy Spirit guide the weekend. We will explore together themes of spiritual renewal and sustenance and prayerfully consider ways to open ourselves to God's nourishing love. Spiritual disciplines, including various types of prayer and scripture reading, will be presented and practiced as we seek to learn together how God calls us into a deeper relationship. There will be times of small group discussion, prayer, and silence. We will also explore what it means to love ourselves, love God, and love our neighbors.

**What:** Ruach Retreat: A spiritual weekend for young adults in their 20's and 30's; Offered by The Crossing in Boston and the Episcopal Diocese of Maine Young Adult Ministries

**When:** January 19-21, 2008, (Martin Luther King Weekend); Saturday at 2:00 through Monday at 11:00; Notre Dame Spiritual Center, Alfred, ME

**Cost:** The cost for the retreat is \$95. Financial assistance is available. Please ask when you register.

For more information and an application, check out [www.diomaine.org/youth/documents/RUACH\\_RETREAT.pdf](http://www.diomaine.org/youth/documents/RUACH_RETREAT.pdf). Please try to register by 12/31.



Dragon News  
Weekly Notices  
Week of January 6, 2008

## EVENTS, DATES & ACTIVITIES



**An Evening of Music and Fellowship, January 6, 7:00 p.m.** Live musical acts will be interspersed with the singing of favorite Christmas hymns and songs by the audience. *All are welcome and bring your friends!*

**Special Christmas Offering.** Among the blessings of the Advent and Christmas seasons is the obvious opportunity to share our blessings with others. One way we do that is through the special Christmas offering. You will find small envelopes for this purpose in the pews. For 2007, your Vestry has voted that the special Christmas offering be split between the Diocese of Haiti and St. George's 2008 Mission Trip to New Orleans.

**"Food Pantry Sunday" is January 6.** Non-perishable donations may be left and volunteers will bring them to the Food Pantry on Thursdays. Monetary donations are also welcome - there is a small covered tin for that purpose in the basket.

**The Rector's Discretionary Fund** allows the Rector to expand our ministry beyond what is budgeted, for things such as hospitality (such as providing meals, or housing for visiting preachers) and, most importantly and most frequently, aid. The first Sunday of every month's "loose plate" offering (the cash, and checks from visitors) supports this fund. In addition, when the Rector officiates at a funeral or wedding at St. George's, instead of giving her an honorarium, the families involved make a contribution to the RDF. If you would like to contribute to this fund, make checks out to "The Rector's Discretionary Fund," and placed in the offering plate, or mail to the office.

**January 6, 8:45 a.m. Come hear a talk about the testing that Lifeline Screening will offer on January 28.** Barbara Bloomgren of Lifeline will explain the procedures and their benefits and answer your questions.

**Please fill out the enclosed parish events survey** and help us discern where the energy and heart of our parish really are regarding events. Please place the survey in the box so marked

### Schedule for St. George's This Week



**Sunday:** 8:45 a.m. - Seminar on Life Line Screening  
7:00 p.m. - Evening of Music & Fellowship  
**Wednesday:** 12 noon - **Deadline:** *January 13 bulletin & Dragon News*  
**Thursday:** 10:00 a.m. - Holy Eucharist with optional healing  
7:00 p.m. - Parish Choir rehearsal  
**Saturday:** 9:00-3:00 - ARS "Idol" auditions, nave

### **Serving the Southern Maine Seacoast Region**

POB 364 / 407 York Street, York Harbor, Maine 03911

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The Rev. Paige M. Blair, *Rector*; The Rev. Steven Godfrey, *Associate Rector*

The Rev. Sudie Blanchard, *Deacon*; The Rev. Aaron Perkins, *Deacon*

Kathy Fink, *Music Director/Organist*; Lorrie Whittaker, *Parish Administrator*

on the table near the nave entrance (golf pencils available on the table if you need one).

**Carla's Quilt.** Since Carla's quilt didn't get the minimum bid at the auction in November, she has donated it for a raffle to help the New Orleans Mission Trip. Tickets are **\$5.00** each and **only 60** will be sold. Tickets went on sale December 9. Marcia Williams will have the quilt on display in the church and will sell tickets after the 7:45 service, before and after the 9:00 service and before the 11:00 service. If the 60 tickets have not yet been sold, they will be available for sale at other church activities, such as the Children's Pageant and Lessons & Carols on December 16, as well as the Evening of Music & Fellowship on January 6. Once the 60 tickets are sold, the winner will be drawn, so get your ticket as soon as possible!

**Deadline for annual report:** if you are the chair of a ministry, the parish administrator needs your ministry report for inclusion into the big Annual Report for 2007. Please email your report to the parish administrator no later than Monday, January 7. Each chairperson should have gotten a reminder email with the Annual Report from the previous year attached, as an example. If you did not receive this email, contact the parish administrator.

**Newsletter deadline.** If you wish to place an article in the February issue of *Dragon Tales*, please email it to the parish administrator by Tuesday, January 15, at 5:00 p.m., to [office@stgeorgesnyorkharbor.org](mailto:office@stgeorgesnyorkharbor.org).

**U2charist on Saturday, January 19, 5:00 p.m.** Celebrate MLK weekend with a U2charist at St. George's. Potluck afterward. Come and celebrate this wonderful service!

**Divorce/Separation Support Group Forming.** A number of families at St. George's are currently living with separation, divorce and "mixed" families, and with the many spiritual, practical and emotional issues that arise from these difficult events. Many of them do not realize that there are a lot of others in basically the same boat! In the Episcopal Church we recognize that separation and divorce are sometimes necessary and that remarriage can and should happen healthfully and we seek to find ways to support one another on these difficult journeys. We are hoping to form a support group for adults wrestling with these issues and who have worked through them in the past, to provide a safe place to share how living with separation or divorce or in a nontraditional family affects spiritual life for adults, youth and children, and to support one another in facing new challenges. The group will ideally meet once a month, the 4th Wednesday of each month, beginning on January 23, 6:30-8:00 pm. This will be a spiritual and practical support group, not a therapy group, although the group might be able to help individuals connect with therapy resources if needed. Steve+ will

facilitate the group, with support from a parishioner who both has experience with divorce, remarriage and mixing families and is a professional psychologist, and can help us stay focused on the spiritual and practical. If you are interested in being part of this group, please let Steve+ know at 363-7376 (voicemail box 5) or [sgodfrey@stgeorgesnyorkharbor.org](mailto:sgodfrey@stgeorgesnyorkharbor.org).

**Annual Meeting to review Year 2007** will take place on Sunday, January 13, at noon. This is your chance to vote for church officers and see how the church is run. Everyone is encouraged to come and participate.

**Table of Plenty.** St. George's next turn at the Table of Plenty is January 22. We will be serving pulled pork sandwiches, sloppy joes and homemade cakes. The sign-up sheet is up and we are in need of people to prepare food at home and drop it off or arrange for pick up. We, of course, need workers at the meal, set-up people, cooks, servers, dishwashers and clean-up. If you can give a few hours of your time please sign up or call Karen Gilroy 363-3904.

**Lifeline Screening will again be at St. George's on Monday, January 28, 8:30 to 5:00.** Stroke/Carotid Artery screening, Abdominal Aortic Aneurysm screening and Peripheral Arterial Disease screening are offered. You can buy 1 or more tests, or get all three as a package (which includes free osteoporosis screening). You MUST pre-register by calling 800-324-1851. Pick up a bright pink flyer in the parish hall. Attention! Lifeline has given St. George's a complimentary certificate for a carotid artery screening, valued at \$45. This will be given to the first person who calls the parish administrator to request it (363-7376, speak to Lorrie or leave her the message that you want the certificate). You must still pre-register and must bring the certificate with you on the day.

**Know of a good electrician?** John Cashman, our Building and Grounds chair, is looking for the name and phone number for a good, reliable electrician. Please contact John if you know of one, 363-5619.

**Newcomers Reception.** All who have come to St. George's in the last two years are invited to a reception for newcomers on Wednesday, January 30, 6:00-8:00 p.m., at the home of parishioner Marcia Williams in Ogunquit. If you are relatively new to the parish and would like to attend, please RSVP by Tuesday, January 22, to Steve+ at [sgodfrey@stgeorgesnyorkharbor.org](mailto:sgodfrey@stgeorgesnyorkharbor.org) or 363-7376. Directions to Marcia's home will be provided.

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