

# July & August at Saint Mary's



Saint Mary's Episcopal Church Barnstable MA

## News from the Rector

Dear Friends,

*"Go, therefore, and make disciples of all nations..."*

*Matthew 28:19*

For several months now, our Evangelism Committee, under the leadership of Janis Umschlag, has been exploring a number of ways in which we, at St. Mary's, can grow our parish. These have included looking at the way we do liturgy, the way we welcome newcomers, the way we communicate, and the way we include families with young children in our parish life. The enthusiasm and focus of this committee has been exemplary and contagious, and I am pleased to announce some changes we are anticipating in the fall that, I believe, will spur us to new growth.

Beginning in September, we will have two changes in our service schedule. The first of these will occur in our Saturday night service, when we will introduce a Celtic Holy Eucharist. Many Episcopal churches around the country have found this more contemplative worship a way to deepen the spirituality of their parishioners while attracting new members. Several of us recently took a trip to All Saints in Brookline, where they have offered a Celtic Eucharist for ten years now. All of us

were moved and inspired by the service, and are greatly anticipating bringing this to St. Mary's. Thom Dutton, who has played his Irish harp already at St. Mary's, will join Joan Kirchner each week to provide Celtic music. We will create a more intimate worship space, and we will draw upon Celtic resources for our liturgy itself. I hope over the summer months you will talk this up with your friends and neighbors as something new St. Mary's will be offering in the fall!

We will also introduce on the third Sunday of each month JOY MASS, a liturgy created for children of all ages, and the childlike at heart. The Rev. Mark Anschutz and Kris Lewis are developing this worship service which will occur concurrently with our 10:00 am service, beginning September 21, in the parish hall. Again, we are very excited about the potential of this service for attracting new members and enlivening our own parish. We will be putting on a publicity blitz later in the summer, but the best advertising will come by word of mouth from each of you.

I want to announce that we have formed a Church School steering committee, under the leadership of Liz

Rabideau. With the departure of Barbara Hersey and Connie Sullivan, this committee will spend the next year evaluating the needs for our children and their parents and their spiritual development. I have just hired for a one year appointment Jennifer Croumie to oversee our Sunday operations in the Church School. Jennifer has been our nursery care provider this past year, and she will see that our education program successfully continues as we chart our future direction.

Lastly, we will be restarting our junior choir program in the fall after a two year hiatus, under Joan's leadership. Many of you have told me how much you have missed this part of our program, and we look forward to having our children singing regularly again in our services.

This is all to say that we are planning an exciting fall program. Now we need your help in getting the word out. You have heard me now on several occasions invite you to invite others to St. Mary's. I hope you will give this your careful attention over these next several months of summer, so we can start the fall with a bang!

God's Blessings and Peace be with you in the days ahead,

*Steve+*

Volume 2, Issue 5

June 2008

### Inside this issue:

ECW	2
Liturgical Notes	4-5
Treasurer's Report	6
News & Notes	3, 7, 14-15
Calendar	9,11
Liturgical Schedule	8,10
Birthdays & Anniversaries	12-13
Music News	15

Do you have a topic you'd like to see covered in the quarterly *Cross Currents*?

Would you like to write an article?

Contact Liz at [stmarysnewsletter@comcast.net](mailto:stmarysnewsletter@comcast.net).

# July & August at Saint Mary's

## ECW NEWS

Episcopal Church Women



### 2008 HOLLY FAIR – Saturday, December 6

Mark your calendar and save the date! It's not too early to start planning and preparing. Here are some ways to get ready:

**Attic Treasures** – Have something you'd like to part with? Drop it, bagged and marked "Attic Treasures" and leave it in the sun room.

**Country Kitchen** – Do you have a specialty? Can you contribute one of our traditional items? Bake – Freeze – Can

**Jewelry** – Old costume jewelry, bangles and baubles of all kinds welcomed anytime. Our Jewelry Room has been one of our most popular shopping stops.

**Knitters & Sewers** – Knit and sew throughout the summer. All items needed. Mittens, hats, baby items, aprons, pocket books, pillows—the possibilities are endless. How about reusable grocery bags or totes?



**Silent Auction** – Last year's success was overwhelming, but with it came the realization that a team of workers will be necessary build on that success. To date, three people have volunteered, but a minimum of 2 more are truly needed to keep our Silent Auction growing. And of course, we can't have a successful auction without items to whet the bidding appetite. Last year we had some very creative packages, but we need even more. What could you offer? What can you donate? A family or a group of friends can work together, allowing for even more creative and unique items. Last year several Church committees and groups came through with fabulous baskets. Can we do it even better this year? Consider gift certificates, sports tickets and/or paraphernalia, concert tickets, dinners, services—the possibilities are unlimited.

**Like to Help?** – Saint Mary's support has been fabulous, and I know it will continue. Please call or email Helen Hinckley, 508-362-9821, hph54@comcast.net; Ann Canedy, 508-362-4561 acanedy@comcast.net; or Lois Gagnon, 508-771-9460 hilogag@aol.com to volunteer your services, or to suggest and/or offer auction items. Meeting to be held in early September.

*Our God is  
the God  
of all  
things*

*September at Saint Mary's* will be our fall kick-off issue; the deadline for submitting material for inclusion is **August 22**. Please send information to stmary@cape.com or bring it to the church office. Information should be in electronic format; if you must submit a hard copy please do so at least a week in advance of the deadline so that it can be typed.

If your committee or group is meeting or sponsoring an activity, or if you're doing something you just want others to know about, send in your information! Please be sure to submit all meeting times and activities for inclusion on the calendar as well.

## NEWS and NOTES

*What's happening at Saint Mary's?*

### Book Group

The **Book Group** will not meet in July and August. Instead Marion Painter, who teaches modern poetry to seniors in Washington D.C., will host an informal meeting at her home on Friday, July 11th at 1:00 pm to discuss the poetry of Galway Kinnell: *A New Selected Poems*. Marion's address is 30 Wharf Lane, Yarmouth Port, 508-362-9990. Wharf Lane intersects 6A just after Willow Street on the left side if traveling towards Dennis from St. Mary's. Please join us, and bring a friend!

### Women's Evening Group

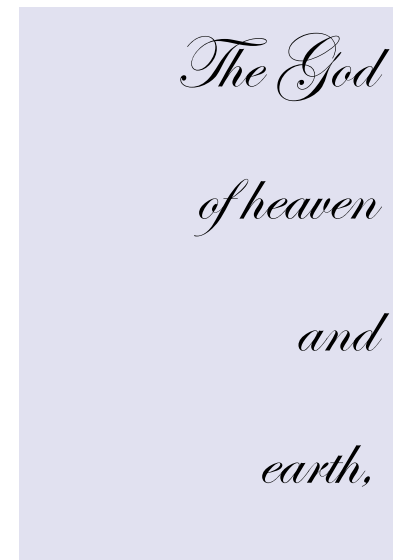
The **Women's Evening Group (WEG)** will meet on Monday, July 28 and Monday, August 25 at 7:00 pm. All women of Saint Mary's—and your friends—are welcome. This monthly gathering of women aims to be a respite from the stress of daily life and centers on spiritual nourishment and fellowship. Join us at our next meeting, and bring a friend!

## JOURNEYS

*Saint Mary's 3rd Annual Retreat—There's still time to sign up!*



Saint Mary's 3rd Annual Parish Retreat will take place September 12-14, 2008 at the Barbara C. Harris Camp and Conference Center in Greenfield NH. Our first two retreats were a resounding success, and this one promises to be even better, with journaling, a labyrinth, a ropes course for the youth, and as always time for relaxing and enjoying the beautiful surroundings. Registration forms are available in the sunroom and outside the office—we must confirm our numbers by August 1, so sign up now! Like last year there is plenty of cabin space, but lodge rooms are limited (only 5 left!) so don't delay! See you at camp in September!



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<i>This Month at Saint Mary's</i> is published 10 times yearly. Please send all submissions to Linda Keedwell stmary@cape.com	
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	Bill Ballard



# *July & August at Saint Mary's*

## **Liturgical Notes**



*The God of  
the sea  
and  
the streams,*

### Introducing the JOY MASS

“Happiness,” for me, consists of things like a big bowl of vanilla ice cream at the end of the day or (this will make very little sense to people living in this part of the world!) my beloved Washington Redskins defeating the Dallas Cowboys or the addition a new bow tie to my already overly large collection.

“Joy,” on the other hand, is very different.

“Joy” denotes that inner sense that some measure of my life is being lived in rhythm with God. Specifically, it can be born of quietly performing some act of anonymous kindness that I know pleases God’s heart of love. It can find its origins in simply walking through the garden at Saint Mary’s and giving thanks to God for all the splendor of creation. “Joy” presents itself during a particularly good sermon or in the course of a well rehearsed and energetically offered Sunday morning choir anthem. “Joy” comes most often to me when I am able to calm my stormy, boisterous self and simply pray quietly with God about each of the many things which are affecting me, those I most love, this wonderful Episcopal Church of ours or the greater world. In summary, “Joy,” ... unlike “Happiness” which is born most often of chasing after things and tactile pleasures ... is about living life in concert with God and the things of God. As a wonderful woman once said to me in passing, “Mark, it is like I am dancing the Tango with God and God is being allowed to lead.”

Children, in their wonder and purity, have a great capacity for joy. They are far less apt to be enfolded in cynicisms, frosty doubts, worry, or the fear of being embarrassed by what someone else may be thinking. In a most wonderful way they can be so open to their need for “Joy” and are willing to run after it with an energy and sense of abandonment rarely seen in their adult contemporaries.

With all of this said, we plan to add a service to our Fall worship schedule that seeks to allow young children to tap deeply into the “Joy” we can all know in our relationship to God. Scheduled for the third Sunday of every month in the parish hall and open to any and all persons, it is being designed fundamentally for young children ages five to seven. With the good assistance of some of our junior high and senior high youth, it promises to be an exciting and rewarding experience for all. The young children themselves will participate fully in preparing and carrying forward every aspect of the service. The music will tend, on most occasions, to be quiet, contemplative and easy to sing. The Creed, prayers, confession and Eucharistic prayers have been edited to make them clear and attractive to young children. The length of the service will be adjusted to no more than twenty to twenty five minutes. The communion vessels, altar, and vestments are being designed and sized to this age group. On most occasions the Gospel and sermon will be combined into a single story format and, when possible, acted out by adults. All those currently participating in pulling together all the aspects of the new Joy Mass are most excited and look forward to Sunday, September 21.

Dr. Maria Montessori, the acclaimed educator and devout Christian, said that “joy is the indicator of interior growth, just as an increase in weight is an indication of bodily growth.” At Saint Mary’s Church we recognize that we have a great responsibility to nurture that kind

of interior growth, that joy in the lives of those children God has entrusted to us. The Joy Mass seeks to be one of the many ways in which we seek meet that challenge, that responsibility. It was Saint Augustine who said it so well, "Our hearts are restless until they find their rest in Thee." While small in numbers we want that experience for our children and will do all that we can to achieve it.

Pray for our success and if you would like to be of help please let me know.

~Mark Anschutz

## Celtic Liturgy Coming on Saturdays

Beginning September 20, the Saturday 5:00 service will feature a Celtic Eucharist. Why a Celtic Eucharist? Celtic spirituality hearkens back to the earliest days of Christianity. The *Keltoi* mentioned by Paul in his letter to the Galatians spread through out Europe but ended up primarily in Brittany, Ireland Cornwall, Scotland, and Wales. Missionaries from Antioch came to these areas imbuing them with the influenced of the Eastern church. Isolated as these areas were, the Christian traditions that emerged there were not subject to the authority of the Roman Church and developed their own theology and practices. Drawing heavily on the gospel of John, Celtic spirituality came to emphasize creation, the Trinity, and God's immanence, as well as the thin boundaries between the secular and the holy. For the Celts, praying and working were not separate realms; rather they flowed naturally into one another, emphasizing wholeness in life rather than fragmentation.



In recent years there has been an upsurge in interest in Celtic spirituality and Celtic liturgies. The Celtic tradition with its more contemplative emphasis and its focus on creation seems to speak to people worn by the busyness and demands of 21st century life. Celtic liturgies appeal simultaneously to the heart and to the mind, speaking to the whole person, and connecting humanity, God, and nature.

Our Celtic Eucharist will follow the ancient traditions and incorporate both ancient and modern prayers. Candles and lighting will be used to create a more intimate setting and silence in which we can experience God's presence in community will be incorporated. Celtic music provided by Joan Kirchner and Thom Dutton will contribute to the meditative and reflective atmosphere.

Join us in September for a worship experience that captures the best of the ancient tradition and feeds both body and soul.

*The God  
of the  
sun,  
moon,  
and stars.*

### A Celtic Prayer

O Holy Jesus, gentle friend, morning star, midday sun adorned,  
Fountain ever-new, ever-living, ever-lasting  
Son of the merciful Father without mother in heaven,  
Son of the Virgin Mary, without father on earth,  
True and loving brother,  
Give, grant, and impart to us your holy grace and your Holy Spirit, to protect and preserve us from all our sins, present and future.

~The Broom of Devotion, early Irish

# July & August at Saint Mary's

## NEWS and NOTES

### Treasurer's Report

Dear Fellow Parishioners,

The Vestry has asked me, in my new role as Treasurer, to submit a quarterly financial report. This is the first. Due in part to publication schedules, this report covers the first quarter and part of the second quarter of the year.

During the budgeting process for this year, the Vestry decided to allocate 5% of the value of the endowment as the amount we would draw as income. The belief is that a 5% draw does not jeopardize our financial future while providing needed income for the present. With this allocation, the Vestry has applied rationality to our budget management process. In the past, when we ran a deficit, we would cover it by liquidating some investments. The size of the deficit drove the amount of liquidation. This year, the amount of funds taken as investment income is determined by a prudent consideration of the amount of liquidation the endowment can bear. If we are showing a budget deficit in these circumstances, we truly do have a problem.

It is my unfortunate duty to report that we do indeed have a problem. The deficit year-to-date is \$19,786.38. Projected out over the entire year, that is a deficit of approximately \$47,000 – almost 9% of our budget. The primary cause of the deficit is an over-estimation of our expected pledge revenue. Each year we have to prepare the budget for January 1, before all the pledges are typically in, so we have to estimate the remaining pledges. This year, while we benefited from an increase in the average pledge from members of St. Mary's, we suffered from a significant decrease in our number of pledgers.

There are steps that can be taken to deal with the situation. Steve has already prepared a series of budget reductions for the balance of the year. There are some small carry over balances from last year that we can allocate to this year's budget. We can also control our spending – so far this year, we are under budget in every major spending category.

The most effective way to deal with this situation is to increase our revenue. I urge every parishioner to consider their pledge level and see if an increase can be made. If you are reading this report and haven't made a pledge, please consider doing so as soon as possible.

In order to present a balanced budget at the beginning of the year, the Vestry voted to take some of the 5% allocation of endowment income from Buildings and Grounds and direct it to the operating budget. Fortunately, this was after all the necessary projects had been funded. If our pledge revenue does not increase, we will be faced with choosing between reductions in facilities maintenance, programs, or services.

Thank you for your time and consideration in reading this report. I hope it was useful, and I welcome suggestions for improvement.

Respectfully submitted,

*Matt*

Matt Palmer

Treasurer



*The God of  
the great high  
mountains and  
the deep glens,*

## OUTREACH at SAINT MARY'S

### *Overnights of Hospitality*

#### Case Management for the Overnights of Hospitality

Did you know.....

- ☞ Since November 2004, over 110 Overnights guests have moved from homelessness to more permanent housing!
- ☞ Last year, case managers for the Overnights of Hospitality worked with over 75 clients.
- ☞ Overnights case managers average over 250 client related contacts a month.
- ☞ On July 1, 2008, BridgePort, an apartment building with 8 studio apartments, will celebrate its 3rd anniversary. Eight former Overnights guests live here.
- ☞ Case managers provide ongoing support for over 25 former Overnights participants who now reside in housing.
- ☞ In the past 1 ½ years, 20 previous Overnight guests moved into improved housing.
- ☞ Thanks to the success of case management, the women's program has occasionally gone on a brief hiatus as the clients have moved into housing.
- ☞ Forty-five faith congregations across Cape Cod from Falmouth to Orleans (including Saint Mary's) take part in the Overnights of Hospitality.
- ☞ Overnights guests have come from almost every town on Cape Cod.
- ☞ Overnights Case Management lost its funding from Barnstable County for FY2008–2009.

Thanks for your support!

Case Management for the Overnights of Hospitality is provided by the Cape Cod Council of Churches. For more information, contact Jill Scalise, Director of Case Management Overnights of Hospitality at 508-775-5073.

*The God*  
*above heaven,*  
*in heaven,*  
*And under*  
*heaven.*

### Coffee Hour

We all enjoy having time for coffee (lemonade in the summer), goodies and conversation after the 10:00 service on Sundays. Currently we rely on the kindness of 8-10 families to provide for our coffee hour. Can we lessen their load by adding 5 more? Training provided. Time requirements: 1/2 hour before church; 1/2 hour after coffee. Can be done in pairs or teams. Sign up in the sunroom or call Marian Ferguson at 508-362-8225 or email [marianferg@aol.com](mailto:marianferg@aol.com)

# July 2008



**Eucharistic ministers, lectors, ushers, and acolytes needed!**

If you would like to take on one or more of these roles, or are just interested in learning more about them, please call the church office or Peter Gwynne (508-833-6789) or speak with Kris. Training and support provided—camaraderie and friendship are fringe benefits!

## Liturgical Schedule

	Usher	Lector	Eucharistic Minister	Acolyte	Greeters
July 5:00	Russ Fales	Janis Umschlag	Jim Hinkle		
5/6 8:00	Bruce Vandebrook	Jim Cranitch	Joy Hambly		
10:00	Patrick Ramage	Bill Ballard	Jim Phillips	Ardie Call	Lisa Barr & Matt Palmer
	Ann German	Margaret Mankiewicz	Charlotte Stiefel		
July 5:00	Brad Goodwin	Brad Goodwin	Lenore Stanley		
12/13 8:00	Forrest Beam	Marian Ferguson	Peter Gwynne		
10:00	Pete Gouger	Donald Babcock	Ardith Call	Steve Lippard	Dot Pettibone & Marian Ferguson
	Roger Gray	Robin Greene	Robin Greene		
July 5:00	Bruce Vandebrook	Jim Cranitch	Jim Cranitch		
19/20 8:00	Ann German	Ann German	Louise Koch		
10:00	Sam Anderson	Bruce Johnson	Charlotte Stiefel	Ardie Call	Marcia and Newell Bearse
	Peter Hutton	Linda Hutton	Steve Lippard		
July 5:00	Russ Fales	Peter Gwynne	Peter Gwynne		
26/27 8:00	Jud Phelps	Jud Phelps	Hilary Greene		
10:00	Matt Palmer	Roy Anderson	Jim Hinkle	Ardie Call	Happy & Roger Gray
	Steve Lippard	Claire Anderson	Stephen Jones		

Saturday lectors read both lessons; Saturday Eucharistic Ministers lead the psalm and prayers. If you are scheduled to serve and cannot make it, please find a substitute if possible, or notify the church office. Thanks!

*July 2008*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 8:00am Holy Eucharist, Rite I 10:00am Holy Eucharist, Rite II	7 9:00am Miracle Kitchen 9:00am ECW Board Meeting	8 8:30am Bible Study 7:00pm Bagpipes St. James Rm	9 10:00am Holy Eucharist and Healing	10 7:30am Holy Eucharist and Breakfast Group	11 1:00pm Book Group Meeting Yarmouth Port	12 10:00 am-2:00pm Day of Hospitality 1:00pm Barr Funeral 5:00pm Holy Eucharist
13 8:00am Holy Eucharist, Rite I 9:00am Outreach Committee Meeting 10:00am Holy Eucharist, Rite II 11:30am Parish Picnic	14 6:30pm	15 8:30am Bible Study 7:00pm Bagpipes St. James Rm	16 10:00am Holy Eucharist with Healing	17 7:30am Holy Eucharist & Breakfast Group 4:00pm Pastoral Care Team	18 3:30pm Gadjkowski Wedding Rehearsal	19 3:00pm Lynne Gadjkowski Wedding 5:00pm Holy Eucharist
20 8:00am Holy Eucharist, Rite I 10:00am Holy Eucharist, Rite II 11:15am Adult Forum 5:00pm Evensong - St Andrews	21 9:00am Miracle Kitchen	22 8:30am Bible Study 7:00pm Bagpipes St. James Rm	23 10:00am Holy Eucharist with Healing 6:30pm Men's Overnight of Hospitality	24 7:30am Holy Eucharist and Breakfast Group 5:00pm Evangelism Meeting 7:00pm Liturgy Meeting	25	26 5:00pm Holy Eucharist
27 8:00am Holy Eucharist Rite I 10:00am Holy Eucharist Rite II	28 7:00pm Women's Evening Group	29 8:30pm Bible Study 7:00pm Bagpipes St. James Rm	30 10:00am Holy Eucharist with Healing	31 7:30am Holy Eucharist and Breakfast Group		

# August 2008



**Eucharistic ministers, lectors, ushers, and acolytes needed!**

If you would like to take on one or more of these roles, or are just interested in learning more about them, please call the church office or Peter Gwynne (508-833-6789) or speak with Kris. Training and support provided—camaraderie and friendship are fringe benefits!

## Liturgical Schedule

	<b>Usher</b>	<b>Lector</b>	<b>Eucharistic Minister</b>	<b>Acolyte</b>	<b>Greeters</b>
August 2/3	Russ Fales Jud Phelps Patrick Ramage Ann German	Janis Umschlag Jud Phelps Bill Ballard Margaret Mankiewicz	Lenore Stanley Joy Hambly Jim Phillips Charlotte Stiefel	Steve Lippard	Margaret & Vic Mankiewicz
August 9/10	Brad Goodwin Forrest Beam Pete Gouger Roger Gray	Laura McCarron Peter Gwynne Donald Babcock Robin Greene	Jeanette Hanlon Peter Gwynne Ardith Call Robin Greene	Henry Ramage	Linda & Peter Hutton
August 16/17	Bruce Vandebroek Ann German Sam Anderson Roger Gray	Jim Cranitch Louise Koch Bruce Johnson Jim Hinkle	Hilary Greene Louise Koch Jim Hinkle Steve Lippard	Ardie Call	Helen Hinkley & Marian Ferguson
August 23/24	Russ Fales Jud Phelps Matt Palmer Steve Lippard	Peter Gwynne Jud Phelps Roy Anderson Claire Anderson	Peter Gwynne Joy Hambly Dave Knauer Stephen Jones	Steve Lippard	Margaret & Jack Moran
August 30/31	Brad Goodwin Forrest Beam Marian Ferguson Robin Greene	Brad Goodwin Louise Koch Jeanette Hanlon Bill Ballard	Lenore Stanley Louise Koch Jim Phillips Ardith Call	Henry Ramage	Anne Lorentzen & Connie Von Maur

Saturday lectors read both lessons; Saturday Eucharistic Ministers lead the psalm and prayers. If you are scheduled to server and cannot make it, please find a substitute if possible, or notify the church office. Thanks!

# August 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 8:00am Holy Eucharist Rite I 10:00am Holy Eucharist Rite I					1 5:00pm Holy Eucharist	2 5:00pm Holy Eucharist
3 8:00am Holy Eucharist, Rite I 10:00am Holy Eucharist, Rite II	4 9:00am Miracle Kitchen Vacation Bible School with First Lutheran	5 Vacation Bible School with First Lutheran 7:00pm Bagpipes St. James Rm	6 10:00am Holy Eucharist and Healing Vacation Bible School with First Lutheran	7 7:30am Holy Eucharist and Breakfast Group Vacation Bible School with First Lutheran	8 Vacation Bible School with First Lutheran	9 5:00pm Holy Eucharist
10 8:00am Holy Eucharist, Rite I 9:00am Outreach Com- mittee Meeting 10:00am Holy Eucharist, Rite II 11:30am Parish Picnic	11 6:30pm Women's Overnight of Hospitality (if needed)	12 7:00pm Bagpipes St. James Rm	13 10:00am Holy Eucharist with Healing 3:00pm Finance & Budget Committee Meeting	14 7:30am Holy Eucharist & Breakfast Group	15 5:00pm Holy Eucharist	16 5:00pm Holy Eucharist
17 8:00am Holy Eucharist, Rite I 10:00am Holy Eucharist Rite II/Baldassarro	18 9:00am Miracle Kitchen	19 7:00pm Bagpipes St. James Rm	20 10:00am Holy Eucharist with Healing 5:00pm Vestry Brown Bag Dinner 7:00 pm Vestry Meeting	21 7:30am Holy Eucharist and Breakfast Group	22 5:00pm Holy Eucharist	23 5:00pm Holy Eucharist
24 8:00am Holy Eucharist Rite I 10:00am Holy Eucharist Rite II 4:00pm Garden Concert	25 7:00pm Women's Evening Group	26 7:00pm Bagpipes St. James Rm	27 10:00am Holy Eucharist with Healing 6:30pm Men's Overnight of Hospitality	28 7:30am Holy Eucharist and Breakfast Group 7:00pm Liturgy Meeting	29 1:00am Day of Hospitality 5:00pm Holy Eucharist	30 1:00am Day of Hospitality 5:00pm Holy Eucharist

# July & August at Saint Mary's

## BIRTHDAYS

### July

*And God has  
a household  
-heaven and  
earth.*

John Alden	1	Constance Rosenberger	14	Anne Colwell	25
Bruce Jones	1	Dorothy Delise	16	Holden Ramage	25
Kyle Sullivan-Jones	1	Lauren Mamlock	16	Richard Corsini	26
Gary Mansur	1	Mary Cotoia	16	Jeannie Stokinger	26
Michael Palmer	1	Katherine Corsini	16	Jennifer Brown	26
Mae Grant	2	Patrick Spillane	16	Mildred Arslanian	27
Ron Bearse	3	Bennie Starling	17	Elizabeth Allen	27
Paul LaPine	3	Hilary Enz	18	Barbara Edgar	27
Don Babcock	4	Elliot Prantis	18	Rebecca Norton	27
Beatrice Ellicott	4	Becky McClenahan	19	Shauna Lippard	28
John Whalen	4	Myrna Cook	20	Samuel Anderson	28
Margaret Rueter	6	LeRoy Anderson	21	Janis Umschlag	28
Cynthia White	8	Joshua Hersey	21	Chris Cotoia	28
Wesley Harris	9	Beatrice Magruder	22	John McCartney	29
Deborah Lippard	10	John Mamlock	22	Thomas Lippard	31
Ann Canedy	11	Robin Greene	24		
Melissa Allen	11	Florence Nelson	25		

## ANNIVERSARIES

### July

Gary & Marge Mansur	9
Cy & Weezie Nelson	11
John & Ellen Culver	14
Bob & Jan Hendrickson	18



Grant, O God, in your compassion, that these couples having taken each other in marriage, and affirming again the covenant which they have made, may grow in forgiveness, loyalty, and love; and come at last to the eternal joys which you have promised through Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

*~Prayer for the Anniversary of a Marriage Book of Occasional Services*

## BIRTHDAYS

### August

Deborah Oney	1	Marcia Bearse	10	Sallie Thompson	22
Amy Crocker	1	Paxton Reed	10	Kristen Holway	22
Andrew Clark	1	Henry Ramage	11	Jon Persson	23
Laura Hutton	1	Patricia Buttenheim	12	Patrick Ramage	27
Patricia Rothermel	2	Roland Dupont	13	Daniel Miller	29
Ardith Call	3	Lisa Hendrickson	13	Derrick Starling	29
Robert Harbaugh	4	Matthew Hersey	14	James Hinkle	30
Mary Ferguson	5	Harriet Swift	15	Sally MacDonald	30
Oliver Prantis	5	Anne Simpson	16	Marge Mansur	30
Harriott Reimels	7	Bruce Vandebrook	16	Ann Sircom	30
Joseph Scichilone	8	Jack Watters	16	Eleanor Sheldrick	31
John Ames	8	Timothy Coggeshall	17	Peter Scarafile	31
Helen Hinckley	10	Meghan Mamlock	18	Catherine Morris	31
David Roberts	10	Clifford Anderson	20		

*And the sea  
and all  
that they  
contain.*

~Ancient Irish

## ANNIVERSARIES

### August

David & Nancy Roberts	5
Patrick & Georgann Ramage	10
Donald & Susan Babcock	11
Daniel & Leslie Marsh	14
Bruce & Anne Colwell	15
Robert Stead & Connie McLean-Stead	15
Scott & Jennifer Mullin	20
Dave & Judy Knauer	24
Edward & Mary Cox	26
Peter & Ellie Gouger	26
Jody & Heather Warner	30



Watch over you children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace which passes understanding abide all the days of their lives; through Jesus Christ our Lord. Amen.

~A Prayer for Birthdays Book of Common Prayer

## July & August at Saint Mary's MORE NEWS AND NOTES

*The King is  
knocking. If you  
would have your  
share of heaven  
on earth...*

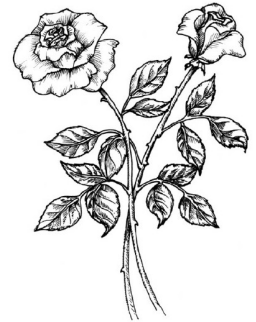
### A Tour of Saint Mary's Garden

*Visibly through the garden walketh God*

In our family, summers have always included weekend houseguests, and because our principle residence was a great distance from the Cape, most of those guests were unfamiliar with this part of the world. Their visits included a driving tour of some of our favorite spots on the Cape. While the list often varied, there was one constant, a walk through Saint Mary's Gardens.

In that spirit, I invite you to bring your friends and guests for a visit.

Park across the street on 6A and approach the Gardens by the front door of church. Peek behind the hedge and you will find a garden of hydrangeas in full bloom. Enter the garden through the stairs at the right of the front entrance to church. An immediate right will take you into the Rose Garden. While the white and yellow irises have finished blooming, the roses and impatiens are lovely.



Exit the Rose Garden and you will be looking straight ahead at the Summer House. In front of the Summer House is a Perennial Border filled with echinacea (white coneflower), echinops (globe thistle), coreopsis, phlox and chelone lyonii (pink turtlehead). Just to your right is the lovely sculpture of the Boy Jesus underplanted with New Guinea impatiens and ferns. Don't miss the inscription in the stone in front of the statue.

Turn back and enter the Orchard on your left. To the left and right is the Rock Garden, filled with blooming *Alchemilla mollis* (lady's mantle), *nepeta* (catmint), ferns, *astilbe* and plants suitable to a rock garden. To the right of the Rock Garden is a newly reclaimed area planted with *astilbes*. This is the spot recently designated for the interment of pet ashes. Just beyond is the daylily garden, now in full bloom. Turn around and head toward the Cutting Garden, an area of raised beds. Just before you reach that garden, you will see a bed of red dahlias on the Orchard side of the fence. The Cutting Garden has been planted with snapdragons, zinnias and dahlias and will be a source of flowers for the Altar in the summer months.

Walk along the boardwalk toward the Gazebo. The daffodils are long gone but in July and August, you will be walking through a sea of *Eupatorium* (Joe Pye Weed: not a weed but a striking pink flowerhead atop a whorled leaf. Joe Pye was a Native American who used the plant for medicinal purposes and it became known as "Joe Pye's Weed"). Pass the Gazebo and note the unusual weathervane.



On your right is the memorial Stone, a tribute to all those who have put themselves in harm's way for the sake of our Nation. Enter the Memorial Garden, a quiet and restful stop on your tour. Exit the Memorial Garden and head down the Meadow to the Herb Garden. Comfrey, tarragon, yarrow, foxglove, and thyme are just some of the herbs and flowers in full bloom.

Crossing the bridge, the Frog Pond is on your right and is surrounded by new plantings of dwarf azaleas, rhododendron, hydrangea, and ligularia. The Summer House on your left is a good place to end your tour and to sit and enjoy the quiet of this sacred space. At the conclusion of your visit, you might want to whisper a prayer in thanksgiving for The Rev. Robert Wood Nicholson, who both envisioned and initiated this garden, enjoyed by so many today.

~Peggy Anschutz, for the Garden Committee

## Music Notes

Saint Mary's Choir will be featured at Evensong at St. Andrew's Chapel in Hyannis on July 20 at 5:00 pm. The choir will sing the *Magnificat* and *Nunc Dimittis* they've been practicing all year. Don't miss this special summer opportunity to hear the choir and enjoy the beautiful setting overlooking Nantucket Sound.

Saint Mary's 2nd Garden Concert of the season will be held on Sunday, August 24 at 4:00 pm. The Pilgrim Harp Trio will present a selection of Celtic music. Bring a lawn chair or blanket to enjoy the music in the beautiful surroundings of our garden.

## Notes from the Parish Nurse Ministry

Lyme disease is a world-wide infectious disease caused by microscopic bacteria carried by tiny ticks. Unsuspecting humans and animals walking through woodlands and brushy areas may be bitten by a tick and never know it. The tiny ticks, some the size of poppy seeds, may stay on your body for hours to days. The tick engorges itself with blood, and if infected, the spirochete is transmitted to the bloodstream of the person or animal during the bite.

Early recognition is important. If you find a tiny tick attached to your skin, if you were in a known tick-infested area, or if you have symptoms—a characteristic red bulls-eye rash at the site of the bite which may occur days or weeks after the bite, flu-like symptoms such as fever, aches, fatigue, neck stiffness, swollen glands and red eyes—see your physician. If the physician sees the characteristic rash, a diagnosis of Lyme disease will be made; in the absence of the rash, other lab testing will be done to help with diagnosis.

Lyme disease can be treated successfully with antibiotics if caught early. Prevention, however, is the best cure. Wear long sleeves and long pants when going into tick country. Light colors are best because ticks can be seen more easily. Tuck pants into socks and spray with a known tick repellent. After being in a tick area, check skin and all hair areas completely; check pets carefully as well. If you find a tick, promptly remove it by grasping the tick mouthparts close to the skin with tweezers and pulling straight out without twisting or squeezing. Save the tick if possible for testing, wash your hands with soap and water, and apply antiseptic to the bite.

*...open the door  
of your heart  
and  
let in the King*

~Hebridean



**G**od to enfold me,  
God to surround me,  
God in my speaking,  
God in my thinking.

God in my sleeping,  
God in my waking,  
God in my watching,  
God in my hoping.

God in my life,  
God in my lips,  
God in my soul,  
God in my heart.

God in my sufficing,  
God in my slumber,  
God in mine ever-living soul,  
God in mine eternity.

~*Carmina Gadelica*



**Saint Mary's Episcopal Church**

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