

# Saint Mary's

Episcopal Church Barnstable

September - October 2015

Dear Friends,

I write to let you know of a change in plans as summer begins to wind down and the fall approaches. After a recent vacation, as I reflected on the past three years and all that we have accomplished and been through together here at the parish, as well as the significant changes for me and my family, I realized that I need a bit more time to re-energize, to catch my breath, and to pray and reflect. With the guidance and full support of the Bishop, I will be taking additional time for renewal over the next six to eight weeks. I want to assure you that this decision was reached in consultation with our parish wardens, as well as the Bishop and his chief of staff, and I do so with their blessing and full support. On Tuesday, August 18, the vestry met with Bishop Roy (Bud) Cederholm to discuss the details of my extended time of restoration, to answer any questions and to make sure everyone is aware of the coverage and lines for decision-making while I am away. If you have any questions or concerns, please share them with one of the wardens or a member of the vestry.

Our current Saturday and Sunday worship will continue as scheduled, with leadership being provided by several of our faithful and dedicated retired clergy here at St. Mary's. Pastoral coverage will be overseen and coordinated by the Rev. Bob Anthony. We are blessed to have such gifted ministers so integrally connected to our parish life and I am particularly grateful for their help over the next six weeks.

Please know that I am well, and that this time is intended to strengthen my well-being and to enable me to serve you more fully and faithfully in the days ahead. We have so much to look forward to this fall, and I want to be at my best in serving with you. During this time, a small search committee and I will be moving forward with interviews for a full-time clergy associate and deeply hope that this person will begin work this fall. Please pray for this search process, and I ask that you continue to hold me and my children in your prayers. I will be keeping all of you at St. Mary's in my prayers during this time away and I look forward to returning to my full responsibilities as your Rector.

With thanks, in advance, for your understanding and patience, and great gratitude for the gift of the fellowship we share together here at St. Mary's.

Faithfully yours,

*Libby +*

**From our Rector, the  
Rev. Dr. Libby Gibson**



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## A WORD FROM YOUR WARDENS

Dear Friends,

The dog days of summer are upon us and for many, including our dear Rector Libby, this is a time of rest, renewal and restoration. As you've seen from Libby's letter to the Parish, she is extending her normal August time away by several weeks in order to restore and renew herself after the challenging, exhilarating and stressful times of the past three years of her extraordinary ministry at St. Mary's. Libby's extended time of renewal has the full support of the Diocese, Bishop Alan and your Wardens and Vestry. We know that a little extra time off now will pay enormous dividends for Libby and the Parish over time.

At our August Vestry meeting we unanimously recommended to Libby that she extend her time of renewal and restoration until Sunday, October 4. She may not take all of that time, but she is prayerfully considering the importance of taking as much time as necessary to refresh and recharge her spirit. Bishop Bud Cederholm attended our Vestry meeting to personally extend the strong support of the Diocese for Libby's ministry and her additional time of renewal. Bishop Bud also discussed with us the details of day-to-day operations of the Church during Libby's time away. There is more information in Libby's letter to the Parish, but in essence, you should contact the Pastoral Care Team for any pastoral matters (email to Deacon Elizabeth Whitmore at [emmausw65@gmail.com](mailto:emmausw65@gmail.com)) and contact the office for most other matters ([508-362-3977](tel:508-362-3977)). The Diocese has also generously offered to partially offset the clergy supply costs that the Parish might incur over the next several weeks during Libby's absence.

The Vestry and Libby agreed that the new service schedule will not be implemented until January 2016, by which time we expect that we will have a full-time associate in place.

For this time away to be most restorative for Libby, we ask that you please do not call, email or text her before her return. We know that you

will keep Libby in your hearts and prayers during this time of restoration. If you have any concerns or questions, please contact either of us (contact information below).

Peace,

Joy Hambly and Matt Bresette, Wardens  
Contact information: Matt - [mbresette@nutter.com](mailto:mbresette@nutter.com); [508-280-5729](tel:508-280-5729); Joy - [joykhambly@gmail.com](mailto:joykhambly@gmail.com); [508-776-7230](tel:508-776-7230)

## Think Stewardship Campaign!

THINKING ABOUT STEWARDSHIP AT ST. MARY'S:

*In light of the upcoming 2016 Stewardship Campaign at St. Mary's, the following questionnaire might be a helpful guide in your decision-making.*

### MY FINANCIAL "ESTIMATES" FOR 2016

NET INCOME (FROM ALL SOURCES) \$ \_\_\_\_\_

#### MAJOR EXPENSES:

HOUSING - \_\_\_\_\_  
UTILITIES - \_\_\_\_\_  
FOOD - \_\_\_\_\_  
TRANSPORTATION - \_\_\_\_\_  
MEDICAL - \_\_\_\_\_  
CHILD CARE/SCHOOL - \_\_\_\_\_  
ELDER/OTHER CARE - \_\_\_\_\_

TOTAL: \_\_\_\_\_

NET: DISCRETIONARY FUNDS \$ \_\_\_\_\_

#1. My Church/My God's Work\* \_\_\_\_\_  
MY PLEDGE TO ST. MARY'S  
#2+. Everything Else \_\_\_\_\_

# EDUCATION & FORMATION

*The act or process of forming the state of our being...*

## From the Deacon

We are starting an exciting new *Bible Study* program throughout the parish, beginning in September. Utilizing the book, *The Story*, we will study Scripture as a wonderful panorama of creation and the relationship of God and humankind. This is a unique and powerful way to bring God and Scripture alive and part of our daily lives.

The Tuesday Morning Bible Study Group will commence on September 8<sup>th</sup> at 9:30 am in the St. James Room. If you have not been a participant, now is a great time to join our study group.

Pick up your copy of *The Story* in the Sun Room.

*Blessings,  
Deacon Elizabeth*

## Defeating Diabetes

With Dr. Steve Blake, ScD

Friday, September 25, 2015 7 pm - 8:30 pm

St. Mary's Parish Hall, 3055 Route 6A, Barnstable, MA

Learn how to defeat diabetes with diet and lifestyle changes. See how a successful program resulted in freedom from insulin and a reversal of diabetes.

Results included weight loss, pain reduction, blood sugar reduction, cholesterol reduction.

*Open to  
the Public*



- ✓ What diet causes diabetes
- ✓ How fats fit in: sat fats, trans fats, omega-3s
- ✓ Antioxidants and phytochemicals for recovery
- ✓ Food contaminants and oxidants
- ✓ Shopping tips
- ✓ Exercise and activity

Early Bird Pre-registration: \$15 by Sept. 23

Online go to: [Defeatingdiabetes.eventbrite.com](http://Defeatingdiabetes.eventbrite.com)

At-the-Door \$20 (Cash or check, thank you!)

Steve Blake, ScD, a research scientist, is faculty nutritional biochemist at Hawaii Pacific Neuroscience. Dr. Blake has taught at the University of Hawaii, and has designed the Hawaii Dementia Prevention Trial, a clinical study at the Hawaii Alzheimer's Disease Center. He is author of the 2008 McGraw-Hill college textbook *Vitamins and Minerals Demystified*, *How NOT to get a Heart Attack*, *Arthritis Relief, A Nutritional Approach to Alzheimer's Disease*, and *Understanding Fats and Oils*. He has written *Mosby's Alternative Remedies* and is co-author of *Mosby's Drug Guide for Nurses*, 4th edition. He also authored the *Diet Doctor*, software for analyzing dietary nutrients.



Email: [steve@DrSteveBlake.com](mailto:steve@DrSteveBlake.com). [www.DrSteveBlake.com](http://www.DrSteveBlake.com).

Hosted by Creation Care and Dorothy Torrey, Path to Vibrant Health.  
For more information call 508-888-6677 [dorothy@pathtovibranthealth.com](mailto:dorothy@pathtovibranthealth.com)

## Saint Mary's Episcopal All Parish Retreat

October 23-25, 2015 at the BCH Camp and Conference Center in Greenfield NH

*Families and individuals of all ages are welcome!*

Family Name: \_\_\_\_\_

(2 nights and 5 meals included. Friday 6pm dinner to Sunday breakfast.)

- **CABIN**, Number of adults x \$98= \_\_\_\_\_  
+ Number of children x \$49 = \_\_\_\_\_ (ages 3 to 11), *(infants to age 2 are free)*

*The following choices have limited spaces available, so first come, first served:*

- **Adult Friendly Cabin - 4 person occupancy \*\***, Number of adults x \$128/pp = \_\_\_\_\_
- **Shared LODGE room - 2 per room**, Number of adults x \$168/pp = \_\_\_\_\_
- **Private LODGE room - 1 per room**, Adult x \$248/pp = \_\_\_\_\_

Names (please include ages of children):

\_\_\_\_\_

Would you like to request to share accommodation with a specific family or person?

Do you have Dietary Restrictions? \_\_\_\_\_

**Total Due:** \_\_\_\_\_

I would like to add a small amount to my total to help a family or individual who might otherwise not be able to go... \_\_\_\_\_

**DEADLINE: September 15, no refunds will be granted.**

**Please send in your registrations and full payment to the parish office early to ensure your choice of Lodge or Cabin accommodation. Thank You!**

## Get on Board with *The Story*!

With the Fall comes a sense of freshness and new beginnings. We have a lot of new things happening at St. Mary's, all of which I am very excited about. The entire parish will launch on an academic adventure of engaging in *The Story*. *The Story* is an abridged, chronological Bible that reads like a novel or storybook, linking all the Bible stories into a single grand narrative. It is designed to help us achieve some Biblical literacy in a format that enables children and adults to be working on the same lessons at the same time.

There are five different programs, each one specific to its particular audience: Preschool, Early Elementary, Later Elementary, Teens, and Adults. The books are beautifully illustrated and many people have already been purchasing extra copies as gifts for friends and family. The curriculum includes a weekly *Parent Page* that will be e-mailed home each Sunday to help your family reflect on the lessons together.

Adults will engage deeply with the text and learn the geography, history and politics of the world in which *The Story* takes place. The curriculum for each age group is supplemented with power point slides of ancient artwork, historical artifacts and beautiful photography to help us envision the world in which *The Story* unfolds.

We are hopeful this intergenerational curriculum will result in a sense of parish unity and lead to lots of stimulating dinner

discussions. The materials are currently available for purchase in the sunroom. We were able to get substantial discounts to keep it affordable for all. If you have any questions about the materials please do not hesitate to call me.

Our start date for Sunday School is September 20th. We are dividing the Sunday school classroom this year as follows: a Pre-K through Kindergarten group, a classroom of 1st - 3rd graders and the final class of 4th - 6th graders. If you have any concerns about your child's placement feel free to speak with me. All students entering 7th grade will be invited to join the Youth group led by Angela Cenzalli and Rev. Libby Gibson.

I am currently looking for a volunteer to work with our Youth Group (2 Sunday evenings a month) and I would also love a few more volunteers to bolster our substitute teacher roster. The Curriculum for *The Story* is very user friendly and there is no training required, just a love for the children of our parish and a willingness to learn with them. Please let me know if you are interested in helping with a particular class group. It is going to be a great year as we build our familiarity with God's story and reflect on the many ways that our own stories have been touched by God's love.

Warmly,

Allison Bresette

508-362-3977, x14; [youth@stmarys-church.org](mailto:youth@stmarys-church.org)

## OUTREACH



9/11: Join us for the 7<sup>th</sup> annual *Day of Remembrance* on Friday, Sept 11. The first part starts at the Barnstable Fire Station at 4pm followed by a quiet procession up Rt 6A to our church.

The service at St Mary's begins at 4:30 and features Yarmouth Deputy Chief Steve Xiarhos as our guest speaker. He is a Gold Star Father, having lost his son in Afghanistan. A light reception in the gardens will follow.

## INREACH AND CARE

### Pastoral Care Ministry Team Update:

As we enter the fall and winter season, our team would like to keep our parish informed of ideas and resources to keep you healthy and happy. Please let any of our team know of any pastoral concerns or needs you or a loved one may have. All requests are kept confidential. Pneumonia Vaccines:

Pneumococcal pneumonia is not a cold or the flu. It's an illness that is caused by *Streptococcus pneumoniae*, a common bacteria. Its symptoms appear quickly and can be severe. For some people, certain symptoms like cough and fatigue can last for weeks or longer — even after treatment with antibiotics. Many people dismiss pneumonia as an illness that only the elderly or sick people get in the hospital. That's not always true. Pneumococcal pneumonia can occur in otherwise healthy people outside of hospital or health care settings. And even people as young as 50 may be at increased risk. Please contact your doctor to see if you should be getting the pneumonia vaccines. It is recommended that seniors get both the Prevnar 13 and the Pneumovax 23 vaccines.

As their names imply, Prevnar 13 protects against 13 types of pneumococcal bacteria, and the Pneumovax 23 protects against 23 types of pneumococcal bacteria. Stay well!

Hilary Greene, Libby Gibson, Elizabeth Whitmore, Brad Goodwin, Helen Hinckley, Susan Babcock, Chris Low, Peter Gwynne, Judith Boyd, Carolyn Thomas and Ross Anderson

### Episcopal Church Women of St. Mary's to disband December 2015

At two meetings in June the Episcopal Church Women (ECW) of Saint Mary's both celebrated a long and distinguished history of service, and made a momentous but necessary decision about the future. Members attended a celebratory luncheon on June 6, reviewing the many accomplishments of ECW. Over many decades the women of the church have raised funds for the church and for the community. Members shared memories and posted displays of their contributions to the church and the people of Cape Cod.

Despite the many good works, the ECW has been unsuccessful in identifying new leadership. The Steering Committee met on June 8 to discuss their commitment to St. Mary's and ECW, the reality of a lack of new leaders, and the possible options. After much discussion, the Steering Committee adopted a motion to disband the ECW as of December 2015. The already planned rummage sale will

be the last ECW sponsored fundraiser. Following that event, the funds in hand will be dispersed and all accounts closed. New ways will need to be found to do God's work in our community. The vestry, leadership and parishioners of St. Mary's will listen to what God is calling us to do in the future.

ECW leadership present at the June 8 meeting: Judy Lewis, President; Lee Hunsaker, Treasurer; Joyce Saulnier, Recording Secretary; Nancy Clairmont, Corresponding Secretary, Phyllis Bradley, Hospitality; Joy Hambly, Jr. Warden; Helen Hinckley, Kitchen; and Bunny Thompson, Programs.

**A future issue of the newsletter will look back on the many contributions of the ECW.**

*InReach and Care (continued)*

**Holly Fair Greens:** The Greens Group will have an organizational meeting on Thursday, September 17<sup>th</sup> at 9:30 in the library. We welcome all parishioners who want to gather holly or make wreaths for the Holly Fair. You don't have to have a green thumb or be creative! For more information, call Becky McClenahan at 508.362.6361

**St. Mary's Pictorial Directory:** The second session of photography will be held on September 17, 18, and 19. Please visit our website [www.stmarys-church.org](http://www.stmarys-church.org) to find the link to sign up online or sign up in person after weekend services. If you are unable to make one of the scheduled days or times, please reach out to the office to schedule with one of our parish photographers. If you are able, please bring in a non-perishable item to your photography session and receive a \$5 off coupon towards a portrait order as a thank you from Lifetouch.

**Let's Talk Box**

You may have noticed that there are small boxes located in the Sun Room and outside the office that are labeled: "Let's Talk Box". These are for parishioners to offer any comments that might be helpful to the Vestry or Rector, positive or negative. Sometimes it's easier to write something, rather than track a person down at coffee hour. Please feel free to give us your input, positive or negative. Thanks!

*Joy Hambly*

**September - October Birthdays**

- |                         |                          |                           |                     |
|-------------------------|--------------------------|---------------------------|---------------------|
| 09/01 Philip Pilibosian | 09/22 Anne Lorentzen     | 10/14 Herbert Olofsson    | 10/26 Ann German    |
| 09/01 Nicholas Grefe    | 09/22 Sue Galbraith      | 10/14 Margery Geiger      | 10/26 Mackenzie     |
| 09/03 Frankie Stahlhut  | 09/22 Louise Koch        | 10/14 Richard Lovis       | Vetorino            |
| 09/04 Ross Whalen       | 09/22 Ira Silverman      | 10/14 Jan Van Sciver      | 10/28 Lois Gagnon   |
| 09/05 John LaPine       | 09/23 Calvin Hietsch     | 10/14 Rachel Garlick      | 10/30 Cathy Damon   |
| 09/05 Matt Palmer       | 09/25 Sarah Magruder     | 10/15 Forrest Beam        | 10/30 Edward Saling |
| 09/05 Paige Strauss     | 09/25 Nancy Timoney      | 10/15 Bev Lopes           | 10/30 Connie        |
| 09/06 Doris Coale       | 09/27 Catherine Morrison | 10/15 Joy Hambly          | McLean-Stead        |
| 09/06 Sandy Whalen      | 10/02 Joseph McTiernan   | 10/16 David Condon        | 10/31 Martha Lewis  |
| 09/06 John Whalen       | 10/02 Charles Lewis      | 10/18 Jud Phelps          | 10/31 Sophie Gibson |
| 09/08 Brittany Enz      | 10/02 Daniel Miller      | 10/18 Eric Ill            |                     |
| 09/09 Jean Stafford     | 10/02 Elizabeth Warner   | 10/19 William Davis       |                     |
| 09/13 Phyllis Bradley   | 10/04 Beverley LeBlanc   | 10/20 Roger Boocock       |                     |
| 09/13 Amanda McClenahan | 10/04 George Syrov       | 10/20 John Damon          |                     |
| 09/13 Ian Thompson      | 10/07 Hub Mathewson      | 10/20 Laura McCarron      |                     |
| 09/14 Roy Hammer        | 10/07 Betsy Lawlor       | 10/21 Kathy Garlick       |                     |
| 09/15 Joanne Gwynne     | 10/08 Lucy Watson-Baker  | 10/22 Laurie Keene        |                     |
| 09/16 Jean Fahey        | 10/08 Zachary Hunter     | 10/22 Torrie Vetorino     |                     |
| 09/16 Erik Menyhart     | 10/09 Bruce Stewart      | 10/25 Robert Pickel       |                     |
| 09/17 Donald Palmer     | 10/11 Spencer Reed       | 10/25 Sam Hawkins         |                     |
| 09/17 Dennis Steward    | 10/12 Douglas Keilitz    | 10/25 Cristina Scichilone |                     |
| 09/21 Kristen Beasley   | 10/13 Skee Morton        | 10/25 John Scichilone     |                     |
| 09/21 Kate Lawlor       | 10/13 Lynne Gadkowski    | 10/26 Linda Gadkowski     |                     |



*Is your name missing from the Birthday List? Please call the office with your birth-date so it doesn't happen again!*

## Supporting Our Ministries

### THE YOUTH need your Help!

The teens of our parish continue to raise money for their pilgrimage to Rose Bud



Indian Reservation in South Dakota. You can help in two ways. Continue to drop off your recyclables and attend the 9/12 dinner and auction during which the youth will share pictures and their experiences with the Lakota people.

### Creation Care: Aware, Awake & Alive!

Your Creation Care Committee has purchased 180 lightweight, reusable, colorful plastic plates for our parish (and others using our kitchen) to use for cookouts, light snacks, children's events and more! If you don't want to use the heavier china plates, please be sure to use these plates instead of disposable plates. And we have more than enough silverware for almost any event so please be sure to use our forks, spoons and knives instead of disposables. They are stored in the cabinet nearest the kitchen door leading to the parish hall. Please let your guests know they are NOT to be thrown away...we have found one or two in the trash after use. Please help us be careful guardians of God's creation. Thank you for joining our committee in these important efforts.

Hilary Greene, Angela Cenzalli, Sue Davy,  
Dorothy Torrey, Amy Crocker and  
Deb Lippard

### Try Hosting Coffee Hour!



We are looking for new people to host coffee hour.

Carmen Cappuccio sets up the coffee and cleans up... just bring some simple goodies to share and milk for coffee. Sign up on the Sun Room bulletin board or email Allison Bresette!

### PLEASE SIGN UP TO BE AN USHER!

As we move into fall, we are in need of new people to help greet fellow parishioners and newcomers to St. Mary's at our services. Please consider being part of this fun and joyful ministry.

*We Need Your Help to Welcome People to Our  
Lovely Church*

We will have a pot-luck dinner and training on  
SEPTEMBER 9, 2015 at 5:30 in the Parish Hall.  
Contact Ann German at [germanreed@comcast.net](mailto:germanreed@comcast.net)  
with any questions

### St. Mary's Episcopal Church Staff

The Rev. Dr. Libby Gibson, Rector  
The Rev. Dcn. Elizabeth Whitmore, Deacon  
Douglas Keilitz, Director of Music Ministries & Organist  
Allison Bresette, Coordinator of Youth & Family Ministries  
Frankie Stahlhut, Parish Administrator  
Colleen Mason, Finance Coordinator  
The Rev. Robert Anthony, Clergy Associate for Pastoral  
Care and Formation  
Carmen Cappuccio, Sexton

### St. Mary's Episcopal Church Vestry Members

Matt Bresette, Senior Warden  
Joy Hambly, Junior Warden  
Lee Hunsaker, Chuck Lewis, Co-Treasurers  
Brad Goodwin, Clerk  
Jenn Mullin - 2015  
Lois Gagnon - 2015  
Bill Plettner - 2015  
David Munsell - 2016  
Judy Knauer - 2016  
Peter Gwynne - 2016  
Petter Hutton - 2017  
Louise Koch - 2017  
Peter Scarafale - 2017

### St. Mary's Newsletter is

published six times a year. Please send all submissions to  
Parish Administrator at [admin@stmarys-church.org](mailto:admin@stmarys-church.org).

NON-PROFIT  
ORGANIZATION  
US POSTAGE  
**PAID**  
PERMIT NO. 5  
BARNSTABLE MA  
02630

**ST. MARY'S EPISCOPAL CHURCH**  
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508-362-3977  
The Rev. Dr. Libby Gibson, Rector  
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[admin@stmarys-church.org](mailto:admin@stmarys-church.org)  
[www.stmarys-church.org](http://www.stmarys-church.org)

**September - October At A Glance**

**Special Services/Events:**  
9/11 Day of Remembrance - begins at Barnstable Fire Department 4 PM  
9/13 Program Year Begins  
St. Mary's Pictorial Directory Photos: 9/17, 9/18, 9/19  
9/27 Silver Tea  
10/2-3 Rummage Sale  
10/3 Blessing of the Animals, 5PM  
10/23-25 Parish Retreat

**Weekend Eucharists:**  
Saturday, 5:00PM, Rite II  
Sunday, 8:00AM, Rite I  
Sunday, 10:00AM, Rite II

**Monthly:**  
First Saturday, 5PM Taizé (except October - Blessings of Animals)  
Second Sunday, 10AM, Youth Eucharist  
Fourth Sunday, 9:30AM, Joy Mass