In my Easter sermon, I made reference to the “Invisible Gorilla” study conducted in the late 1990s by Christopher Chabris and Daniel Simons. Our minds can be so fixated on “seeing” one thing (in the case of the study, counting the number of times a team throws a ball) that we completely miss other people or activities that are in our field of vision (like a huge gorilla!) This fascinating experiment showcases how selective our vision and our attention can be. We often say that we need to see something in order to believe it, but the reality is that for many of us, it can be difficult to expand our field of vision beyond what we have chosen to see.

Our resurrected Lord appeared frequently to his friends and disciples, and each time they failed to see him. In the garden, on the road, by the sea, the disciples were traumatized by his crucifixion and confused by his empty tomb so could not see Jesus’ resurrected form. Even when Jesus stood in their direct line of sight, they could not see him until he called them by name, was made known to them in the breaking of the bread, and caused their nets to overflow with fish after a long, dark night on the water.

As Easter people, we may believe in the resurrection of our Lord and the new life of love and service that Jesus brings to us. And many of us struggle to see beyond ourselves and our own needs because our human vision is so limited. Every moment is fresh and new to us, and full of possibility. But we can get caught up in our minds, in our opinions, judgments and complaints, and fail to see the wonder that is unfolding in our midst. Especially with friends or family members or situations close to us, our vision can become so selective that we only see what we want to see.

This Eastertide, my prayer has been that God grant me glimpses of life around me with divine vision and not the limitations of my human vision. In the parish, in my family, with my friends, where do I fail to see people or situations as God would? How can God expand my vision to see the needs and beauty calling for my attention? Only with God’s grace and help can I truly see.

With love and blessings,

Libby

May/June 2018
Holy Week and Easter Celebrations

Palm Sunday was especially exciting this year, as Fr. Mark arranged for a real pony to lead a palm-waving procession into Joy Mass. Liz Mumford once again hosted a Christian Seder Meal on Thursday of Holy Week. Afterwards, children and adults participated in food-washing. Good Friday services included reflections on the last seven words of Christ, a proper Good Friday liturgy, and a Family Service in which our Rector, Libby Gibson, used images from Legos to teach children about the Stations of the Cross. Saturday night was very chilly, but the Easter Vigil congregation braved the cold to light the first fire of Easter on the lawn in from of St. Mary’s before heading inside to worship. A reception with sparkling beverages followed, to usher in Easter joy. Although spring weather was reluctant to get on board,

Music Minister Auditions

Save the dates for Minister of Music Auditions! All are welcome to come and hear our four finalists audition for our Minister of Music position. The auditions are tentatively set for May 2, May 8 & 9, and May 16 at 3:30 pm. More details to come!

we rejoiced in the resurrection of our Lord once again on April 1! And despite an iffy forecast, we still hosted about 50 eager children for the Easter egg hunt after the 9:00 am service. Libby and the musicians had some fun at both the 9 and 11 am services with the fact that Easter fell on April Fool’s Day this year, making the day even more fun. Many thanks to the countless volunteers who pitched in to make Holy Week and Easter a marvelous experience at St. Mary’s!
Outreach in 2018

There are several differences in Outreach for 2018:

- Our budget is formulated in a new way. Fifty % of all of the monies generated from the church special events (Daffodil Tea, Rummage Sale and Holly Fair) + 5% of the pledges become the Outreach budgeted funds.
- Rather than support many charities with small amounts making the impact of our support somewhat less significant to any one, we have decided to make our contributions impactful to all we choose by carefully selecting our sponsees and making our gifts more substantial to them.
- Our main focus is on kids, the homeless and the disadvantaged. Each of the chosen charities have specific St. Mary’s parishioner involvement.
- The charities we have chosen to support are as follows:

  All Our Children
  Summer Eats (formally Kids Summer Meals)
  Days of Hospitality
  Amazing Grace

  Miracle Kitchen
  NAMI, the National Alliance on Mental Health
  Prison Ministry
  M-25 (Dan McCulloch’s support for the homeless)
  Horizon for Homeless Children
  Faith Family Kitchen

In addition, Outreach will support the Rosebud Indian Reservation with Christmas offerings and the Baby Center and Needy Fund with our Easter Offering.

Submitted by Co-Chairs Leezie Magruder & Jud Phelps

Quilters and Fabric Needed for Amazing Grace Camp

Each summer Amazing Grace of Cape Cod mentors offer a camp for children whose lives have been impacted by a family member’s incarceration. At our closing celebration we give each camper a patchwork quilt with a special dove applique to take home as a reminder of the relationships they made and the fun we shared.
Our quilting team needs people – seasoned quilters and newbies – to help sew the top pieces. We also need fabric – large enough to make a 6.5” square. Please contact Julie Lytle, Camp Director, if you can help make the quilts or have fabric to donate.

We also are looking for volunteers, 18 years and older, to share their passions and skills with our Amazing Kids. Volunteers would serve as Camp Mentors (morning, afternoon or overnight shifts) or Camp Specialists (1-3 hours sharing a skill/talent) during our camp experience August 19-24 at Camp Burgess in Sandwich. There are also behind-the-scene opportunities for Program Developers (help us find and create fun things for our Amazing Kids to do at Camp and at monthly gatherings), Story-tellers (help us tell others about Amazing Grace), Recruiters (help us find kids & volunteers for the week), and Fundraisers (help us find financial support to do our work).

Amazing Grace of Cape Cod Inc. provides a no-cost, one-week residential camp experience as well as year-round activities for children whose family member is or has been incarcerated. Our goal is to give these children the opportunity to find a community where they are nurtured by adult mentors and surrounded by peers who share a common struggle.

We are currently accepting camper applications for children age 7-11 and anticipate hosting 30 children at camp August 19-24. For more information see the Amazing Grace website at http://amazinggraceapecod.org or contact Julie Lytle, Program Manager/Camp Director at amazinggraceapecod@gmail.org.

**All Our Children Volunteers Play in the Dirt**

Besides helping students and teachers in the classroom, St. Mary’s volunteers are now helping the children preparing a garden on the grounds of Hyannis West Elementary School. Children are preparing the ground, planting, composting, incorporating worms into the soil. Not only do the children do the gardening work, but the then they draw pictures of what they have learned. Shown below are a few of the pictures they’ve done.

For more information or to volunteer, contact Christy Saling at cesaling@gmail.com or 508-775-0583, or find her in the parish hall after worship.
Church School & Celebration Sunday

We only have a few more classes left before the end of the program year - hope you can join us!

We start in the Parish Hall at 9:30 am for singing. Then PreK, K and 1st grade kids head off to Godly Play, while the older grades participate in Lego Bible Stories. At the passing of the peace, children rejoin their parents for Holy Communion and the rest of the service. Please see May/June calendar for families for Church School dates. Even if other commitments have kept you away earlier in the year, it’s definitely not too late to jump in.

CELEBRATION SUNDAY will be June 10. Since it’s a Youth Sunday (the 2nd Sunday of the month), children and youth will assist in worship as usual. In addition, kids will share what they’ve done over the past year. Of course, there will be ice cream after church. We’ll also launch our Flat Jesus summer program - don’t miss it!

Beginning in the Fall, we’ll introduce an exciting, new, all-church program called Love First, currently being piloted at St. Barnabas Episcopal Church in Falmouth. Stay tuned for more as we prepare to weave together children’s ministries, youth group, adult formation, and pastoral care into one cohesive and concerted effort to love self, love neighbor, and love God.

Ellie DA retelling the story of The Road to Emmaus, a post-resurrection appearance by Jesus
Griffin M. showing the moment the disciples recognize Jesus in the breaking of bread
Communion Instruction & Bible Program

“Faith milestones” are important markers in a person’s journey of faith. Baptism and Confirmation are two milestones we’re all familiar with. But in between, and also beyond that first milestone of adulthood (Confirmation), there are many other opportunities to deepen our understanding and to celebrate achievements.

Children 2nd grade and older who haven’t yet taken a class are invited to participate in Communion Instruction. Children 3rd grade and older are invited to receive a Bible as a gift from St. Mary’s. And children 4th grade and older can be trained as Acolytes. Please contact Cathy Ode ASAP to learn more about these opportunities for your child. 508-362-3977 ext. 13 or formation@stmarys-church.org. Classes will form based on parents’ interest and availability.

Summer Eats starting soon!

For the third summer in a row, St. Mary’s will provide free, healthy meals to kids who normally receive free or reduced-price lunches during the school year but become food-insecure once school is out. The new, state-wide brand name for the program is Summer Eats. We begin serving on June 25. Despite planned renovations, we should be able to use the kitchen and at least most of the Parish Hall again this year.

Please watch for volunteer sign ups coming soon; over 90 volunteers were involved last summer and we can use even more than that. Generally, volunteers arrive at 8:00 or 8:30 am. Monday through Friday, and are done by 10:30 or 11 am. You can sign up for a once-a-week time slot, or choose a few times over the summer to help, or come every single day. Volunteer roles include preparing meals in the kitchen, packing food into coolers, delivering coolers to one of our three sites, and assisting with meal-planning, food inventory, and ordering. For more details, contact Cathy Ode at 508-362-3977 ext. 13 or formation@stmarys-church.org.

Already know that you’re interested? Plan now to attend our volunteer training on Wednesday, June 13th at 10:00 am in the Parish Hall.
Brave Conversations about Race Relations

Since this past March, a group of St. Mary’s parishioners has been meeting to address issues around racism and white privilege. It all started March 3, when 7 of us braved the after-effects of a nor’easter and gathered with perhaps a hundred others at St. Paul’s Cathedral in Boston for a program called “Brave Conversations.” The presentation focused on how to have difficult conversations about topics that matter, especially when there is disagreement. Since then, we’ve kept the conversations going here at St. Mary’s, and about a dozen new voices have joined in. More are welcome!

Join us for the next “Brave Lunch” on Sunday, May 6, 11:30 am – 1:00 pm in the St. James Conference Room. Please bring your own brown bag lunch. For more details, contact Cathy Ode at 508-362-3977 or formation@stmarys-church.org.

If the Church Were Christian

If the Church were Christian… All are welcome to join the Thursday morning group as we begin our study of this fascinating book by Quaker pastor Philip Gulley. We gather at 8:30 am in the St. James room for the Holy Eucharist, simple breakfast, and then book study. Books are $10 available in the office or you can read on your kindle. Contact Libby Gibson for more information (rector@stmarys-church.org)
How to Use Opioids Safely

Reprinted from the Mayo Clinic website.

If you are taking opioids or talking with your doctor about this treatment option, now is the time to plan for safe use and disposal of these medications. Practicing caution can mean the difference between life and death for you, your loved ones and even your neighbors.

Opioid painkillers are highly addictive. After just five days of prescription opioid use, the likelihood that you’ll develop long-term dependence on these drugs rises steeply — increasing your risk of eventual addiction and overdose. And you don’t need a prescription to be at risk. In fact, most people who misuse prescription painkillers report getting them from a family member or friend. Find out what steps to take to keep you and your loved ones safe.

BEFORE YOU START A COURSE OF OPIOIDS
Opioids aren’t safe to even consider for some people. Your medical history, family history and personal history of substance use all help determine whether opioids are safe for you to try.

Medical conditions that increase your risk of dangerous side effects from opioid medications include: sleep apnea, obesity, anxiety or depression, and fibromyalgia.

Mental health and substance abuse problems that increase your risk of opioid abuse and addiction include: history of severe depression or anxiety, heavy tobacco use, prior drug or alcohol rehabilitation, or family history of substance abuse.

WHAT TO EXPECT FROM YOUR DOCTOR
The Centers for Disease Control and Prevention (CDC) provides guidance to physicians for safe prescribing of opioid medications. Following the CDC’s recommendations, you should expect your doctor to: Prescribe the lowest effective dose, for the shortest period needed, when treating acute pain; avoid or delay prescribing opioids for chronic pain; work with you to establish realistic treatment goals; ask you to sign an opioid therapy agreement before you start a long-term course of opioid medications.
WHAT YOU CAN DO TO SAFELY MANAGE YOUR MEDICATIONS
You play a critical role in ensuring your safety while taking opioids. Your doctor and pharmacist can’t help you stay safe if they don’t have complete and current information about all your medications.
Take these steps with your health care providers:
- Tell all of your providers about all of the drugs you’re taking. Opioids interact dangerously with many medications. For example, combining opioids with medications used to treat anxiety or sleep issues can be very harmful, or even deadly.
- Order all your medications through the same pharmacy whenever possible. The pharmacy has systems in place that alert pharmacists to potentially dangerous interactions between the drugs you’re taking.
- Read the instructions and warnings on the drug safety information sheet stapled to your prescription. These instructions notify you about potential side effects and help you understand how to check your response to the medication.
- Report side effects to your doctor right away. If you have any side effects, such as constipation, nausea, mood changes or confusion, contact a member of your health care team immediately.
- Check the expiration date on your pill bottle. Medication loses its effectiveness after a certain amount of time, and its effects become unpredictable.

WHAT MAKES OPIOID MEDICATIONS SO DANGEROUS?
When used as directed by your doctor, opioid medications safely help control acute pain, such as pain you experience after surgery. There are risks, though, when the medications are used incorrectly.

Opioids are a broad group of pain-relieving drugs that work by interacting with opioid receptors in your cells. Opioids can be made from the poppy plant — for example, morphine (Kadian, Ms Contin, others) — or synthesized in a laboratory — for example, fentanyl (Actiq, Duragesic, others).

When opioid medications travel through your blood and attach to opioid receptors in your brain cells, the cells release signals that muffle your perception of pain and boost your feelings of pleasure.

WHEN OPIOID MEDICATIONS ARE DANGEROUS
What makes opioid medications effective for treating pain can also make them dangerous.
At lower doses, opioids may make you feel sleepy, but higher doses can slow your breathing and heart rate, which can lead to death. And the feelings of pleasure that result from taking an opioid can make you want to continue experiencing those feelings, which may lead to addiction.

You can reduce your risk of dangerous side effects by following your doctor’s instructions carefully and taking your medication exactly as prescribed. Make sure your doctor knows all of the other medications and supplements you’re taking.

Carrie Krieger, Pharm.D.
https://goo.gl/CGC68f

May/June 2018
What is Education for Ministry?

So, what is EfM? Education for Ministry is a program sponsored by the Beecken Center at the School of Theology at Sewanee, University of the South (an Episcopal seminary).

There are EfM groups throughout all parts of the U.S. and internationally. In existence since 1975, EfM is a four-year course that takes participants through the Old Testament, New Testament, Church History, and Philosophy and Theology. This may look like Bible study, but it’s really different. Yes, you learn a lot about the Bible, but it’s so much more.

The design of the program is to facilitate each person’s spiritual growth through looking at how personal faith intersects with development of community in the church and the world. The format is reflection on readings, small group discussion, worship, and caring for one another. Participants make a commitment of one year at a time.

The group at St. Mary’s meets on Monday evenings, 5-8 pm, from September through early June. The mentors (facilitators) are Cay Hartley and Sue Davy. St. Mary’s members are Susanne Bennett, Meridith Colbert, Amy Crocker, Kate Dunigan-AtLee, Chris Low, and David Miller. We also have two members from St. David’s. Ask any of the participants what EfM has meant to them! We’re looking for new members for the fall.
New Ministry for Newcomers

The Newcomers Ministry, led by Judy Knauer and Cathy Ode, has been meeting since last July seeking ways to identify, welcome and absorb new members into the St. Mary’s Church Community. Very much a work in progress, we have initiated the following:

- greeters at the back of the church
- office use of Realm and Pathways programs to make sure communications flow
- prompt initial follow-up with newcomers
- a welcome table in the parish hall
- ambassador program: when newcomers seek to be a part of our community, they are assigned an ambassador, a host family to reach out in whatever way seems appropriate, address any questions, help them find their way to volunteer, and make sure their concerns and skills are known to the clergy
- Sunday May 20th, recognition of new members at 10am service & celebration during coffee hour

The committee includes Cathy Ode, Judy Knauer, Susan Goodspeed (Vestry liason), Christy Saling, Susanne Bennett, Janis Umschlag, Kate Dunigan-AtLee, and Marian Ferguson. Our meetings are after church on Sunday. Please contact one of us if you would like to be a part of this ministry.

Mark Your Calendar

May 6    Church School
May 13   YOUTH Sunday; Bishop’s visit
May 20   Church School
May 27   Memorial Day weekend; JOY Mass
June 3    LAST Church School classes
June 10   Celebration Sunday
June 17   Fathers’ Day
June 24   JOY Mass & High School grad recognition

Barnstable Youth Singers enjoy guest musicians (Elizabeth Mitnik Doriss, oboe and Carol Call, trumpet) and trying new instruments!
Spring Report on the Gardens

The two Arnold Geissbuhler sculptures, St. Fiacre and the Cornucopia, are in need of restoration and we hope to have that work done over the summer months. If any of you remember when that gift was made, please call me as I would love to have that information and any information on the garden’s history. We have had initial conversations with a noted restoration artist here on the Cape and are now confident we can get this work done conforming to the highest standards. These two pieces are an integral part of the garden and need to be protected and preserved for future generations. The shrine that holds the Madonna at the Boardwalk is in need of re-building and that, too, will be undertaken over the summer months.

Due to the construction, access to some parts of the garden will be limited. The Garden Committee will make sure that the garden is accessible and maintained throughout the construction. Please plan on bringing your houseguests and family. There will be a Sunday morning gathering to explain changes and offer an update. Watch the Thursday eNews for that date.

Per our local conservation commission, we must move the existing shed. It is old, not in good shape and rests in designated wetlands. I do not believe in surprises so will post a drawing or photo of the new shed and indicate where it will be located.

Did you know that we have deer in our garden and they annually eat not only the hostas in the Memorial Garden (all from Mr. Gooch’s garden) but many of the new perennials in the borders? By the time this is published, we will have sprayed, organic product, of course.

If you have not been to the top of the Meadow, I encourage you to walk up and view the glorious Sugar Maple, planted in memory of Jim Carlaw. The tree had a hard time settling in but now is tall and strong, as was Jim, formerly chief gardener. In September, we had a large limb removed from a nearby tree that was interfering with the growth of the Maple.

Photos of the garden courtesy of Barry Olofsson

Did you know that annually we plant 400 daffodils bulbs? This past year we have concentrated on some spots in the Daffodil Meadow that have been bereft of daffodils, due to the hard, unforgiving soil. Last fall we rototilled, spread lots of Bill Plettner’s compost and used a drill to plant the bulbs. We always welcome gifts earmarked to the purchase of daffodils.

I would be greatly remiss if I did not acknowledge Angela Cenzalli. She met with our committee and patiently and expertly led us through the changes that, of necessity will occur in the garden. It is important to note that our Committee is guided by a commitment to Fr. Nicholson’s vision of this remarkable English Country Garden. We are of one mind and want to assure you that that vision will not be compromised.

The Garden Committee welcomes new members. We work monthly with County workers to maintain the garden, meet infrequently on an as needed basis and communicate primarily through email. Join us! We have a lot of fun!

Thank you, for the Committee, Peggy Anschutz

May/June 2018
Giant Spring Rummage Sale  
Friday, June 8, 10:00am-4:00pm  
Saturday, June 9, 9:00am-12:00pm

Join in the camaraderie as we once again prepare our hearts to welcome in the community through the annual rummage sale, all while raising needed funds for the many ministries of St. Mary's. Many hands are needed as the space is prepared, donations are received, sorted, priced, and ultimately shared with the community at large. Be a part of this wonderful venture. Following is what is needed:

Prior to Event
Publicity: Call your family, friends, neighbors, parishioners to inform them about the sale and donation opportunities, put out flyers.

Prep Week, 6/3-7
Set-up of Space, Sunday, following the 10am service: Set the parish hall and boutique into a thrift shop. The transformation is exciting to behold.

Pick-up Truck & Driver, Sunday-Wednesday, as needed and available: Pick up donations as needed; shuttle tables to and from Sturgis Library.

Donations Needed, Monday-Thursday (noon): Clothing, household goods, linens, antiques, and tools, all in good shape. NO books, please. Snacks for the volunteers is always welcome.

Sorters, Monday-Thursday, Morning or afternoon shift: Receive donations, and move to the appropriate room (Tent; Boutique; Parish Hall) for display.

Pricers, Monday-Thursday, Morning or afternoon shift: While some areas have preset prices for items we need teams of two to set prices for particular items, high end items, housewares, large items. Didn’t you always want to be a pricer? Now is your chance.

The Days Of The Sale, 6/8-9
Parking Attendants, Friday-Saturday, Morning or afternoon shift: Be the first to welcome the community to St. Mary's. Help folks park; point the way in; thank them when they leave; ask them to tell their friends to come. First and last impressions are so very important.

Clerks, Friday-Saturday, Morning or afternoon shift: Monitor the rooms; perform price checks; help visitors during the sale.

Cashiers, Friday-Saturday, Morning or afternoon shift: Greet the community when they come and go; assist in transactions.

Break-Down Space, Saturday afternoon shift: Be a part of returning the parish hall, St. Andrew’s room, and the tent, to its original configuration in a matter of 2 hours. Another extraordinary site to behold. Many hands are needed as the parish hall is being occupied that evening for an event.

For Information contact Joy Hambly, 508-477-3484, joykhambly@gmail.com
To Volunteer contact Frankie Stahlhut, 703-380-8630, fstahlhut@gmail.com
Ella Fraser 5/2
Teddy Gibson 5/2
Alfred Stephens 5/2
James Cranitch 5/3
Nancy Mamlock 5/4
Lauren Persson 5/5
Babs Walters 5/5
Nancy Fales 5/6
Edward McClennenah 5/7
Payton Whalen 5/7
Lauren Brisbois 5/8
Lenore Stanley 5/8
Betsy Harrison 5/9
Stephen Jones 5/10
James Machnik 5/10
Barry Olofsson 5/10
Thomas Ryder 5/11
H. Cully Beasley 5/12
Miles Gibson 5/14
Caty McMahon 5/15
Ava Christo 5/16
Wendy LaPine 5/16
Shirley Borglund 5/17
Brad Goodwin 5/17
Rebecca Monger 5/17
Robert Anthony 5/18
Gertrude Waters 5/18
Arthur Laughton 5/20
Meredith Colbert 5/24
Clifford Whalen 5/24
Allison Bresette 5/25
Diane Miller 5/27
Helen Boocock 5/29
Ellen Ingram 6/1
David Palmer 6/2
Rob Stewart 6/2
Carnell Leary 6/3
Luanne Marrino-Persson 6/3
Angela Cenzalli 6/4
Dick Calbraith 6/4
Betsy Hinckley 6/4
Jamie Hunsaker 6/4
Bunny Thompson 6/4
Ruthanne Allen 6/5
Kate Dunigan-AtLee 6/5
Prudence Stewart 6/5
Philip Tomarchio 6/6
Eleanor Braun 6/8
Carrie MacDonald 6/8
Bonnie Phelps 6/10
Vic Mankiewicz 6/12
Kirin Lennon 6/13
Julie Coakley 6/16
Peter Johnson 6/16
Carolyn Hletsch 6/17
Paula Beasley 6/18
Kathleen Plettner 6/18
Jessica Doling 6/19
Marian Ferguson 6/20
Janet Edmonds 6/25
Jan Lovis 6/25
Jim Keene 6/27
Joyce Saulnier 6/27
John Rice 6/28

IS YOUR NAME MISSING FROM THE BIRTHDAY LIST?
PLEASE LET US KNOW SO WE CAN CELEBRATE YOU!

A Word From the Wardens

Please continue to pray for our upcoming building renovation and capital campaign. We have the amazing opportunity to improve our buildings and grounds to make them safer, more accessible, and more environmentally sustainable. Just as parishioners before us gave us the gift of our church and gardens, we now have the chance to bless ourselves and future generations with spaces that welcome all of God’s people. We thank you for your prayers and generous support.
Palm Sunday JOY Mass; Easter Vigil; Christian Seder & Footwashing

The Easter Bunny made an appearance at the 9am family Easter service!