

Saint Mary's

Episcopal Church Barnstable

January-February 2017

When Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, "This is my Son, the Beloved, with whom I am well pleased." Matthew 3: 16-17

On January 8 we will celebrate the feast of the Baptism of our Lord. On this occasion, while he did not need baptism, Jesus set for us the example of humbly submitting to the new life of baptism, living as a beloved child of God. As you reflect on resolutions for the new year and ways you feel called to (re)shape your life, I invite you to reflect on our baptismal covenant and where God may be gently calling you back to the life of freedom that He promises.

- ✦ Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?
- ✦ Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?
- ✦ Will you proclaim by word and example the Good News of God in Christ?
- ✦ Will you seek and serve Christ in all persons, loving your neighbor as yourself?
- ✦ Will you strive for justice and peace among all people, and respect the dignity of every human being?
- ✦ Will you cherish the wondrous works of God, and protect the beauty and integrity of all creation?

In entering the river Jordan, Jesus consecrates the water to be for us a sign of freedom, unconditional love, and a new way of life. In many churches, the Baptismal font is one of the first things you encounter upon entering church and holy water is always available for blessings. In the last several months, I have been seeking ways to make our Baptismal font more visible and accessible, as a reminder of our belovedness and our commitment to following Jesus. To that end, we have removed the large cover with the three brass dolphins, and it

From our Rector, the Rev. Dr. Libby Gibson



Parish Newsletter January - February 2017

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remains on display at the back of the church. We have placed a cut glass bowl (generously donated by Joyce Shinn) on the Baptismal stand for holy water. The previous "bowl" is concrete, which is very heavy and hard to move, so it will be installed in the garden near the outdoor altar for Baptisms in the garden. Many thanks to Mark Anschutz for his help with this project.

With love and blessings,

Libby +

Personnel Changes at St. Mary's



Sue Davy & Frankie Stahlhut

This month, *we bid farewell to our beloved parish administrator, Frankie Stahlhut.* Frankie has served at St. Mary's for nearly three years, bringing a wealth of parish administration experience from her previous jobs in Virginia. Under Frankie's leadership we have improved our paper and electronic file systems, developed a dedicated and talented group of office volunteers, created a building systems maintenance schedule, continued to improve our financial checks and balances, and so much more! We will miss her intelligence, humor, and deep spirituality and hope to lure her back as a volunteer in the future. Please join us to celebrate Frankie on Sunday, January 8, after the 10:00 am service. Donations to her "purse" and cards thanking Frankie can be brought to the office until January 4.



Aaron & Kate Dunigan-AtLee

With a joyful heart, I write to share the news that *Kate Dunigan-AtLee has accepted our call to serve as the next parish administrator* at St. Mary's. As the head librarian at Sturgis Public Charter School, Kate has much experience supervising staff members and developing and training volunteers. She also brings a deep knowledge of database systems, which will be helpful as St. Mary's explores more efficient and less expensive databases for managing our information. Kate is bilingual, her written communication skills are excellent, and she is accustomed to managing "walk-in" traffic amidst other projects. Kate is kind, funny, thoughtful, and deeply faithful. Please thank Kate for her willingness to move into this new role, and thank Aaron, Ellie, and Mateo for sharing Kate with us.



Carmen Cappuccio

Finally, I am thrilled to announce that *Carmen Cappuccio will now be the full-time sexton at St. Mary's.* It's been 3.5 years since we've had appropriate support for our building maintenance and cleaning, and I am very grateful to the finance committee and vestry for making this possible. Carmen's hard-work, resourcefulness, and cheerfulness make him an invaluable member of our parish community. Please congratulate Carmen when you see him.

*With love and blessings,
Libby+ and the vestry*

From our Assistant Rector, the Rev. Michael Bousquet



Some of us might remember that the day before Ash Wednesday and Lent is called Shrove Tuesday (which is February 28th this year) and is memorable for big pancake dinners and Mardi Gras celebrations. But did you know that there is an entire season before Shrove Tuesday called Shrovetide? This year, from February 12th through the 28th, we are invited by the church into a season of shriving.

I will forgive you for not knowing what *shriving* means – and I am sorry to disappoint you if you thought it meant seventeen days of all-you-can-eat pancake dinners. Actually, to strive (the past tense is *strove* or *striven*) means to absolve of sin. Traditionally, during the seventeen-day period before Lent, Christians confessed their sins, received absolution (that is, they were strove or striven), and planned out how they would repent for those absolved sins in the coming season of Lent.

There are two points that I find interesting about this yearly tradition of absolution and repentance. The first is that the absolution, the reminder that we are being strove or striven in Shrovetide, precedes the time of repentance in Lent. This ordering of the seasons is a striking reminder for me that, through the saving death and resurrection of our Lord, we are already absolved of and freed from sin. It is in our freedom that we are then called to repent, to engage in a lifelong journey of continually turning towards God as an

expression of our love for God and in response to God's love for us. The second point that I find interesting is that Shrovetide calls us to make plans. We do not enter into Lent without first having examined our consciences and resolving to make amends. Interestingly, one of the etymological roots of "shrive" is the Latin *scribere*, to write. In writing out our plans to make amends and to do good, we have a much better chance of following through on them.

This year during Shrovetide I invite each of us to write out for ourselves our plans for making amends or for becoming better followers of Christ, and to keep these reminders on hand throughout Lent. Incorporate reflecting on them into your prayer-life. I also encourage us to truly celebrate the promise of absolution that underlies the meaning of the word *shrove*. Of the many reasons why we eat pancakes and other fatty foods on Shrove Tuesday, perhaps one of the most spiritually accurate reasons is that we are feasting in celebration of our absolution. Which is what we will be doing here at St. Mary's on the evening of February 28th. Come to the Parish Hall that night for a Mardi Gras extravaganza; there will be baked strata (both sweet and savory), music, fellowship, an opportunity to support our youth ministries and our mission to Rosebud, and a joyful acknowledgement that, as we are striven of our sins, Christ is forever drawing us to Himself.

Michael +

JOIN US!

Epiphany Service 1/6 at 5:00 pm followed by Chili Potluck at 6:00 pm

Shrove Tuesday Supper, 2/28 at 6:00 pm

Ash Wednesday Services 3/1 at 7:00 am, 12:00 pm and 5:00 pm

Sharing Our Perspectives on Politics

Sunday, January 15, and Sunday, January 22, at 11:30 am in the Parish Hall

As we seek to better understand the broad range of political opinions at St. Mary's, we will host two forums to share our perspectives on politics. Given how emotionally charged these conversations can become, we will observe a structured format for these sessions. All persons present will have a set period of time to address a few questions about how they're thinking and feeling about the presidential election, about the country going forward, and other such questions. Any person is free to pass on answering a question and there will be no cross-talk during these initial sessions. Our goal is to learn how our fellow parishioners are thinking and feeling, with the hopes of building toward dialogues at a later date. Please contact Libby Gibson with questions (rector@stmarys-church.org, 508-362-3977).

Coffee Hour Baking Party

Saturday, January 7, from 12-4 pm

Please bring your bread pans or cookie sheets and join Libby and the kids to bake a bunch of goodies for coffee hour!

Happy New Year! Save These 2017 Dates!

January 6	Epiphany Service, 5 pm; Potluck Supper, 6 pm
January 29	Annual Meeting, 11:15 am in the Parish Hall
February 28	Shrove Tuesday Supper and Party, 6 pm
March 1	Ash Wednesday services: 7 am, 12 pm (choir), and 5 pm (families)
Mar 3 - Apr 14	Stations of the Cross, Fridays at 12 pm
Mar 3 - 5	Lenten Retreat at Society of St. John the Evangelist
April 9	Palm / Passion Sunday, Services at 8 am and 10 am
April 13	Maundy Thursday; Christian Seder, 5 pm; Holy Eucharist and Footwashing, 7pm Keeping Watch Vigil: 8 pm - 7 am
April 14	Good Friday services: 12 pm (Stations), 5 pm (Families), 7 pm (Tenebrae)
April 16	Easter Vigil: 7:00 pm
April 17	Easter Services: 9:00 am (children's sermon) & 11:15 am. Egg Hunt at 10:00 am



WORSHIP & MUSIC

"I Write The Songs, I Write The Songs" (apologies to Barry Manilow)

*From heaven you came, helpless babe, entered our world, your glory veiled;
Not to be served but to serve, and give your life that we might live.
This is our God, the Servant King, he calls us now to follow him,
To bring our lives as a daily offering of worship to the Servant King.
-Graham Kendrick, 1983*

So, who writes some of this more-contemporary church music, anyway? It's easy to forget that, just like in any other art form, music just doesn't "exist" but needs to be "created" ...and a human is usually involved somewhere along the way! Hymnody, be it in a traditionally "classical" style or possessing a more "contemporary" mode, is nevertheless always divinely inspired, and composers and lyricists work hard at their particular art forms, no matter the style or instrumentation.

Graham Andrew Kendrick (b. 1950) could be considered somewhat of a pioneer in the field of contemporary Christian music. The son of a Baptist pastor in England, he was a member of the Christian beat group *Whispers of Truth*. He began his songwriting career in the late '60s, traveling the country on his motorcycle to sing songs about God in coffee bars set up by churches to attract youngsters. His repertoire grew, his reputation began to spread after releasing some solo albums and singing in churches, and he became one of the founders of the *March for Jesus* interdenominational event that still exists to this day. He has also been active in student and university ministry. In 1987, he published what has become not only his most famous hymn, but also one that is known throughout the world: *Shine, Jesus, Shine* is not only one of the most widely heard songs in contemporary Christian worship, but even the Pope swung his cane in-time as four million people sang it at the largest ever open-air Mass in Manila. Over the past few months at St. Mary's, we've

sung several of his hymns: *Here is bread, here is wine; Restore, O Lord, the honor of your name; Who can sound the depths of sorrow; Beauty for brokenness; and Such love, pure as the whitest snow.*



Graham's original purpose in writing hymns was to provide a bridge between the culture of the church and that of the world. But, as time has moved on and the world continues to change, he tries to write songs which help people experience the "entering into the presence of God." Theologically sound in his hymn texts, he recognizes that "all true worship has to be with the help of the Holy Spirit. We are creatures created only to be complete when we are in friendship with God" and that worship "is rooted in a conscious act of the will, to serve and obey the Lord Jesus Christ."

*Douglas Keilitz
Director of Music and Organist*

Next issue: Maggi Dawn

Worship continued

An Invitation to Centering Prayer



The Catechism tells us there are several kinds of prayer, such as praise, thanksgiving, penitence, intercession and petition. (BCP, p 856-7).

There is also adoration... "the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence."

This comes closest to describing Centering Prayer.

Centering Prayer is a way of opening ourselves to experiencing God - Father, Son and Holy Spirit - who dwells within us. During the time of centering prayer we consent to God's presence, and learn to quiet the thoughts and distractions that keep us from hearing and experiencing God. A small group has assembled at St. Mary's to practice centering prayer on a regular basis. If this practice appeals to you, you are invited to join us.

WHEN: 1st and 3rd Wednesday, from 7pm to 8pm. Come 15 minutes early for brief instruction on the method.

WHERE: St. Mary's chapel - enter through the handicap access door.

TO LEARN MORE: Contact Maureen Tempesta at 508-428-4426, or tempesta.maureen@gmail.com.

Check the website of Contemplative Outreach, at: <http://www.contemplativeoutreach.org/>

YOUTH & FAMILY MINISTRIES

**A Time for Gratitude - UTO
Collection January 7-8, 2017**



Upcoming JOY Masses

4th Sundays at 9am

January 22

February 26

March 26

April 23

**Join us for this lively and fun
service where children of all ages
are welcomed and embraced.
Adults welcomed too!**

Youth & Family Memories



OUTREACH & MINISTRY SUPPORT

All Our Children - Forming a Partnership



After a gradual start, St. Mary's All Our Children team is rapidly developing a

partnership with Hyannis West Elementary School. HyWest has one of the highest percentages of students receiving free and reduced cost lunches on the Cape - a key indicator of poverty. Students, teachers and parents need all the help they can get to foster success among the children.

The HyWest staff has indicated current ways we can help:

- A third grade teacher wants help with small group reading.
- A second grade teacher has periods on two days that need assistance with small group reading.

- A first grade teacher could use help with one-on-one mentoring.
- Another first grade teacher wants help with math any day.
- A kindergarten teacher is looking for help with math activities.

Existing team members will address some of these needs during a pilot project beginning in January.

We're looking forward to even more need for St. Mary's involvement, and invite more parishioners to help children reach their full potential.

Please join us at a **Forum** on **Sunday, February 5** after the 10am service. We will share with the congregation our experience of the pilot project, and will talk about how others can become involved. Come and learn how you can

exercise your ministry in the community.

We're gathering ideas from other congregations about potential ways to support HyWest. Please join us on **Monday January 16** (MLK weekend) for one of these opportunities when we join our friends at St. Stephen's, Boston, in a day of service and action at the Blackstone School, across the street. A carload will leave at 7:30 am and return by 4 pm. Breakfast and lunch are included. For info about this day contact Lallie Lloyd (lallie@allourchildren.org).

To learn more before the forum, you may wish to speak with AOC team members: Lallie Lloyd, David Miller, Lisa Barr, Christy Saling, Tricia Spillane, Vickie Cahalane, and Eleanor Braun.

Outreach & Ministry Support continued

Thank You, Holly Fair Team!

It did take our parish "village": knitting, sewing, baking, making, donating jewelry and treasures, bidding on those treasures, creating magic with fresh greens, cutting holly, directing (and parking) cars that sunny, crispy-cold morning, setting up tables, taking down tables, making luncheon--offering delicious memories, shucking oysters, simply enjoying the work of the day.....sharing time, energies, smiles. Fair Day began with Libby's Courtyard prayer, then all rooms opened with offerings for children and the rest of us. Michael sold tickets for one Rosebud quilt, Youth Room's sales were for Rosebud benefit, all this, plus every one of you who came to check it out helped our Cape Cod children, our Rosebud families - those whose lives need a gentle lift. You provided that on Saturday, December 3, and our small world is grateful. A final Fair figure will be published when available. Thank you all! Thanks as well to our Outreach Chair and General Manager of all Fund-Raisers, Sharon Donegan.

Helen Prothero, Chair, 2016 Holly Fair



It's Not Too Late

It's not too late to fulfill your 2016 pledge. Call the office for your balance (508-362-3977).

It's not too late to make your 2017 pledge. Pledge cards are available in the rear of the church and in the office.

Stewardship Committee

INREACH & CARE

Flu, Bronchitis, and More



I think I have the Flu! Should I see my doctor?

Answers from James M. Steckelberg, M.D.

Most people who have the flu (influenza) have a mild illness and don't need to see a doctor. Common flu signs and symptoms include:

- Fever above 100 F (38 C), though not everyone with the flu has a fever
- A cough or sore throat
- A runny or stuffy nose
- Headache
- Muscle aches
- Chills
- Fatigue
- Nausea, vomiting or diarrhea (most common in children)

With some rest and self-care measures at home, the average healthy person can expect to get better within about two weeks.

However, some people are at greater risk of serious flu-related complications and should see a doctor.

Who needs to see a doctor?

If you or someone you're caring for is at high risk of flu-related complications and you suspect the flu, call the doctor.

For those at high risk of flu-related complications, there's a greater chance that the flu might lead to pneumonia, bronchitis, sinus infections and, rarely, hospitalization or death. It can also worsen chronic health problems such as asthma and congestive heart failure.

You have an increased risk of flu-related complications if you:

- Are younger than 5 years old, but especially if younger than 2
- Are 65 years old or older
- Are pregnant or have given birth in the past two weeks
- Are younger than 19 years old and are receiving long-term aspirin therapy
- Have certain chronic medical conditions, including asthma, emphysema, heart disease, diabetes, neuromuscular disease, and kidney, liver or blood disease
- Have a weakened immune system due to medications or HIV
- Have a body mass index (BMI) of 40 or greater
- Are an American Indian or Alaska Native
- Live in a long-term care facility

If you're in one of these groups, your doctor may

prescribe an antiviral medication – oseltamivir (Tamiflu) or zanamivir (Relenza) – to reduce the severity and length of your symptoms.

Key Prevention of the flu:
GET THE FLU SHOT!

Is acute bronchitis contagious?

Answers from James M. Steckelberg, M.D.

Yes, most of the time, acute bronchitis is caused by a virus. Influenza (flu) viruses are a common cause, but many other viruses can cause acute bronchitis.

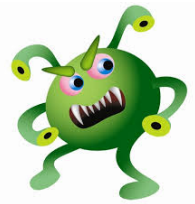
Flu viruses spread mainly from person to person by droplets produced when an ill person coughs, sneezes or talks. Flu viruses also may spread when people touch something with the virus on it and then touch their mouth, eyes or nose. Many other respiratory viruses are spread in these ways too.

To reduce your risk of catching viruses that can cause bronchitis:

- Avoid close contact with people who have the flu or another respiratory illness
- Wash your hands often or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth
- Get an annual flu shot

InReach & Care continued

People who have chronic bronchitis or asthma sometimes develop acute bronchitis. In these cases, the acute bronchitis is most likely a complication of the existing condition. This type of bronchitis is not caused by an infectious virus, so it's less likely to be contagious.



TICK ALERT: Ticks are still around even in the winter season.

Remove tick if it has attached itself to your skin; use a fine-tipped tweezers to grab the tick firmly near its head or mouth and as close to skin as possible. Pull the tick's body away from your skin. If possible, seal the tick in a jar. Your doctor may want to see the tick if you become ill after a tick bite. After handling the tick, use soap and water to wash your hands and the area around the tick bite.

*From the Mayo Clinic
Presented by your Pastoral Care Team*

Lenten Retreat, 2017

Dear Friends,

With Libby and Michael's encouragement, I have been able to "wrangle" a Lenten retreat for Saint Mary's parishioners at The Monastery of Saint John the Evangelist in Cambridge, MA. I use the word "wrangle" simply because, in the midst of so many demands and the pace of our 21st Century lives, these retreat spaces are in enormous demand.

Arriving on late afternoon **Friday, March 3** and departing after lunch on **Sunday March 5**, our time together will offer the extravagant and often life-changing opportunity to simply pause and nurture our souls.

The retreat offers silence, solitude, the remarkable architecture of the monastery, fine worship, thoughtful preaching, reading, superb cuisine, naps, walks along the banks of the Charles River, the company of our fellow parishioners, the warm hospitality of the Brothers, and other powerful ingredients. Peggy and I can attest to the enormous value of this ancient practice.

If you have an interest in joining the twelve to fourteen persons who will compose this group or if you are just curious, please contact me by email (mark.s.anschutz@gmail.com) or phone (508-398-3488).

Warmly, your friend,
Mark Anschutz

Try Hosting Coffee Hour!



We are looking for new people to host coffee hour. Carmen Cappuccino 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.

Dear friends,

With a heart full of gratitude I write to inform you that I am retiring from my position as Parish Administrator at the end of 2016. While the time we have shared was short, I have been deeply touched and find myself extremely grateful to you all. It has been my privilege to minister with caring and loving co-workers and parish family members. It has been my great honor to journey alongside you as we cried, laughed, pondered, worshiped, and celebrated lives well-lived.

Lest you dare think you are rid of me, once Sue and I have been away for a short respite, I look forward to joining you again at St. Mary's, worshiping alongside you.

Fondly,
Frankie Stahlhut

January-February Birthdays

Jan 2	Shirley LaPine	Feb 2	Betty Ann Wheeler	Feb 13	Betsey Edwards
Jan 2	Gregory Ill	Feb 2	Lilly Menyhart	Feb 14	Julie Lytle
Jan 3	Todd Machnik	Feb 4	Kate Sullivan-Jones	Feb 15	Quincy Hietsch
Jan 5	Jody Warner	Feb 5	Christian Bearse	Feb 16	Clyde Lennon
Jan 5	Sue Davenport	Feb 5	Miles Bearse	Feb 18	Susan Norton
Jan 8	Rev. Dorothy Greene	Feb 6	Rick Walters	Feb 18	Bob Stead
Jan 9	Dierdre Mullin	Feb 7	Karen Scichilone	Feb 18	Martin Hietsch, Jr.
Jan 10	Marilyn Cannon	Feb 8	Joshua LaPine	Feb 22	Annda Flynn
Jan 10	Betty McAdams	Feb 8	Robert Norton	Feb 22	Alyssa LaPine
Jan 11	Jake Dilley	Feb 8	Mary Kate Warner	Feb 22	Scott Mullin
Jan 12	Marion Painter	Feb 8	Richard W. Wheeler	Feb 22	Wendy Corbiere
Jan 14	Doris Ellis	Feb 9	Genie Upham	Feb 23	Susan Babcock
Jan 14	Tim Lippard	Feb 10	Richard McMahan	Feb 26	Jennifer Mullin
Jan 15	Isabelle Ramage	Feb 10	Susan Tyrrell	Feb 26	Edson Outwin
Jan 15	Charlie Gibson	Feb 11	Margaret Mankiewicz	Feb 26	Sara Fry
Jan 16	Stan Flynn	Feb 11	Peter Rosenberger	Feb 27	Stephen Kropilak
Jan 16	Gene Orloff	Feb 11	June Howes		
Jan 16	Ellie Dunigan-Atlee				
Jan 17	Rick Cunniff				
Jan 18	Liz Ferretti				
Jan 19	Charlotte Stiefel				
Jan 20	Dori Bates				
Jan 20	Bill Plettner				
Jan 21	Chris Low				
Jan 23	Griffin McMahan				
Jan 24	Ann Hibbard				
Jan 24	Nancy Brodhead				
Jan 25	Gerald Hazard				
Jan 26	Sharon Donegan				
Jan 26	Elizabeth Jones				
Jan 27	Claire Anderson				
Jan 27	Jordan McCarron				
Jan 31	Judy Scarafile				
Jan 31	Marilyn Welsh				
Jan 31	Patty Commissiong				

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

St. Mary's Episcopal Church Staff

The Rev. Dr. Libby Gibson, Rector
 The Rev. Michael Bousquet, Assistant Rector
 Douglas Keilitz, Director of Music Ministries & Organist
 Allison Bresette, Coordinator of Youth & Family Ministries
 Kate Dunigan-AtLee, 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

Peter Scarafile, Senior Warden
 Angela Cenzalli, Junior Warden
 Lee Hunsaker, Chuck Lewis, Co-Treasurers
 Brad Goodwin, Clerk
 David Munsell - 2016
 Judy Knauer - 2016
 Bill Plettner - 2018
 Peter Gwynne - 2016
 Peter Hutton - 2017
 Louise Koch - 2017
 Susan Goodspeed - 2018
 Caty McMahan - 2018
 Bunny Thompson - 2018

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www.stmarys-church.org

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The Rev. Dr. Libby Gibson, Rector

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ST. MARY'S EPISCOPAL CHURCH

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At a Glance

Special Services/Events

Epiphany Service followed by Chili Potluck, Friday, 1/6 at 5:00 pm

Annual Meeting, 1/29, 11:15 am in the Parish Hall

Shrove Tuesday Supper, 2/28 at 6:00 pm

Ash Wednesday Services, 3/1 at 7 am, 12:00 pm and 5:00 pm

Weekend Services

Saturday, 5:00 pm

Sunday, 8:00 am

Sunday, 10:00 am

Monthly Services:

First Saturday, 5 pm Taizé

Fourth Sunday, 9:00 am, Joy Mass