

MARCH-APRIL 2017

# Saint Mary's

Episcopal Church Barnstable



LONGING FOR GOD | HOLY WEEK & EASTER SCHEDULES | HUMIDIFIERS

SPIRITUALITY OF PASSION | ALL OUR CHILDREN UPDATE | DAFFODIL TEA

# Longing for God

THE REV. DR. LIBBY GIBSON, RECTOR

“You have made us for yourself, O Lord, and our heart is restless until it finds its rest in You.”

St. Augustine, Confessions



Loneliness is one of the core experiences of our human existence. Having been made in God’s image—in the image of a relational, loving God—we are restless and thirsty for community and love. While ultimately this longing is for unity with God, our loneliness is also incarnational—we seek unity and love with specific people, objects or experiences. At different times in our lives, we may have the experience that “Our bodies are lonely, our minds are lonely, our very souls are lonely.” (Rohlheiser: 140)

Culturally, we resist loneliness and try to fill those empty places with the media, food, alcohol, unhealthy relationships, shopping, and other diversions. As Christians, might we approach loneliness from a different perspective?

If the root of our loneliness (no matter its specific shape) is a longing for God, then perhaps we could allow our feelings of loneliness to remind us of God’s deep desire to be in relationship with us. When we feel lonely, we can allow that feeling to remind us to draw closer to God through prayer and contemplation. We can take a walk or watch the birds and thank God for the marvels of creation. We can read Holy Scripture and remind ourselves of all the times Jesus reached out to people in need. We can sit in quiet meditation and touch that deep part of ourselves known only to God. We can listen to music and allow the sacredness of sound to soak into our souls. “Loneliness can be seen as God’s way of drawing us toward God.” (Rohlheiser: 141)

Loneliness can also draw us to each other. God sent his Son to dwell with us, to love and ache and long in all human expressions, and Jesus’ ministry was deeply relational.

When we feel lonely, perhaps we could allow our loneliness to remind us that we are united in the Body of Christ and are made to be in relationship with each other. Sometimes we best experience the love of God through a kind word from a friend, or a gentle hug, or a well-timed card or phone call. When our lives lack opportunities to connect with each other, we can experience loneliness as a heart, mind, body, and soul sickness.

This Lent please join us on Sunday mornings at 11:15 am for a series of Adult Forums that will explore the spiritual, social, physical, psychological, and emotional dimensions of loneliness.

When we experience times of loneliness, may we feel divine love calling us into deeper union with God and relationships with others. You are God’s beloved and He is very well pleased.

Love and blessings,

*Libby +*

(Ronald Rohlheiser: *The Restless Heart: Finding our Spiritual Home in Times of Loneliness*, Doubleday © 2004)

# Developing a Spirituality of Passion

BY THE REV. MICHAEL BOUSQUET

Have you ever been a patient in a hospital? For most people, it is usually not a fun experience – and not just because of the hospital food. As a patient, you can be poked by needles and prodded by nurses, woken up at odd hours of the night to take medication, told what you can eat and cannot eat, dressed in unflattering hospital gowns, interrupted during the day by doctors and their residents who ask you intrusive questions, and worked on by physical therapists who keep you limber. The list of ways that being a patient can be irritating is exhaustive, but the entire experience of being a patient has a common theme: as a patient, you are much more an object of other people's actions than you are an actor yourself. For the most part, you do not do things; things are done to you, and for very many people that is an unsettling reality. It is certainly different from our everyday experience of being in control of our own lives and being active agents in the world.

Think about it: we usually determine what we eat and when we eat. We determine when we go to sleep and when we rise. We determine who will be admitted into our bedroom. We have autonomy over our own bodies and bathe and clothe ourselves and usually do not let people stick us with needles. What happens when we become a patient and this reality changes? What happens when we cease to be agents of control and action in our lives and other people make these decisions and actions for us?

One of the first things we ought to do is develop a spirituality of passion. By passion, I mean the opposite of action, much in the same way that passivity is the opposite of activity.



If you're curious to understand what this is like, I invite you to read *The Stature of Waiting* by W. H. Vanstone, which explores the Passion of Jesus Christ – his experience of being acted upon by other forces in the days before his Crucifixion – as a critical lens for understanding our own experiences of passion. The Men's Fellowship here at St. Mary's meets on the first and third Tuesday of the month from 7:30am to 9:00am and is reading this book over Lent and Easter this year, and you are warmly welcome to read along with us or, for the guys, to join us.

It is important to remember that passion is not always a bad thing. It does not necessarily entail pain or death. Little newborn infants are in a state of passion inasmuch as a parent entirely cares for them, acts for them, and makes decisions for them. It is true that, at many times in life, we will all find ourselves to be in passion, in the hands of other people. My hope is that those hands are loving and caring hands (like those of a parent or a hospital professional), but even if they are not, to accept passion when we find it is itself a statement of faith, trust, and love. My invitation to us all this spring, when we find ourselves in passion, is to open our hearts in faith to our new realities, and in so doing, to find the Christ who entered into passion out of love for us there, present, in that reality.

Michael +



# Worship & Music

DOUGLAS KEILITZ

## “It’s The Cheesiest!!” (There....I got your attention!)

I couldn’t think of a title for this article, so I ‘borrowed’ from a manufacturer of processed cheese food. But, in retrospect, I think it’s a good title. Over the past few months as we’ve experienced worship music somewhat more ‘contemporary’ in style, I’ve put a lot of effort towards avoiding anything that could be remotely described as ‘cheesy.’ Such descriptions are always subjective, but I think we’ve sung a wide variety of hymns, psalms, and spiritual songs from North America, South America, the United Kingdom, and Africa...including one from a composer-turned-theologian who was once ‘cheesed-off’ with God (there...I tied it all together!).

Maggie Eleanor Dawn (composer of *Into the darkness of this world*, sung this past Advent) was born in Sheffield in 1959. When she was six her parents bought her a guitar, and a teacher at her school taught her to play. By 13, she was playing in local clubs, and she soon learned to play double-bass and the piano. After leaving school she drifted around a bit, eventually living in Norway and working as a youth pastor. Upon returning to Britain she performed the church hall circuit and recorded her first album of Christian music in 1985...trying very hard NOT to sound like Joni Mitchell and Joan Baez! Over time, she eventually found herself being a worship leader...which, at the time, she found not to her liking (hence the ‘cheesed-off’ comment). So, she stepped back a bit to focus on writing, exploring acoustic music, and recording. Until...

...she went back to school and earned three degrees from the University of Cambridge, served as Assistant Curate for the Ely Team Ministry, became Chaplain of King’s College Chapel, Cambridge, for two years, then Chaplain and Fellow of Robinson College, University of Cambridge, before moving to the United States. Her career continued as Visiting Fellow of Theology at George Fox University in Oregon and, since 2011, as Associate Professor of Theology & Literature and Associate Dean for Marquand Chapel, both at Yale University (whew!). If that isn’t enough, she has also appeared on BBC programs, has written articles for *The Guardian* newspaper, maintains a blog, and has authored several books...including *Like the Wideness of the Sea*, which was cited in the UK parliament to support a debate on the consecration of women as bishops.

Not too bad for someone who, as a young somewhat-itinerant songwriter of contemporary Christian music, was once ‘cheesed off’ with God. You never know where God will lead!



Please note: During Lent, to preserve the flow of our worship service, we will make the announcements at the end of the service, following the singing of the closing hymn.

# Formation & Education

## Discussions about Politics—Take Two

In January, we hosted two sessions where we shared our thoughts and feelings about politics in the United States. The sessions did not allow for “cross-talk” or dialogue in order to allow everyone’s voices to be heard. At the end of the sessions, many people were interested in taking the next step to have conversations about politics, perhaps over a meal. If you would like to join these conversations, please contact Libby Gibson ([rector@stmarys-church.org](mailto:rector@stmarys-church.org)).

## CHILDREN & YOUTH

JOY MASS, MARCH 26 & APRIL 23, 9:30AM

CHRISTIAN SEDER SUPPER, APRIL 13, 5PM  
(FOR KIDS OF ALL AGES!)

YOUTH GROUP (GRADES 7-12), MARCH 19  
& APRIL 2

CHORISTERS (YOUTH CHOIR) WILL JOIN  
ST. CHRISTOPHER'S CHOIR IN CHATHAM  
FOR EVENSONG: APRIL 29 AT 5PM

# Holy Week & Easter Schedule



## PALM SUNDAY (APRIL 9)

HOLY EUCHARIST (8AM & 10AM)

## MAUNDY THURSDAY (APRIL 13)

CHRISTIAN SEDER SUPPER (5PM)

FOOTWASHING AND HOLY EUCHARIST (7PM)

## GOOD FRIDAY (APRIL 14)

STATIONS OF THE CROSS (12PM)

GOOD FRIDAY SERVICE FOR CHILDREN & FAMILIES (5PM)

GOOD FRIDAY LITURGY (7PM)

## HOLY SATURDAY (APRIL 15)

THE GREAT EASTER VIGIL (7:30PM)

## EASTER DAY (APRIL 16)

FEAST OF THE RESURRECTION, CHILDREN'S SERMON (9AM)

EGG HUNT IN THE GARDENS (10AM)

FEAST OF THE RESURRECTION WITH FULL CHOIR (11:15AM)

# InReach & Care

## HUMIDIFIERS: AIR MOISTURE EASES SKIN & BREATHING PROBLEMS

from The Mayo Clinic

Presented by the Pastoral Care Committee



Dry sinuses, bloody noses and cracked lips — humidifiers can help soothe these familiar problems caused by dry indoor air. Humidifiers can also help ease symptoms of a cold or another respiratory condition. But be cautious: Although useful, humidifiers can actually make you sick if they aren't maintained properly or if humidity levels stay too high. If you use humidifiers, be sure to monitor humidity levels and keep your humidifier clean. Dirty humidifiers can breed mold or bacteria. If you have allergies or asthma, talk to your doctor before using a humidifier.

### **What are humidifiers?**

Humidifiers are devices that emit water vapor or steam to increase moisture levels in the air (humidity). There are several types: Central humidifiers are built into home heating and air conditioning systems and are designed to humidify the whole house. Ultrasonic humidifiers produce a cool mist with ultrasonic vibration. Impeller humidifiers produce a cool mist with a rotating disk. Evaporators use a fan to blow air through a wet wick, filter or belt. Steam vaporizers use electricity to create steam that cools before leaving the machine. Avoid this type of humidifier if you have children; hot water inside this type of humidifier may cause burns if spilled.

### **Ideal humidity levels**

Humidity is the amount of water vapor in the air. The amount of humidity varies depending on the season, weather and where you live. Generally, humidity levels are higher in the summer and lower during winter months. Ideally, humidity in your home should be between 30 and 50 percent. Humidity that's too low or too high can cause problems.

Low humidity can cause dry skin, irritate your nasal passages and throat, and make your eyes itchy. High humidity can make your home feel stuffy and can cause condensation on walls, floors and other surfaces that triggers the growth of harmful bacteria, dust mites and molds. These allergens can cause respiratory problems and trigger allergy and asthma flare-ups.

### **How to measure humidity**

The best way to test humidity levels in your house is with a hygrometer. This device, which looks like a thermometer, measures the amount of moisture in the air. Hygrometers can be purchased at hardware stores and department stores. When buying a humidifier, consider purchasing one with a built-in hygrometer (humidistat) that maintains humidity within a healthy range.

Retrieved from The Mayo Clinic, February 28, 2017.

<http://www.mayoclinic.org/diseases-conditions/common-cold/in-depth/humidifiers/art-20048021?pg=1>



# InReach & Care

SAVE THE DATE! Alice and Mary turn 100 years old this August! We are talking with their families about having a birthday party for them on Sunday, August 6, after the 10 am service. We hope you can join us to celebrate this remarkable time in their lives.



## Outreach

Under the leadership of Leezie Magruder and Jud Phelps, the Outreach Committee met on February 19 to discuss the Outreach Budget and projects that St. Mary's supports with many hours of volunteers' time. The committee also discussed the upcoming major events at St. Mary's: Daffodil Tea (April 22), Rummage Sale, and Holly Fair. These events contribute 50% of their funds to our outreach initiatives, and the other 50% supports St. Mary's Operating Expenses.

We always need volunteers for these important fundraisers... many people are available to guide you! Please consider volunteering for one of the following events:  
**Daffodil Tea:** Help especially needed with set-up for the Tea, boutique set-up and boutique staffing during the Tea.

**Rummage Sale:** Thank you to Benita Pierce for offering to coordinate this event!

**Holly Fair:** co-chairs needed!

The next Outreach committee meeting is March 19 at 9 am. All are welcome! Please contact Leezie Magruder ([leezie.magruder@gmail.com](mailto:leezie.magruder@gmail.com)) and Jud Phelps ([marshset@comcast.net](mailto:marshset@comcast.net)) for more information.

## Seeking Daffodil Tea Boutique Donations

There will be a Boutique again this year at the Daffodil Tea on Saturday, April 22. If you have any items that you may wish to donate, we would most gratefully receive them. Items that we are seeking include tea pots, cups & saucers, cozies, cream & sugar containers, napkin rings, plates, lace; “vintage” items are welcome. Please contact Janis Umschlag (774-994-7194 or [jumschlag1@gmail.com](mailto:jumschlag1@gmail.com)) to arrange for pick-up or drop-off.

## Volunteers Needed for the Daffodil Tea

It takes many hands to make the Daffodil Tea the lovely experience that it is for our guests. We will need volunteers to help before the Tea, during the Tea and for clean-up afterwards. There are many ways to help – bake cookies, direct traffic, prepare food, donate to the Boutique, arrange & set tables, make simple flower arrangements, seat our guests, or serve food. Sign-up on the sheet in the Sun Room. Contact Janis Umschlag (at 774-994-7194 or [jumschlag1@gmail.com](mailto:jumschlag1@gmail.com)) if you'd like to know more about how to be part of this iconic St. Mary's event.



56th Annual

## DAFFODIL TEA

**Saturday, April 22, 2017**

*English Style  
Tea*

**Seatings at 12:30 & 2:30pm**

**For reservations call 508-362-3977  
before April 14th**

**Adults \$20 - Children \$10**

**Prompt Payment Guarantees  
Reservation**

**Mail checks to:  
3055 Main St., PO Box 395  
Barnstable, MA 02630**

*Stroll through daffodil-filled  
gardens in full bloom*

**Spring boutique featuring  
handmade gifts, notecards by  
local artists and vintage tea items**

**Proceeds to benefit  
St. Mary's charities**



**Ushers needed!** We are in need of some new ushers to serve at our 10:00 service. Our excellent usher-team is happy to train and mentor you in this essential role that helps our service run smoothly. Please contact Ann German if you are willing to serve in this capacity ([germanreed@comcast.net](mailto:germanreed@comcast.net)).

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## All Our Children Launches Partnership with Hyannis West Elementary



During a well-attended and informative forum on February 5, over twenty volunteers signed up to start helping teachers and students at Hyannis West Elementary School make the most of their school days.

St. Mary's helpers will provide small group reading, individual tutoring, or help with math exercises for students in grades K-3 for one-hour segments. Volunteers are committing to help for five- or six-week stretches between school vacations, February 27 through April 13, and April 24 through June 2.

"As St. Mary's and HyWest work together, we expect to expand on this partnership to provide additional support for the teachers and students," says Lallie Lloyd, member of the organizing committee and national director of All Our Children.

If you are interested in becoming a volunteer, you can contact David Miller at: [david500miller@gmail.com](mailto:david500miller@gmail.com), or talk to Lallie Lloyd, Lisa Barr, Christy Saling, Eleanor Braun, Tricia Spillane, or Vickie Cahalane, members of the organizing committee.



# Happy Birthday to You!

- |                            |                         |                          |
|----------------------------|-------------------------|--------------------------|
| 3/1 Weezie Nelson          | 3/15 Shirley Enz        | 4/4 Katie Beasley        |
| 3/1 John Orcutt            | 3/15 Cecelia Brisbois   | 4/4 Connie Von Maur      |
| 3/1 Lisa Barr              | 3/16 Erin Beasley       | 4/6 Andy Duprey          |
| 3/1 Carlene Duprey         | 3/16 Eleanor Clark      | 4/11 Steven Lippard      |
| 3/2 Linda Pettengill       | 3/16 Courtney Lawlor    | 4/11 Hilary Greene       |
| 3/3 Daniel Warner          | 3/16 Sophie Menyhart    | 4/15 Judith Lewis        |
| 3/3 Patrick Warner         | 3/18 Carol Crosby       | 4/16 Dorothy Savarese    |
| 3/3 Georgette Keeler       | 3/19 Nancy Clairmont    | 4/16 Dick Edwards        |
| 3/4 Ray Scichilone         | 3/19 Dave Knauer        | 4/17 Matthew LaPine      |
| 3/5 Lilo Kimball           | 3/20 Eva Fahey          | 4/17 Samantha Vektorino  |
| 3/5 Caley Dooling          | 3/20 Joan Himstead      | 4/19 Kaitlynn Greene     |
| 3/5 Setsuko Sazawa Meinzer | 3/22 Chris Ehring       | 4/21 Cynthia Medaugh     |
| 3/6 Harry Van Sciver       | 3/23 Andrea Driscoll    | 4/21 Peter Hutton, Jr.   |
| 3/6 Bob McClenahan         | 3/24 Sue Corsini        | 4/22 Amelia Spillane     |
| 3/7 Thomas Philbrick       | 3/24 Peter Hutton, Jr.  | 4/22 Mark Anschutz       |
| 3/7 Sarah Grefe            | 3/25 Henry Prantis      | 4/23 Jillian Zoe Lippard |
| 3/8 Paul Thompson          | 3/25 Mark Lawlor        | 4/23 Sara Cushing        |
| 3/8 Richard LaPine         | 3/27 Eve Roberts        | 4/24 Thomas Dilley       |
| 3/8 Marcia Brown           | 3/28 Judy Boyd          | 4/25 Thomas Spillane     |
| 3/9 Gail Pilibosian        | 3/29 Libby Gibson       | 4/26 Barbara Hersey      |
| 3/10 Peggy Anschutz        | 3/30 Shenandoah Theroux | 4/27 Cay Hartley         |
| 3/13 Paula Bows            | 3/30 Shiloh Theroux     | 4/28 Harry Irwin         |
| 3/13 Liz Stefano           | 3/31 Betty Palmer       | 4/29 Ryan Aittaniemi     |
| 3/14 Phyllis Davis         | 4/1 Ellen Nicholson     | 4/29 Peter Gwynne        |
| 3/14 Leighanne Garlick     | 4/3 Sally Campbell      | 4/30 Sally Orcutt        |
|                            | 4/3 Cy Nelson, Jr.      |                          |

*Is your name missing from the Birthday List?  
Please call the office with your birth-date so we can celebrate you!*



# Easter Altar Flowers

Suggested donation \$25

Your Name: \_\_\_\_\_

Contact number or email: \_\_\_\_\_

(in case we have any questions)

Dedication Preference: (Please check ONE only)

In honor of \_\_\_\_\_

In loving memory of \_\_\_\_\_

In thanksgiving for \_\_\_\_\_

*\$25 suggested offering; place form and check in the offering plate, drop off in the office, or send to St. Mary's by April 7th.*



www.stmarys-church.org

admin@stmarys-church.org

*St. Mary's Newsletter* is published 6 times a year.  
Please send all submissions to the Editor:

The Rev. Dr. Libby Gibson, Rector

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**ST. MARY'S EPISCOPAL CHURCH**

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02630

## At a Glance

### Special Services/Events

During Lent: Stations of the Cross, Fridays at 12pm

Special Holy Week & Easter Services, see page 5

Daffodil Tea, April 22, see page 8

### Weekend Services

Saturday, 5:00 pm

Sunday, 8:00 am & 10:00 am

### Monthly Services

First Saturday, 5 pm (Taizé)

Fourth Sunday, 9:30 am, Joy Mass