

Saint Mary's

Episcopal Church Barnstable

November - December 2015

Dear Friends,

"'Remember the sabbath' means 'remember that everything you have received is a blessing. Remember to delight in your life, in the fruits of your labor. Remember to stop and offer thanks for the wonder of it.' Remember... as if we would forget! Indeed the assumption is that we will forget. And history has proven that, given enough time, we will."

In preparing for our parish retreat on "Rest and Renewal," I enjoyed reading Wayne Muller's classic book Sabbath: Restoring the Sacred Rhythm of Rest. As we draw deeper into autumn and feel the sting of the first frost, we naturally respect the season of dormancy and rest that winter offers. Intuitively we realize that without shedding the brilliant crimson and golden leaves of fall, and then resting through the winter, the trees would not be able to send out the tender and hopeful buds in spring. But in our lives, we do not always recognize or accept our need for rest. We keep on going until we find ourselves exhausted or sick or unexpectedly hospitalized because our bodies demanded us to stop.

Our constant busyness not only pushes against the natural rhythms of our bodies, but also of our hearts and souls. Muller points out that the Chinese pictograph for the idea of "busy" is a combination of "heart" and "killing." Busyness in our lives can arise from many sources, not just the obvious demands of too many work, family, or volunteer commitments. Often the greatest busyness is in our minds, where our judgments or fears or worries run rampant and kill the faith and trust in our hearts. When we are too busy and get overwhelmed, we may find ourselves becoming impatient, or speaking harshly to the people in our lives, or weeping at the drop of a leaf. These external markers help us to see when we are in need of some rest, but will we accept the invitation to find refuge in Sabbath time?

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



Parish Newsletter November - December 2015

From Our Assistant Rector	Page 2
Outreach	Page 4
InReach & Care	Page 5
Worship & Music	Page 6
Christmas Service Schedule	Page 7



On our retreat, we explored different ways to build a time of Sabbath back into our lives. While weekly periods of rest are essential to helping us reconnect with the delight and wonder of life, we can also find Sabbath minutes or hours throughout our weeks. God commands us to remember the Sabbath because God loves us and wants us to find joy and happiness in the gift of living. The command to remember the Sabbath is not meant to add another "must do" or "should" to our lives, but to open a space in our minds and hearts to touch the peace of God that is offered in every moment. To help us return to the present moment, the children made calm bottles to focus and settle them when they get too worked up and busy. And the children and adults made candleholders so we can light a candle and sit in the warmth and presence of God.

I invite you to consider a day or a part of a day or an hour each day or a few minutes that you can reclaim as Sabbath time. This is a time when you allow yourself to simply be with God ... not a time to fill with errands and chores. When you taste the delight of rest, the Spirit will help you find ways to create more space for Sabbath in your life. From this place of renewal, you will then be able to live and serve with more intention and effectiveness. God rested, Jesus rested, the natural world rests, and then bursts forth to spread love and beauty and healing. Can we allow ourselves to do the same?



With love and Sabbath blessings

Libby +

Dear Friends at St. Mary's,

I am thrilled to have been called as your new assistant rector! I have been at St. Mary's for just over one week, but I have already fallen in love with you and with this parish. In the weeks and months ahead, I look forward to learning more about this community and, especially, how and where God is leading us. I am also excited to partner with you in several exciting ministries. Specifically, I will be focusing on adult formation, our newcomer ministry, pastoral care, and on joining THE YOUTH as they embark on a new year of fellowship, mission and discernment prior to Confirmation in early summer.

I am both unpacking my office and looking for a home down here on the Cape. As I settle in, I ask

that you keep me in your prayers during my transition to Barnstable. I also look forward to sitting down and chatting with many of you one-on-one in the coming months. It will take some time for me to meet and become acquainted with everyone in the parish, so please forgive me if it takes more than a couple of introductions for me to remember your name!

Lastly, look for further updates from me in future newsletters – I hope to share some reflections and some information about upcoming ministry initiatives.

Peace & Love,
Michael Bousquet
Assistant Rector

GOD THE GIVER: OUR STEWARDSHIP CAMPAIGN

Welcome to stewardship season! Actually every season is a season of stewardship, tithing our time, our talents and during this season, our treasures. You may feel as if the church is always asking for something of you, but my challenge to you is to see if you can see it as a season of giving back to God the Giver in thanks for all you have been given.

Many thanks to our stewardship story tellers Pastor Ed Saling, Tom Moon and Peter Hutton. I hope their stories lead you to see how valuable a spirit of giving and gratitude are to your life, and how a spirit of generosity helps you live a fuller life. Remember the saying: "Charity does not decrease wealth." Imagine being a wealthy person full of God's gifts and because of the gifts you can give.

Our goal this year is have \$400,000 in pledge income for our church so we do not draw as much from the principal of our endowment, we can pay for increased staffing and we can continue to grow the work we do in our community. This year we have the blessing of our new assistant rector the Rev. Michael Bousquet, a necessary ingredient to our staffing so that our rector Libby can lead us in the inspirational and life-changing way she does without falling prey to overwork and burnout. What a wonderful reason to ask for more treasure from our parish!

Our parish is growing thanks to Libby's leadership and the many gifts she brings to us. Libby and Michael and all we have are from God. I hope and pray that our parish can give back to St. Mary's and God in gratitude for all we have been given.

We are asking for **\$6 a week** more per pledge to help us get to our goal. Please review my letter outlining our campaign and prayerfully consider making your pledge as a gift of thanks.

Everything you give to St. Mary's makes a difference and helps us do God's work. Whether it is your time, your talents or your treasure, all of your gifts to our life together are greatly appreciated!

Thank you for joining us in this journey.

*Hilary V. Greene
Stewardship Chair*

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	_____

From the Deacon

Dear Friends,

It has been my privilege and joy to serve as your Deacon. During the past six years I have been inspired by your deep spirituality, creative and enthusiastic commitment to community outreach, care and concern for each other and tenacity and faithfulness in times of difficulty. It is so hard saying goodbye to a congregation I love and admire. I am so grateful for the many kindnesses I have received as well as the gift of your trust and confidence.

I will have a bit more to say before I leave.

Be assured that I will remember each of you in my prayers and memories as I move forward in ministry.

Blessings,
Deacon Elizabeth

OUTREACH

2015 Thanksgiving Baskets for Cape Codders



We need your help for those less fortunate during the season of gratitude. It's easy!



Last year we provided 215 needy families with a very special holiday meal. The need on Cape Cod continues. Please help us make this a joyful Thanksgiving for those less fortunate.

Here are **three ways you can adopt a local family**, which will be very grateful for the generosity of their fellow Cape Codders.

- ___ Option 1: Fill a box with ALL THE FIXINGS* and a FROZEN Turkey (15-25 lbs)
- ___ Option 2: Fill a box with ALL THE FIXINGS* and a \$25 Gift Card from a local supermarket
- ___ Option 3: Fill a box with ALL THE FIXINGS* only

To **Sign Up** (either way you will then be on St. Mary's "official list"):

- On paper in the Sun Room of St. Mary's Church
- Contact Judy Scarafile at 508-362-3036 – judyscarafile@gmail.com

Assembled boxes can be **delivered to St. Mary's Church**, Rt 6A, Barnstable Village on:
Saturday, Nov. 21 from 9am – 12pm or Sunday, Nov. 22 from 9- 11:30

* **ALL THE FIXINGS for a Basket Donation:**

- ✓ One (1) 5 lb. bag of potatoes OR one (1) box of instant potatoes
- ✓ One (1) 1 lb. bag of carrots
- ✓ Two (2) lbs. of onions
- ✓ One (1) bunch of celery
- ✓ One (1) butternut squash
- ✓ One (1) can green beans
- ✓ One (1) can of peas
- ✓ One (1) can of sweet potatoes
- ✓ One (1) box Seasoned Stuffing
- ✓ One (1) can cranberry sauce
- ✓ Two (2) jars of gravy OR a packaged mix
- ✓ One (1) pie mix (apple, pumpkin) AND box pie crust OR One (1) fresh pie **NOT FROZEN**

Our Thanksgiving Baskets will also be adorned with signs that our church school children will create!
- St. Mary's Episcopal Church

The St. Mary's Veterans' Day Service of Remembrance and Healing will be held at 9am on Wed, Nov 11th.

We invite all to attend, but especially our Veterans and their families. The Rev. Dr. Libby Gibson will be presiding and Julie Winchell will provide the music. Patriotic hymns and songs will fill the service as well as prayers for healing.



Holly Fair

The Holly Fair is scheduled for December 5th 9am-2pm. Please contact Bunny Thompson or Judy Lewis if you can help in any way. Following are some of the known needs at this time:

Silent Auction: We are looking for donations! They may be dropped off on Tues. Nov. 17, Wed. Nov. 18 and Thurs. Nov. 19 between 10:00 and 2:00. If you have questions or need to deliver them sooner, please contact one of the committee members: *Helen Hinckley, Joy Hambly or Helen Prothero*. The items will be on display in the Parish Hall beginning Nov. 21st so you can see the generous articles that have been donated and "Let the Bidding Begin!"

The Jewelry Room needs your unwanted jewels. Please go through your jewelry boxes, drawers, closets, etc. and see if you have some things for us. If you have not worn it for a long time, perhaps it is

time to share it with others while raising money for St. Mary's Outreach efforts. There is a drop-off **Jewelry Box in the Office**. This year we are also adding **crystal** to our offerings. If you have a pretty, un-used Vase, Bowl, Wine Glass, etc. we would like to offer them for sale in our room. These items can be brought to the church and left in the **Library Crystal Box**. Please leave your name with your gifts so we can properly thank you, *Nancy Clairmont, Ruthanne Allen, and Sharon Donegan*.

Holly Fair Greens: The Greens Group will have an organizational meeting on Thursday, September 17th 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.

INREACH AND CARE

Pastoral Care Ministry Team Update:

Our Pastoral Care team includes several members who are trained as nurses: Susan Babcock, Elizabeth Whitmore, Carolyn Thomas, and Chris Low. Susan Babcock also serves as our Parish Nurse, someone who can meet with you or a family member to discuss medical concerns and refer you to agencies and resources that can help you. The Pneumococcal vaccine is recommended if you are over 65. If you are 65 and over; you are at greater risk for getting pneumonia.

- Prevnar 13 vaccine is now being recommended (in addition to pneumococcal vaccine) to be prevent infection by pneumococcal bacteria. Prevnar 13 contains 13 different types of pneumococcal bacteria. Pneumococcal disease is a serious infection and also can be seen in sinuses, inner ear, as well as lungs.

- Zostavax (Shingles) vaccine which is used to prevent Herpes Zoster is better known as Shingles. Shingles is a painful, blistering skin rash. Your risk of getting Shingles rises after age of 60. If you have had the chicken pox; you can get Shingles without warning.

- TDAP is a combination vaccine that protects against three potentially life-threatening diseases: tetanus, diphtheria, and pertussis (Whooping cough).

- TD is a booster vaccine for tetanus and diphtheria. It *does not* protect against pertussis (Whooping cough).

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. Stay well!

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

Parish Thanksgiving Dinner

All are Welcome!

Join in with other St. Mary's Church Family members and share a Thanksgiving Feast! We will begin with a simple Eucharist in the church at 11:00 am, followed by appetizers and dinner at around 1:00 pm. Bring a friend! We hope that you'll join us to make this a truly memorable Thanksgiving. We'll provide the basics - turkey and taters. Please sign-up in the Sunroom to bring a side dish, dessert, or to make a donation to help cover costs.

Let's Talk Box

The "Let's Talk Boxes" are for parishioners to offer any comments that might be helpful to the Vestry or Rector, positive or negative. Located in the Sun Room and Vestibule.

Thanks!
Joy Hambly
Junior Warden

Healthy Living through Whole Food, Plant-based Lifestyle

with Dr. Kumara Sidhartha, MD
Friday, November 6, 2015

5:30 PM: Potluck (Bring plant-based dish, organic if possible)

6:30 PM: Dr. Sidhartha's talk followed by a **Q & A**

WHERE: St. Mary's Episcopal Parish Hall
3055 Route 6A, Barnstable Village, MA

Online Early Bird Registration \$15. Deadline: Wed., Nov. 4, 11:59 pm
Online Registration, go to: EnjoyFood.Eventbrite.com
At-the-Door \$20 (Cash or check, thank you!)

November - December Birthdays

11 / 2	Max Dalrymple	11 / 13	Sallie Irwin	12 / 1	Georgann Ramage		
11 / 2	Anne Hazard	11 / 13	Taylor Crowe	12 / 2	Caryl Steward		
11 / 2	Carol Lummus	11 / 13	Jenni Lennon	12 / 2	Girard Brisbois		
11 / 2	Sam Fedele	11 / 13	Vivian Stanney	12 / 3	Nancy Barnes	12 / 18	Pat Bergfors
11 / 3	Joyce Shinn	11 / 14	Isabelle Bresette	12 / 4	Liz Lewis	12 / 20	Michael Fedele
11 / 4	Taylor Eastman	11 / 21	Judy Knauer	12 / 6	Mary Beth Condon	12 / 23	Lee Lonsdale
11 / 4	Thomas Fahey	11 / 21	Sue Davy	12 / 7	Dot Pettibone	12 / 23	Mary Harbaugh
11 / 5	Suzanne Hutton	11 / 21	Pat Sherlock	12 / 9	Sophie Machnik	12 / 23	Thomas Bresette
11 / 6	Bruce Johnson	11 / 22	Emerson Markham	12 / 10	Constance Flood	12 / 23	John Bresette
11 / 6	Happy Gray	11 / 22	Charles Saladino	12 / 12	Ran Chase, Jr	12 / 26	Leslyn Thorne
11 / 9	Kay Outwin	11 / 22	Richard Osborne	12 / 12	Sue Jilson	12 / 27	David Leary
11 / 9	Judy O'Brien	11 / 22	Luke Machnik	12 / 14	Warner James	12 / 28	Barbara Brown
11 / 11	Margaret Sullivan	11 / 23	Carol Bolstad	12 / 15	Sonia Osborne	12 / 28	Walter Gadkowski
11 / 12	Brenna Mullin	11 / 25	Marge Buswell	12 / 15	Schuyler McMahan	12 / 28	Betsy Syrovoy
11 / 12	Tori Kyle	11 / 26	Tara Machnik	12 / 16	Fr. Allen	12 / 28	Steven Oney
11 / 12	Lee Hunsaker	11 / 29	Lydia Stanney	12 / 17	Newell Bearse	12 / 29	Liz Mumford



Worship and Music

"O Still, Small Voice of Calm"

Douglas Keilitz

Today's society calls humans to be noisy. Aside from all the mechanical noise of cars, planes, and anything industrial, we are bombarded daily with the noise of media...television, radio, movies, and even the printed word can be noisy with exclamation marks (!). We are lured into this world and participate by talking, so much so that we begin to think the *only* way we can participate is by talking.

In his poem *The Brewing of Soma*, American Quaker poet and Massachusetts native John Greenleaf Whittier (1807-92) writes of a Hindu drink consumed by worshippers, bringing "sacred madness" and "a storm of drunken joy" ...a reference to the revival meetings being held at the time. He appeals to his reader to find a quieter way and finishes his poem with this stanza:

*"Breathe through the heats of our desire
Thy coolness and Thy balm;
Let sense be dumb, let flesh retire;
Speak through the earthquake, wind, and fire,
O still, small voice of calm."*

As we enter November and December, months which get progressively louder all around us, we need more than ever to quiet ourselves to hear that still, small

voice of calm...God's voice speaking to us. At St. Mary's, there are opportunities we may wish to partake in more often to hear that voice: in

our quiet and prayerful preparation period before each service as God speaks to us during the organ voluntary; at the moment of remembrance during the All Souls' Evensong as we contemplate those who have gone before us; in the many periods of meditative silence at the monthly Taizé service; and in the Advent Vespers services during the eight days preceding Christmas, an especially-peaceful way to approach the Nativity of Christ as opposed to the commercialized shopping frenzy of secular society.

Words are important: communal prayer, sermons, and even the simple greeting of the Peace all have their place, and God is there. But, God is present in silence, as well...and His voice can be more powerful when He doesn't have to compete with all the noise of the world. Let us take as much opportunity as possible to be still...and to listen.

*"In simple trust like theirs who heard
Beside the Syrian sea
The gracious calling of the Lord,
Let us, like them, without a' word
Rise up and follow Thee."*

New Service Schedule to begin the first Sunday of Lent 2016 (February 13-14, 2016)

Due to my unexpected leave of absence and the delay in hiring an assistant rector, we were not ready to begin our new service schedule this fall. St. Mary's has been blessed with the gift of incredible growth. What is happening at St. Mary's is good news! People are attracted to and want to be a part of our worshiping community. Part of that desire comes from the warm welcome extended by St. Mary's community. While some are excited about adding a new casual service with a different style of music as we make room for our growing membership, others have expressed concerns about the worship schedule change. In the next few months, the vestry and I will listen and respond to all comments and questions. I hope that some of the following information will address questions that have been raised:

(1) Why is a schedule change needed? I know that many people like the current worship schedule and that change is never easy. Given the limits on our space and parking, and our deep desire to share the love of God as manifested in our community, we need to add another worship service to our schedule. We believe that adding another service and shifting the schedule will create even more room for everyone at the Lord's table. In addition to creating space for more people to worship, we would also like to offer a more casual service with a different style of music than our current 10:00 am service.

(2) Where did this change originate? We have been talking about the need to add another service several times a year since my first annual meeting at St. Mary's in 2013. The vestry and I talked extensively about the proposed worship schedule change at our spring retreat. In the next few months, the vestry and I will hold some sessions for people to share their thoughts on the proposed changes.

(3) What will the new service schedule be like?

- Saturdays at 5:00 pm: Holy Eucharist Rite II with hymns (same as now)
- Sundays at 7:30 am: Quiet Holy Eucharist Rite I (same as now)
- Sundays at 9:00 am: Holy Eucharist with contemporary songs and hymns (see below for more detail). JOY Mass will be held the fourth Sunday of each month at 9 am.
- Sundays at 11:00 am: Holy Eucharist Rite II with choir (same as now). Youth Sunday will continue to be offered on the second Sunday of each month

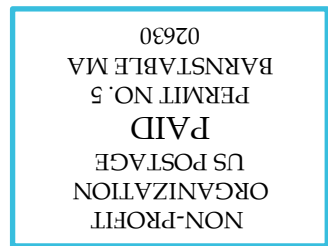
With the exception of JOY mass, which will still be held in the parish hall, all of the services will be held in church.

(4) What does it mean that the 9:00 am service will have contemporary songs and hymns? The music at 9:00 am will be lead by a piano or keyboard instead of the organ, and will draw on many hymnals beyond the 1982 hymnal. In the Episcopal tradition, we have the hymnals "Lift Every Voice and Sing," "Wonder Love and Praise," and "Voices Found" which offer beautiful and very singable songs of praise and hymns. Our Methodist, Lutheran, and Catholic colleagues also have wonderful hymnals with songs that may be familiar to you like "I the Lord of Sea and Sky" (also known as Here I am Lord) or "Eagle's Wings." While the 11:00 service will continue to preserve the riches of our Anglican Heritage, the 9:00 service will create a place to offer another style of music that is beautiful and uplifting in a different way.

(5) How do we stay connected to each other as the congregation grows? We recognize that growth in the church can bring mixed feelings. While you may be excited to meet new friends and find joy in the vibrancy of a growing parish, you may feel some grief that things aren't what they used to be. To help people stay connected to each other, we will be having coffee hour and a time of formation at 10:00 am every week. The vestry and I are very hopeful that people will stay after the 9:00 service and come early for the 11:00 service in order to connect with old and new friends, and have some time of learning. *The new service schedule can be an occasion for new life and growth in our worship life and in our relationships IF we all commit to making it work.*

Will you please join Michael, the vestry, and me and give it a try?

Blessings of joy and hope,
Libby+



www.stmarys-church.org

admin@stmarys-church.org

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

The Rev. Dr. Libby Gibson, Rector

508-362-3977

Barnstable, MA 02630

3055 Main Street PO Box 395

ST. MARY'S EPISCOPAL CHURCH

Christmas Services 2015

December 16-23, 2015 at 4:00 pm

The "O" Antiphons Vespers services

The "O" Antiphons refer to different names given to Christ in Scripture, including O Sapientia (*O Wisdom*), O Adonai (*O Lord*), O Radix Jesse (*O Root of Jesse*), O Clavis David (*O Key of David*), O Oriens (*O Dayspring*), O Rex Gentium (*O King of the nations*), and O Emmanuel (*O With Us is God*). Join Douglas Keilitz and the clergy as he shares this special Advent offering.

December 20, 2015 at 10:00 am

Advent Lessons & Carols and Eucharist

December 24, 2015 at 12:30 pm

First Christmas Eucharist

This service is open to everyone, but is particularly intended to service older members of the parish and those who have difficulty driving in the evening.

December 24, 2015 at 4:00 pm

Christmas Pageant and Eucharist

Bring friends and family to this special celebration of the Feast of the Nativity. The Christmas Story comes alive for us all through the hearts and spirits of our children.

December 24, 2015 at 8:00 pm

Festival Choral Eucharist

Come early (7:30) to sing Christmas carols and hear beautiful offerings by our choir. We conclude the liturgy by singing "Silent Night" in candlelight.

December 24, 2015 at 11:00 pm

Contemplative Eucharist with Carols

Come early (10:30) to sing Christmas carols. We conclude the liturgy by singing "Silent Night" in candlelight.

December 25, 2015 at 11:00 am

Christmas Day Eucharist with Music