



Saint Mary's
Episcopal Church Barnstable

NOVEMBER / DECEMBER 2017



THE GENTLE ART OF BLESSING THE SPACE BETWEEN US

THE REV. DR. LIBBY GIBSON

This year's parish retreat focused on the theme of blessings. We explored the practice of blessings with the guidance of two wonderful books: *The Gentle Art of Blessing: A Simple Practice that will Transform You and Your World* by Pierre Pradervand and *To Bless the Space Between Us* by John O'Donohue. In all religious traditions, the art of blessing celebrates the reality that the spiritual life is everyday life and not something confined to Sundays or explicit times of prayer. If all of our lives are our spiritual lives, then everything can be blessed, even difficult experiences and people.

Pradervand and O'Donohue emphasize that when we speak or think a word of blessing on a person, a situation, nature, or a state of our hearts, we invoke the power of thoughts to (re)shape our experience of the world. For example, when someone speaks harshly to us, we may feel hurt or want to react in anger. But if we can also think "May you be blessed by God's peace and joy" (or whatever feels authentic to you) then we shift our experience of the whole situation. This practice of blessing acknowledges that we are not the bestowers of blessings but simply the joyful witnesses of God's presence in the world. If you want to learn more about the practice of blessings, I will offer three adult forums in Advent on this rich topic.

Personally, I have experienced a transformation in my life by asking for God's blessings on many situations that arise. The practice of blessing makes me more mindful of all that gifts God bestows on me, and fills me with gratitude. This practice can also transform a community. Therefore, this year, our stewardship and budgeting process is built around acknowledging the blessings in our parish and how we bless each other.

Before we begin to consider our budget for next year, your vestry and I want to know what blesses you in our life at St. Mary's? We have scheduled a series of conversations to learn what blesses you so that we can ensure that our budget lines up with the things we're grateful for as a community. Our pledge campaign will then flow from these conversations as the chance to make a thank offering for all the blessings in our community.

We hope to see you soon, and especially at one of the conversations listed on the next page. Until then, may the grace, peace, and love of God fill you with all joy and gratitude.

Libby +

Blessings and Budget Conversations

Sunday November 5 at 11:30 am

Sunday November 12 at 8:45 am

Wednesday November 15 at 5:15 pm

Thursday November 16 at 10:15 am

Saturday November 18 at 3:30 pm

Sunday November 19 at 11:30 am



Stewardship 2018:

Counting our Blessings

Several of you have asked where the pledge cards are this year (thank you!).

We would like the whole congregation to be more involved in the process of preparing our budget and to do this, we need to learn what blesses you at St.

Mary's.

In Libby's opening letter, she invites you all to participate in a conversation about our blessings at St. Mary's and how the things we're grateful for align with our pledging and spending. Our pledges are thank offerings to God for all the blessings in our lives, so the pledge cards will be available at the "Blessings and Budget" conversations and mailed out in November.

Thank you! Your Vestry

Advent Adult Forum Series: The Gentle Art of Blessing the Space Between Us

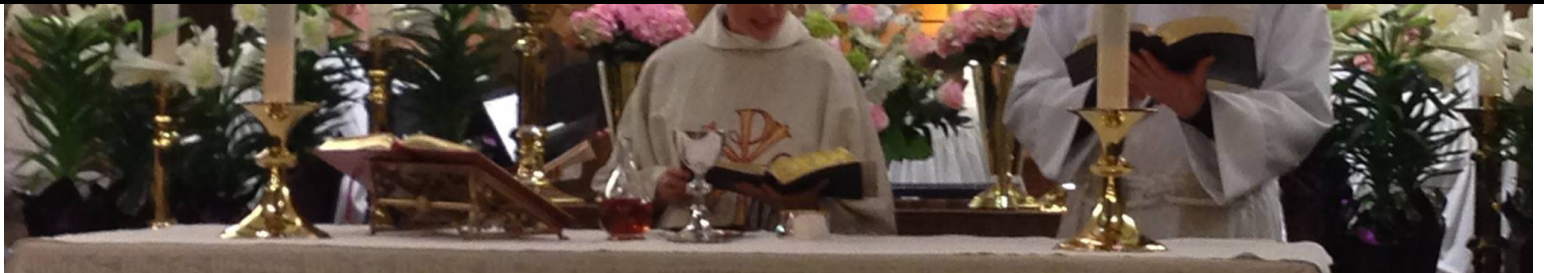
Come and learn the theology and history of blessings, and some practical guidance for incorporating this practice into your lives.

Sunday December 3, December 10, and December 17 from 11:30-12:30 pm in the Parish Hall.



WORSHIP & MUSIC

LITURGICAL PARTICIPANTS NEEDED



Christmas Pageant

This year, Christmas Eve falls on a Sunday. There won't be Church School that morning but there WILL be a Christmas Pageant that afternoon at 4 pm. Please stay tuned for more details and consider how you might help out this year. Also, we're looking for baby Jesus! Please contact Cathy Ode at formation@stmarys-church.org or 508-362-3977 ext 13 if you know of an infant (one to two months old) whose parents might be willing to share him/her with us on Christmas Eve.

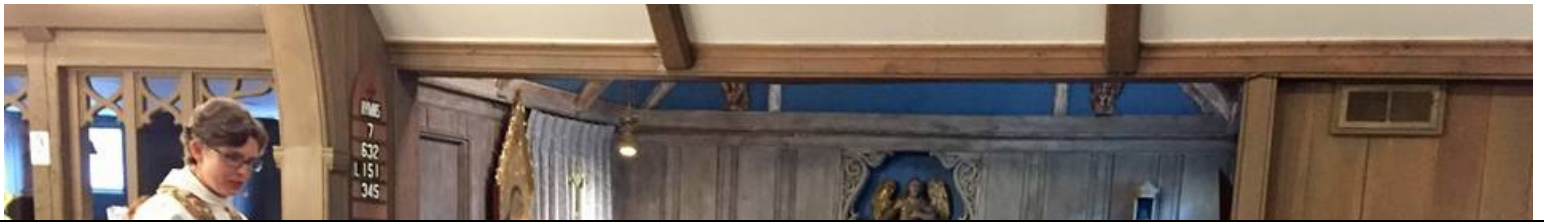
Liturgical Participants Needed

As we prepare for the winter months when many parishioners travel off Cape for extended periods of time, I would love to recruit more ushers, lay readers, and chalice bearers for all of our services. Without the liturgical participants, our services are greatly impoverished. Training is available, if needed, and all are welcome! If you are willing to serve in any of these capacities, please contact Libby Gibson (rector@stmarys-church.org)



Christmas Pageant 2016

Photos courtesy of Kate Dunigan-AtLee



YOUTH & FAMILIES

CATHY ODE, DIRECTOR OF FAITH FORMATION



photo courtesy of Libby Gibson

After a brief hiatus, Youth Sundays are back! Once a month, the children and youth of St. Mary's assist with all aspects of 10 a.m.

worship, from greeting worshipers at the door as they arrive to reading the prayers and lessons, in addition to their usual role as acolytes. When children and youth participate, they're living out their call as members of the Body of Christ. They also learn valuable lessons about worship and why we do what we do. (Do YOU know why we ring the bell before worship?)

On Youth Sundays, our Rector, Libby Gibson, offers a blended sermon, one that touches the hearts of young and old alike. Inviting children and youth forward for the sermon helps kids be fully engaged; we also have new "Worship Bags" to help wiggly worshipers get through other parts of the service.

Our youthful readers do an excellent job, having clearly prepared well in advance. In a slightly more formal setting than Joy Mass, kids grow accustomed to the rhythm of Rite II worship. It's an experience of reverential, holy worship with all God's children welcomed and included.

The October 2017 Youth Sunday happened to coincide with the Silver Tea, which honors those in the congregation age 80 and older. What a joy it was to watch the interactions between our youngest and oldest brothers and sisters in Christ that day! Every Sunday offers special blessings at St. Mary's. But I admit to being partial to Youth Sundays and Joy Mass Sundays. Especially on those Sundays, all ages partake fully in worship and fellowship together, and St. Mary's looks a whole lot like the Kingdom of God right here on earth.

Youth Sunday



Photos courtesy of Cathy Ode

Families

Mark Your Calendar

- Nov. 5 Church School; Youth Group @ 4:30pm
- Nov. 12 Veterans' Day weekend; no Church School
- Nov. 19 Youth Sunday; Youth Group @ 4:30pm
- Nov. 26 Thanksgiving weekend; no Church School
- Dec. 3 JOY Mass with Advent Activity Hour following; Youth Group holiday shopping, time TBD
- Dec. 10 Youth Sunday
- Dec. 17 Church School; Christmas Pageant rehearsal; Youth Group @ 4:30pm
- Dec. 24 Christmas Eve! Pageant at 4 pm (no Church School)
- Dec. 31 New Year's Eve (no Church School)



Photos courtesy of Angela Cenzalli

The Youth Group harvests sweet potatoes at Cape Cod Organic Farm, which were donated to a food pantry



OUTREACH

OPPORTUNITIES TO SERVE

All Our Children Volunteer Program - Off to a Good Start!

Hyannis West Elementary School welcomed St. Mary's volunteers with a Meet-and-Greet on September 26. Teachers gave a comprehensive overview of the school's behavior expectations and guidelines for keeping students safe. They also met with volunteers who would be in their classrooms.

Volunteers began working with students the first week of October. Currently:

9 teachers requested volunteers for
35 one-hour slots of time

27 slots are currently available

7 teachers have volunteers for 8 slots

2 teachers still need volunteers

1 slot is waiting for YOU!

Our goal this year is to make sure each teacher has at least one volunteer. At best we would fill all requested slots.

For more information on All Our Children's volunteer program, contact Christy Saling (cesaling@gmail.com, 508-775-0583).

Silver Tea - Celebrating Our Seniors



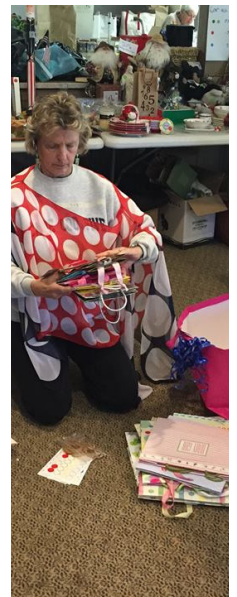
Many thanks to Ann German and all the volunteers who helped to celebrate our silver seniors at the Silver Tea in October! The St. Mary's community is incredibly blessed by the wisdom, experience, and passion of this 80+ crowd!

The Rummage was Sale a HUGE Success

We've done it again! The Giant Fall Rummage Sale was a success! Kudos to the co-chairs: Meri Colbert, Sue Davy, Liz Ferretti and Linda Stackhouse for their expert planning and execution of another fantastic sale! We couldn't have done it without YOU, the parishioners! Kudos to those who helped by: setting up, donating, sorting, pricing, delivering, being a clerk or cashier, advertising (especially the Sherlocks), training for "Square" so that we could accept credit cards, supplying sustenance for the workers, picking up tables and returning them to Sturgis Library, making dump runs for recycling and cleaning up! Let's not forget the wonderful staff who had their world turned upside down, the money counters and those who kept us in your thoughts and prayers! Kudos to the amazing Carmen, who was at the ready for whatever was needed - what a gift!

Now you may not realize this, but some people filled more than one role, so we are always looking for more helpers! Don't hesitate to volunteer next time - even if it's an hour a day! We really appreciate your willingness to support the Parish project! It gives us an opportunity to get to know one another better AND make some money! 50% of money goes to Outreach and 50% for Parish projects. To date, the the amount raised is...\$7,304 with more to come!

With peace and gratitude,
Joy Hambly, co-chair



photos courtesy of Cathy Ode



IN REACH & CARE

COMMUNITY INFORMATION

Presented by the Pastoral Care Committee

Choking First Aid

Reprinted from the Mayo Clinic website:

<https://goo.gl/JBA2ox>

Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. In adults, a piece of food often is the culprit.

Young children often swallow small objects. Because choking cuts off oxygen to the brain, administer first aid as quickly as possible.

The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for these indications:

Inability to talk

Difficulty breathing or noisy breathing

Inability to cough forcefully

Skin, lips and nails turning blue or dusky

Loss of consciousness

If choking is occurring, the Red Cross recommends a "five-and-five" approach to delivering first aid:

- Give 5 back blows. First, deliver five back blows between the person's shoulder blades with the heel of your hand.
- Give 5 abdominal thrusts. Perform five abdominal thrusts (also known as the Heimlich maneuver).

To perform abdominal thrusts (Heimlich maneuver) on someone else:

Stand behind the person. Wrap your arms around the waist. Tip the person forward slightly.

Make a fist with one hand. Position it slightly above the person's navel.

Grasp the fist with the other hand. Press hard into the abdomen with a quick, upward thrust — as if trying to lift the person up.

Perform a total of 5 abdominal thrusts, if needed.

If the blockage still isn't dislodged, repeat the five-and-five cycle.

If you're the only rescuer, perform back blows and abdominal thrusts before calling 911 or your local emergency number for help. If another person is available, have that person call for help while you perform first aid.

If the person becomes unconscious, perform standard CPR with chest compressions and rescue breaths.

To perform abdominal thrusts (Heimlich maneuver) on yourself:

First, if you're alone and choking, call 911 or your local emergency number immediately.

Then, although you'll be unable to effectively deliver back blows to yourself, you can still perform abdominal thrusts to dislodge the item.

- Place a fist slightly above your navel.
- Grasp your fist with the other hand and bend over a hard surface – a countertop or chair will do.
- Shove your fist inward and upward.

To clear the airway of a pregnant woman or obese person:

Position your hands a little bit higher than with a normal Heimlich maneuver, at the base of the breastbone, just above the joining of the lowest ribs. Proceed as with the Heimlich maneuver, pressing hard into the chest, with a quick thrust.

Repeat until the food or other blockage is dislodged or the person becomes unconscious.

To clear the airway of an unconscious person:

- Lower the person on his or her back onto the floor.
- Clear the airway. If a blockage is visible at the back of the throat or high in the throat, reach a finger into the mouth and sweep out the cause of the blockage. Be careful not to push the food or object deeper into the airway, which can happen easily in young children.
- Begin cardiopulmonary resuscitation (CPR) if the object remains lodged and the person doesn't respond after you take the above measures. The chest compressions used in CPR may dislodge the object. Remember to recheck the mouth periodically.

To clear the airway of a choking infant younger than age 1:

- Assume a seated position and hold the infant facedown on your forearm, which is resting on your thigh.
- Thump the infant gently but firmly five times on the middle of the back using the heel of your hand. The combination of gravity and the back blows should release the blocking object.
- Hold the infant faceup on your forearm with the head lower than the trunk if the above doesn't work. Using two fingers placed at the center of the infant's breastbone, give five quick chest compressions.
- Repeat the back blows and chest thrusts if breathing doesn't resume. Call for emergency medical help.
- Begin infant CPR if one of these techniques opens the airway but the infant doesn't resume breathing.

If the child is older than age 1, give abdominal thrusts only.

To prepare yourself for these situations, learn the Heimlich maneuver and CPR in a certified first-aid training course.

I think I have the flu...

Should I see my doctor?

Reprinted from the Mayo Clinic website:

<https://goo.gl/W8vGwB>

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.

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

- Are younger than 5 years of age, 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 of age 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!

Saint Mary's Lenten Retreat to the Monastery of Saint John the Evangelist

All members of the parish are welcome on a guided retreat with the Brothers of SSJE in Cambridge, Massachusetts. We will arrive mid-afternoon on Friday, February 23 and depart after lunch on Sunday. A retreat provides a unique opportunity to rest, reflect on life's direction, and come into intimate communion with God.

As the Brothers write, "A retreat is a very grace-filled time to get on good speaking terms with the whole of life."

For more information, please contact Father Mark at mark.s.anschutz@gmail.com or plan to join us for a brief introductory session at 11:30am on December 3.



2016 Lenten Retreat at SSJE
Photo courtesy of Mark Anschutz



MINISTRY SUPPORT



Holly Fair Prep is On! How Can I help?

**Be Part of the
Holly Fair 2017!
December 2, 9am-2pm**

**Donate, Help,
Come, Eat, and Buy!**

Our Silent Auction is looking for 100 treasures; a dinner for 2 (or more), a weekend getaway, a handy service, framed art, small antiques, culinary gifts, and so much more.

Collection days in Church Sunroom

Nov. 8-10 and Nov. 15-17

Wed, Thurs, Fri, 10:30-1:30

Two Sundays before the Fair (Nov 19 & 26), items will be on display in the Parish Hall and ready for early bids. Come after services, look, and make your bids! Questions? Joy Hambly 508-776-7230; Maureen Tempesta 508-737-1936; Helen Prothero 508-744-7261.

Our Hand-mades Room: To those who knit, stitch, generally create, please make a final November push--- time to gather your offerings for our Hand-mades Room. Meri Colbert 508-332-2995.

Our Kitchen Cupboard: Food, food, glorious food... Get out your recipes, and get ready to make and bake for our Kitchen Cupboard (include some gluten free)! We are all hoping for great enthusiasm on the part of many, many parishioners to share their skills and love, baked into all our offerings. Contact Caty McMahon 508-362-7196.

Jewelry Room: Sort through YOUR jewelry; bring your donations to the Church Office, then com to the Fair and re-stock! Ruthanne Allen 508-362-7657.

Holly Gatherers: Explore, find (with permission!), trim holly (this is their trimming season), then help bag Friday morning, Dec. 1.... But initially, contact Jamie Hunsaker 508-362-3564, to coordinate this staple of our Fair.

Wreath and Boxwood Tree Decorating will begin 10:00-3:00 pm Sat., Nov. 25, and continue Mon. through Thurs., Nov. 27-30, 10:00 am-2:00 pm, with the addition of one evening session, Tues., Nov. 28, 5:00-8:00 pm. Cleanup, Fri. morning, Dec. 1.

Creation Central --- Church Library. Please come! Helpers needed. We plan to trim 36 fresh wreaths, create fresh greens arrangements, make and trim Boxwood "Trees"... Boxwood helpers contact Marge Mansur 508-362-8991. Others contact Christy Saling 508-775-0583.

Attic Treasures could include collectibles, nice things you are ready to pass on, basically what might end up in your attic. Instead, save for this always-fun-to-explore room. Contact: Leezie Magruder 508-362-3373.



Our Children's Room provides an opportunity for children to buy or make gifts for their families and friends, wrap them, and have them ready for Christmas before they leave the room. If you have items suitable for children to buy for their moms, dads, brothers, sisters call Stella Bearse 774-836-2967 or Jessica Stanney, 508-713-3044.

Our Famed Five-Star Luncheon: Janis Umschlag has the gourmet skills but she needs many kitchen helpers, before, during, and cleaning up. Contact Janis at 508-362-9519.

Muscle Needed: Courtyard fair room workers need muscle setting up tables, moving existing furniture, and, after the fair, taking down, returning rooms to their original configuration. Call Peter Scarafile 774-836-0909.

Parking Coordinator is Ed Saling 508-775-0583. Please call Ed if you are able to help the day of the fair, Dec. 2.

General questions, volunteering, or offerings? Contact Frankie Stahlhut 703-380-8630 or Sue Davy 703-380-8629.



2016 Holly Fair

Christmas Services 2017

December 10 ,at 10:00 am Advent Lessons & Carols and Eucharist

December 24 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 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 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 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, 2016 at 11:00 am Christmas Day Eucharist with Music





Barbara Reed 11/1
 Max Dalrymple 11/2
 Sam Fedele 11/2
 Anne Hazard 11/2
 Carol Lummus 11/2
 Joyce Shinn 11/3
 Chrissy Anderson 11/4
 Peggy Crampton 11/4
 Thomas Fahey 11/4
 Suzanne Hutton 11/5
 Happy Gray 11/6
 Jan Hendrickson 11/7
 Judy O'Brien 11/9
 Kay Outwin 11/9
 Margaret Sullivan 11/11
 Lee Hunsaker 11/12
 Brenna Mullin 11/12
 Sallie Irwin 11/13
 Jenni Lennon 11/13
 Vivian Stanney 11/13
 sabelle Bresette 11/14

Mary Rhodes 11/15
 Sarah Rhodes 11/15
 Joyce Bertschmann 11/21
 Sue Davy 11/21
 Richard Hawkins 11/21
 Judy Knauer 11/21
 Pat Sherlock 11/21
 Luke Machnik 11/22
 Carol Bolstad 11/23
 Marge Buswell 11/25
 Tara Machnik 11/26
 Charlie Spencer 11/27
 Samuel Coakley 11/29
 Lydia Stanney 11/29
 Sarah Greene 12/1
 Georgann Ramage 12/1
 Girard Brisbois 12/2
 Caryl Steward 12/2
 Liz Lewis 12/4
 Heather Warner 12/5
 Mary Beth Condon 12/6
 Dot Pettibone 12/7

Sophie Machnik 12/9
 Chris Colbert 12/11
 Ran Chase 12/12
 Sue Jilson 12/12
 Benjamin LaPine 12/15
 Schuyler McMahon 12/15
 David Allen 12/16
 Newell Bearse 12/17
 Pat Bergfors 12/18
 Michael Fedele 12/20
 John Bresette 12/23
 Thomas Bresette 12/23
 Irene Harbaugh 12/23
 Leslyn Thorne 12/26
 David Leary 12/27
 Barbara Brown 12/28
 Walter Gadkowski 12/28
 Steven Oney 12/28
 Betsy Syrovoy 12/28
 Liz Mumford 12/29
 Patrick Tyrrell 12/30

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

A Word From the Wardens



Caty McMahon, Junior Warden &
 Peter Scarafile, Senior Warden

Do you know who serves on the Vestry at St. Mary's? Our Vestry members are lay leaders in our community and serve in many ways.

In addition to our Senior and Junior Wardens (Peter Scarafile & Caty McMahon), the other members of the Vestry are:

Lisa Barr, Susan Goodspeed, Brad Goodwin (clerk), Lee Hunsaker (co-treasurer), Peter Hutton, Louise Koch, Barry Olofsson (co-treasurer), Bill Plettner, John Stackhouse, Maureen Tempesta, and Bunny Thompson.

Reach out to one of these folks if you need anything, and be sure to thank them for all they do!

Let's Talk Box

Want to share an anonymous concern or joy? In the hallway by the office and in the narthex you will find "Let's Talk" boxes. The Vestry reviews and responds to the thoughts placed in these boxes at every Vestry meeting.



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:

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ST. MARY'S EPISCOPAL CHURCH

COME GIVE THANKS

Veterans' Day Service
November 11 at 3:30pm
Come honor our veterans.

Community Thanksgiving Meal
Thanksgiving Day, Service at 11am & community dinner at noon.
All are welcome to share a beautiful Thanksgiving meal together.