Events of recent weeks have left many people in our nation and community reeling with shock. In a thousand years, I could not have imagined white supremacists marching passed my beloved Lawn room at the University of Virginia and chanting, “Jews will not replace us” and the Nazi slogan “Blood and soil.” Such hateful, exclusionary, and violent words and actions violate every precept that shape our lives as Christians. While our national church, diocese, and parish have privately and publicly denounced all acts of hate and violence, I personally feel called to do something that actively wages peace.

My prayers have been shaped by the sayings of several of the greatest spiritual leaders of the 20th century. In the 1960’s when our country was wrestling with the Vietnam war and Civil Rights legislation, the Buddhist Monk Thich Nhat Hanh and Martin Luther King, Jr. fully supported each other’s efforts for peace. During this time, Thich Nhat Hanh said, “Everyone knows that peace begins with oneself, but not many people know how to do it.” During this same time period, as Pope Paul VI was working to implement the directives of the Second Vatican Council, he famously stated, “If you want peace, work for justice.”

In these coming weeks and months, I will actively seek to cultivate more peace in my own life and heart. For me, sitting quietly in periods of contemplative prayer or meditation is the most direct path to peace. From a place of contemplation and hopefully a more peaceful spirit, I know God will strengthen me to take direct actions that lead to greater justice and peace in our community.

For me, those actions include working on the Habitat for Humanity Faith Relations committee to provide affordable housing on Cape, continuing to participate in an interfaith group of clergy to build relationships among our communities, and participating in the All Our Children partnership at Hyannis West to ensure a high quality public education for all. How will you wage peace during these troubled times? I would love to hear and share how the Spirit is calling you to wage peace. If your parish community can support you in any way, please contact me or any member of the staff.

With prayers of peace and love,

Libby +

September/October 2017
Wage Peace by Judyth Hill **

Wage peace with your breath.
Breathe in firemen and rubble,
breathe out whole buildings
and flocks of redwing blackbirds.

Breathe in terrorists and breathe out sleeping
children
and freshly mown fields.
Breathe in confusion and breathe out maple trees.
Breathe in the fallen
and breathe out lifelong friendships intact.

Wage peace with your listening:
hearing sirens, pray loud.
Remember your tools:
flower seeds, clothes pins, clean rivers.

Make soup.

Play music, learn the word for thank you in three
languages.

Learn to knit, and make a hat.

Think of chaos as dancing raspberries,
Imagine grief as the outbreath of beauty
or the gesture of fish.

Swim for the other side.

Wage peace.

Never has the world seemed so fresh and precious.

Have a cup of tea and rejoice.

Act as if armistice has already arrived.

Celebrate today.

**This poem was written immediately following the attacks
on September 11, 2001. The recent violence in Charlottesville
was an act of domestic terrorism, designed to spread fear
and thus this poem speaks very directly to my heart.

Farewell to Doug and Nancy: Saturday September 23 and Sunday September 24 after services

For the last four years, we have been blessed by the musical gifts of Doug Keilitz and Nancy Barnes. We are
delighted that Doug has an amazing career opportunity as canon for music and cathedral organist, but we
will miss them deeply. Doug's last weekend "on the bench" will be Saturday September 23 at 5 pm and
Sunday September 24 at 10 am. We will have receptions after both services to honor Doug and Nancy. If
you would like to contribute to a purse for Doug, please bring your checks to church by Wednesday
September 20.
Psalm 20 is not often designated in our lectionary for worship. It can be found as a selection for Morning Prayer occasionally. In the early verses of the Psalm, King David is depending on God to hear his prayers and answer them to the benefit of his army and his people. His prayer is one for victory before entering the battle. In verse 7, he affirms that it is not just good chariots and strong horses which will determine the outcome of their efforts. It’s not about that; it is about “the Lord our God.”

It is obvious that this passage makes military and political connections; however, it is not limited to those applications alone. You and I are often concerned with victory before we enter new endeavors and engagements.

Through the years, each of us encounters new beginnings: new opportunities, new jobs, new classrooms, new births, new relationships, new challenges, and new struggles. Often, even before we begin to move forward with these new beginnings, we review our resume and previous experiences in order to predict the possibility for success. Are there enough good chariots and strong horses for us to be victorious? It’s not just about what we bring to the search for new life and new purpose and new meaning.

St. Mary’s is indeed blessed with wonderful resources, especially in the community of talented, engaged, generous, and faithful people. Like King David, though, you and I would be wise to harken to the understanding that it’s not just about what you and I can bring to these new beginnings. It’s not about that. It is about the Lord our God. God’s church is depending on God to hear our prayers and answer them. Trust God.
As a child attending Christ Church, Babylon, New York, I was a “drop-off” kid on Sunday mornings. This meant my parents would drop me off at church as they went to the boatyard in the next town and worked on the boat. The physical shape of Christ Church was unusual. A large seating area that was perpendicular to the nave had been added to the building, and everyone referred to it as the “annex”. Each week, I would arrive via a side entrance all decked out in my navy blue suit and bow tie, and slip into a pew in the annex for the 9 am service.

The hymns were posted in the annex on a black felt letter board propped up on a windowsill. Two sets of hymn numbers would be posted side by side: one set for Holy Communion at 9 am, and another for Morning Prayer (with Choir) at 11 am. For the 11 am listing, I noticed that between the second and third hymn there was the word ‘ANTHEM’ which always piqued my curiosity. Since I never attended the 11am service, my ten-year-old mind simply deducted that, each week, the congregation would stand up and sing ‘The Star-Spangled Banner’. It wasn’t until a few years later when I joined the Choir, sang at 11 am, and learned what an anthem was that this mystery was dispelled.

Despite their use at sporting events and patriotic festivals, sports anthems (“We Are the Champions”) and national anthems (“O Canada”) are secular songs borrowing a term from...the Church of England. The word ‘anthem’ is derived from the Greek ‘antiphona’ and both words originally referred to ‘antiphons’, a call-and-response style of singing. In the early days of the Church of England during the reign of Henry VIII, the Roman Catholic antiphon was replaced by the ‘anthem’ sung at morning and evening prayer, with the words in English (rather than Latin). The Book of Common Prayer 1662 mentions the term in a famous rubric: “In quires and places where they sing here followeth the Anthem.” During a period of over 450 years, the anthem has held a special place in the Church as an enhancement to the liturgy and amplifier of the Word. Although the anthem is a uniquely English invention, many American composers and publishers have contributed to this form of composition (one such publisher, Paraclete Press, is located right here on Cape Cod).

So, the next time you stand to sing our National Anthem at a Red Sox game, or hear a crowd at the Boston Garden chant “We Will Rock You”, remember that our Mother Church invented the ‘anthem’ long before the band QUEEN did!

September/October 2017
Sunday School Kickoff - September 10!

Mark those calendars now for a wonderful celebration! We’re kicking off the program year with Youth Sunday on Sept. 10. Following worship, we’ll have an ice cream social for Homecoming Sunday with corn hole, a bouncy house, and other games. All are invited! It’ll be a great day to bring friends and neighbors who might be curious about St. Mary’s, and of course they’re welcome throughout the year as well.

What’s a Youth Sunday? It’s a true Rite ll worship service adults will appreciate, with the addition of a children’s sermon. Children and youth assist adults in leading worship in the sanctuary, from ringing the bell before worship and greeting, to reading scripture and collecting the offering. If that appeals to your family, please arrive no later than 9:30 am on Sept. 10.

We’ll do a quick training at 9:30 am with the kids who want to help this month, so they’re comfortable in their role and know how it fits into worship. Youth Sundays will be a monthly event this year.

In fact, please plan on 9:30 as families’ arrival time each week at St. Mary’s this year. On Youth Sundays, we’ll prepare whoever wants to help with 10 am worship (or you can just arrive for 10 am worship if you prefer). The monthly Joy Mass – always a highlight! – begins at 9:30 am, generally on 4th Sundays of the month. And even ‘regular’ Sunday School weeks will begin at 9:30 am with an energetic singalong out in the courtyard (weather permitting of course; otherwise in the Parish Hall) led by Father Charles and Cathy Ode. Classes will run 9:45-10:30, at which point children rejoin their parents at the Passing of the Peace and remain for Holy Communion and the rest of the service.
JOY Mass!

Joy Mass is an interactive and inter-generational worship service led by Fr. Mark Anschutz in the Parish Hall with help from a wonderful team of clergy and lay leaders. This year, we’re planning to offer a short, optional Sunday School lesson after each JOY Mass, with a concurrent parent discussion group. Please watch for more details.

Mark Your Calendar

Fall calendar for families:
- Sept. 10 Homecoming/Sunday School Kickoff
- Sept. 17 Sunday School
- Sept. 24 JOY Mass with short lesson/parent group
- Oct. 1 Sunday School
- Oct. 8 Parish Retreat in NH – no Sunday School
- Oct. 15 Youth Sunday
- Oct. 22 Sunday School
- Oct. 29 JOY Mass with short lesson/parent group
- Nov. 5 Sunday School
- Nov. 12 Veterans’ Day weekend; no Sunday School
- Nov. 19 Youth Sunday
- Dec. 3 JOY Mass with short lesson/parent group

*NOTE: program starts at 9:30am each Sunday

Faith Formation Team planning for a great program year (L-R: Aaron Dunigan-Atlee, Kate Dunigan-Atlee, Jess Stanney, Stella Bearse, Caty McMahon. (not pictured, Cathy Ode)
All Our Children - Gearing Up for the Fall

This past school year seven St. Mary’s volunteers started working with teachers in the early grades at Hyannis West Elementary School. As is so often the case when people follow Jesus to the neighborhood or to the Rosebud Reservation or other places where He leads, the reward is greater than the effort. If you are considering volunteering, consider the experience a few of last year’s volunteers had:

Liz Ferretti took a tote bag filled with books her granddaughters had loved. Children chose a book called “Pinkalicious” from the tote bag, and started reading it aloud to each other. “Their laughter and excitement about her adventures caught the attention of the other groups,” Liz reports. As new groups of kids were assigned to her, they dove into her tote bag and pulled out other books to share. “Their excitement was infectious and their pride when they completed a totally new book was immense.” At the end of the year Liz received multiple letters and drawings from many of the students, all expressing their love of the books. “I am looking forward to returning in September!”

Lisa Barr also brought something of herself to the class. After one student brought a trip book of his family’s trip to Jamaica to class, Lisa made a trip book of her recent trip to Italy, and made copies for the children. The group she was working with read the book together. As the term ended, the children made a book of their own drawings, a perfect memento of their time together.

Janis Umschlag worked one-on-one with Steven (not his real name), who had difficulty focusing on his lessons. Over time they not only worked together, but also talked informally and became closer on a personal level. Because his family was moving away, he left school before the end of the term. Janis came in on his last day, not her regular time, and brought toys for Steven and treats to share with the class. She told him he would do fine in his new school, and that she would miss him. As the class lined up to go to lunch, he turned around, waved, and said goodbye. Janis walked to her car in tears.

Friend of St. Mary’s, Donna Albert, was a former inner-city teacher. She reflected on the value of volunteers to the teachers: “Working as needed in a first-grade class at Hyannis West for about one and a half hours a week gave me the joy of seeing relieved smiles on the teachers’ faces and pride and accomplishment in the eyes of students who had either read to me or solved a tricky math problem. An extra adult in the classroom allowed the teachers to focus on children challenged with emotional or academic struggles. An extra adult in the classroom allowed the children to have much needed individualized support and encouragement. This was truly a win-win situation for all of us!”

Come join us at an informal information session on Sunday, September 17, after the 10 am service to learn more about volunteering at Hyannis West.
Kids' Summer Meals a HUGE Success
What an incredible nine weeks! St. Mary’s is one of several Cape sponsors for a national feeding program, along with the YMCA and Church of the Holy Comforter in Orleans. Here at St. Mary’s over 90 youth and adults – St. Mary’s members and guests from the wider community – made sure hundreds of low-income children at our three community sites received delicious and healthy breakfasts, lunches, and snacks.

Volunteers Maureen Tempesta, Joyce Bertschmann, and Ruth Campbell put in countless hours, starting in the winter and lasting throughout the summer. Cathy Ode joined the St. Mary’s staff in June and helped to coordinate this massive effort, making lots of new friends along the way. Kids' Summer Meals represents the best of St. Mary’s: good people coming together for good. Many thanks to all involved.

Save the Date
On September 11 we will have our 8th annual Service of Remembrance. It will begin at 4pm at the Fire Station, then process down 6A to St. Mary’s for the service around 4:30.

Pastoral Care
Grief and Loss Group: October 15, 22, 29, and November 5 at 11:30 am
Beginning on October 15, parishioner Cay Hartley will be offering a grief and loss group for anyone who is grieving the death of a loved one. No matter how distant or recent your loss, grief can be very complicated and take years to resolve. Sharing the journey with others can be an important part of the healing process. Cay brings many years of experience to St. Mary’s and we are blessed by her willingness to facilitate this group.
Back Pain: Treatment

Reprinted from the Mayo Clinic website: https://goo.gl/tLXUc6

Most acute back pain gets better with a few weeks of home treatment. Over-the-counter pain relievers and the use of heat or ice might be all you need. Bed rest isn’t recommended.

Continue your activities as much as you can tolerate. Try light activity, such as walking and activities of daily living. Stop activity that increases pain, but don’t avoid activity out of fear of pain. If home treatments aren’t working after several weeks, your doctor might suggest stronger medications or other therapies.

Medications

- Depending on the type of back pain you have, your doctor might recommend the following:
- Over-the-counter (OTC) pain relievers. Ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve) might relieve acute back pain. Overuse of these medications can cause serious side effects.
- Muscle relaxants. Muscle relaxants can make you dizzy and sleep.
- Topical pain relievers. These are creams, salves or ointments you rub into your skin at the site of your pain.
- Narcotics. Certain drugs, such as codeine or hydrocodone, may be used for a short time with close supervision by your doctor.
- Antidepressants. Low doses of certain types of antidepressants — particularly tricyclic antidepressants, such as amitriptyline — have been shown to relieve some types of chronic back pain, independent of their effect on depression.
- Injections. If other measures don’t relieve your pain and if your pain radiates down your leg, your doctor may inject cortisone — an anti-inflammatory medication — or numbing medication into the space around your spinal cord (epidural space). A cortisone injection helps decrease inflammation around the nerve roots, but the pain relief usually lasts less than a few months.
Physical Therapy & Exercise

Physical therapy is the cornerstone of back pain treatment. A physical therapist can apply a variety of treatments, such as heat, ultrasound, electrical stimulation and muscle-release techniques, to your back muscles and soft tissues to reduce pain.

As pain improves, the therapist can teach you exercises that can increase your flexibility, strengthen your back and abdominal muscles, and improve your posture. Regular use of these techniques can help prevent pain from returning.

Surgery

Few people need surgery for back pain. If you have unrelenting pain associated with radiating leg pain or progressive muscle weakness caused by nerve compression, you may benefit from surgery. Otherwise, surgery usually is reserved for pain related to structural problems, such as narrowing of the spine (spinal stenosis) or a herniated disk, that haven’t responded to other therapy.

Alternative Medicine

A number of alternative treatments may ease symptoms of back pain. Always discuss the benefits and risks with your doctor before starting any new alternative therapy.

- Chiropractic care. A chiropractor hand-manipulates your spine to ease your pain. 
- Acupuncture. A practitioner of acupuncture inserts sterilized stainless steel needles into the skin at specific points on the body. Some people with low back pain report that acupuncture helps relieve their symptoms.
- Massage. If your back pain is caused by tense or overworked muscles, massage might help. 
- Yoga. There are several types of yoga, a broad discipline that involves practicing specific postures or poses, breathing exercises, and relaxation techniques. Yoga can stretch and strengthen muscles and improve posture, although you might need to modify some poses if they aggravate your symptoms.

A Reminder About the Importance of Hand-washing

More information at the Mayo Clinic website: https://goo.gl/a7hyCK

As flu season approaches...
Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Hand-washing requires only soap and water or an alcohol-based hand sanitizer.

Hand-washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.
Where in the world is Hilary Greene?

My heart is so full of gratitude for your support of me as I go through the formation process to become a Deacon in our diocese. Thank you for your prayers, your caring questions, and your support of both me and my spouse, Angela, as this multi-year process unfolds.

You may be asking, “I haven’t seen Hilary around recently, where is she?” (Of course, maybe you haven’t noticed, but I like to think that some of you have!) I finished my first year of formation in June and will be applying for candidacy in September. If granted, I will become a candidate for ordination (effective December 1) for the next 18 months. The next step will be to apply for the diaconate and hopefully, God willing, get ordained at the end of my candidacy.

During this first year, I worked on removing myself from many special ministries at St. Mary’s in order to be prepared to visit other parishes and start my parochial internship this fall. I have spent the summer visiting parishes, from St. Andrew’s-by-the-Sea in Hyannisport, to Church of the Holy Spirit in Orleans, to St. Christopher’s in Chatham and St. John’s in Sandwich. This year I will be doing my internship at Church of the Messiah in Woods Hole with the rector, The Very Rev. Deborah Warner.

Part of my formation is to attend monthly “deacon weekends,” as I call them, (they are officially called formation weekends) which will begin in September and are held at St. Anne’s Bethany House in Arlington. We arrive Friday night for evening prayer, dinner with the sisters and a program led by one us, then classwork on Saturday with many different guest instructors.

On Sunday we are a part of the eucharist, practicing as deacon of the table (the deacon that sets the altar and serves the celebrant) or the preaching deacon or any of the other roles: reading the lessons, or the prayers of the people or the psalm.

After breakfast, we review the liturgy and the sermon and then enjoy our theology class with our professor the Rev. Charles Heffling, who is also the celebrant at our eucharist every Sunday. I truly love this program and am so grateful to God that I am allowed to be a part of it.

This past year I participated in a secular internship through the Cape Cod Council of Churches, serving in the Chaplain’s office at Cape Cod Hospital and doing some work with the women who live at Eve’s House, one of the 4 transitional homes operated by Homeless Not Hopeless. I learned a lot and loved working with Edye Nesmith, the Executive Director of the Council. Our rector, Libby, serves on their board, so you know it’s a wonderful, caring organization!

So though I may not see you as often, especially on Sundays, know that I will continue to meet with Libby as my sponsoring rector and I pray unceasingly with great thanksgiving for the people of St. Mary’s, my sponsoring parish. You will always be my sponsoring parish no matter where I am serving in our deanery or diocese. I am in this process because of you and I will always hold you close in my heart. Angela will continue to serve St. Mary’s in the many ways she does and, fortunately for me, I get to go to St. Mary’s events as her other half, so you will see me. Please feel free to ask me about this spirit-filled process.

Thanks be to God for bringing me to St. Mary’s in 2006 and for being a part of this wonderful congregation of souls. Peace be with you all.

September/October 2017
M I N I S T R Y  S U P P O R T

Start Planning for the Holly Fair

It’s beginning to look a lot like Christmas... What?! As the summer draws to a close and our Holly Fair, Saturday, December 2, draws ever closer, it’s time for this announcement. It’s never too early to start thinking about ways to make the Holly Fair a huge success. Volunteers are needed to direct traffic, set up/clean up rooms, and do a myriad of other tasks. Perhaps you could begin to downsize some of those special items in your home for donation to the Silent Auction. Other Silent Auction items might include an afternoon sail, a meal at a favorite restaurant, a golf treat, or tickets to art and sports events. Let your imagination and generosity bring joy to a happy recipient. And for all those knitters among us, warm up those needles for donations to the Hand-Made Room! Consider making delicious treats for the Country Kitchen. And let’s not forget the Jewelry Room, Attic Treasurers, Children’s Room and Youth Room. Our Greens Group’s creative surge will begin one week prior to the fair, decorating fresh wreaths, table and mantle pieces, and fresh boxwood trees, and bagging holly. AND let’s remember our tasty Luncheon! Helpers everywhere will be much appreciated. We hope each of you will find a way in which to serve St. Mary’s and the community with your time, talents, and resources.

Keys to the Realm

Stay Connected to the St. Mary’s Community Through the NEW Realm Connect App

Our church management system has changed. The new system is called Realm and we invite all of you to sign-up and use its many useful features. If you have an email address on file with the church, you should have received an invitation to Realm via email. Use the email to set a password and then you can log in to the system. There you will be able to edit your contact information, see and communicate with groups you are connected to (like your Open Circle), and view your giving history. You can even make a gift online through the new site.

With the change in church management systems we now have a new directory app called Realm Connect (this replaces the Church Life app). With it you can call, text, or email church members directly from the app. Download the app in your app store. If you are asked for an “invite code,” please use StMarysChurch (no spaces).

For general questions please contact Frankie Stahlhut 703-380-8630 or Sue Davy 703-380-8629. For Silent Auction questions please contact Joy Hambly 508-776-7230 or Maureen Tempesta 508-737-1936.

September/October 2017
Red Cross Blood Drive, September 12, 1-6pm at St. Mary's

There are three ways you can sign-up to give blood: call 1-800-RED CROSS, go to the website www.redcrossblood.org, or download the Red Cross app.

Friday, October 13 from 10 - 4 and Saturday, October 14 from 9 - 12. We need clothing, household goods, linens, antiques, and tools in good shape. NO books, please. Be thinking of ways you can contribute: donating, making snacks for workers, calling friends and parishioners, helping put up flyers, sorting, pricing, cashiering, parking cars, setting up, cleaning afterwards and being a salesperson. It’s a great time to get to know other parishioners and have fun, AND maybe find a great buy yourselves! Contact Joy Hambly to join the team.

Episcopal Holy Bears are now for sale!

Buy one for $20.00 each, buy two or three for $15.00 each or buy four or more for $10.00 each.

Available at the office or during coffee hour on Sunday mornings.

Happy 100th Birthday, Mary & Alice!

Mary & Libby

The grill guys: Peter Scarafile, Walter Gadkowski, Kevin Brock

In August we celebrated the 100th birthdays of Mary Ferguson and Alice Coniam. Many hands and much love made this wonderful celebration possible. Mary was deeply moved by the outpouring of love. Unfortunately, Alice could not attend the party, but we were able to call her and sing her “Happy Birthday” over the phone.

Alice Coniam and Libby

Photo courtesy of Libby Cline

Alice & Mary

September/October 2017
IS YOUR NAME MISSING FROM THE BIRTHDAY LIST?
PLEASE LET US KNOW SO WE CAN CELEBRATE YOU!

A Word From the Wardens

Who are our wardens and what role do they play at St. Mary’s? Our senior warden is Peter Scarafile, and our junior warden is Caty McMahon.

According to the Episcopal Church Foundation, the role of a warden differs from parish to parish, depending on the traditions and culture of the congregation, the personality, and leadership style of the rector, and the needs of the community at a particular time. The canons of the Episcopal Church say very little about wardens other than their responsibility to ensure that worship services are continued in the absence or disability of the rector or parish priest. The term itself dates back to seventeenth century England because of the individual’s responsibility to unlock the church doors for worship and other events. The distinction between “senior” and “junior” warden depends on the diocese, the parish and even geographical or regional customs and practice.

Putting canons and customs aside, the primary role of the warden is to serve as the lay partner of the rector or priest-in-charge in articulating the mission and vision of the parish, managing its day-to-day operations, identifying and nurturing leaders, and empowering members of the congregation to live out the Gospel in their daily lives.” (Romnik, David. January 2009. “You’re a New Warden: Now What?” Episcopal Church Foundation Vital Practices)

When you see Peter & Caty, ask them about the work of the Vestry and the other ways they serve at St. Mary’s. Let them know if you have any questions or concerns or any joyful news to share. Look for forthcoming information from them in the next newsletter. And let them know how much you appreciate their service.
Upcoming Events

September 10: Sunday School Kickoff & Ice Cream Social
September 11: Service of Remembrance
September 12: Red Cross Blood Drive
September 24: JOY Mass
September 24: Reception for Doug Keilitz & Nancy Barnes
October 4: Blessing of the Animals
October 6-8: Parish Retreat
October 13 & 14: Rummage Sale
October 29: JOY Mass
December 2: Holly Fair
December 3: JOY Mass