

A stained glass window featuring a central fish, likely a salmon, swimming through stylized waves. The fish is rendered in shades of grey and white, with a prominent eye. The waves are depicted in various shades of blue and green, with black outlines creating a swirling, dynamic pattern. The entire scene is set within a circular frame, with gold leaf accents at the top and bottom. The background of the window includes a blue sky with white clouds and a golden sun or moon at the top.

Saint Mary's
Episcopal Church Barnstable

JANUARY/FEBRUARY 2018



COME UNTO ME

THE REV. DR. LIBBY GIBSON

"Come unto me all you who are weary and heavy laden, and I will give you rest."

Matthew 11:28

At the heart of Jesus' life on earth was the spirit of hospitality. He welcomed all people into his life and presence. Fishermen and tax collectors, outcasts and sinners, women and children, people sick with leprosy and demons, Pharisees and temple authorities – Jesus welcomed and engaged with everyone. To be welcomed into his presence was a gift like no other, one that often brought spontaneous healing and total transformation of people's lives. "Come unto me all you who are weary and heavy laden, and I will give you rest."

Come! This was the theme of Bishop Alan's Christmas message to the diocese. All you young and elderly, immigrants and people working hard to provide for your families, you who are weary from illness and the pressures of living in this complicated world. Come!

This radical invitation to us by Jesus is at the heart of our life at St. Mary's. Come and connect more deeply with God through our worship, prayer and retreat offerings. Come and connect more deeply with each other through our small group, pastoral care, and fellowship offerings. Come and connect more deeply with our community through our major events and outreach offerings.

This persistent and loving invitation by our Lord must be embodied by a warm and gracious welcome in God's church. At St. Mary's, we strive to welcome and care for all people with the openness and inclusiveness of Jesus.

Our Newcomer and Pastoral Care team is working very hard to improve the ways we care for each other. Our staff continues to improve the administrative systems that help us communicate with each other. And our renovation team is working hard to improve the welcome provided by our buildings.

As we continue to move forward with our building renovation plans, we want our parish hall and church building to say "Come!" as warmly as we do. We want you and all people who come to St. Mary's to feel welcome and safe and comfortable. The building renovation will allow us to welcome more people in our parish hall for various events. With the addition of an elevator, and accessible hallways and restrooms, we will be able to host people with any difficulties walking. Improvements to acoustics in the church will ensure that people with hearing impairments hear Jesus say Come! In the renovation, we will also address long-term sustainability issues in the building, including remediating water problems and improving energy efficiency, so that St. Mary's can say "Come!" for many years in the future.

Please come to our annual meeting on Sunday February 4 at 11:15 am in the Parish Hall to learn more about the renovation plans and to celebrate the incredible vitality of St. Mary's.

With love and blessings,

Libby +

January/February 2018



W O R S H I P & M U S I C

LITURGICAL PARTICIPANTS NEEDED



Ash Wednesday Services

- 7:30 am: Holy Eucharist with Imposition of Ashes (note the time change from previous years)
- 12:00 pm: Holy Eucharist with Imposition of Ashes and Choir
- 5:00 pm: Holy Eucharist with Imposition of Ashes, especially for children

Liturgical Participants: change in how we schedule volunteers

Please note: If you volunteer at one of our services as an usher, acolyte, reader, or Eucharistic minister, we have changed the way we schedule these ministries. You will now find a paper sign-up form in the sun room. Please use this to sign yourself up to serve.

If you would like to learn more about liturgical participation, please see our website
<http://www.stmarys-church.org/liturgical-participants/>
And let us know if you would like to volunteer.

An invitation to join the Altar Guild

Each week, your altar guild gathers to prepare the church for our worship services. With reverence and grace, they prepare the sacramental vessels and elements for consecration, set the altar, and generally ensure that church is appropriately “dressed” for the liturgical season. The altar guild also faithfully supports the clergy by preparing for baptisms, weddings, Eucharistic visits, and funerals. As rector, I and current members of the altar guild would be very grateful for your help with this special ministry. Please contact me if you feel called to serve on Altar Guild.

Blessings,

Libby (rector@stmarys-church.org)



YOUTH & FAMILIES

CATHY ODE, DIRECTOR OF FAITH FORMATION



Winter Family Blessings: an alternative to weekly Sunday morning Christian formation classes

In recent years, Church School attendance has dramatically dropped off over the winter months. Many of our families are away skiing on the weekends, or committed to basketball, swimming, hockey and other sports. And let's face it, it's really hard to get out of your cozy PJ's on a cold Sunday morning, after a long week of running around and not being together as a family!

So, St. Mary's is trying something new and innovative. Each week in January, February and March, families will receive an email with suggested activities and scripture readings related to that month's theme. At the end of each month, an intergenerational meal-time gathering further explores the theme.

If you already receive "Family Ministry News" (an e-newsletter via Constant Contact) on Friday mornings, you'll automatically receive Winter Family Blessings info. Email Cathy Ode to be added: formation@stmarys-church.org. 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.

All - including friends and neighbors - are welcome at the monthly gatherings, regardless of the degree of participation in weekly activities.

Please note that Youth Sundays will still be the 2nd Sunday of each month at 10am in the Sanctuary. The sermon is meaningful for all ages. Children and youth hand out bulletins, ring the bell, sing, do readings, and serve as ushers.

Research shows that participating actively in worship helps kids grow in faith more than Church School attendance does! Please make sure your child/youth arrives no later than 9:30am and comes to the Parish Hall for a quick orientation if they want to assist in worship.

JOY Mass also continues on the 4th Sunday of each month, at 9:30am in the Parish Hall. Again, kids' active participation and the interactive nature of the service helps deepen faith for kids and parents alike. Fr. Mark Anschutz and his wife, Peggy, do a marvelous job leading this service, attended by young and older alike.

On remaining Sundays (typically the first and third Sundays of the month), we'll help kids feel as welcome as possible in worship, with a special space for them in the Sanctuary called "The Prayground" and quiet activities to do during worship.

We'll certainly want to hear feedback from families at the end of the year, to see how well this experiment has worked for you.

Please mark your calendars now for these Winter Family Blessings gatherings:

Monday, Jan. 29: "Blessed by a Cloud of Witnesses"

5:00-6:30 pm

Monday, Feb. 26: "Blessed by Our Church Home"

5:00-6:30 pm

Monday, Mar. 26: "Blessed by Sacred Stories"

5:00-6:30 pm

Mark Your Calendar

Saturday, January 6, Epiphany Lessons & Carols Service + Potluck, service begins at 5pm

Sunday, January 7, The Prayground, 10am

Sunday, January 14, Youth Sunday, 10am

Sunday, January 28, JOY Mass, 9:30am

Monday, January 29, Winter Family Blessings, 5pm

Sunday, February 4, The Prayground, 10am

Sunday, February 4, Annual Meeting, 11:15am, childcare provided

Sunday, February 11, Youth Sunday, 10am

Ash Wednesday, February 14, Family Service, 5pm

Sunday, February 18, The Prayground, 10am

Sunday, February 25, JOY Mass, 9:30am

Monday, February 26, Winter Family Blessings, 5pm



Advent activities: wreath making,
St. Nicolas cookie decorating, painting
baby Jesus rocks (yes, he does!)

Photos courtesy of Cathy Ode

Christmas Pageant 2017



Photos courtesy of Diane Munsell & Kate Dunigan-AtLee



O U T R E A C H

OPPORTUNITIES TO SERVE



Outreach Committee Update

The Outreach Committee met in November to review the year and plan for 2018. Results from the fall rummage sale netted \$3762 for outreach programs. Numbers for Outreach funds raised by the Holly Fair will be available soon. During our discussions, it became clear that a new process for allocating Outreach funds would be needed. Our committee agreed that funds should be dispersed during January and June from fundraisers held the previous year. Then the 5% pledge amount which is allocated to the Outreach Committee would be dispersed between July and December. It is believed that this will allow for more thoughtful support of organizations to which the Outreach Committee would like to contribute on behalf of St. Mary's. As a result, Lisa Barr, Bunny Thompson, and Maureen Tempesta, Vestry and Outreach Committee Members, proposed a new timetable for Outreach allocations to the Vestry. At the Vestry's December meeting, the proposal was accepted and will be implemented beginning in 2018.

In 2017, a carryover of Outreach funds from 2016 was designated for All Our Children and Prison Ministry. To use the funds designated for Prison Ministry, a \$5000 donation was made to Amazing Grace of Cape Cod, Inc. to help support their summer camp program. All Our Children has used most of the 2016 carry-over funds for its program. Any money still left from the 2016 carryover is being allocated to the Rector's Discretionary Fund.

In December, a contribution of \$2400 was made to the Faith Family Kitchen. Our committee voted to designate the Christmas offering to the Episcopal Mission on the Rosebud Indian Reservation. These funds will provide scholarships for members of St. Mary's who would like to participate in a Rosebud mission trip and for special projects on the Reservation. Fundraisers planned for 2018 are the Daffodil Tea, the Fall Rummage Sale, and the Holly Fair. New members to the Outreach Committee are always welcome. Please look for upcoming meeting notices in the bulletin and eNews.

All Our Children Volunteer Program - Partnership with Hyannis West Elementary



St. Mary's classroom volunteers have helped All Our Children reach one of its goals: to provide at least one volunteer for every teacher who has requested one!

Current volunteers include Donna Albert, Rosa Babcock, Lisa Barr, Ann German, Happy Gray, Helen Hinckley, Lallie Lloyd, David Miller, Mackie Rice, John Rice, Tricia Spillane, and Janis Umschlag. If you're thinking about becoming a volunteer, talk with them – and be inspired.

We also supported the Parent Teacher Organization by providing items for their entry in the Spectacle of Trees at Cape Cod Mall.

Thank you if you helped by purchasing raffle tickets for the tree.

If you're interested in becoming a volunteer in 2018, please contact Christy Saling, cesaling@gmail.com, 508-775-0583. There are many one-hour slots of time still available!

Centering Prayer - An invitation to deepen your relationship with the divine

Participants in Centering Prayer at St. Mary's have been praying together since April 2016. We recently made some changes to our format and now meet at an earlier time in the evening and include a period of lectio divina or divine reading. This practice, which dates back to the 6th century, was established by St. Benedict. In the 12th century a Carthusian monk, Guigo, formalized its four movements: 1) reading a passage from scripture slowly with reverence; 2) responding to God's word through meditation; 3) responding to our encounter with God in the word through a prayer from the center of our hearts; 4) resting in God's response to us.

The fourth stage of lectio divina brings us into 30 minutes of centering prayer, in which in silence we quiet our minds, while maintaining alertness, resting in God's presence beyond thoughts, words and emotions. We meet from 5:30 – 6:30 p.m. on the first and third Wednesday of each month in the St. Mary's Lady Chapel. You need not have any previous experience with centering prayer. Please join us. Contact Maureen Tempesta or Sue Davy for more information.

Holly Fair 2017



Thank you, St. Mary's Community

It is with grateful hearts that we thank all of you for the part you played in making the 2017 Holly Fair a success! In terms of numbers, St. Mary's ministries benefit by a net gain of \$19,335. In terms of teamwork, goodwill, and community involvement, we dare say that St. Mary's, Barnstable Village, and beyond, benefit by a net gain of incalculable returns. Below is a sampling of memories from the 2017 Holly Fair.

Frankie Stahlhut and Sue Davy Co-Chairs

photos courtesy of Frankie Stahlhut & Kate Dunigan-AtLee





IN REACH & CARE

COMMUNITY INFORMATION

Presented by the Pastoral Care Committee

Seasonal Affective Disorder (SAD)

Reprinted from the Mayo Clinic website.

SYMPTOMS

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

CAUSES & RISK FACTORS

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- Your biological clock (circadian rhythm). The reduced level of sunlight in fall and winter may disrupt your body's internal clock and lead to feelings of depression.
- Serotonin levels. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- Melatonin levels. The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

Seasonal affective disorder is diagnosed more often in women than in men. And SAD occurs more frequently in younger adults than in older adults. Factors that may increase your risk of seasonal affective disorder include:

Family history. People with SAD may be more likely to have blood relatives with SAD or another form of depression.

Having major depression or bipolar disorder. Symptoms of depression may worsen seasonally if you have one of these conditions.

Living far from the equator. SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

Take signs and symptoms of seasonal affective disorder seriously. Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad.



Shingles

Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus – the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles.

While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

SYMPTOMS

- Pain, burning, numbness or tingling
- Sensitivity to touch
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching
- Some also experience: fever, headache, sensitivity to light, and fatigue

Pain is usually the first symptom of shingles. For some, it can be intense. Depending on the location of the pain, it can sometimes be mistaken for a symptom of problems affecting the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash.

Most commonly, the shingles rash develops as a stripe of blisters that wraps around either the left or right side of your torso. Sometimes the shingles rash occurs around one eye or on one side of the neck or face.

Contact your doctor promptly if you suspect shingles, but especially in the following situations:

- The pain and rash occur near an eye. If left untreated, this infection can lead to permanent eye damage.
- You're 60 or older, because age significantly increases your risk of complications.
- You or someone in your family has a weakened immune system (due to cancer, medications or chronic illness).
- The rash is widespread and painful.

SHINGLES: ARE YOU CONTAGIOUS?

A person with shingles can pass the varicella-zoster virus to anyone who isn't immune to chickenpox. This usually occurs through direct contact with the open sores of the shingles rash. Once infected, the person will develop chickenpox, however, not shingles.

Chickenpox can be dangerous for some people. Until your shingles blisters scab over, you are contagious and should avoid physical contact with anyone who hasn't yet had chickenpox or the chickenpox vaccine, especially people with weakened immune systems, pregnant women and newborns.

COMPLICATIONS

Complications from shingles can include:

Postherpetic neuralgia. For some people, shingles pain continues long after the blisters have cleared. This condition is known as postherpetic neuralgia, and it occurs when damaged nerve fibers send confused and exaggerated messages of pain from your skin to your brain.

Vision loss. Shingles in or around an eye (ophthalmic shingles) can cause painful eye infections that may result in vision loss.

Neurological problems. Depending on which nerves are affected, shingles can cause an inflammation of the brain (encephalitis), facial paralysis, or hearing or balance problems.

Skin infections. If shingles blisters aren't properly treated, bacterial skin infections may develop.

PREVENTION

A new shingles vaccine was approved by the FDA in October of 2017. Information about the new shingles vaccine (Shingrix) can be found here: <https://www.nytimes.com/2017/11/10/health/shingrix-shingles-vaccine.html>

More information about shingles and its vaccine can be found at the CDC website: <https://www.cdc.gov/shingles/vaccination.html>

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.



2016 Lenten Retreat at SSJE
Photo courtesy of Mark Anschutz



MINISTRY SUPPORT



Office Angels Needed

St. Mary's is a busy place! We are so grateful for the many faithful volunteers who already help out in the office on a weekly or monthly basis. But we are in need of some more "office angels." Please contact Kate if you can help on a weekly, monthly, or seasonal basis (admin@stmarys-church.org)

PROTECTORS

One of the most important volunteer jobs in the office is to act as a "Protector." This person sits at the front desk, answers the phone, and manages the foot traffic that comes through the door. This person allows Libby & Kate to work uninterrupted and is an essential part of the team. Depending on the Protector's interests and the workflow of the office, we may or may not have special projects to work on while at the office (Protectors can always bring a book, crossword, knitting or other project to work on during less busy times). But the primary job of the Protector is always to be the friendly, welcoming "face of the office."

We currently need Protectors for the following times:

Tuesday: 12-1:30pm

Wednesday: 1-4pm

Thursday: 9am-1:30pm

Friday: 9-11am

If you have an hour or two available during these time slots, please let us know.

NEWSLETTER & SPECIAL MAILINGS

It takes a lot of man (or woman) power to get a mailing ready to go out. From folding to stuffing envelopes to attaching labels and stamps, this is time-consuming work. This is a great place to volunteer if you want to help intermittently and not commit to a regular volunteer schedule.

COUNTERS

We have a great team of folks who come in on Monday mornings to count the weekend offerings. Good attention to detail and addition skills are the main requirements for a counter. Counters can volunteer as frequently or infrequently as they like.

DATABASE MAINTENANCE

With such a busy parish, there is always something to do to keep our database up-to-date. If you like data entry and have great attention to detail, this is the place for you.

WEBSITE MAINTENANCE

A website that isn't up-to-date isn't worth having. We could use help uploading Libby's sermons, updating photos, keeping contact information current and much more. This is something that can be done from home.

SPECIAL PROJECTS

From time-to-time we have special projects. If you can't commit to volunteering regularly but can help every once in a while, please let us know and we'll put you on a special project office angel list.

Thanksgiving Baskets for Cape Codders, a great big thanks to the St. Mary's community

Thank you to everyone who participated in the Thanksgiving Baskets for Cape Codders program. In this, our 9th year, we again partnered with the Community Action Committee.

194 families received either a Thanksgiving basket meal or gift cards to purchase their meal.

In total 165 baskets were created and St Mary's and our community partners, like the Hyannis Harbor Hawks and Centerville Civic Association, provided 101 of these.

In total there were 145 turkeys and St Mary's and our partners provided 104 of these.

Since we ran out of baskets and turkeys at the end, the last 29 families received \$50 -\$75 in supermarket gift cards. \$2700 in cash and gift cards was raised.

67 families and individuals from St Mary's participated in the program. Thank you for your enormous generosity. Clearly St. Mary's made a difference.

Judy + Peter Scarafile & Stella + Ron Bearse
Program Coordinators

By-Laws Revision to be voted on at Annual Meeting on February 4, 2018 at 11:15 am

Along with the newsletter, you have received a packet of information about revising our by-laws to modernize their language and bring them into conformity with the diocesan model by-laws.

Many thanks to Peter Hutton and Lisa Barr for their persistence with this project, and to Matt Bresette for his initial work on the by-laws.

The revisions to the by-laws will be voted on at the Annual Meeting on Sunday, February 4.



Thanksgiving dinner at St. Mary's
Photos courtesy of Judy Scarafile



Gregory Ill 1/2
 Todd Machnik 1/3
 Sue Davenport 1/5
 Jody Warner 1/5
 Dorothy Greene 1/8
 Dierdre Mullin 1/9
 Marilyn Cannon 1/10
 Jake Dilley 1/11
 Marion Painter 1/12
 Charlie Gibson 1/15
 Isabelle Ramage 1/15
 Ellie Dunigan-Atlee 1/16
 Stan Flynn 1/16
 Gene Orloff 1/16
 Rick Cunniff 1/17
 Liz Ferretti 1/18
 Dori Bates 1/20
 Bill Plettner 1/20

Chris Low 1/21
 Griffin McMahon 1/23
 Nancy Brodhead 1/24
 Jerry Hazard 1/25
 Sharon Donegan 1/26
 Elizabeth Jones 1/26
 Claire Anderson 1/27
 Patty Commissiong 1/31
 Judy Scarafile 1/31
 Marilyn Welsh 1/31
 Lilly Menyhart 2/2
 Betty Ann Wheeler 2/2
 Christian Bearse 2/5
 Miles Bearse 2/5
 Rick Walters 2/6
 Karen Scichilone 2/7
 Richard Wheeler 2/8
 Ginie Upham 2/9

Rich McMahon 2/10
 Susan Tyrrell 2/10
 June Howes 2/11
 Margaret Mankiewicz 2/11
 Peter Rosenberger 2/11
 Betsey Edwards 2/13
 Julie Lytle 2/14
 Quincy Hietsch 2/15
 Clyde Lennon 2/16
 Martin Hietsch 2/18
 Susan Norton 2/18
 Bob Stead 2/18
 Wendy Corbiere 2/22
 Annda Flynn 2/22
 Scott Mullin 2/22
 Susan Babcock 2/23
 Jennifer Mullin 2/26
 Edson Outwin 2/26

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



Caty McMahon, Junior Warden &
 Peter Scarafile, Senior Warden

A Word From the Wardens

With 2017 behind us, and a new year started, we've been reflecting on the blessing that St. Mary's is in our lives and the lives of others. To name a few:

- Libby's ministry and her sermons.
- The retired clergy in our congregation who continue to share their gifts with us.
- Our amazing staff who keep things running so smoothly.
- All who volunteer time and talent throughout the year to run our special events and support our outreach, and those who serve on committees and the vestry..
- The friends, old and new, we've made through Saint Mary's, our church family.
- Our beautiful church structure and gardens.

St. Mary's is full of vitality; we are grateful and joyous to be part of it. It is a blessing. This year's stewardship campaign called us to think about our pledge as a thank offering for the blessing that is St. Mary's. We build our budget (staffing, music, outreach, etc) on the thank offering each of you makes when you pledge. As we finalize a budget to submit to the congregation during the annual meeting next month, please send in your pledge card or make your pledge online if you haven't done so already.

We are excited about the year ahead and look forward to the blessings to come through our building renovation efforts, continued outreach, and ministry. May God bless each of you and your families; Happy New Year!



www.stmarys-church.org

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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

ANNUAL MEETING

Sunday, February 4, 2018

11:15am in the Parish Hall

**St. Mary's:
Connecting more deeply with God,
with each other,
and with our community**