



BE NOT AFRAID

THE REV. DR. LIBBY GIBSON

"When I am afraid, I will trust in you.

In God, whose word I praise, In God I

trust; I will not be afraid."

Psalm 56: 3

We have all heard the fact that "Be not afraid" is the most frequent command in Holy Scriptures, appearing 365 times! Personally, I need at least a daily reminder to "Be not afraid," so am particularly comforted by knowing that God understands how often we need this call to trust. In our personal lives, financial, relationship, and health worries occupy our hearts and mind nearly every day. And in our communal and national lives, myriad issues generate fear and worry.

Throughout Lent, we are invited to be brave in facing the areas of our lives that cause fear. Oftentimes when I am fearful, I am tempted to move away from God and attempt to rely on my own actions and willpower. Sometimes fear and anxiety can cause me to be selfish, unkind, judgmental, impatient, and other less-than-desirable behaviors. The persistent call to self-examination—to acknowledge places that we fall short—requires intentionality and courage, for who wants to look in those shadowy places of our hearts and minds?

Yet it is only when we have the courage to lovingly look at the places where we miss the mark of being faithful and loving and kind that we have the chance to amend our lives. Knowing the roots of our misbehavior is fear, and how arduous this work can be, God constantly reminds us of how beloved we are, even when we have turned away from God.

In every moment, with every breath, God is with us and inspiring us to return to love. Each Sunday in Lent, we are also reminded of the various promises that God has made with us throughout human history. These promises support our brave work of looking into our hearts and lives, and we repeatedly hear that there is nothing, nothing that can ever separate us from the love of God.

As you continue your Lenten journey of self-examination, bravely facing fear and acknowledging the ways our behavior falls short of God's dream for us, I invite you to search online and listen to a song by Jan Phillips called "I will not leave you comfortless." In times of heartache, sorrow, and fear, it brings me great comfort.

"I will not leave you comfortless. I will not leave you alone. I am the air you breathe in. I'm the light of every star and every dawn."

With love and blessings,

Libby +

WORSHIP & MUSIC



Worship on Good Friday

This year, we are making a change to our Good Friday offerings to more fully honor the last three hours that Jesus hung on the cross: 12 pm - 3 pm.

Beginning at noon, we will offer a deeply moving Stations of the Cross service, with hymns sung as we move between the stations.

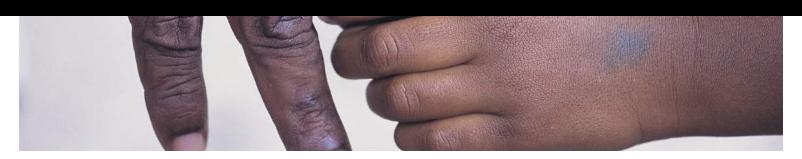
At 1:00 pm, and every 15 minutes until 3:00 pm, you are invited to come for meditations on the last seven words of Jesus. Various parishioners and clergy will share brief, 5-minute meditations on one of the last seven words of Jesus, followed by 10 minutes of silence. This is an "open house" service and you need not stay for the entire two hours. Come and go as you are so moved. At 3:00 pm, we will observe the Proper Good Friday Liturgy, with the solemn collects, and share communion from the Reserved Sacrament. At 5:00 pm, we conclude with a special, interactive Stations of the Cross service for children.

The Last Seven Words of Jesus, from the cross

- Luke 23:34: Father, forgive them, for they do not know what they do.
- Luke 23:43: Truly, I say to you, today you will be with me in paradise.
- John 19:26–27: Woman, behold your son. Son, behold your mother.
- Matthew 27:46 & Mark 15:34 My God, My God, why have you forsaken me?
- John 19:28: I thirst.
- John 19:30: It is finished.
- Luke 23:46: Father, into thy hands I commend my spirit.

OUTREACH

OPPORTUNITIES TO SERVE



All Our Children News

Hyannis West Spectacle of Trees - a big hit!

Around Christmas, All Our Children sponsored a tree located at Cape Cod Mall as part of Hyannis-West Elementary school's PTO fundraiser. The letter below from the PTO organizer tells the story:

Dear lovely people of St. Mary's Episcopal Church:
Happy New Year! I am writing you on behalf of
Hyannis West Elementary PTO. I would like to share
with you the good news that, in large part thanks to
your incredible generosity, we were able to raise \$9775
at the recent Spectacle of Trees event. I believe this is
the most we have raised in the last four years. If any
of you were able to check out the trees on display, you
may have noticed there were some pretty "Big Ticket"
items associated with each one. Well you were
responsible for our "Big Ticket" item, plus the \$100 of
groceries, making our tree quite the contender!

You may know this already, but Hyannis West is a very special school. Its numbers are pretty staggering: 85% free or reduced lunch, 45% English language learners and 11% considered homeless.

Despite these challenges, Hyannis West is now a Level 1 school due to high test scores. This is largely due to the amazing staff. And the kids are hard workers! For these reasons, we have a couple of big fundraisers each year in order to pay for all their activities and not ask for more money. Some classes go to Heritage Museums and Gardens, some go to Plimouth Plantation. We pay for the African Dancers and Drummers and the Geography Guy. The list goes on.

Please know you have done us a great service by donating to our tree.

Sincerely,

Sue LaVallee, Hyannis West PTO



Volunteers & Steering Committee Back: Rosa Babcock, Eleanor Braun, Donna Albert, Ann German, Lisa Barr, Christy Saling. Front: David Miller, Lallie Lloyd, Tricia Spillane, John Rice, Bill Babcock.

Not shown: Helen Hinckley, Cathy Ode, Mackie Rice, Janis Umschlag



Many of the
HyWest children
drew pictures and
wrote their own
thank you notes.
This picture was
drawn by a 2nd
grader, who also
wrote:

Dear donors,

Thank you for the generous donation to our school.

The iPad and store gift cards inspired people to
buy [raffle] tickets for the Spectacle of Trees event,
fundraiser. The people of St. Mary's church care
about us. Thank you.

How is All Our Children Doing?

All Our Children set a goal last year of providing a volunteer for at least one slot requested by each teacher who wanted one. As of now we have met that goal. Our next goal is to provide a volunteer for at least two slots requested by the teachers.

The faithful volunteers and the planning team met together on February 11 to celebrate their work, and to share stories, including the joys and challenges they face working in the Hyannis West classrooms.

Volunteers reported endless joys:

- Excitement of children when volunteers come into the classroom
- Enthusiasm
- Growth of students shy girl becoming talkative, kids' joy as they learn to read
- Teacher appreciation

And there was opportunity to brainstorm solutions to challenges, such as the transient nature of the student population.

The group also heard Lallie Lloyd talk about a longerterm vision for All Our Children. We are now providing direct service to the children and teachers at HyWest. Working with the school raises questions about how we could do more, which might include:

- Deepening our relationship in other areas. For example, St Mary's people who want to work with HyWest but can't commit to multiple weeks of inclass work are invited to participate in the Garden Project - see the separate article about the project.
- Addressing structural injustice, a primary reason
 why the children of Hyannis West need extra help.
 The first steps are learning more about the issues
 facing Barnstable schools and developing
 relationships with other groups interested in these
 concerns.

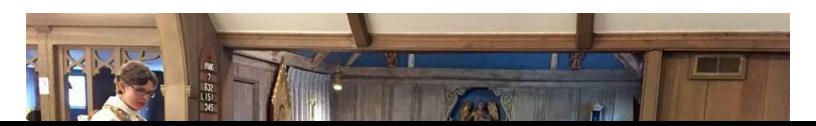
If you are interested in becoming a volunteer, contact Christy Saling at cesaling@gmail.com or 508-775-0583.

Hyannis West Gardening Project



The Hyannis West PTO is looking for some volunteers to help students spend time working in the school garden. There will probably be a couple of days each in

April, May and June. Volunteers would help for an hour or two with a gardening activity as classrooms rotate through in 20-minute shifts. For more information or to volunteer, contact Christy Saling at cesaling@gmail.com or 508-775-0583.



FAMILY MINISTRIES

CATHY ODE, DIRECTOR OF FAITH FORMATION





Easter, Summer Eats,
Winter Family Blessings,
Facebook, Instagram
and more!

With many of our families gone on winter weekends - due to skiing in the mountains, travel sports, and other commitments - we've been offering something new: weekly emailed suggestions for faith-at-home activities, paired with a monthly gathering at church. The program is called WINTER FAMILY BLESSINGS.

This is, of course, in addition to monthly Youth Sundays and Joy Masses which are especially geared for families, and the addition of "The Prayground" (kid-friendly space) to the Sanctuary. Please consider how this experiment has worked for your family, as I'll be seeking feedback in the spring.



The Prayground

Sunday morning classes will resume after Easter.

The next monthly Winter Family Blessings will be Thursday, March 29, 4:30-5:30 pm. . RSVP's are needed by March 26 for planning purposes. Please plan to stay for the Christian Seder at 5:30pm.

Easter is April 1st

EASTER is April 1 - April Fools' Day! - and there may be a few surprises that morning... Be sure you invite friends and neighbors for the Family Service at 9 am, followed by the Egg Hunt. Returning this year: "Bunny Bucks," where kids get to vote on what percentage of the Easter offering goes to the two recipients designated by the Outreach Committee: A Baby Center and The Needy Fund.



Welcome BRITTANY DECOSTE! Brittany has joined the staff as Nursery Caregiver. She has a lot of childcare experience and has an adorable almost 3-year-old named Gabby.

Please be sure to welcome Brittany when you see her setting up The Prayground on Sunday mornings or freshening up our Worship Bags full of books and other quiet activities for children.

Has your child received COMMUNION INSTRUCTION? Would you like them to have their very own BIBLE? Please contact me for details about upcoming programs related to these important faith milestones, and be sure you're on the Family Ministry News e-newsletter list so you can sign up when plans are finalized. NOTE: all are welcome to receive Holy Communion at St. Mary's regardless of instructional status

Looking ahead to summer, there are a couple of volunteer opportunities to consider: SUMMER EATS (formerly known as Kids' Summer Meals), where we feed kids receiving free or reduced price lunches during the school year, and AMAZING GRACE, a week of sleepover camp for kids with an incarcerated parent or sibling. Stay tuned for more details on how to volunteer with these programs.

Mark Your Calendar

March 4 4:30 pm Youth Group

March 11 10:00 am Youth Sunday

March 18 4:30 Youth Group

March 25 9:30 am Joy Mass & Palm Sunday

March 29 4:30-5:30 Winter Family Blessings

March 29 5:30 pm Maundy Thursday Christian

Seder Supper

April 1 9:00 am Family Easter service, with Egg

Hunt after the service

April 8 Church School resumes





Did you know that St. Mary's has both a Facebook page and an Instagram account? Follow us to stay connected with your church family, even when you have to be away from the building.

And check out our website to hear Libby's wonderful sermons online: www.stmarys-church.org/sermons. Here in the 21st century, "church" doesn't just happen on Sunday mornings but anytime and everywhere people are living out the Gospel in community. But please join us for worship as often as you can...there's just no substitute for receiving Holy Eucharist and worshiping as a family. The seeds you plant now will bear fruit for years to come.

Family Ministries & Community Engagement

On February 3, a small but very engaged group of us participated in live-streaming TRINITY INSTITUE'S "Values in Action" conference, facilitated by Julie Lytle. We had great conversation about how faith informs our actions, particularly around issues of justice for those at the margins of society. It was inspiring to hear presentations live as they happened in NYC, then discuss the ideas around the table at St. Mary's. Please join us next year; you'll be glad you did.

Thanks to all who attended the SHROVE TUESDAY Pancake Supper on February 13! Nearly 60 of us enjoyed pancakes, bacon, sausage and other delicious treats in a festive atmosphere. And special thanks to Helen Malone, David Nawrocki, Peter Scarafile and Jud Cutting who were our kitchen crew, and Judy Scarafile, Kate Dunigan-AtLee and Carmen Cappuccio who assisted with set up and decorating. I'm happy to report that Dick and Sue Galbraith, our stalwart clean up team, had plenty of assistance at the end of the event. Kids made Mardi Gras masks, and they also decorated "Alle**ias" (can't say that word in Lent!) which are now buried until Easter morning.









BARNSTABLE YOUTH SINGERS is a fantastic opportunity for children and youth to learn about music and to share it with others. Please consider joining this ensemble on Wednesdays at 4:30 pm. in the Parish Hall. John Murelle, well-known on the Cape as both a performer and instructor with his own private vocal studio, has been doing a fantastic job as director, and he'd love to include more kids. Know that all are welcome; neighbors and friends from outside St. Mary's may participate too. Contact John Murelle or me for more details: jmurelle@me.com or formation@stmarys-church.org.









Photos courtesy of Cathy Ode & Judy Scarafile

Daffodil Tea 2018

SAINT MARY'S CHURCH

ROUTE 6A
BARNSTABLE VILLAGE
57th Annual

Daffodil Tea

Saturday, April 28, 2018

English Style Tea

Seatings at 12:30 & 2:30 pm

For reservations Call 508-362-3977 and leave a message before April 15

Adults \$20 - Children \$10 (16 and under)

Prompt Payment Guarantees Reservation

3055 Main Street, P.O. Box 395, Barnstable, MA 02630

Stroll through beautiful gardens

Spring boutique features vintage tea items, daffodil soap and selections by local artists

Proceeds to benefit St. Mary's Outreach Charities

Daffodil Tea 2018



Seeking Daffodil Tea Boutique Donations

There will be a Boutique again this year at the Daffodil Tea on Saturday, April 28rd. If you have any items that you may wish to donate, we would be most grateful to receive them. Items that we are seeking include tea pots, cups & saucers, cozies, creamers & sugar holders, napkins, napkin rings, tablecloths, placemats, cheese spreaders, fancy aprons, fancy plates dinner size & dessert size, lace of any type or size, anything with a daffodil pattern or design etc. "Vintage" items are most welcome. Please contact Janis Umschlag at jumschlag1@gmail.com, 508-362-9519 or leave items in a bag in the Sunroom marked "Daffodil Tea Boutique". The Boutique made \$900 in 2017.

COMING SOON: St. Luke's Art Gallery

There's a new art gallery in the hall outside the main office, thanks to the St. Mary's Art Team: Liz Mumford, Roy Hammer, Barry Olofsson, Chrissy Anderson, & Cathy Ode. Liz Mumford will be our first exhibiter.

Seeking PHOTOGRAPHY for the May 1 exhibition. Contact Cathy Ode for details, formation@stmarys-church.org.

Volunteers needed for the Daffodil Tea

It takes many hands to make the Daffodil Tea the lovely experience that it has been for our guests. This year's Tea in on Saturday, April 28th and will need volunteers to help before the Tea, during the Tea and for clean-up afterwards. There are many ways to help – preparing the food, making desserts, donating items to the Boutique, directing traffic, arranging and setting the tables, making simple flower arrangements for the tables, seating our guests, serving food, breaking down tables, setting up the Boutique and selling items to name a few.

Volunteers needed to make desserts for the Daffodil Tea

This year I'd like to try a different way of providing desserts for the Tea. In the past about 30 bakers would bake about 3 dozen cookies/bars/tarts, etc. This year I'm hoping to get a group of bakers together a week or so before the Tea to make about 200 pieces each of 5 or 6 different desserts. I'm working some ideas (lemon bars, mini raspberry tarts, mini cheese cakes, pound-cake petit fours, small parfait, frosted/decorated mini-brownie rounds) and would appreciate any thoughts you might have for other easy, delicious and preferably freezable desserts, and if you would like to work with me and a small group to make them. Please me know at jumschlagl@gmail.com, 508-362-9519 or see me at Church.



INREACH & CARE

$COMMUNITY\ INFORMATION$



Memory Loss: When to Seek Help

Reprinted from the Mayo Clinic website.

Is your forgetfulness cause for concern? When is the last time you gave serious thought to memory loss and its effect on your well-being? Can't remember? That's OK — it doesn't mean you should be concerned.

Just because you sometimes forget your neighbor's name doesn't mean you're developing dementia, a loss of brain function that affects memory, thinking and behavior. But there are signs and risk factors that may point to more serious problems, such as Alzheimer's disease, the most common type of dementia.

Julie Schneider, MD, a neurologist and neuropathologist at the Rush Alzheimer's Disease Center, shares some helpful information on memory loss, such as when to be concerned and what you can do to stay sharp.

Is memory loss an inevitable part of aging?
While it might seem like forgetfulness comes with growing older, Schneider says it's not a given.

"We have conducted studies at Rush where we use annual cognitive testing to track memory and other cognitive functions in people from ages 65 to over 100, and some of them don't have any memory loss with age. So you certainly can age without having any significant memory loss."

WHEN TO BE CONCERNED

On occasion, all of us forget things. It's when forgetfulness becomes more persistent and severe, affects everyday function, and other people who are close to you take notice that it may signal there is a problem.

"For instance, you may frequently forget what people tell you, forget recent events, or get lost in familiar locations," Schneider explains. "In addition, a problem may become evident when your family or friends note that you are asking repetitive questions or repeating yourself or having other memory problems."

If you have a first-degree relative who has Alzheimer's, your risk for the disease goes up — similar to other diseases that run in families — so that would be a reason to be especially mindful of any memory changes. But if you occasionally misplace things, forget a word or forget someone's name, those aren't reasons to be concerned.

WHAT CAN CAUSE MEMORY LOSS?

Some medications – such as pain medicines or drugs used to treat anxiety or urinary incontinence – can lead to memory issues. If you stop taking the drug that's causing the problem, your memory will likely improve.

Medical and psychological problems – including depression, and deficiencies of thyroid and vitamin B12 – can all cause memory issues, and these also may be reversible once the underlying condition is treated.

If you have a stroke or a transient ischemic attack, you may experience memory loss but may recover some of your previous functioning.

If you have a neurodegenerative disease, such as Alzheimer's, memory loss will ultimately progress, and there's no known way of reversing it. It's when forgetfulness becomes more persistent and severe, affects everyday function, and other people who are close to you take notice that it may signal there is a problem.

LOWERING YOUR RISK OF DEMENTIA

Research at Rush and other centers worldwide has shown that the following behaviors may help protect against dementia and Alzheimer's disease, or delay the onset:

- Being more involved in cognitive activities (e.g., reading and playing games)
- Having a larger social network
- Exercising regularly
- Eating a diet, like the Mediterranean Diet, that is low in saturated fats, and rich in vitamin E and healthy fats such as omega-3
- Following the MIND diet, which emphasizes
 eating from 10 brain-healthy food groups (green
 leafy vegetables, all other vegetables, nuts, berries,
 beans, whole grains, fish, poultry, olive oil and
 wine) and avoiding foods from five unhealthy
 groups (red meats, butter and stick margarine,
 cheeses, pastries and sweets, and fried or fast
 food)
- Having a higher purpose in life deriving meaning from life's experiences
- Expanding your "life space," the environment in which you live, which includes your home, neighborhood, community and beyond

MINISTRY SUPPORT



Attention all Hand-Made Crafters!



For all knitters and crocheters among us, warm up those needles and hooks for donations to the 2018 Holly Fair Hand-Made Room!

As you lovingly prepare your gifts add a prayer for the recipient as well as the ministry that will benefit from your generosity. Your St. Mary's brothers and sisters add their prayer support in thanksgiving.

Any questions, contact Frankie Stahlhut 703-380-8630, fstahlhut@gmail.com or Sue Davy 703-380-8629, sdavy698@gmail.com

Rosebud Mission Trip

Rosebud Mission Trip to South Dakota: July 14-21, 2018. Please contact Angela Cenzalli (acenzalli72@gmail.com) for more information about this transformational trip where we live and serve among the Lakota Sioux.

Prayer for St. Mary's Building Renovation

Gracious God, you bless us with many resources at St. Mary's and we are grateful to be stewards of your many gifts. We ask that you send your Holy Spirit to guide us as we move forward with the renovation of our church and parish hall in ways that best express your will for our community. As your Son extended his healing touch to people with physical challenges, may our church be a welcoming place for all people. Open our hearts and minds to the changes that will increase the safety, accessibility, and sustainability of our buildings. Fill us with your grace and ease any moments of anxiety or tension as we embark on these changes. You inspired plans that express a perfect marriage of beauty and practicality; shield us from any costly surprises throughout this process, and cultivate trusting hearts about the financing of the project. May past, present and future parishioners embrace the chance to renew our sacred space so all feel welcomed and can be nourished by your Word and Sacrament. Then send us into the world to share your love and peace with all who long to hear Your good news. Amen.

An update from Hilary Greenenow a CANDIDATE!

Thank you for all your prayers and support of me during my continuing formation process, I am so grateful to be sponsored by St. Mary's, such a loving and caring community. I am in the middle of my second year of formation and training, serving my parochial internship at Church of the Messiah in Woods Hole, and truly loving every minute of it all.

I applied for candidacy in September, was invited to interviews in January and in early February I was notified that I was accepted as a candidate for the diaconate, the next step in my process. My candidacy is retroactive to December I, which marked 18 months of my postulancy and now I have 18 months as a candidate. I will apply for ordination next February and, if accepted, I will be notified next April and then ordained in June 2019.

I pray that you will continue to walk with me on this path- please feel free to contact me and ask me any questions about this process- and I will continue to give prayers of gratitude every day for you as part of my sponsoring parish. Please know just how blessed I feel to be a part of St. Mary's.

Hilary Greene 508-737-4542 hgreene78@comcast.net



BLOOD DRIVE
Thursday April 19
1:00-6:00 pm
St. Mary's Church
Parish Hall
Sign up now by clicking this link
https://goo.gl/nXp6Qz









Shrove Tuesday

Photos courtesy of Cathy Ode



Lisa Barr 3/1 Carlene Duprey 3/1 Weezie Nelson 3/1 John Orcutt 3/1 Linda Pettengill 3/2 Georgette Keeler 3/3 Ray Scichilone 3/4 Susan Goodspeed 3/5 Lilo Kimball 3/5 Bob McClenahan 3/6 Harry Van Sciver 3/6 Thomas Philbrick 3/7 Marcia Brown 3/8 Richard LaPine 3/8 Paul Thompson 3/8 Gail Pilibosian 3/9 Peggy Anschutz 3/10 Carol Call 3/12 Paula Bows 3/13 Phyllis Davis 3/14

CeCe Brisbois 3/15 Courtney Lawlor 3/16 Sophie Menyhart 3/16 Carol Crosby 3/18 Nancy Clairmont 3/19 Dave Knauer 3/19 Joan Himstead 3/20 Charles Morris 3/20 Chris Ehrina 3/22 Andrea Driscoll 3/23 Sue Corsini 3/24 Peter Hutton 3/24 Henry Prantis 3/25 Eve Roberts 3/27 Judy Boyd 3/28 Libby Gibson 3/29 Shenandoah Theroux 3/30 Shiloh Theroux 3/30 Sally Campbell 4/3

Cy Nelson 4/3 Connie Von Maur 4/4 Andy Duprey 4/6 Hilary Greene 4/11 Judith Lewis 4/15 Dick Edwards 4/16 Dorothy Savarese 4/16 Kaitlynn Greene 4/19 Peter Hutton 4/21 Mark Anschutz 4/22 Amelia Spillane 4/22 Sara Cushing 4/23 Jillian Lippard 4/23 Thomas Dilley 4/24 Thomas Spillane 4/25 Barbara Hersey 4/26 Cay Hartley 4/27 Harry Irwin 4/28 Peter Gwynne 4/29 Sally Orcutt 4/30

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

The renovations task force is available to speak to any interested group. Please contact Peter Scarafile at 508-362-3036 or Peter Gwynne at 508-364-4188

A Word From the Wardens

It was wonderful to see over 100 parishioners at the Annual Meeting in February. We have so much to celebrate as a church family, including our upcoming renovation and our volunteers of the year: Angela Cenzalli and David Munsell.













мww.stmarys-сhurch.org

St. Mary's Newsletter is published 6 times a year.
Please send all submissions to the Editor:
admin@stmarys-church.org

The Rev. Dr. Libby Gibson, Rector

3055 Main Street PO Box 395 Barnstable, MA 02630 7792-362-3977

ST. MARY'S EPISCOPAL CHURCH

Celebrate Easter with us!

MAUNDY THURSDAY, MARCH 29

5:30PM CHRISTIAN SEDER SUPPER & FOOTWASHING 7PM HOLY EUCHARIST

GOOD FRIDAY, MARCH 30

12PM STATIONS OF THE CROSS

1PM MEDITATIONS ON THE LAST 7 WORDS OF JESUS
3PM GOOD FRIDAY LITURGY
5PM GOOD FRIDAY SERVICE FOR FAMILIES

HOLY SATURDAY, MARCH 31

7PM EASTER VIGIL

EASTER SUNDAY, APRIL 1

9AM EASTER SERVICE WITH CHILDREN'S SERMON 10AM EASTER EGG HUNT IN THE GARDEN 11:15AM EASTER SERVICE