

The background of the entire page is a stained glass artwork. It features a central circular medallion containing a grey dolphin leaping out of stylized, swirling waves in shades of blue and teal. The waves are depicted with thick black outlines and swirling patterns. Above the dolphin, there are horizontal bands of blue and white, suggesting a sky or clouds. The entire scene is framed by a dark, irregular border. In the corners outside the main circular frame, there are small, decorative elements: a cross-like shape in the top left, a floral or star-like shape in the bottom left, and a circular pattern in the bottom right.

# Saint Mary's

Episcopal Church Barnstable

*JULY/AUGUST 2018*





# LOVE IN ACTION

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THE REV. DR. LIBBY GIBSON

*Little children, let us love, not in word or speech, but in truth and action. And by this we will know that we are from the truth and will reassure our hearts before him...*

*(1 John 3: 18-19)*

Throughout Eastertide this year, we heard portions from the first letter of John. Believed to be written by John the Evangelist in the latter part of the first century, this brief letter focuses almost exclusively on love and our relationship with God. Personally, I cherished these readings each week because all around me I see examples of you loving each other.... of love in truth and action. Our Sunday School teachers lovingly prepare lessons and share them with our children. Our choir members, and especially our youth singers, lovingly practice and lift their voices to sing God's praises. Our pastoral care team visits people at home, in assisted living facilities, and in the hospital in order to bear messages of love to those who are coping with illnesses. Our various outreach initiatives show our love for people (especially children) who are food-insecure in our community, for prisoners and those in re-entry programs, for children who deserve high-quality public education, and for our homeless brothers and sisters in need of companionship.

Even our building renovation is an expression of love in action for members of our parish, and the broader community.

People who struggle with mobility issues of any kind will experience immediate relief using the elevator and accessible restrooms. Children will have the joy of playing on a playground, a very tangible way of showing them that St. Mary's welcomes and cherishes them. All of the ministry teams who store items in the undercroft and attic will enjoy easily accessible and plentiful storage. The choir, acolytes and Eucharistic Ministers will be able to vest in a beautiful room that is not mold-infested and damp. I love to picture our newly renovated space reaching out with loving arms and saying to us all, "Come and be refreshed! Come and offer your praises and prayers to God! Come and be fed! Come and celebrate and mourn, laugh and cry together! Come, because you are God's beloved child."

As we endure the times of stress and change in the coming months, I hope that we can feel this spirit of love propelling us and strengthening us for this hard and joyful work.

With love and blessings,

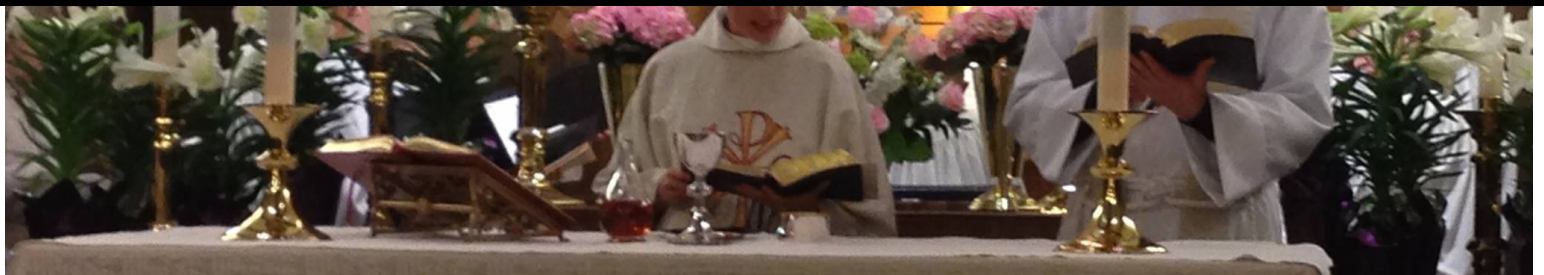
*Libby +*

July/August 2018



# W O R S H I P   &   M U S I C

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## Journal Keeping Workshop with Ron Armstrong



How certain is certainty?

Living with uncertainty is often difficult for us. We humans seem to find some comfort and reassurance in absolutes and it's these absolutes that tend to

govern our day-to-day lives, outlooks, attitudes and behaviors. There's right and wrong, good and evil, friend or foe, rich and poor and shui one. The Workshop will explore this topic in some depth in ways that broaden or awareness and understanding.

August 7 and 9, 2018

August 14 and 16, 2018

August 21 and 23, 2018

All times 10:30 to 12:30 pm

Bring pens and a journal. Please sign up at the church office. Leave your name, an email address and telephone number.

Contact Ron Armstrong with questions.

[bajanron@aol.com](mailto:bajanron@aol.com)



## Save the Date: All-Parish Retreat

The 2018 Parish Retreat will be November 2-4. Please mark your calendars now! Summer is just getting underway, but we know how far in advance people have to plan their lives now, and you don't want to miss this very special weekend in the life of the St. Mary's community.





# O U T R E A C H

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*OPPORTUNITIES TO SERVE*



## Outreach in 2018

Our outreach donations this year are focused primarily on ministries that St. Mary's parishioners are actively involved in: All Our Children, Summer Eats, Days of Hospitality, Amazing Grace, Miracle Kitchen, NAMI (National Alliance on Mental Illness), Prison Ministry, M-25 for homeless, Horizons for Homeless Children, and Faith Family Kitchen.

In addition, we will support the Rosebud Indian Reservation from Christmas Offerings and the Baby Center and Needy Fund from our Easter Offering.

Outreach funds are derived from a formula as follows: 50% of all monies generated from the Daffodil Tea, Rummage Sale & Holly Fair + 5% of all pledge income.



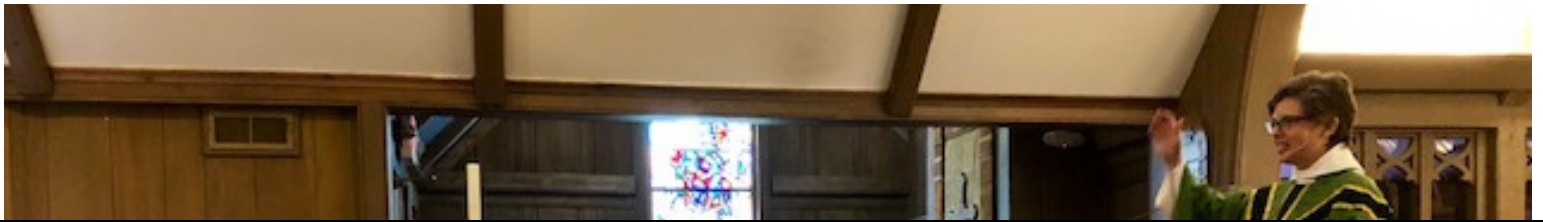
There's still time to sign up for SUMMER EATS, a program providing fresh, nutritious meals to children and youth,

age 18 and under, who receive free or reduced-cost lunch during the school year but become food-insecure over the summer. St. Mary's volunteers prepare, package, and deliver hundreds of meals to three sites nearby. Please see the signup sheet in the Parish Hall or through the link in the weekly eNews. Teens are welcome, as well as younger children with their parent or grandparent providing supervision.

The program runs Monday through Friday, June 25-August 24 (with no food service on July 4). Volunteers arrive at 8:30 am and are typically done by 10:30 am – a short time commitment but a hugely important and FUN job. Contact Cathy Ode for more details: 508-362-3977 ext. 13 or [formation@stmarys-church.org](mailto:formation@stmarys-church.org).

First day of Summer Eats!





# FAMILY MINISTRIES

*CATHY ODE, DIRECTOR OF FAITH FORMATION*



photo courtesy of Libby Gibson

## Summer Formation

Although Church School classes are done for the year, faith formation happens everywhere, all the time!

Watch for details, coming soon, about our new faith formation program for St. Mary's: Love First. It involves the whole parish and is based on a simple concept: raising grounded, moral kids and helping them get to know their whole church family.

We hope you picked up a "Take Out Church" pizza box on Celebration Sunday, June 10. Please do read the booklet and try some of the summer activities mentioned. I'd love your feedback. If you weren't in church on June 10, feel free to contact Cathy Ode to learn more: 508-362-3977 ext. 13 or [formation@stmarys-church.org](mailto:formation@stmarys-church.org)



Please send photos of you with Flat Jesus (included in Take Out Church) to [formation@stmarys-church.org](mailto:formation@stmarys-church.org) as you travel around town and across the globe this summer, or simply post them on our Facebook page. Need an extra Flat Jesus? Please contact Cathy.





# Family Ministries & Community Engagement

Congratulations to our 2018 Graduates!



Megan



Martha



Sophie



Matt



Spencer

July/August 2018



# Family Ministries & Community Engagement

## **Barnstable Youth Singers: This Little Light of Mine by John Murelle**

There are countless stories of once passionate musicians wandering the halls of music schools and conservatories who have lost their light. By light, I mean their love of music making. They have been drilled that “making it” in music, demands countless hours of hard work and seriousness. These once excited and exciting performers can only see their deficits. How sad.

In my 20 plus years in private voice teaching, I have met so many students, each with their own stories. There was the amazing young lady who read Victor Hugo's Les Miserable from cover to cover in 7th grade, all in French! Another super talent, who worked with me, made it onto The Glee Project and was a household name throughout the country. Unfortunately I have also worked with students with challenges beyond learning to sing; both mental and physical illness. I have been told more than once that my lessons are much more helpful than their therapy appointments.

As a voice instructor or coach, I believe my role is to inspire greatness and to build confidence. Big secret... learning to sing is not that difficult! What needs to be developed is the unshakable belief in what one has to share with their music is important, not only to them but others as well. When a student believes this in their heart, then all problems move to the background and that little light grows brighter & brighter.

In rehearsals with the Barnstable Youth Singers, my main focus is to inspire creativity, self-expression and a love for learning music. I am amazed at what they have learned this year. I have heard their voices grow with each Sunday service. It is a thrill to interact with each of them. We laugh, we play, we dance and we make beautiful music together.





## St. Luke's Art Gallery

Be sure to stop by St. Luke's Art Gallery (named for the patron saint of artists) which is located outside the Church Office. Our show for the summer is based on the theme "Roots." Christy Anderson, Roy Hammer, Cathy Ode, Barry Olofsson, and John Whitmarsh have planted the seeds of this new ministry at St. Mary's...Now we need help to make it flourish!

Please contact the Church Office if you're willing to be part of the St. Mary's Art Team. This team will choose the theme, hang art, do publicity, and plan a simple reception for the opening of each show (generally coinciding with the Saturday 5 pm service).



"Deep Roots" by Jerry Hazard

## Brave Conversations

It all started as a group of seven intrepid souls braving the aftermath of a nor'easter and traveling to Boston for training in March. It has grown into a diverse group of about 20 St. Mary's parishioners who meet at St. Mary's every three weeks for conversation, which ultimately will lead to positive action.

What is "it", you ask? We're still sorting that out! But as the group's identity takes shape, we can say that it's a discussion group that meets to address issues around race equity, including white privilege. Join us to learn more, as new members of all viewpoints are always welcome. Meetings begin and end on time, and respectful communication guidelines are observed.

Next meeting dates: Sunday, July 15, 11:30 am – 1:00 pm and Tuesday, Aug. 7, 5:00-6:30 pm.

For more information, contact Cathy Ode:  
508-362-3977 ext. 13 or  
[formation@stmarys-church.org](mailto:formation@stmarys-church.org).



# Welcome Newcomers!

On Pentecost, the birthday of the church (May 20), we welcomed newcomers at the 10am service (pictured below - not pictured, Fred Kraics).

Many thanks to Newcomer Team Chair, Judy Knauer and all the volunteers who have strengthened our Newcomer Ministry this year; Marian Ferguson, Christy Saling, Susanne Bennett, Susan Goodspeed, and Janish Umschlag. Marian, in particular, devoted a great deal of time to matching newcomers with “ambassadors” who helped new folks feel more connected to our community.



Chrissy Anderson



Margot & Don Critchfield



Owen & Stephen Dauphinais



Aleina Laughton



Jane Martin & Helen Malone



David Nawrocki



Bev & Rob Parke



Kate Ramsay



# IN REACH & CARE

## COMMUNITY INFORMATION

Presented by the Pastoral Care Committee

### Ovarian Cancer

Reprinted from the Mayo Clinic website.

Ovarian cancer often goes undetected until it has spread within the pelvis and abdomen. At this late stage, ovarian cancer is more difficult to treat and is frequently fatal. Early-stage ovarian cancer, in which the disease is confined to the ovary, is more likely to be treated successfully. Surgery and chemotherapy are generally used to treat ovarian cancer.

Early-stage ovarian cancer rarely causes any symptoms. Advanced-stage ovarian cancer may cause few and nonspecific symptoms that are often mistaken for more common benign conditions.

Signs and symptoms of ovarian cancer may include:

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss
- Discomfort in the pelvis area
- Changes in bowel habits, such as constipation
- A frequent need to urinate

#### WHEN TO SEE A DOCTOR

Make an appointment with your doctor if you have any signs or symptoms that worry you.

If you have a family history of ovarian cancer or breast cancer, talk to your doctor about your risk of ovarian cancer. Your doctor may refer you to a genetic counselor to discuss testing for certain gene mutations that increase your risk of breast and ovarian cancers.

#### RISK FACTORS

Older age. Ovarian cancer can occur at any age but is most common in women ages 50 to 60 years.

Inherited gene mutations.

Family history of ovarian cancer. People with two or more close relatives with ovarian cancer have an increased risk of the disease.

Estrogen hormone replacement therapy, especially with long-term use and in large doses.

Age when menstruation started and ended.

Beginning menstruation at an early age or starting menopause at a later age, or both, may increase the risk of ovarian cancer.





# MINISTRY SUPPORT

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## Thank You from the Irwin Family

Dear Friends of St. Mary's,

I can hardly find the words to express my deep gratitude for all your support and love. Thank you to Libby, David Allen & Margaret Goad for being with me at the hospital. To Peggy Anschutz, Ruthanne Allen & Suzanne Hutton for keeping me & the family fed. And a huge thank you to all who participated in Harry's service. All the clergy that vested, Chris Babcock & the choir, the Readers - Libby & Jane Singer, Jim Hinkle & Jim Cranitch.


Ushers - Ann German, Jud Phelps, Peter Scarafille & Brooks Smith. David's reflections & Libby's Homily. Peggy & the Altar Guild. Also, all who helped with the Collation - in the kitchen, preparing the food & serving.

And thank you all for your prayers, cards & notes & calls. God bless you all.

Love,

Sallie, Cindy & Sue

St. Mary's of Barnstable - front and center - at the Providence Performing Art Center in March 2018. This sign was placed in honor of Mrs. Helen Prothero and her three guests because Mrs. Prothero was the Holly Fair high-bidder for tickets to a performance of An American in Paris.



Join the Parade! St. Mary's will participate in the Barnstable Village 4th of July Parade. Contact Janis Umschlag if you want to help make our float.

July/August 2018

## FAQs: Renovation & Capital Campaign

*You say that construction will begin in July, but we don't see any activity. Are we still on schedule to begin the project in a month?!?*

YES! The renovation team has been BUSY this last month, meeting with Conserve (our architect and general contractor) to finalize details of the plans and submit applications to the Conservation Committee and Old King's Highway Commission.

We are happy to report that we've received permission from both organizations to proceed and have now applied for our building permit.

Conserve will begin site work the first week of July.

*What does this mean for using the church and parish hall?*

The first few weeks of construction will involve a lot of preparatory work, so we will still have full access to the church and hall. At this point, we expect to start worshipping at the Olde Colonial Courthouse on July 21-22 or July 28-29. The organ will be wrapped in plastic in early July so that we are sure that it does not sustain any damage from dust. Depending on how Conserve stages the work, we may be able to continue using the parish hall while they work upstairs in the church.

Summer Eats, our feeding program, will have full access to the kitchen and part of the parish hall until late August.

*What will worship at the Olde Colonial Courthouse look like?*

We are grateful to our community partner, Tales of Cape Cod, for so graciously allowing us to use their building on Saturday evenings and Sunday mornings. The Olde Colonial Courthouse was a Baptist Church in the early 1900s, so when you walk into the building it will feel like a church (with pews, a hymn board, and choir loft!) The altar guild will have dedicated space off the "church," and we will use our electronic piano for music. The space is air-conditioned and heated so promises to be very comfortable (except the old pews... bring a cushion!)

*Will we still have coffee hour after the 10am service?*

YES! During the summer, we will have lemonade and cookies on the lawn of the Olde Colonial Courthouse, or inside if the weather is tricky. There is a gathering space off the "church" where we can set up a table for our post-service gatherings.



# FAQs: Renovation & Capital Campaign

*Do we really have the funds to pay for this project?*

The capital campaign committee has been working hard to talk with as many parishioners as possible about this wonderful project. We are extremely gratified by the generous responses we are receiving, and are confident that we can fund this project through donations to the campaign over a five-year period.

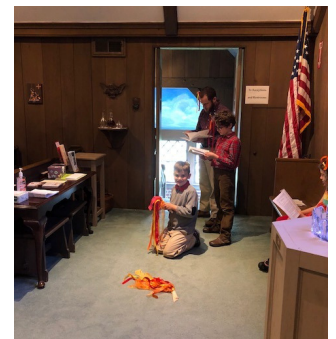
*How can I help with the campaign?*

First and foremost, we ask you to pray for the renovation project and the capital campaign.

Second, we would love your help volunteering at the Groundbreaking Party on July 5 from 4:30-6:30 pm in our Gardens. Finally, this campaign will exceed our goal through the generosity of all members of our community. Please pray about how you can financially support the campaign.

*Five years sounds good to me as a donor, but how will you pay the contractors?*

We have secured a line of credit, using the endowment as collateral, in order to pay for the project. Currently, we do not believe we will need to touch the corpus of the endowment in order to help fund this project.



Celebration Sunday,  
June 10th



Bishop Gayle Harris  
visits St. Mary's in May

July/August 2018



Michael Palmer 7/1  
 John Alden 7/1  
 Ronald Bearse 7/3  
 Donald Babcock 7/4  
 Beatrice Ellicott 7/4  
 Deborah Lippard 7/10  
 Brynn Dilley 7/10  
 Kai Christo 7/11  
 Ann Canedy 7/11  
 Mackie Rice 7/13  
 Patrick Spillane 7/16  
 Pauline Cuniff 7/18  
 Elliot Prantis 7/18  
 Betsy Higgins 7/18  
 Nancy Ill 7/19  
 Becky McClenahan 7/19  
 LeRoy Anderson 7/21  
 Joshua Hersey 7/21  
 Rosa Babcock 7/22  
 Laurel Thompson 7/22  
 Elizabeth Whitmore 7/22

Mateo Dunigan-AtLee 7/23  
 Robin Greene 7/24  
 Ron Armstrong 7/25  
 Maureen Tempesta 7/25  
 Holden Ramage 7/25  
 Trish Spillane 7/26  
 Jenny Brown 7/26  
 Jeannie Stokinger 7/26  
 Dick Corsini 7/26  
 Janis Umschlag 7/28  
 Helen Rhodes 7/31  
 Andrew Clark 8/1  
 Don Sherlock 8/2  
 Ardie Call 8/3  
 Stella Bearse 8/4  
 Alice Coniam 8/4  
 Oliver Prantis 8/5  
 Mary Ferguson 8/5  
 Amy Crocker 8/7  
 Finn Thompson 8/7  
 Joseph Scichilone 8/8  
 Paxton Reed 8/10

Marcia Bearse 8/10  
 Helen Hinckley 8/10  
 Henry Ramage 8/11  
 Carolyn Thomas 8/11  
 Pat Bittenheim 8/12  
 Linda-Gene Peterson 8/12  
 Christine Dilley 8/13  
 Matthew Hersey 8/14  
 Jack Watters 8/16  
 Bruce Vandebrook 8/16  
 Clifford Anderson 8/20  
 Christy Saling 8/25  
 William Coale 8/27  
 Phoebe Gibson 8/27  
 Patrick Ramage 8/27  
 Parker Hietsch 8/27  
 Sally Vettori 8/30  
 Marge Mansur 8/30  
 James Hinkle 8/30  
 Peter Scarafile 8/31  
 Eleanor Sheldrick 8/31  
 Cathy Morris 8/31

*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

If you have walked by the preschool rooms lately, you may have noticed that they are empty. Where has the preschool gone? you may have wondered. Due to low attendance, the As Wee Grow preschool has decided to close. We will miss seeing the joyful faces of the children at the church each morning.

We ask for your prayers as we discern how God is calling us to use that space in the future.





[www.stmarys-church.org](http://www.stmarys-church.org)

[admin@stmarys-church.org](mailto:admin@stmarys-church.org)

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Please send all submissions to the Editor:

The Rev. Dr. Libby Gibson, Rector

508-362-3977

Barnstable, MA 02630

3055 Main Street PO Box 395

**ST. MARY'S EPISCOPAL CHURCH**

Join us on July 5 for our Groundbreaking Ceremony and Garden Party!

- ~Celebrate 130 years in St. Mary's Church
- ~Break ground on our building renovation
- ~Support our capital campaign

RSVP to the parish office via email at  
[campaign@stmarys-church.org](mailto:campaign@stmarys-church.org)  
or call (508) 362-3977

