

The background is a vibrant stained glass artwork. It features a central circular medallion containing a grey dolphin leaping from stylized blue and green waves. The waves are depicted with swirling, scroll-like patterns. Above the dolphin, a blue cross is integrated into the text. The entire scene is set against a backdrop of blue and white clouds. The stained glass is framed by a thick black border, with small decorative floral motifs in the corners.

Saint Mary's

Episcopal Church Barnstable

SEPTEMBER/OCTOBER 2018



CHANGE & UNCERTAINTY

THE REV. DR. LIBBY GIBSON

"I believe that the present suffering is nothing compared to the coming glory that is to be revealed to us. The whole creation waits breathless with anticipation for the revelation of God's sons and daughters." Romans 8: 18-19

When facing any large project or change in my life, there are different nodal points that stretch me to my limits. The first comes when I actually have to get to work after weeks or months of dreaming and planning. Switching from dreaming to implementing the plan can be a difficult process, especially since new beginnings are often accompanied by endings. I was surprisingly emotional to see the porticos come off the back of the church, and the pews removed for their refurbishment. Although I have only been at St. Mary's for six years this Labor Day weekend, I love the church and gardens as we have known them. While I remain passionately excited about the glory that will be revealed in our newly renovated space, I find there is a natural grieving at this time.

A second difficult phase with projects comes in the depths of the middle-time. For me, it can be hard to remain motivated when the joy and newness of a project has faded and the end is not quite in sight. We are in the heart of our Capital Campaign, and I have found myself needing a bit of rest before the last push. Your generosity poured forth in the first 2.5 months of the campaign, and we have already received 2/3 of the funds needed to fund the renovation.

However, to completely cover contingencies and fund additional projects like solar panels, we must stay strong in our faith and perseverance toward our goal of \$2.1 million. If you have been praying about your pledge to the Capital Campaign, I and the renovation team would be very grateful to receive your commitment of support.

If you are experiencing change and uncertainty in your lives, the renovation and capital campaign process may magnify your struggles and sufferings. For example, I know that my grief over changes in our buildings gets wrapped into my grief as Sophie leaves for her first year of college. If something like this resonates for you, please know that I, the retired clergy, and members of the pastoral care team would be happy to talk and pray with you. As we move deeper into our personal situations, our church renovation, and our capital campaign, we have many opportunities to turn to God with open and generous hearts, knowing that God is always ready to comfort and strengthen us.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13

With love and blessings,

Libby +



W E L C O M E ,
K I R S T E N
J O H N S O N

M I N I S T E R O F
M U S I C

Kirsten Johnson comes to St. Mary's in Barnstable after twenty-six years as Director of Music at St. Mary's Episcopal Church in Newton Lower Falls, Massachusetts where she oversaw the music program and served as organist and conductor of the Adult and Junior Choirs. In addition to weekly worship, she planned and led Evensong, Taizé and other special musical services, organized concerts for the church and wider community, and collaborated with other choral groups. She is excited to join the community at St. Mary's on Cape Cod and to lead the congregation in praise and prayer through music!

A native of Minnesota, Kirsten has been a church musician since her high school years when she played the organ for two country churches in southern Minnesota. She graduated from St. Olaf College in Northfield, MN with a Bachelor of Arts degree in Music and then moved to New Haven, Connecticut to attend the Institute of Sacred Music at Yale Divinity School where she received a Master of Divinity degree.

Since 1992 Kirsten and her husband Jeff, an ELCA (Lutheran) pastor, have lived in Sudbury. They are the parents of two sons, Matthew who is a project manager for a remodeling company in Minneapolis, and Nathaniel who works for Boston Consulting Group.

Kirsten has been the Recording Secretary and Membership Chair of the Boston Chapter of the American Guild of Organists and currently she is a member of the Planning Committee for 2019 Boston Conference of the Association of Anglican Musicians. In addition to her work as a church musician, she has been the Director of Music Together of Wayland/Weston, an early childhood music program, and she sings soprano in The Boston Cecilia.

Kirsten will begin rehearsing the choir in early October. Her first Sunday worshipping with us will be October 14. Welcome, Kirsten!



OUTREACH

OPPORTUNITIES TO SERVE



For the third year in a row, St. Mary's has provided hundreds of free, nutritious meals to kids in need on Cape Cod. Other sponsors on the Cape are the YMCA, Church of the Holy Spirit in Orleans, and the Dennis-Yarmouth School District. St. Mary's numbers increased about 30% this year. Again this year, we had three sites: breakfast and lunch for a day camp at Mashpee Village an affordable housing complex, lunch and afternoon snack at Hyannis Youth and Community Center, and lunch at the Mashpee Public Library. The program ran Monday through Friday for nine weeks. Our average daily participation this year (in other words, average number of kids served per day) was 134. The only paid staff person for the program is Cathy Ode, Summer Eats Coordinator.

Special thanks go to Maureen Tempesta, Volunteer Coordinator, and Joyce Bertschman, Menus Coordinator, for their extraordinary efforts. But it took over 100 volunteers altogether to create the miracle of Summer Eats. It's truly a labor of love, from making sandwiches and cutting up fruit, to packing coolers with lunch bags and ice packs, to making deliveries and wrangling coolers at the various sites.

The need continues to outpace the availability of meals for low-income kids who receive free or reduced-cost meals during the school year but become food-insecure over the summer. We'll do it all again next year. Please consider joining this wonderful crew!

Summer Eats a HUGE Success





FAMILY MINISTRIES & COMMUNITY ENGAGEMENT

*CATHY ODE, DIRECTOR OF
FAITH FORMATION AND
COMMUNITY ENGAGEMENT*

Our Sunday morning program is now called Kids' Church. With the renovation underway, our theme for the year, "Build Your House on Rock," naturally relates to building! And there will be some changes in Sunday morning programming due to renovations, including the fact that the Parish Hall is not available this fall. We hope to be back in the Sanctuary and the rest of the building in December.

On Kids' Church Sundays (see schedule on the next page), children and youth will remain on the St. Mary's campus, while their parents worship across the street at the Old Colonial Courthouse. We'll begin at 9:45 in the St. Andrews Room (AKA Godly Play) with a short, kid-friendly worship service with singing, prayers composed by kids, and Holy Communion. Kids will light candles, collect the offering, and run their own worship service. We'll also be learning the Lord's Prayer during our worship service. Teen helpers welcome!

Then we move to the St. James Conference Room for activities including Lego-building based on the day's Bible story, arts and crafts projects, cooking projects and more. On nice days we'll go outside. Kids' Church concludes at 11:15 or as soon as "Big Church" lets out across the street. Again, youth assistants are most welcome to join us.



Youth Sundays will again be second Sundays of the month, with all ages worshipping together at the Old Colonial Courthouse. Children and youth play important roles during that service, including serving as acolytes, ushering, and reading lessons. On fourth Sundays of the month, Father Mark Anschutz will lead Joy Mass for the whole congregation at 10 am at the Old Colonial Courthouse.

Homecoming Sunday – the first day of the program year – will be September 9. Please join us! Among the activities will be decorating shingles to be used on our building during construction.

NOTE: Nursery Care will be available on the St. Mary's campus, thanks to our wonderful Nursery Coordinator, Brittany Decoste.

Family Ministries & Community Engagement

YOUTH group begins on Sunday

September 16 from 4:30-6:00 pm

Saints John, Paul, George, and Ringo tell us that Love is all you need and at St. Mary's, we agree! Our presiding bishop, The Right Rev. Michael Curry, has launched an initiative called "The Way of Love" and at St. Mary's we are implementing a new program for the Youth Group: Love First.

Love First started as a Sunday School curriculum developed at St. Barnabas in Falmouth, and we are excited to help them create a module for teenagers.

All students in grades 7-12 and their friends are welcome in Youth Group. Please contact Libby Gibson (rector@stmarys-church.org) or Angela Cenzalli (acenzalli72@gmail.com) for more information.

Kids' Church

September-December, 2018

9:45-11:15 am

Drop kids off in St. Andrews/Godly Play
Pick kids up from St. James/Conference Room

Sept. 9 Homecoming Sunday!

Sept. 30 Building Stories in the Bible

Oct. 7 Habitat for Humanity building project

Oct. 21 Building relationships

Nov. 18 Building gratitude

Dec. 2 All About Advent

Dec. 16 Christmas Pageant prep

Dec. 24 Christmas Pageant, 4pm

Blessing Backpacks & Teachers

Youth Sunday

September 16

10:00 AM

Olde Colonial Courthouse

All ages are invited to bring their backpacks and work bags to church on our first Youth Sunday of the year. In addition to commissioning our faith formation staff, we'll bless backpacks and work bags as we enter another year of growing in faith.



Flat Jesus in the Garden
photos by Amy Crocker

St. Luke's Art Gallery

St. Mary's is full of artists! Let's get to know each others' gifts by further developing our little art gallery. It's named for the patron saint of artists who (legend has it) once painted our patron saint, Mary. Once renovations are complete, we'll have nice gallery space!

Over the summer, we've had a show up with a theme of "Roots." Stop by the hallway outside the Church Office to see works from several St. Mary's artists and learn how the theme inspired them.

Our theme for October will be "Building." All ages are invited to participate, and any medium is welcome: oil or watercolor paints, pastels, photography, mixed media or fiber arts. We just ask that the pieces be ready to hang and (if frameable) that they be framed. More information is available from Cathy Ode. Deadline for submission will be September 29.

St. Mary's Art Team (SMaRT) needs more members! Contact Cathy Ode ASAP to learn more about this fun ministry, involving only a few meetings during the year: formation@stmarys-church.org or 508-362-3977.



Simple Suppers Begin Wednesday, September 12

Families are busy. It's hard to put a decent meal on the table, even on those rare occasions when everyone's at the table at the same time. Let St. Mary's help!

On Wednesdays, after Barnstable Youth Singers (our kids' choir which meets 4:30-5:30 pm) and before Adult Choir rehearsal, why not join your church family for a quick and simple meal? No need to RSVP, just show up. We're asking for a small donation to help defray the cost (\$5 per person with a \$15 family max) and will have electronic payment methods available. Simple Suppers will be served in the St. James / Conference Room.

This is a "pilot project," running through mid-December every week except the week of Thanksgiving. Many thanks to Marcia Brown for helping to develop the menus. Please contact Cathy Ode to learn more: formation@stmarys-church.org or 508-362-3977.



IN REACH & CARE

COMMUNITY INFORMATION

Presented by the Pastoral Care Committee

Fall Prevention

Reprinted from the Mayo Clinic website.

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

SEE YOUR DOCTOR

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking? Your doctor can review your medications for side effects and interactions that may increase your risk of falling.
- Have you fallen before? Write down the details, including when, where and how you fell.

- Could your health conditions cause a fall? Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

KEEP MOVING

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

WEAR SENSIBLE SHOES

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

REMOVE HOME HAZARDS

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

LIGHT UP YOUR LIVING SPACE

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

USE ASSISTIVE DEVICES

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

Hand rails for both sides of stairways

Nonslip treads for bare-wood steps

A raised toilet seat or one with armrests

Grab bars for the shower or tub

A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.



MINISTRY SUPPORT



Secure, Convenient, Online Giving

At St. Mary's, we cultivate a sense of gratitude for the abundant ways that God blesses us and our parish community. God is the first and greatest Giver, and we strive to give and live openly and generously by sharing our time, talents, and treasure.

There are three ways you can give financially to St. Mary's: in person, by mail, or through our secure online giving.

Online giving meets the highest banking-level security standards set forth by the Payment Card Industry (PCI) to ensure safe and confidential transactions. In fact, your banking information is encrypted in the system and is not accessible to any users or administrators of the online giving system.

Online giving is easy. Make a one-time gift or set up a recurring gift. You can set up an account or make a gift as a guest user without logging in. It is the generosity of the St. Mary's community that makes God's work in this parish possible. Thank you!

[Click this link](#) for an easy to read "how to" guide to online giving.

Save the Date:

The Holly Fair will happen on December 8 and we will need all hands on deck. More information on how you can help will be coming soon!

Parish Retreat, November 2-4

"These days my waves get lost in the ocean; seven billion swimmers. My, I'm going through the motions," sing pop group OneRepublic. These song lyrics tell a story familiar to us all - a longing to be better heard and valued.

This year, our parish retreat will focus on "Connections" and how we can cultivate deeper friendships and relationships in our church community. Stepping forward and leaning in toward one another will characterize the dynamics of our parish retreat. As a means to swim more confidently in the ocean of our humanity, you'll be invited to practice some rarely taught skills in the art of deep listening.

From discovering why asking someone "why?" is rarely helpful, to learning to focus in on the very first thing another person shares with you, our time together should delight and further enrich our loving community at St. Mary's. Come share your "listening ears" and help us all become stronger swimmers together.

See the weekly eNews for a link to sign up online or pick up a paper registration form in the office. The deadline to sign up for the retreat is October 1st.

This year we are delighted that the Rev. Dr. John Rice will lead our parish retreat. Father Rice leads our gorgeous and moving Taizé Eucharist on the first Saturday of each month.

In earlier times, he was a senior workshop leader with LEAD, consultants with a focus on enhancing the ministry of the laity's pastoral calling and care. In the 90s, John became the first "Canon for Congregational Enrichment & Development" in the Diocese of Massachusetts and we are blessed that he and his lovely wife, Mackie, are part of our parish community.



2017 Retreat

Garden News

I begin with a lovely surprise. Last week, we were pulling out Eupatorium (Joe Pye's Weed), seeded by the birds, around the Frog Pond. Lilo Kimball came out from the Summer Eats program and discovered that the trees in the Orchard were full of crabapples. The miracle is that, in my memory, those trees have never produced fruit. Jamie Hunsaker, arborist extraordinaire, taught us that we were pruning them incorrectly. The result is this lovely sight in the Orchard. Crabapple jelly, anyone?

Harry Irwin was a fan of the garden and had donated funds on several occasions to purchase daffodil bulbs in memory of his father. I have just ordered the 450 bulbs for this fall's planting and will use the funds donated in his memory. Thank you, Harry and Sallie.

When Dr. Beam died, gifts in his memory were earmarked for the garden. In consultation with his dearest, dearest friend, Joanne Kelley and Helen Hinckley, we determined to renovate the raised bed in the Orchard. After three years, it is fairly well established (we have kept the deer at bay with an organic spray, though we still have a rabbit in residence). This past month, several of his family and friends gathered at the garden. Libby led us in a short dedication and that was followed by a reception in the Vista area of the garden.

The Frog Pond has long been a concern due to its depth and the possibility that a child could be seriously injured there. In the past week, Carmen worked tirelessly to fill it in with stones and concrete up to about 12 inches from the top.

Country Garden's pond experts will now come in and flex seal the area so that the water cannot seep in from the creek due to the water table and cracks on the concrete. They will install a new pump and repair the tube in the Cornucopia so that water can once again flow from the Geissbuhler sculpture. Those same experts will also repair the water feature in the Herb Garden. We plan to have both fully functional soon and then they will be drained for the winter.

The fountain in the Rose Garden is not functioning this summer as the Rose Garden is closed due to the construction. You will notice the barrier just outside the entrance to the Rose Garden. Saint Carmen built that as an attempt to keep the trucks away from the Hinoki trees. Let's hope it works as those trees are extremely valuable.

Construction has started and the garden will be protected and cared for throughout. Clearly, we will have much work come spring. We will continue our workdays with the County throughout the summer and fall as always.

Please do not hesitate to contact me as you have questions or concerns or if you would like to help us manage the garden during these months.

Thank you, especially to those many faithful and hard working members of the Garden Committee.

--Peggy Anschutz

Renovation Report: Removal Before Renewal

As we look across Route 6A from our back-to-the-future temporary home in Tales of Cape Cod, St. Mary's looks just the same as it did before the renovation started – just as it will when the project is completed. But inside and on the south-facing outside, the process is moving apace. The church has been almost entirely emptied; it lacks pews, carpeting, the south interior wall, and the half-dozen stained glass windows from that wall. Work has also started on the sanctuary area, lowering the platform on which the altar stands. At the same time, removal of the floor in the storage area on the Epistle side of the altar – the site of the rector's original office – has revealed intriguing pieces of the church's hidden history: a small brick fireplace, unsuspected because it was concealed from view by a wooden wall, and a tiny closet by the door that opens out to the street. A more recent historical artifact emerged from the altar: a newspaper from 1986 that verifies the date at which the organ was installed, the altar area adjusted, and the red Celtic cross installed to form a non-organ focus of worship.

Outside, after setting aside materials from the patio, our contractor, ConServ, has removed the porches. And just as plastic wrap protects the organ from damage inside the church, a burlap wall built by our sexton, Carmen, protects the two hinoki trees at the entrance to the Rose Garden.

The courtyard has been excavated for the new playground. And equipment for the playground has arrived on campus. We'll be calling for help at a community build effort on September the first to install the playground.

Work also continues at the administrative level. David and Ruthanne Allen, Mark and Peggy Anschutz, and Kate Dunigan-AtLee have undertaken the task of archiving the church's many artifacts before storing them in the undercroft. Fr. Mark is photographing items and showing them to art preservationist friends in hopes of determining the best way to care for them. Elsewhere, the search continues for grants that can support the renovation. Applications have gone to the local Community Preservation Committee and the Sarah K. de Coizart Perpetual Charitable Trust, which supports environmental preservation.

With the process well advanced, the work locations are now officially "hard hat areas." You can find hard hats on site. But we ask you, for liability reasons, not to venture into the construction zones without an escort or permission.

How do you find out more about the renovation?

We provide updates in our weekly e-mail blast. You can also keep in touch with photos of the work at our website, <http://www.stmarys-church.org/2018-renovation>.



Philip Pilibosian 9/1
 Frankie Stahlhut 9/3
 Dorothy Torrey 9/3
 John LaPine 9/5
 Matt Palmer 9/5
 Doris Coale 9/6
 Leo Cushing 9/6
 Brittany Enz 9/8
 Leezie Magruder 9/12
 Phyllis Bradley 9/13
 Amanda McClenahan 9/13
 Ian Thompson 9/13
 Roy Hammer 9/14
 Jean Fahey 9/16
 Erik Menyhart 9/16
 Donald Palmer 9/17
 Dennis Steward 9/17

Sue Galbraith 9/22
 Louise Koch 9/22
 Anne Lorentzen 9/22
 Calvin Hietsch 9/23
 Nancy Timoney 9/25
 Robert Mongrain 9/26
 Catherine Morrison 9/27
 Charles Lewis 10/2
 Owen Dauphinais 10/3
 Beverley LeBlanc 10/4
 Cathy Ode 10/4
 George Syrov 10/4
 Betsy Lawlor 10/7
 Hub Mathewson 10/7
 Spencer Reed 10/11
 Skee Morton 10/13
 Margery Geiger 10/14
 Barbara Armstrong 10/15

Aaron Dunigan-Atlee 10/15
 Joy Hambly 10/15
 Kinnet Ehring 10/18
 Eric III 10/18
 Jud Phelps 10/18
 William Davis 10/19
 Roger Boocock 10/20
 John Damon 10/20
 Laura McCarron 10/20
 Kathy Garlick 10/21
 Torrie Vektorino 10/22
 Linda Gadkowski 10/26
 Ann German 10/26
 Mackenzie Vektorino 10/26
 Connie McLean-Stead 10/30
 Ed Saling 10/30
 Sophie Gibson 10/31
 Martha Lewis 10/31

*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

HOLY SMOKES: Aged fire wood for sale.
 Approximately one third of a cord (small pickup full) for \$125.00.
 Limited supply. Order early.
 Call Peter Scarafile at 508-362-3036



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Please send all submissions to the Editor:

The Rev. Dr. Libby Gibson, Rector

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ST. MARY'S EPISCOPAL CHURCH

Save the Date

September 9	Homecoming Sunday/Sunday School Kickoff & Registration
September 11	Service of Remembrance with Barnstable Fire Department
September 12	Barnstable Youth Singers resumes, 4:30pm
September 12	First Simple Supper, 5:30pm
September 16	Youth Group resumes, 4:30-6pm
September 18 & 19	Staff Lock-in Days (office closed)
September 29	Ecumenical Blessing of the Animals
October 3	Choir rehearsal resumes
October 20	Safe Church Training
November 2-4	All Parish Retreat at Barbara C. Harris Camp & Conference Center
November 11	Veteran's Day Service & Reception
November 17 & 18	Turkey Basket Drop-off
November 18	Newcomer Celebration & Reception
November 22	Thanksgiving Day Eucharist, 11am followed by meal
November 25	Advent Activity, following JOY Mass
December 8	Holly Fair
December 9	Blue Christmas Service
December 11 & 12	Staff Lock-in Days (office closed)
December 16	Advent Lessons & Carols and Holy Eucharist at 10am
December 23	Christmas Pageant rehearsal, 11:30am
December 24	Christmas Eve Services at 12:30 pm, 4 pm (Pageant), 8 pm, 11 pm
December 25	Christmas Day Service at 11:00 am

See the church calendar on our website for more information.