

The background of the entire page is a colorful stained glass window. It features various panels: some with abstract patterns like a grid of small squares, others with floral motifs like pink flowers and green leaves, and larger panels depicting figures in traditional religious attire, possibly saints or the Virgin Mary, in various poses. The colors are vibrant, including pinks, blues, greens, yellows, and reds, set against a dark leaded glass framework.

# Saint Mary's

Episcopal Church Barnstable

*JULY/AUGUST 2017*

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# C O N T E N T S

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02  
*FROM OUR RECTOR*  
**FLOATING**

03  
**WELCOME FR. CHARLES MORRIS  
& CATHY ODE**

04  
*WORSHIP & MUSIC*  
**STOP, HEY, WHAT'S THAT  
SOUND?**

07  
*EDUCATION & FORMATION*  
**EDUCATION FOR MINISTRY**

08  
*OUTREACH*  
**OUTREACH OPPORTUNITIES  
ABOUND**

09  
*INREACH & CARE*  
**DEHYDRATION, TICK BITES,  
GRIEF & LOSS SUPPORT  
GROUP**



# FROM OUR RECTOR: FLOATING

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*THE REV. DR. LIBBY GIBSON*

## The Avowal

As swimmers dare  
to lie face to the sky  
and water bears them,  
as hawks rest upon air  
and air sustains them,  
so would I learn to attain  
freefall, and float  
into Creator Spirit's deep embrace,  
knowing no effort earns  
that all-surrounding grace.

~ Denise Levertov

As I sit at my desk, signs of summer are all around!  
Dozens of people are moving in and out of the parish hall and kitchen as Kids' Summer Meals delivers breakfast and lunch to nearly 100 children a day. Janis Umschlag, Judy Scarafile, and the Gadkowski family have been working hard on the float for the 4th of July parade. Peggy and Mark Anschutz and members of the garden committee have been by to weed and water the beds, which look exquisitely beautiful right now. Lallie Lloyd and the All Our Children planning team will be here for a meeting this evening as they work on plans to develop our partnership with Hyannis West in the coming year. Angela Cenzalli and our Rosebud Mission team are preparing to leave for a week of service on Rosebud Reservation in South Dakota from July 8-15. Families are arriving from out-of-town and we are celebrating baptisms of babies and interring ashes in our memorial garden. And this is just a sampling of activity I've seen in the parish today!

With so much activity swirling around us, especially as we are drawn to spend every waking moment outside and hosting houseguests, Denise Levertov's poem speaks straight to my heart. It's critically important to remember to take time to float on our backs in the water. To recognize that God's grace is supporting the amazing work that we all do at St. Mary's and in our lives. To rest in the deep embrace of the Spirit so that we can continue our lives of love and service.

I will be out of the parish for much of July, due to several commitments that happen to overlap this year.

From July 5-7, I have been invited to participate in a "Women Embodying Executive Leadership" workshop in Syracuse, NY, and look forward to that time of continuing education. Then from July 8-15, I am eager to return to Rosebud Reservation with eight other parishioners to learn from and serve with our Lakota brothers and sisters. I'll be in church and the office on Sunday, July 16-Tuesday, July 18. Finally, from July 19-24 the children and I will be on Martha's Vineyard for six days of vacation, including one Sunday at Trinity, Oak Bluffs.

During these three weeks, Father Charles Morris, Pastor Ed Saling, Father Bob Anthony, and Father Ran Chase will cover the liturgical and pastoral care responsibilities in the parish. Please know that you will remain in my heart and prayers during this time, and I look forward to being back with you the last week in July.

With love and blessing

*Libby +*





## Cathy Ode, Director of Faith Formation & Community Engagement

Cathy Ode moved to the Cape five years ago with her husband, Jud Cutting, who is a respiratory therapist. Previously they lived just outside Boulder, Colorado; currently they live in Sandwich. Cathy has a background in social work, psychotherapy, and mediation as well as lay ministry (including youth ministry, Christian education/formation, spiritual direction, and pastoral care). She's actively involved with the national Episcopal educators' group, known as Forma, and served on Forma's Board of Directors for several years. Between them, Cathy and Jud have five adult children ranging in age from 21 to 30, and two dogs. In addition to time with her family, Cathy enjoys acting, watercolor painting, gardening, and kayaking. A favorite volunteer activity is serving on the board of the Sandwich Arts Alliance. She's delighted to be part of the St. Mary's family and appreciates the warm welcome she's already received. Please introduce yourself to Cathy and Jud!



Flat Jesus went camping at Nickerson State Park

If you haven't started your adventures with Flat Jesus yet, it's not too late! Stop by the church to pick up a little packet containing a Jesus figure to color. Then send us selfies with Flat Jesus from your summer travels. It's a fun way to stay connected with far-flung church family members.



## The Rev. Canon Charles Morris, Assisting Priest

Before being ordained in 1969, the Reverend Canon Charles H. Morris earned his Bachelor of Science in Music Education from West Chester University in Pennsylvania and taught music for three years in Conshohocken, outside Philadelphia. Music has always made an important contribution to his ministry. He received his Master of Divinity Degree from Philadelphia Divinity School.

Fr. Morris served parishes on Long Island for 20 years. Eighteen of those years, while serving the church, he was also the Headmaster of the Parish Day School and taught in the classroom. He then came to St. Mary's for six years to serve as the Assistant to Father David Allen. He returned to Pennsylvania to be Rector of Trinity Church in Pottsville, PA. In 1999, the Bishop of the Diocese of Bethlehem, PA, honored Fr. Morris with the title of Canon Pastor of the Diocese for his extensive work among all the Episcopal churches in the county.

A major support in ministry for Fr. Morris has been his wife, Wilma. They have two children who were born during their years on Long Island, which explains why the kids still cheer for New York teams like the Yankees and the Jets. They are blessed with two grandchildren, and doubly blessed that the whole family lives in Harwich on Cape Cod.

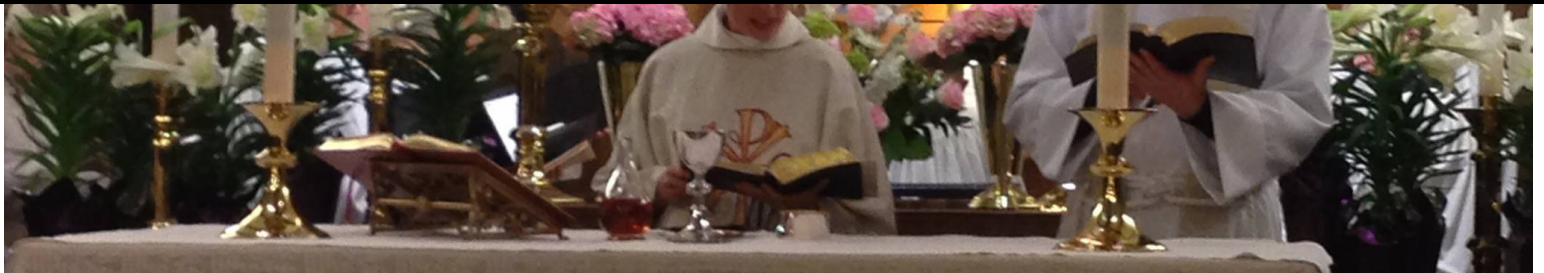




# W O R S H I P   &   M U S I C

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*STOP, HEY, WHAT'S THAT SOUND?*  
*BY DOUGLAS KEILITZ*



"Stop, hey, what's that sound? Everybody look what's going down!"

The introduction of a wide variety of hymnody to our weekly services has also provided the opportunity for me to do a little aural exploration. Every so often a new, previously unheard sound emits from the Choir area, and I sometimes detect a sudden, brief initial reaction from the congregation. "Stop, hey, what's that sound?" Let me explain what's going down!

Instruments and instrumentalists have been used in worship since the psalms were written. In more recent times...like the past 1500 years...as Christianity spread and the Church became organized, instrumentalists weren't always available in all circumstances. The gradual development of the organ came to the rescue in providing an alternative to a lack of instrumentalists. It needed only one person to play it (rather than ten or twenty); it could play harmonies and sustain chords (to lead and support the people); it could make a wide variety of

instrument-like sounds; and it was cheap. These are the very-basic reasons why we still have organs in churches today.

Like any musical instrument, organs have their limitations. Since every organ is truly unique, each individual organ has its own particular limits as to what it can or can't do successfully. Much hymnody of a more "contemporary" genre is piano and guitar based...which can sound clunky on an organ designed to play music of the 17th-Century. What to do when a congregation wishes to sing more than just standard hymns?

A piano is a miserable instrument to support a congregation in a church service. While an organ's sound is sustained (just like a wind or stringed instrument), a piano's sound decays from the moment a note or chord is played. The only thing that helps the congregation is the percussiveness of the piano, but that's about it. Congregations sing better when there's something underneath them in support.

## W O R S H I P   &   M U S I C

As we began the past year introducing some new music, I knew this keyboard issue would have to be addressed. A different instrument would be needed that was appropriate to the style of music we were singing, and would also function well for traditional accompaniment, have the ability to provide some variety of sound, be uncomplicated, and deal with a very dry and unmusical acoustic. After a lot of research, travel, and auditioning, I settled on a Roland RD-800.

Some day after a service, come up and take a look...at the organ. Read the names of some of the stops: flute, oboe, trumpet. They don't sound exactly like their instrumental counterpart...they're imitative. And that's the same with the various sounds you might hear from the Roland...they're imitative...just as what a pipe organ sometimes does. As we move forward and I increase the sound palette of the Roland, please realize that we're not doing anything different from what's been done before. We're not cheating or doing anything fake. We're utilizing the technology available to us to increase our repertoire, improve our congregational participation, and make our worship as spiritual and meaningful as possible...exactly the same as the introduction and development of the pipe organ centuries before.

That's "what's going down"!



St. Mary's Organ



Roland RD-800



## Schedule Change for July 23, 2017: ONE service with music at 8:00 am

Each July, Big Nick's Motorcycle Ride for the Fallen passes by St. Mary's as part of an effort to raise funds for the families of fallen soldiers. This year, nearly 2,000 motorcycles will pass St. Mary's around 10 am on Sunday, July 23, making it very difficult to hear in our sanctuary! Because of this, we will not have a 10am service.

Please come to the Saturday 5:00 pm service or Sunday morning at 8:00 am. ALL ARE WELCOME to come at 10 am to hold signs and cheer on the riders while our clergy offer holy water blessings. This is a unique and fun experience for all!



Big Nick's Ride for the Fallen

## Try a Different Worship Service This Summer

Summer is a wonderful time to try different worship services! If you haven't tried Taize' or JOY Mass, please consider attending those services this summer.

Taize': Saturday, July 1, and Saturday, August 5, at 5:00 pm

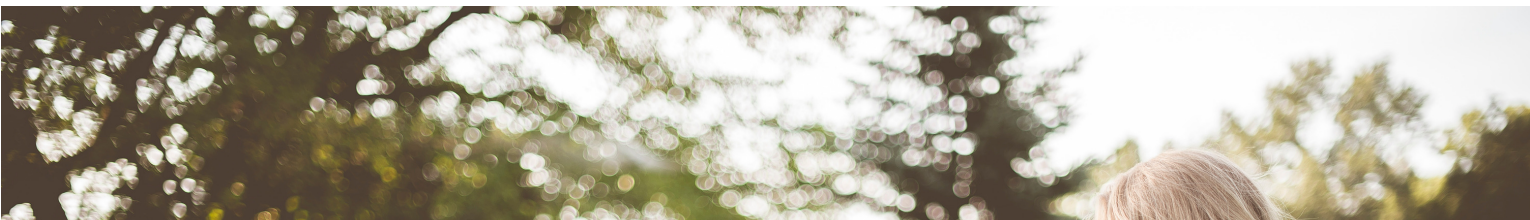
JOY Mass: Sunday, July 30, and Sunday, August 27, at 9:30 am



JOY Mass



Taize' Reception



# EDUCATION & FORMATION

*COMING SOON: EFM & THE PARISH RETREAT*



Start thinking about EfM for the fall!

Education for Ministry (EfM), is a four-year course of study that includes study of the Old Testament, New Testament, Church History, and theology and current trends in the church. But more than these topics, EfM is a community of God's people seeking to better understand our personal relationship with God and God's call to each of us. EfM is inclusive: liberal and conservative, young and old, male and female, and theologically diverse.

The group meets weekly for three hours, with day and time determined by the group. Participants make a commitment for one year at a time, and the current group has participants in several years of the course. Visit <http://efm.sewanee.edu/> to learn about the history and content of EfM. Any of the current EfM members would be happy to speak with you about the program. They include: Cay Hartley, Sue Davy, Meri Colbert, Amy Crocker, Susanne Bennett, and Chris Low.



## SAVE THE DATE:

**St. Mary's All-Parish Retreat: October 6-8**

Our theme this year will be "Blessing the Space Between Us" and will explore the ancient Celtic practice of writing and sharing blessings for and on the people and things of our daily lives. Registration materials will be available soon.







# O U T R E A C H

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## *OPPORTUNITIES TO SERVE*



### **Back-to-School Supplies Collection for Hyannis West**

Keep your eyes open for school supply sales! Once again, we will be collecting school supplies for the children of Hyannis West. Backpacks are provided by Rotary and other groups, so we just need to fill them! Look for the collection box in early August. The youth group and Sunday School will stuff the backpacks on Tuesday, August 29, in the late afternoon. More details coming soon!



Stuffing Backpacks for Hyannis West Elementary

### **Join Amazing Grace's efforts to support children with an incarcerated parent**

Amazing Grace is looking for volunteers, 18 years and older, to share their passions and skills with our Amazing Kids. Volunteers would serve as Camp Mentors (morning, afternoon or overnight shifts) or Camp Specialists (1-3 hours sharing a skill/talent) during our camp experience, August 20-25, at Camp Burgess in Sandwich.

There are also behind-the-scene opportunities for Program Developers (help us find and create fun things for our Amazing Kids to do at Camp and at monthly gatherings), Story-tellers (help us tell others about Amazing Grace), Recruiters, Fundraisers, and Strategic Planners (join our Board and help us build our future). Please contact Julie Lytle (jlytle0214@comcast.net) with questions or to volunteer.

### **We need your help selling BIC Cards!**

Through the Barnstable Interfaith Council, we sell various gift cards at face value, and at least 5% goes to support initiatives to prevent homelessness on Cape Cod. St. Mary's has supported this program for a couple of decades. Now we need 2-3 people to help in selling the BIC cards after the 10 am service. This volunteer opportunity is easy to learn, occurs during coffee hour, and we send thousands of dollars to the Housing Assistance Corporation. We will train you! Please contact Lisa Barr if you can help with this outreach initiative (lbarr@comcast.net).



# IN REACH & CARE

*PRESENTED BY THE PASTORAL CARE COMMITTEE*



## Dehydration Prevention

Reprinted from the Mayo Clinic website:  
<https://goo.gl/azqTdk>

To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Letting thirst be your guide is an adequate daily guideline for most healthy people.

People may need to take in more fluids if they are experiencing conditions such as:

- Vomiting or diarrhea. If your child is vomiting or has diarrhea, start giving extra water or an oral rehydration solution at the first signs of illness. Don't wait until dehydration occurs.
- Strenuous exercise. In general, it's best to start hydrating the day before strenuous exercise. Producing lots of clear, dilute urine is a good indication that you're well-hydrated. During the activity, replenish fluids at regular intervals and continue drinking water or other fluids after you're finished.
- Hot or cold weather. You need to drink additional water in hot or humid weather to help lower your body temperature and to replace what you lose through sweating. You may also need extra water in cold weather to combat moisture loss from dry air.
- Illness. Older adults most commonly become dehydrated during minor illnesses — such as influenza, bronchitis or bladder infections. Make sure to drink extra fluids when you're not feeling well.



## Tick Bites: First Aid

Reprinted from the Mayo Clinic website:

<https://goo.gl/BGyaUL>

Most tick bites cause only minor injury. But some ticks may transmit bacteria that cause illnesses, such as Lyme disease or Rocky Mountain spotted fever.

To take care of a tick bite:

- Remove the tick promptly and carefully. Use tweezers to grasp the tick near its head or mouth and pull gently to remove the whole tick without crushing it. Other methods — such as applying petroleum jelly, fingernail polish, rubbing alcohol or a hot match — aren't recommended.
- If possible, seal the tick in a container. Put the container in a freezer. Your doctor may want to see the tick if you develop signs or symptoms of illness after a tick bite.
- Wash your hands with soap and water. Also wash the area around the tick bite.

Seek emergency care if you develop:

- A severe headache
- Difficulty breathing
- Paralysis
- Heart palpitations

When to contact your doctor:

- You aren't able to completely remove the tick. The longer the tick remains attached to your skin, the greater your risk of getting a disease from it.
- The rash gets bigger. A small red bump may appear at the site of the tick bite. This is normal. But if it develops into a larger rash, perhaps with a bull's-eye pattern, it may indicate Lyme disease. Also consult your doctor if signs and symptoms disappear because you may still be at risk of the disease. Your risk of contracting a disease from a tick bite depends on where you live or travel, how much time you spend outside in woody and grassy areas, and how well you protect yourself.
- You develop flu-like signs and symptoms. Fever, chills, fatigue, body aches and a headache may accompany the rash.
- You think the bite site is infected. Signs and symptoms include redness or oozing. If possible, bring the tick with you to your doctor's appointment.

## Prayer Shawl Ministry

by Sara Fry

### History of the Prayer Shawl

The Prayer Shawl has enjoyed a prominent role in several religious traditions, particularly in Judaism. In the Jewish tradition, the garment known as the "tallit" (pronounced tah-leet') is often used as a little tent or private sanctuary where one can meet with God. Today, the Jewish people say that the Prayer Shawl is a religious symbol which envelops the Jew both physically and spiritually. It is used for all major Jewish occasions: circumcision, Bar Mitzvah, wedding, and burial. It protects the scrolls of the Torah when they are moved; the dead are wrapped in it when they are buried; a bride and groom are covered with the canopy of the Prayer Shawl. It even inspired the Jewish Flag!

Before the Babylonian captivity, the tallit was worn daily. During the exile, the Jewish people began to adopt the fashions of their gentile neighbors and, over time, the tallit became a religious garment for prayer. The tassels of the tallit make it a holy garment. The tassels, (or tzitzit) are tied to the four corners of the garment and provide a teaching tool to remind the wearer of what God requires of them. To the Jew, the Prayer Shawl holds a mystery that will unlock the Word of God.

### Contemporary Use of the Prayer Shawl

In most countries, the Prayer Shawl is lovingly hand-knit or crocheted out of a soft, comforting yarn, and is prayed over by the one who has made it. It is then wrapped around the shoulders of someone who needs the sort of comfort only the love and generosity of a caring friend can provide.



Prayer Shawls are given to those preparing for or recovering from surgery, those who are ill, those grieving over the loss of a loved one or an animal. The shawl helps the recipient to see more clearly that there is hope for tomorrow, that no one is ever completely alone, and that someone cares enough to reach out and comfort him or her.

### Prayer Shawl Ministry at St. Mary's

At St. Mary's, a Prayer Shawl Ministry began in the early 2000s. Over the years, it has presented countless shawls to parish members during times of illness, grief, or stress. Helen Hinckley is the current chair-person of the ministry and welcomes new knitters and crocheters to share in this ministry. She also encourages parishioners to call her when they know of someone who might find comfort in a shawl. Helen or other members of the Pastoral Care Committee will deliver the shawl and pray with the recipient. Helen may be contacted at: 508-362-9821 or [hph54@comcast.net](mailto:hph54@comcast.net)

Many patterns for knitting or crocheting Prayer Shawls can be found at the website: [www.shawlministry.com](http://www.shawlministry.com)





# MINISTRY SUPPORT

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## Renovation Committee Update

Your renovation committee has taken the first step towards a new and improved St. Mary's campus. We have appointed ConServ, a design, engineering, project development, and construction company based in Sagamore Beach, to carry out the initial phase of renovation. This work involves identifying and solidifying our goals for the process and incorporating them into a comprehensive design. ConServ has worked with several local organizations, including Coca-Cola Bottling of Cape Cod and Fisherman's View Restaurant, both in Sandwich; Plimoth Plantation; and the Cape Cod Chamber of Commerce in Centerville.

Most relevant to our needs, the company rehabilitated St. Peter's Church in Osterville. This operation demanded complete replacement of the church's foundation to prevent the church from collapsing, installing an elevator, and carrying out other interior improvements – all completed to the satisfaction of St. Peter's leadership and congregation. ConServ staffers have already begun our project by inspecting the campus. At the same time, your vestry is closing in on appointment of a contractor to advise and support us in fundraising for the renovation.

We'll keep you in touch with further developments as they occur.

## Save the Date

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

## Your Help Needed

We have recently updated our information management system in the office and need your help to ensure we have the best information possible on file. This is very important for annual reporting we do for the Diocese as well as for our own community.

Please take a few minutes to fill out our survey. You can find paper copies on green paper at the back of the sanctuary or fill it out online <https://goo.gl/MtAYbY>.

Thank you for your help and support!

## Summer Office Hours

The office will be open the following hours this summer:

Monday - Thursday, 9am - 3pm

Friday, 9am - 1pm

## Sabbatical Grant

The bishops in the Diocese of Massachusetts remind clergy that Jesus took himself apart often in his ministry to pray, to be with God, to be renewed. The Clergy Sabbatical Program sponsored by the bishops seeks to ensure that clergy in the Diocese of Massachusetts have an opportunity for a time of sabbath, for a renewal of spirit and a reaffirmation of life with God.

A sabbatical can offer opportunities for creativity and discovery for both the clergy person and the congregation. With the wise guidance of nearly twenty parishioners, Libby and St. Mary's have applied to the Lilly Foundation Clergy Renewal Program to fund a time of sabbatical in summer 2018.

The theme of the sabbatical is "Family Journeys through Genealogy and Geneagrams," and will include opportunities for the parish to learn about researching their family trees and family systems theories. The capstone of the Lilly grant for Libby will be the chance to take Teddy and the children to visit South Korea. We would appreciate your prayers that the Lilly Foundation chooses to fund this grant, and hope to share that good news in late August.

## A fond farewell to a dear friend

Lois Gagnon has been a parishioner at St. Mary's for over 20 years and was an integral part of the ECW, vestry, choir, rector's search committee, and lay Eucharistic ministers. She is moving to Virginia on July 20 to be closer to her son and daughter-in-law, and we will surely miss her! If you would like to send Lois a card, her new address will be:  
655 Denbigh Blvd. Apt. 244,  
Newport News, VA 23608

## Grief and Loss group re-forming July 16, 23, 30, August 6, 13, and 20

The grieving process can be very lonely and complex whether anticipating or following a variety of losses, not just death. We are very blessed that Cay Hartley, an experienced counselor, is willing to facilitate a grief and loss group at St. Mary's. If you or anyone you know would like to participate, please contact Cay at [gville27@aol.com](mailto:gville27@aol.com).

## Warm wishes from Alice Coniam



Many of you have come to love Alice for her deep faith, kindness, and fashionable ensembles! As Alice approaches her 100th birthday (on August 4), her energy is waning but her spirit is strong. It is a deep honor to visit her, and Alice sends many thanks for all the cards she has received. If you would like to send Alice a card, her address is: 201 Commerce Road, Barnstable, MA 02630.



Michael & David send greetings from Zurich



# HAPPY BIRTHDAY TO YOU!

7/1 John Alden  
 7/1 Bruce Jones  
 7/1 Michael Palmer  
 7/1 Kyle Sullivan-Jones  
 7/3 Ronald Bearse  
 7/3 Paul LaPine  
 7/4 Donald Babcock  
 7/4 Beatrice Ellicott  
 7/8 Suzanne Schlott  
 7/10 Brynn Dilley  
 7/10 Deborah Lippard  
 7/11 Melissa Allen  
 7/11 Ann Canedy  
 7/11 Kai Christo  
 7/13 Matt Bresette  
 7/13 Mackie Rice  
 7/14 Constance Rosenberger  
 7/16 Lauren Mamlock  
 7/16 Patrick Spillane  
 7/18 Pauline Cunniff  
 7/18 Hilary Enz  
 7/18 Betsy Higgins  
 7/18 Elliot Prantis  
 7/19 Nancy III  
 7/19 Becky McClenahan  
 7/21 LeRoy Anderson  
 7/21 Joshua Hersey  
 7/22 John Mamlock  
 7/22 Jean Mongrain  
 7/22 Laurel Thompson

7/23 Mateo Dunigan-Atlee  
 7/24 Robin Greene  
 7/25 Ron Armstrong  
 7/25 Holden Ramage  
 7/26 Jenny Brown  
 7/26 Dick Corsini  
 7/26 Trish Spillane  
 7/26 Jeannie Stokinger  
 7/26 Maureen Tempesta  
 7/28 Gabby Keeler-Thomas  
 7/28 Janis Umschlag  
 8/1 Andrew Clark  
 8/1 Jeff Spillane  
 8/2 Patricia Rothermel  
 8/2 Don Sherlock  
 8/3 Ardith Call  
 8/4 Stella Bearse  
 8/4 Alice Coniam  
 8/5 Mary Ferguson  
 8/5 Oliver Prantis  
 8/6 Rogan Ver Eeck  
 8/7 Amy Crocker  
 8/7 Finn Thompson  
 8/8 Joseph Scichilone  
 8/10 Marcia Bearse  
 8/10 Helen Hinckley  
 8/10 Paxton Reed  
 8/11 Henry Ramage  
 8/11 Carolyn Thomas

8/12 Pat Buttenheim  
 8/12 Linda-Gene Peterson  
 8/13 Christine Dilley  
 8/14 Matthew Hersey  
 8/16 Bruce Vandebrock  
 8/16 Jack Watters  
 8/17 Timothy Coggeshall  
 8/18 Meghan Mamlock  
 8/19 Teagan Ver Eeck  
 8/20 Clifford Anderson  
 8/25 Charles Orloff  
 8/25 Christy Saling  
 8/26 Thomas Morrison  
 8/27 William Coale  
 8/27 Phoebe Gibson  
 8/27 Parker Hietsch  
 8/27 Patrick Ramage  
 8/29 Dan Miller  
 8/30 James Hinkle  
 8/30 Marge Mansur  
 8/30 Sally Vektorino  
 8/31 Walter Meinzer  
 8/31 Cathy Morris  
 8/31 Peter Scarafale  
 8/31 Eleanor Sheldrick

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





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**ST. MARY'S EPISCOPAL CHURCH**

EST. 1888

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

BARNSTABLE, MA