

MARCH - APRIL 2020

Saint Mary's

Episcopal Church Barnstable



FOLLOW GOD'S LEAD | CLIMATE CHANGE & CREATION CARE
HOLY WEEK & EASTER SCHEDULES | LENTEN BOOK CLUB

WITH LENT COMES DIFFERENCES IN LITURGY

INTERESTING NEWS, EVENTS AND ARTICLES FROM IN-CARE & OUTREACH

Follow God's Lead into the Unknown

THE REV. DR. LIBBY GIBSON CATANIA, RECTOR

"I have come that they might have life, and that
they might have it more abundantly."

John 10:10

Early on Ash Wednesday, Pastor Peter Hebert and I stood near the bus stop at the Burger King on Route 132 with our "Ashes and Blessings To Go" sign, and waited to see what would happen. For several years, I had followed the "Ashes To Go" articles in various publications, and was eager to take the church's message of love and forgiveness to the streets. And yet when the time came to actually do it, I was nervous about how people would react to us, and what I would say. Having already locked myself out of the office since my caffeine intake had not yet jump-started my brain (I later called a parishioner by his wife's name... sorry Charles!), I felt more than a little awkward standing there in my purple stole. Just a few minutes after we arrived, a woman drove down the ramp to Route 6, did a u-turn, and came back into the parking lot. She got out of her car, and after apologizing for the illegal driving, said that she felt moved to stop but wasn't sure why.

She looked guilty as she confessed to not having gone to church for a while, and we reassured her that we were just happy that she stopped. Before anointing her head with the ashes, I reminded her how much God loves her, and wants her to live a full life of peace, love, and joy. Lent invites us to reflect on the choices that we make that keep us from the abundant life Jesus promises us, and to amend our lives in order to come back into alignment with God's will. After reminding her that she is loved and forgiven before she even asks, we marked her forehead saying "You are dust and to dust you will return," and tears sprang to her eyes. She said, "You have no idea how much I needed this. Thank you for being here today." She jumped back into her car and disappeared into the traffic on route 6.



Stunned, Peter and I looked at each other and said, "No matter what else happens, it was worth it to be here!" When Pastor Russ and I offered ashes in Barnstable Village at noon, we had similar experiences and it's safe to say that we felt just as blessed by those who stopped as they did by our prayers.

For me this Lent, I hope to look for other ways that I can step outside my normal routines and simply follow God's guidance no matter how awkward and unsure I feel. If I'm not careful, I can simply move from one task to another, doing roughly the same things each day, and miss opportunities to follow God's lead into the unknown. When I surrender and trust, a more abundant life that I could imagine always appears! I hope that you too will consider doing something that makes you a bit uncomfortable, or maybe even downright awkward, trusting that God's grace will cover where we squirm.

Love and Lenten blessings,

Libby +



Climate Change & Creation Care

BY PASTOR RUSS NORRIS

A couple of weeks ago the groundhog failed to see his shadow, predicting an early spring. One newscaster said, “That’s great, but what does it mean when you haven’t had a winter?”

The weather is changing and we can feel it. Almost every year is the warmest on record. Climate change is real and it’s happening faster than predicted; impacting our world with more severe storms, droughts, fires and floods. The poor and those with fewest resources are the ones who will suffer the most, but climate change will impact every single one of us, our children and our grandchildren, in the next 10-15 years. The choices we make today will be critical to protecting our families, our health and our future.

A resolution adopted by our 2019 Diocesan Convention called on members of our diocese to place the care of God’s creation at the heart of our life together, “pledging to change our habits and choices in order to live more simply, humbly and gently on Earth”. Bishop Alan Gates put it this way:

Through our diocesan mission strategy we have committed ourselves to “Embracing Brave Change”, and affirmed our calling “to join God in repairing a broken covenant with our Earth, creating a more sustainable life for ourselves, for future generations, and for all life”.

A few weeks ago I received an invitation to attend a workshop at St. Barnabas Episcopal Church in Falmouth sponsored by the Diocese of Massachusetts Creation Care Justice Network. On Wednesday, February 5th, I walked into the St. Barnabas parish hall hoping to find some ideas for addressing climate change here on Cape Cod. I was not disappointed.



About 18 of us gathered to learn about a new online tool developed by the Diocese of California to reduce our “carbon footprint”. We were reminded that we are in the midst of a global climate crisis caused largely by human activity. Our use of fossil fuels, which emit carbon dioxide and other greenhouse gasses when burned, must be drastically reduced. We learned that five basic household activities account for 40% of all greenhouse gas emissions. We also found that there are steps we can take today to reduce our own “carbon footprint”.

The Diocese of California has developed a helpful, practical online tool that allows an individual or a family to measure their energy use and offers information, support and encouragement to reduce our contribution to rising greenhouse gas emissions.

You can learn more about the carbon footprint app by going to “Sustaining Earth, Our Island Home” at <https://www.diocal.org/climate>. An online guide will help you set up the tracker. It only took me a few minutes. You will also find a quick guide for congregations, a list of frequently asked questions and answers, Episcopal Church Creation Care resources and resolutions, and formation and worship resources.

In the words of Presiding Bishop Michael Curry, “All of God’s creation is interconnected.” This is one concrete step that we at St. Mary’s can take to care for the Earth, our island home.

Pastor Russ +



Worship & Music

DR. MARK LAWLOR

With Lent comes some differences to our Liturgy

No Gloria in excelsis (Glory to God) No Alleluias!

We will begin our liturgy in the normal fashion with the Organ prelude. The preludes are between 2 – 3 minutes long so please find your seat and clear the aisle.

We will have a SILENT PROCESSION most Sundays during the Lenten season. (keep the aisle clear please) The choir will stand as the procession begins since they have sight lines, so that will be your cue at the 10:00 service. For the 5 and 8 services please rise as the crucifer passes your pew. When the presider is in place at the front of the church we invite all to remain standing, kneel, or sit (whatever you are most comfortable with that day) for a minute of silent prayer.

The first Sunday of Lent we will sing or say the Great Litany in procession. So some Sundays may not be a total silent procession.

No hymn has been sung, so the first sung part of the liturgy is the Kyrie eleison (Lord have mercy). Please repeat the Kyrie eleison, Christe eleison, and the Kyrie eleison after the Cantors. This text is in Greek and is taken from the Eastern church used as early as the 4th Century. The music is printed in your bulletins, but it is simple so you may just listen and repeat after the cantors.

The Liturgy of the Word will remain basically the same, with the psalm being spoken at all liturgies – until Triduum (Maundy Thursday, Good Friday, Easter Vigil) when the psalms will be sung again.

Please make sure you pick up your bulletin for the doxology as the offering is being brought to the front of the Sanctuary. I realize that most of you have the current doxology memorized but we will sing a new version – using the hymn tune DIX – during this Lenten Season

We will sing the Schubert Sanctus (Holy) during this season and will also add an easy Agnus Dei (Lamb of God). Just a reminder we repeat twice “Lamb of God you take away the sins of the world, have mercy on us” the last time speaking or singing “Lamb of God you take away the sins of the world, GRANT US PEACE.”

We will sing a final hymn, but there will be no Closing Voluntary after. We will save the bombastic organ works for Easter!

I hope the liturgies of Lent bring you to a closer realization of Christ in your life. That the music of Lent touches your heart and spirit. I pray that this Lent changes your life in some way!

Mark 



Worship & Music

St. Mary's just received two large donations ----

Steinway Grand Piano 2 manual Harpsichord

Thank you to Donald Rockwood and Bruce Cook for their generous donation of two beautiful musical instruments to St. Mary's.

Both instruments are housed in the choir area with the organ. The Piano is a 1904 Steinway model O, modified 5' 10" grand. This piano has been totally reworked in the year 2000, and is in great condition – I could only find 2 little nicks. The current valuation of the Steinway is \$71,000.



The 2 manual (keyboards) harpsichord will be used for special occasions, for Taize Services each month and for different choral pieces and solos. The current valuation of the Harpsichord is \$18,000.



Donald Rockwood has been a church musician since the age of 15, playing in most denominations. His last post was at Trinity Church Wrentham. **Again, thank you Donald and Bruce for your generous donations that will be heard for years to come in our sanctuary.**

During the Easter Season look for the blessing of these fine instruments and a possible recital or 2!!!

Formation & Education



Lenten Book Group: Rev. Margot invites you to join her for a 4-week reading and discussion of the New York Times best-selling novel, “The Water Dancer” by award-winning author, journalist

and McArthur Grant winner Ta-Nehisi Coates. Meetings will be **Sundays from 11:30-1:00 on March 1st, 8th, 15th, and 22nd.** The book can be purchased online or at local bookstores for approx. \$17.00. To sign up please email Rev. Margot at margotcritchfield@gmail.com or call Julie in the parish office

CONFIRMATION & YOUTH GROUP

MEET THE FOLLOWING SUNDAYS
IN MARCH & APRIL:

MARCH 1 & 15, APRIL 5 & 19

CONFIRMATION @ 3:30PM

YOUTH GROUP @ 4:30PM

Holy Week & Easter Schedule



PALM SUNDAY (APRIL 5)

HOLY EUCHARIST (8AM & 10AM)

MAUNDY THURSDAY (APRIL 9)

HOLY EUCHARIST (7PM)

GOOD FRIDAY (APRIL 10)

STATIONS OF THE CROSS (12PM)

GOOD FRIDAY LITURGY (7PM)

HOLY SATURDAY (APRIL 11)

THE GREAT EASTER VIGIL (7:00PM)

EASTER DAY (APRIL 12)

FEAST OF THE RESURRECTION, CHILDREN'S SERMON (9AM)

EGG HUNT IN THE GARDENS (10AM)

FEAST OF THE RESURRECTION WITH FULL CHOIR (11:15AM)

InReach & Care

DO YOU REALLY NEED A FORMAL EXERCISE PROGRAM?

from Cape Cod Health Care News

Presented by the Pastoral Care Committee



Would you brush your teeth if it took an hour, or even 20 minutes a day? Even though we know that skipping it would result in dental decay, bad breath and stained teeth, most of us would probably be lax about doing it regularly.

That concept goes a long way toward explaining many people's resistance to adding an exercise regime to their day, said physical therapist Catherine Hoell, lead clinical therapist at Oppenheim Rehabilitation Center in Chatham. Many people simply think it takes too much time out of their day.

The American Heart Association recommends at least 150 minutes of heart pumping physical activity a week, but they estimate that only one in five adults and teens actually meets that goal.

Now, a new approach is emerging that is designed to make exercising more palatable for people.

Medical professionals are encouraging people to focus on the term "exertion of daily living," rather than the word "exercise." The idea is that you can do many small activities in bursts throughout the day and expend a respectable amount of energy. Mayo Clinic obesity experts and endocrinologists James Levine, MD, PhD and Michael Jensen, MD coined the term NEAT (Non-Exercise Activity Thermogenesis) to motivate people to become more active. NEAT focuses on the daily calories a person burns while doing normal activities.

The NEAT program is completely in line with physical therapy mentality, according to Hoell.

"If you don't use it, you lose it," she said. "I always tell people if you rest, you rust. The other thing about the NEAT exercises is that every rep is energy stored in your body. You may not see on a calorie counter that you burned 300 calories, but it's all energy stored in your body and it all adds up. You will build accumulation, kind of like charging a battery."

Repetition is Key

While exercising for an hour a day only takes up about 4 percent of your day, Hoell understands the many people are resistant to a formal approach. Many of her patients are recovering from surgery or an injury. She tries to figure out what level of activity they were doing before their injury or surgery and then works to improve on that. Repetition is the key.

"I give people a printout of every exercise I give them and I'll say 'put this where you're going to see it every day – on the kitchen refrigerator, on your bathroom mirror, by your bedside where you put your water glass,'" she said. "Repetition is the mother of retention. Keep practicing it and your body will kick in the muscle memory." Most of us do brush our teeth at least twice a day, and exercising should be thought of in the same way, she said.

"You just have to make it a healthy habit."

It helps to find a motivation or a strong "why" for reasons you want to improve your physical strength. For some people, it might be to be able to sit in a beach chair, which are normally lower than regular chairs. Others might want to be able to get down on the floor and play with young grandchildren. One of Hoell's patients is working to be able to climb the stairs at her favorite beach.

For those who want to sit in a low beach chair or be able to play with grandchildren, one of the easiest repetitions to do is to do 10 sit-stands every time you get up from the dining room table or get out of bed. Building up that stamina will also help older people maintain their independence longer because they will be able to handle their own self-care.

InReach & Care ~ Continued

Vacuuming the house, mowing the lawn and mopping floors are all great NEAT activities that can add up. For those without a lot of stamina, Hoell recommends breaking the tasks up into smaller chunks. Maybe mow one section of the lawn one day and move on to the next section the next day. Vacuum one day and mop the next. That way the tasks seem less overwhelming.

Hoell also recommends planning some fun activities that can expend energy. If you are going to one of the local band concerts, park your car farther away and walk to the concert. Park farther in the parking lot at the beach too. Or even better, ride your bike to the beach.

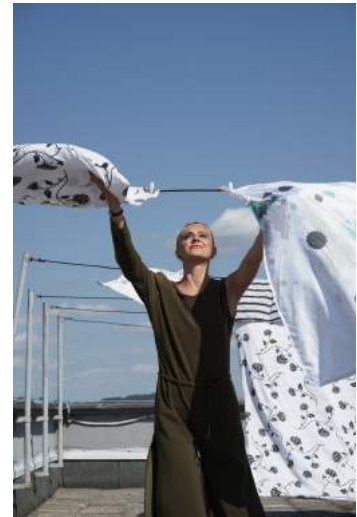
“Doing an activity on the beach is better than just sitting,” she said. “Let’s say you typically go to the beach and just sit there and read your book. Think about other activities you can do like collecting shells or building a sandcastle. Walking on sand is going to burn a lot more calories than walking on a flat surface so that’s a great workout.”

The NEAT Way

To figure out how many calories are burned per minute with your NEAT activities, you can consult the Compendium of Physical Activities. This Compendium reports energy expenditures in metabolic equivalents (METs) and can be converted to calories by multiplying METs times 3.5 times your body weight in kilograms. Then divide by 200.

Ways to live a NEAT life: (figures are for a 140-pound person)

Making beds for 10 minutes: 80 calories
Mopping floor for 10 minutes: 80 calories
Cooking dinner and cleaning kitchen for 45 minutes: 270 calories
Organizing a room and putting things away for 15 minutes: 177 calories
Doing laundry for 10 minutes: 98 calories
Vacuuming for 20 minutes: 160 calories
Grocery shopping for 30 minutes: 168 calories
Pacing while talking on the telephone for 30 minutes: 255 calories
Taking a half-hour walk after dinner: 390 calories
Gardening for 30 minutes: 255 calories
Mowing lawn for 30 minutes: 435 calories
Moderate canoeing for one hour: 1,200 calories
Leisurely swimming for one hour: 882 calories



While exercising will make you healthier, losing weight shouldn’t be the driving reason for making it a daily practice, unless you pair it with healthy eating, according to Hoell.

“You can’t out-exercise a bad diet,” she said. “If someone really has weight to lose, you want to think about nutrition. Abs are shaped in the gym, but made in the kitchen. That’s why it’s really important to think about fun, healthy activities that can become regular habits.”

By LAURIE HIGGINS, Cape Cod Health News

Filed Under: Cape Cod Health News, Health, Local News



Protect Yourself from Social Security Scams !



If there is a problem, we will mail you a letter with your Social Security number. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number, account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security may call you in some situations, **but will never:**

- Threaten you.
- Suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.

Don't be fooled! You should look out for:

- A caller saying there is a problem with your Social Security number or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

- If you receive a questionable call, hang up, and report the call to our Office of the Inspector General.
- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.

Learn more at oig.ssa.gov/scam.

Share this information with friends and family.



SOLAR POWERED!! Thanks to your generous donations, St. Mary's is Solar Powered! Panels were installed during the month of February by Solar Rising ~ and power was converted from Eversource to Solar on February 28!



"WE ARE ST. MARY'S"

BY THE ART COMMITTEE

We have two upcoming art exhibits, that are part of the new **"We Are Saint Mary's"** theme for the year. We are Saint Mary's is a way to highlight that the real "church" is the people. "We" are pilgrims, givers, sharers of the gospel of loving and giving to our community. There are other interactive art projects planned for later in the year, so stay tuned!



In the hallway leading from Walden Hall to the stairs and elevator, the gallery will feature an exhibit of the Prayer Shawl Ministry. This ministry is way of blessing those in need of the comfort of an lovely, handmade shawl to wear as they go through serious illness. There will be prayer shawls hanging on the walls, in addition to descriptions of the ministry and how to join in. This exhibit will also go up in March.

In the church office hallway, we will be featuring the Iona Journey exhibit, which will include photographs, paintings and memories that describe this sacred place, and what it meant to the pilgrims from St. Mary's that have had the opportunity to be in this "thin place between heaven and earth." When you come for a meeting in the St. James Room, be sure to notice the new exhibit, which will go up some time in early March.



Film & Theology

Thursday, March 5, 2020 ~ 5pm:
"Lillies of the Field".

Due to Holy Week, we will be showing our film on a different night in April!

Saturday, April 18, 2020 ~ 5pm: "Risen"
**Please note that our film night will follow the 5pm Taize service & in coordination with the 6pm reception.

For more information see your recent enews or contact Kinnet,
kinnet@verizon.net or text 804-436-3650. See you at the movies!

DON'T JUST GIVE UP SOMETHING FOR LENT GIVE A GIFT

to yourself, friends, family, or colleagues to help reflections during Lent . . . and for the rest of the year.

"Musings for Everyday Living"

by Rev. Dr. Libby Gibson

Available at St. Mary's Church office
for \$24.95, add \$5.00 for shipping within the U.S.

It is also available for \$24.95 at Amazon.com.

All profits go to St. Mary's Church.



"St. Mary's Cookbook"
is also available at
St. Mary's Office
\$20

Volunteers Needed for the Daffodil Tea

It takes many hands to make the Daffodil Tea the lovely experience that it is for our guests.

This year's Tea will be held on Saturday, April 25th and will need volunteers to help make it the success it always is. There are many ways to help – preparing the food, making desserts, directing traffic, arranging and setting the tables, making simple flower arrangements for the tables, seating our guests, serving food, breaking down tables, and donating tea-related items to our Angels' Treasures Thrift Shop, to name a few. A sign-up sheet will be posted on the Sunroom bulletin board in mid-March

Seeking Donations for Angels' Treasures Thrift Shop

In past years, we created a boutique in the Sunroom for our guests. The boutique raised nearly \$1,000 every year. This year we will not have a boutique as our Angels' Treasures Thrift Shop will open on April 1st. However, we would like to stock the Thrift Shop with some smaller items that our guests have enjoyed purchasing, such as “vintage” teapots, cozies, creamers & sugar bowls, napkins, napkin rings, tablecloths, placemats, cheese spreaders, fancy aprons, fancy plates – dinner size & dessert size, lace of any type or size, knick-knacks, and anything with a daffodil design on it. If you have items that you would like to donate, please bring them to the Thrift Shop after March 5th or contact Janis Umschlag (see below).

Bakers Needed to make Desserts

For the past couple of years baking teams have made the desserts served at the Tea. This new system has worked out very well. We are hoping to form two teams to make several desserts in the weeks leading up to the Tea again this year. Desserts that have worked well include mini tarts and cupcakes, shortbread, parfaits, etc. If you would like to be on a dessert team, make a dessert or if you have a suggestion for a finger dessert that is delicious, easy to make and freezes well, please let Janis Umschlag know.



SAINT MARY'S CHURCH
ROUTE 6A
BARNSTABLE VILLAGE
59th Annual

Daffodil Tea

Saturday, April 25, 2020
English Style Tea
Seatings at 12:30 & 2:30 pm

For reservations
Call 508-362-3977 and leave a message
by April 16

Adults \$25 - Children \$10 (16 and under)

Prompt Payment Guarantees Reservation to this sell-out event

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

Stroll through beautiful gardens and visit
Angels' Treasures Thrift Shop opening April 1st
featuring a wonderful assortment of quality homeware,
furniture, clothing, knick-knacks, handmade soap, notecards
and tea-related items

Proceeds to benefit St. Mary's Outreach Charities

Attention all Hand-Made Crafters!

For all knitters, crocheters and crafters among us, warm up those needles, hooks and sewing machines for donations to the 2020 Holly Fair Handmade 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.

Outreach

A Story about Hyannis West Elementary

by Christy Saling



On January 12 we celebrated Marilyn Cannon's 90th birthday and I announced to the congregation that we needed more volunteers at Hyannis West Elementary. I said that Marilyn needn't "apply" because she was already doing so much for others. The next day Marilyn called me to say she was interested in being a classroom volunteer! One of the criteria for becoming a volunteer is completing a series of Safe Church training modules on line. Marilyn had never worked with a computer, but that didn't deter her. She has gradually worked her way through the modules and recently began helping in a kindergarten classroom. The school has given her rave reviews, and she hopes to help an additional day every week!

Take-aways from the story... 1) You're never too old or too unskilled on computers to become a classroom volunteer. 2) Hyannis West loves St. Mary's volunteers. 3) I'm waiting to hear your thoughts and questions about this incredibly rewarding opportunity...

Christy Saling (cesaling@gmail.com, 508-775-0583)

Amazing Grace Quilts

Amazing Grace is a cost-free camp experience for children ages 7-11 who have been impacted by a family member's incarceration. It is offered at Camp Burgess through a collaboration with the South Shore YMCA and Amazing Grace of Cape Cod. This year it will take place from August 23rd to 28th. At the end of the program each child is given a quilt to take home. This quilt represents the fun they have had and the new friends they have made. Hopefully it will continue to warm their hearts in the months to come.



Each quilt is made to be as alike as possible so that each child feels that they are equal to all their peers at camp. We need 36 quilts this year.



The first step is to make the tops. These need to be finished by the middle of May. The tops are made with 48 6-1/2" squares of cotton fabric, arranged six-by-eight, with an appliqued peace dove square at the top left corner. We have a goodly supply of squares, or quilters may use or purchase cotton fabric of their choice. Once done, the tops are then pinned to batting and backing, and then the quilts are tied in the middle of each square. Finally, volunteers bind the quilt edges.

So how can you help?

1. Donate cotton fabric to be cut into 6-1/2" squares.
2. Make a monetary donation for purchase of fabric, batting and backing.
3. Sew one or more tops. (We can show how this is done!)
4. Help layer tops, batting, and backing, and then put a tie in the middle of each square. This can be done as a group effort.
5. Hand stitch the binding.

If you have any questions, please contact Bernice Winthrop (410-715-0339, bwin_67@yahoo.com) or Bev Parke (508-362-4869, robnbevparke@verizon.net). Any friends you may have who would like to help with this project are certainly welcome to join in!

Angels' Treasures is on its way!

Spring, and the opening of the Thrift Shop, is just around the corner and all are invited to participate in the coming days.

Currently your team is finishing flooring, fitting room and display installations and working feverishly to secure and 'freshen-up' furniture donations.

Coming events to which you are all invited to participate include:

- **Donate** clothing, furniture, and household decorative items, commencing on Thursday, March 5th when we expect all the structural construction will be completed. Hours for donations throughout March and following the official opening: every Thursday, from 10 a.m. – 2 p.m.

- **Volunteer for a shift – NO experience required!!** A warm, welcoming St. Mary's smile and "hello" are all the attributes you need...and you will get first views of all the new donations and lovely items available for purchase. Please click on this link to view all the open days and hours:

<https://www.signupgenius.com/go/10c0c49aea822a0fc3-angels>

- **Artisans participation and donations welcome!** Do you have artistic note cards or handcrafted items that you might like to contribute to swell the appeal of the Thrift Shop? We would love to feature some of St. Mary's creative geniuses! Feel free to contact Janis Umschlag or Liz Ferretti or Helen Hinckley at any time to chat about your focus.

Parish Preview Party Hour – Join the team for a sneak preview of the premises and offerings on **Sunday, March 29th following the 10 a.m. service.** Enjoy a preview coffee hour in the new Angels' Treasures Thrift Shop and view the offerings; no sales force on duty that Sunday and no sales/reserve orders taken, but you will have a chance to see the exciting new premises and the offerings that St. Mary's will be bringing to the village of Barnstable!

Official Opening Day for Sales: April 1, 2020. See you all in April!!



Visibly Through the Garden Walketh God, **Preface: The Story of Saint Mary's Garden, Barnstable Village**

Our Garden was born of the genius of one man, the Reverend Robert Wood Nicholson, third Rector from 1946 to 1960. Early in his tenure, he recognized the potential of the fern bogs that surrounded the church on all sides. By creating a series of canals and channeling the small brooks that run throughout the property, he was able to create a series of garden “rooms,” all in a successful attempt to create large and varied space, modeling an English Country Garden. His imagination and vision was informed by regular vacation travels to Italy and England.

The gardens emerged gradually, beginning with the courtyard immediately behind the church. Over the fourteen years of his tenure, and before his untimely death, the Garden developed and today remains much as it was in 1960. His vision was fulfilled over time by the many parishioners, who generously contributed time, labor, financial support and land. The various works of art, scattered throughout and described in subsequent stories, center the Garden as a space dedicated to spiritual retreat and the Glory of God.

It is in no sense an exaggeration to say that in religious terms the Garden is an icon, defined broadly as an image or object that brings us closer to God. Its intention was and is to provide the visitor the opportunity to experience the wonder of God's Creation and the possibility to meditate on a life lived in response to all that God has so generously provided. In current terms, this is the mission statement of the Garden as it is today.

Note: It was the author's good fortune to have known Harriet Stockton Worthington, who worked closely alongside Fr. Nicholson and who was able to describe the Garden as it evolved. She was also the creator of most of the figures in the St. Mary's Crèche and some of the Garden artwork. Upon Father Nicholson's death, Dorinda Beam took a firm hand over subsequent years in maintaining the Garden as we see it today. Jim Carlaw succeeded her in that role and along with others, primarily dedicated men, cared weekly for the space through the latter part of the 20th Century. The last of that group of men was Dorinda's husband, Dr. Forrest Beam who also provided critical historic information.

Garden History, Part 1 : In Memory of Bishop Thomas Shaw

I begin with a short history of the lovely River Birch tree, situated to the left of the entrance to the garden from the parking lot. I have attached a photo taken recently.

Many years ago, our Bishop, Tom Shaw, was diagnosed with glioblastoma. Parishes in the Diocese were asked to plant a tree in his honor. We asked the Superior of his monastic order, the Society of St. John the Evangelist, (Bishop Shaw was both Priest and Monk and lived at the monastery in Cambridge during his tenure as our Bishop) what was the Bishop's favorite tree. He answered without hesitation, the River Birch. The River Birch is graceful, hardy, happy in our soil and has aesthetically pleasing peeling bark. As well, its fall color is stunning.

Most of our committee was involved in the placement of the tree. I have a vivid memory of Bill Plettner moving around in the Meadow, posing as the tree, until we found the perfect spot. We planted it and the tree has flourished.

Mark and I were at Emory House in Newburyport (the rural setting for the Society's Retreat Ministry) and were delighted to find a copse of the River Birch, just outside the little cottage where Bishop Shaw spent his last weeks.

Note: virtually every part of St. Mary's Garden has a story to tell, more to come.



Garden History, Part 2: St. Mary's Memorial Garden

The Memorial Garden is the single “room” in the Garden that was not part of Fr. Nicholson’s Master Plan. In 1972, and I can only imagine that the safe was filling up with ashes, the clamor for a space to bury ashes became reality. With a bequest from the estate of parishioner Madalaine Tulloch and funds from some of her friends, the Memorial Garden was carved out of an old apple orchard. At the time it was being used as a compost site and mulch pile. The altar rails left from the construction of a free-standing altar in the church were installed at the sides of the bridge and an entrance was created with the addition of an arbor, welcoming all to that sacred space.



Some 12 years ago, there was no Garden Committee. A remarkable band of men, most in their 80’s, came together every Thursday morning to weed and care for the garden. The youngster in the group, Don Summers (probably in his early 70’s) lost his beloved wife after a sudden illness. He wanted to bury her ashes in the Memorial Garden. When he walked up to the top of the meadow, he was aghast at the condition, overrun with weeds and invasive species. It was my good fortune to connect with him and help him as he worked diligently to create the lovely space to the right of the entrance. The hydrangeas are Memorial Gifts and the large white rhododendrum was a gift from Norm Thornton (sang in the choir and was in his 90’s) and is in memory of his wife, Ruth. The hostas that edge the garden are all from the Gooch garden (Mr. Gooch was a member of the Thursday group). Daffodil and other bulbs fill in throughout. The lovely urn, a Campania product, was a gift from the Altar Guild in memory of Connie Phillips, Altar Guild chair at the time of her death.

Attached is a photo of the Memorial Garden, taken this past fall. The blue stone with Mrs. Tulloch’s name engraved was carved at the Benson Studio in Newport.

Several years ago, the bridge leading into the garden was listing severely and in need of re-building. With guidance from Jack Moran and a gargantuan effort from Bill Plettner, the bridge was re-built for a fraction of the estimate we received from a builder.

For the past several years, the Memorial Garden has been lovingly tended by Deb Lippard and her family. Many of you know that her husband’s ashes are interred just in front of the bench on the left side of the Garden. She has retired, from the garden, not from the busy life she leads caring for her large family. We would all love to find someone to take on responsibility for that remarkable space. Please call me if you are interested. **Margaret Anschutz (508-367-8341)**

(please watch for parts 3 & 4 in our May / June Newsletter)



Highlights from Fat Tuesday!

A wonderful event for Shrove Tuesday Dinner and Mardi Gras!

No one went home hungry

Decoration committee got WH ready



2 Judys. Can you guess who they are ?



LIBBY and BILL
dance to Oldies



Helen & Jane
dancing away...



T-Ryder cutting a rug!

Tax Savings Hint

Some parishioners at St. Mary's have been taking advantage of tax savings by having portions of their **Required Minimum Distribution (RMD)** from retirement accounts donated directly to St. Mary's. In other words, if you are receiving an RMD and you are also donating funds to St. Mary's, you may be able to avoid paying taxes on the portion of your RMD that you have sent directly to St. Mary's. For example, if you have pledged \$2,000 to St. Mary's and you are also receiving an RMD of \$2,000 or more, you may be able to avoid paying taxes on the \$2,000 coming from your RMD. A donation made in this way is not tax deductible, but with the recently raised levels of standard deductions this may well not be a concern. Since everyone's tax situation is a little different, if you believe this applies to you, you should consult with your tax professional for confirmation.



Daylight saving time 2020 in
Massachusetts will begin at 2:00
AM on Sunday, March 8
Don't forget to set your clocks ahead before
bedtime on Saturday, March 7th !



Happy Birthday to You!

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

3/ 15 Cecelia Brisbois
 3/ 16 Erin Beasley
 3/ 16 Eleanor Clark
 3/ 16 Sophie Menyhart
 3/ 18 Carol Crosby
 3/ 19 Nancy Clairmont
 3/ 19 Dave Knauer
 3/ 20 Eva Fahey
 3/ 20 Joan Himstead
 3/ 20 Charles Morris
 3/ 22 Chris Ehring
 3/ 23 Andrea Driscoll
 3/ 24 Sue Corsini
 3/ 24 Peter Hutton
 3/ 25 Henry Prantis
 3/ 27 Eve Roberts
 3/ 28 Judy Boyd
 3/ 29 Libby Gibson
 3/ 30 Shenandoah Theroux
 3/ 30 Shiloh Theroux
 4/ 1 Ellen Nicholson
 4/ 3 Sally Campbell
 4/ 3 Cy Nelson
 4/ 4 Katie Beasley
 4/ 4 Connie Von Maur
 4/ 6 Andy Duprey
 4/ 7 Judith Quinn
 4/ 10 Allana Rodriguez

4/ 11 Hilary Greene
 4/ 11 Steven Lippard
 4/ 14 Deanna Cryan
 4/ 14 David Nawrocki
 4/ 15 Judith Lewis
 4/ 15 Bev Parke
 4/ 16 Dick Edwards
 4/ 16 Dorothy Savarese
 4/ 17 Matthew LaPine
 4/ 17 Samantha Vettori
 4/ 19 Kaitlynn Greene
 4/ 20 Tim Carlander
 4/ 21 Cynthia Medaugh
 4/ 22 Mark Anschutz
 4/ 22 Amelia Spillane
 4/ 23 Sara Cushing
 4/ 23 Jillian Zoe Lippard
 4/ 24 Susanne Bennett
 4/ 24 Thomas Dille
 4/ 25 Thomas Spillane
 4/ 26 Barbara Hersey
 4/ 27 Cay Hartley
 4/ 29 Peter Gwynne
 4/ 30 Sally Orcutt

Is your name missing from the Birthday List?
Please call the office with your birth-date so we can celebrate you!



Easter Altar Flowers

Suggested donation \$25

Your Name: _____

Contact number or email: _____
(in case we have any questions)

Dedication Preference: (Please check ONE only)

☐ In honor of _____

☐ In loving memory of _____

☐ In thanksgiving for _____

\$25 suggested offering; place form and check in the offering plate, drop off in the office, or send to St. Mary's by March 28th.



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admin@stmarys-church.org

St. Mary's Newsletter is published 6 times a year.
Please send all submissions to the Editor:

The Rev. Dr. Libby Gibson, Rector

508-362-3977

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ST. MARY'S EPISCOPAL CHURCH

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At a Glance

Special Services/Events

During Lent: Lenten Book Group in March – Sundays, 11:30-1pm

Special Holy Week & Easter Services, see page 5

Angels' Treasurers Grand Opening, April 1st, see page 14

Daffodil Tea, April 25, see page 11

Weekend Services

Saturday, 5:00 pm

Sunday, 8:00 am & 10:00 am

Monthly Services

First Saturday, 5 pm (Taizé)