

Saint Mary's

Episcopal Church Barnstable

SEPTEMBER - OCTOBER 2019



THE REV. DR. LIBBY
GIBSON, RECTOR

*Plans of hope and a
prosperous future*

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

Every day, it is a blessing to see how our renovated and newly blessed buildings and gardens are being used by our parish and people in the community. The spaces are buzzing with activity, full of life and possibility as we move into this next chapter in the parish's history. As part of this new chapter of our history, many dedicated volunteers and the vestry have been praying and listening for God's plans for two spaces on our campus: the rectory and the former "As Wee Grow" classrooms. In both instances, we want the spaces to be used in a way that furthers the mission of St Mary's: to connect more deeply with God, with each other and with the needs of the community.

I am excited to share the news that pending approval from the town, we are close to finalizing an agreement to rent the rectory to Independence House. You may know that Independence House provides services for victims of domestic violence and their children, and they have a variety of secret, safe homes throughout the Cape. Independence House would like to rent the rectory as a transitional home for two women and their children after it is safe for them to leave the safe house and move into a new era in their lives.

I am grateful to Brooks Smith, Maureen Tempesta, John Stackhouse, Lisa Barr, David Munsell, Hub Mathewson, Jud and Bonnie Phelps, Barry Olofsson, and Caty McMahon for their work on this project. Not only does this partnership help us connect more deeply with the needs of our community but it will provide a stable source of income for the parish in coming years.

In the "As Wee Grow" rooms, we continue to seek input about transforming the rooms into a Thrift Store. Helen Hinckley, Liz Ferretti, and Janis Umschlag have been leading the research of this potential project. Just last week, the Wall Street Journal published a long article about the rise in popularity of thrift stores, especially among young people. The vestry is intrigued by the possibilities this venture offers the parish in terms of drawing new people to St. Mary's while providing a venue for people wanting to donate goods, and purchase them at reasonable prices. The vestry is doing due diligence to be sure we understand the potential challenges, especially in terms of needed storage space and volunteers, and will make a decision once we have gathered all necessary information.

(Continued Next Page...)

With these matters, and many others, I am deeply grateful for the strong leadership of your vestry: Caty McMahon, Senior Warden; Brooks Smith, Junior Warden; Barry Olofsson, Treasurer; Brad Goodwin, Clerk; and Vestry Members: Maureen Tempesta, Cay Hartley, Lisa Barr, John Stackhouse, Judy Boyd, John Alden, David Miller, Hub Matthewson, and Joy Hambly. Please reach out to me or any member of the vestry with suggestions or questions about these projects. We trust that God is with us in this discernment, and will prosper us and lead us to use these spaces for the greater good of all, and to God's glory.



With blessings of peace and hope,

Libby +

W O R S H I P & M U S I C

Our Weekly Services - All are Welcome!

Thursday, Holy Eucharist & Breakfast: 8:30am

Saturday Holy Eucharist: 5pm with music (Taize services 1st Saturday with Potluck Reception - with the exception of October - Taize will be held Oct 12)

Sunday Holy Eucharist: 8am & 10am (with music)

Welcome Home Sunday! The weekend after Labor Day the program year begins. Rite I Eucharist returns at the 8 AM service. The choir will sing at the 10 AM service. And, many other programs will be returning on a regular basis. Stay tuned.

Please follow this link to all of our services and events on our
www.stmarys-church.org

JOY MASS ~ Rev. Mark Anschutz



Dear St. Mary's friends,

Recently I shared with Libby and the Wardens a decision I have been heavily pondering for the past four months: it is clearly time for me to step aside from guiding the JOY MASS. It has been a wonderful twelve years and I am particularly grateful to Christy and Ed Saling, Frankie Stahlhut, and that wild man, Carmen, for the support, patience, faithfulness and kindness they have consistently offered me. There are certainly a variety of reasons contributing to this decision, one of which is that one needs to know within oneself when it is a good time to step aside. I recognize that that time has come for me and I am most comfortable in this decision, save for the loss of working regularly with such wonderful people and worshipping with those who attended the JOY MASS.

Warmly, your friend,
Mark+

Music Notes: Dr. Mark Lawlor, Minister of Music



St. Mary's CHOIR – beginning Wednesday September 4 6:00pm – 7:30pm in Walden Hall

Please pray about using your talent to join your voice with others as the choir begins a new year!! Come learn about your voice, learn to read music, learn how making music with others can touch hearts and souls moving them to a closer experience with our God!

We begin with some easier music so don't miss the first rehearsal – we will see you on September 4 --- For more information contact Mark Lawlor.
Email: music@stmarys-church.org. Phone: (508) 362-3977 Ext 13.



A Hymn Festival in Celebration of Church Music and Church Musicians

Sunday, September 29 at 4:00-5:00pm at St. Mary's Barnstable

All are invited to join as music directors, choir singers and instrumentalists from across the Cape and Islands join to begin a new year of ministry. The hour will include festive arrangements of Hymns as well trumpet and organ works. Come join as we pray and ask God's blessing on those that lead our worship as they begin a new year of music ministry.

This event is sponsored by *The Cape Cod and Islands Chapter of The American Guild of Organists.*

For more information contact Mark Lawlor.

Email: music@stmarys-church.org. Phone: (508) 362-3977 Ext 13.



EDUCATION & FORMATION



Special Guests from Tree of Life to speak on issues in Palestine:

Sunday October 27, 2019 at the 10 am service and Adult Forum

This fall, we are blessed to host a group of speakers and musicians who will share their experiences living in the Holy Land with us. Rabbi Meryl Crean from Jewish Voice for Peace will be our guest preacher at the 10 am service, and several musicians will join our choir. Our guests will be available to speak and answer questions at the adult forum. Please join us for this special day!

Ministry Fair

**Weekends of October 12-13 and
October 19-20**

Come to Walden Hall after services to learn about the many ministries at St. Mary's. This is a wonderful time to show-off your incredible ministry teams and invite newcomers to join you.

Please contact Allison Bresette
(formation@stmarys-church.org) for
more information.



EfM

This is a last call for anyone interested in joining EfM (Education for Ministry) at St. Mary's. We will begin this year on Monday evening, September 16th. If you began EfM at another church, and would like to continue or want more information, please contact Rev. Libby Gibson (rector@stmarys-church.org) or Cay Hartley (gville27@aol.com) or call (301)-908-3001.



Introduction to Reiki and Healing Prayer Sunday, Sept 8 - 11:30am in Walden Hall

We all have heard the expression "power of prayer." Please join Libby and special guest Rick deMello on Sunday, Sept 8th, for an adult forum after the 10am service to talk about Reiki and Healing Prayer. Rick deMello, Reiki Master Practitioner/Teacher will provide an introduction to the ancient discipline of Reiki (pronounced "Ray Key"), which means Universal Life Energy or God's energy and Libby will share her thoughts on how this connects to healing prayer. Rick will touch upon what Reiki is *and is not*, where it originated from, what a Reiki session might look like and how it will help your body to release stress and create an environment open to receiving healing energy. He will also describe a reiki training to be offered in late September. **All are welcome!**

Inquirer's Class: The Episcopal Church 101



Inquirer's Class: The Episcopal Church 101

Sunday, September 22 – Sunday, October 27

8:45am-9:45am

The Rev. Margot Critchfield

Calling all seekers, wonderers, and others hungry to learn more about the Episcopal Church and what it means to be Episcopalian: Whether you're a sojourner from another denomination, someone who identifies as "spiritual but not religious," or a "cradle" Episcopalian, please join me for this introductory class where all of your questions are welcome and where you'll meet others on this journey of exploration.

My hope in offering this class is three-fold: To share with you my enthusiasm for the Episcopal Church, to affirm for you that you're exactly where you're meant to be, and to whet your appetite for more!

Our gatherings will be informal and largely conversational. Our basic "texts" will be a very light-hearted but informative little book by the Rev. Dr. Dennis Maynard called "Those Episkopols," and the Episcopal Church's The Book of Common Prayer, 1979. Both will be available at our first class on September 22nd.

Here is a description of Maynard's book from the back cover:

"The Episcopal Church is known as the 'thinking person's religion' to those of us that love her. It is a Church solidly grounded in scripture, tradition, and reason. In this best selling book Doctor Maynard explains why it is also a Church that will not accept simplistic answers to complex questions. With humor and insight he answers some of the following questions and others frequently asked by inquirers. Why do Episcopalians read their prayers? Does God like all that ritual? Can you believe anything you want and be an Episcopalian? Why do Episcopalians reject Biblical Fundamentalism? The inquirer will finish the book with a better understanding of The Episcopal Church. Those that are already members will have the reasons they became Episcopalians warmly confirmed."

People often ask, "Do I have to make it to every session?" While it's certainly preferable to attend most if not all of the sessions, the reality of our lives is that it's not always possible. So please, come when you can and know that you will be welcomed whole-heartedly when you do!

To register please contact the office at admin@stmarys-church.org.

Blessings,
Margot+



YOUTH GROUP Offerings this Fall

Youth Leadership Institute to be offered at St. Mary's

Our amazing youth leader, Angela Cenzalli, is being certified by the John Maxwell Leadership Institute and we are blessed that she will offer their Youth Max program at St. Mary's this year. This program includes lessons on self-image, attitude, anti-bullying, success habits and other leadership principles that will be framed in terms of our faith. Together Angela and Libby will work with our teens to inspire them to lead the change they wish to see in the world. These sessions will be part of our regular youth group meetings.

Confirmation Classes Beginning This Fall

Libby will offer confirmation preparation for any teens who are interested in being confirmed next spring. This is a wonderful opportunity for us all to explore what we believe and how that fits into our communal life in the Episcopal Church. If you are interested, please contact Libby+ for more information (rector@stmarys-church).

Fall Youth Group Meetings

9/8/19	4:30 pm Beach or Pool Party
9/22/19	4:30 Youth Group
10/13/19	4:30 Youth Group
10/27/19	4:30 Youth Group
11/10/19	4:30 Youth Group
11/24/19	4:30 Youth Group
12/8/19	4:00 Angel Tree Shopping
12/22/19	4:30 Youth Group



July 4th Float!

Thanks to Pheobe and all who worked so hard on our St Mary's Float!!



OUTREACH

Opportunities to Serve

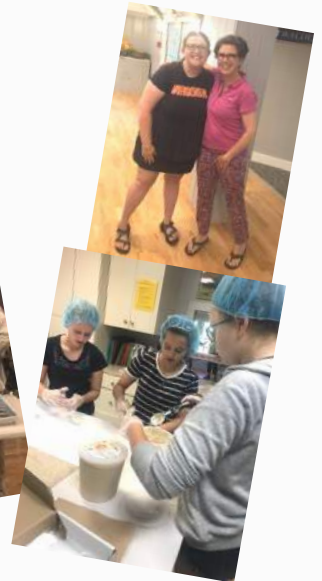


Thank you Summer Eats Volunteers!!

Celebrating the volunteers of **Summer Eats** at Saint Mary's! Thank you to ALL who helped feed hungry kids on Cape Cod this summer through the program. Huge thanks to Sophie Gibson for your leadership and also to Allison S. Bresette



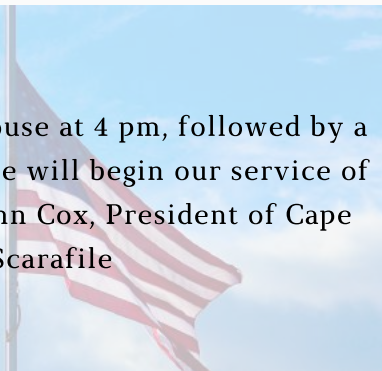
Photos courtesy of Caty McMahon and Allison Bresette



9/11 Service of Remembrance

Wednesday September 11, 2019 at 4:00 pm

Join us for a brief Ceremony at the Barnstable Fire House at 4 pm, followed by a procession to St. Mary's down Route 6a. At 4:30 pm, we will begin our service of prayers and patriotic hymns with guest speaker Dr. John Cox, President of Cape Cod Community College. Please contact Judy Walden Scarafile (judyscarafile@gmail.com) for more information.



St. Mary's volunteers were among those honored by Hyannis West Elementary at a year-end reception.

The event included delicious food, gifts for all, and words of appreciation from Volunteer Coordinator Liz Marcus and Principal Kath Amato. Ms. Amato said, "This diverse group of people has one common goal: to make connections with the children of Hyannis West and to enrich our school.

Every day our children are fortunate to receive the message loud and clear that there are people in the community who are passionate about spending time with them, solely because they want to."

Now is the time for you to think about how you can show the children at this special school that you care about them! Classroom volunteers are needed immediately.

Mentors form a connection with one special student. There are one-time opportunities throughout the year. For more information about becoming a volunteer this year, **contact Christy Saling (508-775-0583, cesaling@gmail.com)**, or talk with any of our amazing 2018-19 classroom volunteers (Donna Albert, Rosa Babcock, Lisa Barr, Happy Gray, Helen Hinckley, Lallie Lloyd, Helen Malone, Mackie Rice, and Don Sherlock) or our equally amazing garden volunteers (Elizabeth Betti, Jamie Hunsaker, and Ed Saling).



IN REACH & CARE

COMMUNITY INFORMATION


Silver Tea, Sunday September 29 at 11:30 am in Walden Hall

Each fall, we honor the senior saints of the parish with a special luncheon after the 10:00 am service. All parishioners age 80 and older are welcome to attend. Please contact Robin Greene (robin.greene@comcast.net) or Ann German (germanreed@comcast.net) if you are willing to help prepare or serve at this special event.



Blessing of the Animals, Saturday October 5, 2019 at 5:00 pm

Join us for this joyful service that connects us with our Creator God and gives thanks for the many blessings that God bestows on us through the gift of pets. This is a wonderful service to invite friends and neighbors to attend. Weather permitting, the service will be at our outdoor altar in the gardens followed by a "Yappy Hour" for humans and pets. Contact Amy Crocker for more information (crocams@comcast.net)



Our friends Mark and Margaret Goad have moved to be closer to their family

If you would like to be in touch with them, their address is:

3 Chateau Margaux
Bloomfield, CT 06002

Grief does not take a vacation...

If this is a time of sadness for you,
Please join us for an informal sharing of
experiences, wisdom, and even
some laughter.

Sept 8th. What is your new normal

Sept 15th. Coping skills

Sept 22nd. God's Presence in your grief

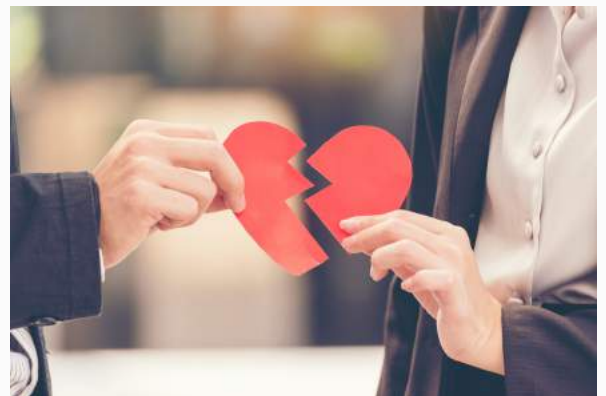
11:30 - 12:30 St. James Room

Lunch will be provided

In order to have sufficient lunches...please let us know if you plan to attend

Cay Hartley.
gville27@aol.com

Deacon Elizabeth
emmausw65@gmail.com



FLU CLINIC AND SHINE PRESENTATION, SUNDAY, OCTOBER 6



Saint Mary's will be offering a **Flu Vaccine clinic** on ***Sunday Oct 6th after the 10:00*** Service in Walden Hall. Zero co-pay for Medicare and most insurances. Bring your Medicare or insurance card. Service provided by Cape Cod Healthcare Pharmacy. High Dose or regular dose option available.

Peter Scarafile, SHINE Counselor, will provide Medicare information on Oct 6th during the Flu Clinic!

Did you know?? Medicare update: open enrollment is between ***October 15th and December 7th*** for any changes in your coverage in 2020. Learn about original Medicare vs advantage plans and how to check if you have the correct drug coverage for you. Every year Medicare changes the coverage. You can change during open enrollment and maximize your coverage.



Interesting Health Articles ... presented by Pastoral Care ...

Knee Comparision [a Mayo Clinic article](#)

Knee replacement surgery — also known as knee arthroplasty (ARTH-row-plas-tee) — can help relieve pain and restore function in severely diseased knee joints. The procedure involves cutting away damaged bone and cartilage from your thighbone, shinbone and kneecap and replacing it with an artificial joint (prosthesis) made of metal alloys, high-grade plastics and polymers.

In determining whether a knee replacement is right for you, an orthopedic surgeon assesses your knee's range of motion, stability and strength. X-rays help determine the extent of damage.

Your doctor can choose from a variety of knee replacement prostheses and surgical techniques, considering your age, weight, activity level, knee size and shape, and overall health.

Why it's done

The most common reason for knee replacement surgery is to relieve severe pain caused by osteoarthritis. People who need knee replacement surgery usually have problems walking, climbing stairs, and getting in and out of chairs. Some also have knee pain at rest.

Risks

(continued...)

Knee replacement surgery, like any surgery, carries risks. They include:

Infection
Blood clots in the leg vein or lungs
Heart attack
Stroke
Nerve damage
Signs of infection

Notify your doctor immediately if you notice:

Fever greater than 100 F (37.8 C)
Shaking chills
Drainage from the surgical site
Increasing redness, tenderness, swelling and pain in the knee

An infected knee replacement usually requires surgery to remove the artificial parts and antibiotics to kill the bacteria. After the infection is cleared, another surgery is performed to install a new knee.



Artificial knees can wear out

Another risk of knee replacement surgery is failure of the artificial joint. Daily use wears on even the strongest metal and plastic parts. Joint failure risk is higher if you stress the joint with high-impact activities or excessive weight.

How you prepare

Food and medications

Your doctor or anesthesiologist might advise you to stop taking certain medications and dietary supplements before your surgery. You'll likely be instructed not to eat anything after midnight the day of your surgery.

Prepare for your recovery

For several weeks after the procedure, you might need to use crutches or a walker, so arrange for them before your surgery. Make sure you have a ride home from the hospital and help with everyday tasks, such as cooking, bathing and doing laundry. If you live alone, your surgeon's staff or hospital discharge planner can suggest a temporary caretaker.

To make your home safer and easier to navigate during recovery, consider doing the following:

Create a living space on one floor since climbing stairs can be difficult.
Install safety bars or a secure handrail in your shower or bath.
Secure stairway handrails.
Get a stable chair with a firm seat cushion and back, and a footstool to elevate your leg.
Arrange for a toilet-seat riser with arms if you have a low toilet.
Get a stable bench or chair for your shower.
Remove loose rugs and cords.

What you can expect Before the procedure

Knee replacement surgery requires anesthesia. Your input and preference help the team decide whether to use general anesthesia, which makes you unconscious, or spinal anesthesia, which leaves you awake but unable to feel pain from your waist down.

You'll be given an intravenous antibiotic before, during and after the procedure to help prevent post-surgical infection. You might also be given a nerve block around your knee to numb it. The numbness wears off gradually after the procedure.

During the procedure

Your knee will be in a bent position to expose all surfaces of the joint. After making an incision about 6 to 10 inches (15 to 25 centimeters) long, your surgeon moves aside your kneecap and cuts away the damaged joint surfaces.

After preparing the joint surfaces, the surgeon attaches the pieces of the artificial joint. Before closing the incision, he or she bends and rotates your knee, testing it to ensure proper function. The surgery lasts about two hours.

After the procedure

You'll be taken to a recovery room for one to two hours. You'll then be moved to your hospital room, where you'll likely stay for a couple of days. Medications prescribed by your doctor should help control pain.

During the hospital stay, you'll be encouraged to move your foot and ankle, which increases blood flow to your leg muscles and helps prevent swelling and blood clots. You'll likely receive blood thinners and wear support hose or compression boots to further protect against swelling and clotting.

You'll be asked to do frequent breathing exercises and gradually increase your activity level.



(continued...)

The day after surgery, a physical therapist will show you how to exercise your new knee. After you leave the hospital, you'll continue physical therapy at home or at a center.

Do your exercises regularly, as instructed. For the best recovery, follow all of your care team's instructions concerning wound care, diet and exercise.

Results

For most people, knee replacement provides pain relief, improved mobility and a better quality of life. And most knee replacements can be expected to last more than 15 years.

Three to six weeks after surgery, you generally can resume most daily activities, such as shopping and light housekeeping. Driving is also possible at around three weeks if you can bend your knee far enough to sit in a car, if you have enough muscle control to operate the brakes and accelerator, and if you're not still taking narcotic pain medications.

After recovery, you can engage in various low-impact activities, such as walking, swimming, golfing or biking. But you should avoid higher impact activities — such as jogging, skiing, tennis and sports that involve contact or jumping. Talk to your doctor about your limitations.

Stroke Signs and Symptoms [a Mayo Clinic article](#)

Sudden severe headache with no known cause is a stroke sign in men and women. During a stroke, every minute counts! Fast treatment can lessen the brain damage that stroke can cause.

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Signs of Stroke in Men and Women

- **Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking, or difficulty understanding speech**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance, or lack of coordination**
- **Sudden severe headache with no known cause**

Call 9-1-1 right away if you or someone else has any of these symptoms.

Acting F.A.S.T. Is Key for Stroke

Recognize the Signs and Symptoms of Stroke

When someone is having a stroke, every minute counts. Just as putting out a fire quickly can stop it from spreading, treating a stroke quickly can reduce damage to the brain. If you learn how to recognize the telltale signs of a stroke, you can act quickly and save a life—maybe even your own.

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F—Face: Ask the person to smile. Does one side of the face droop?

A—Arms: Ask the person to raise both arms. Does one arm drift downward?

S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

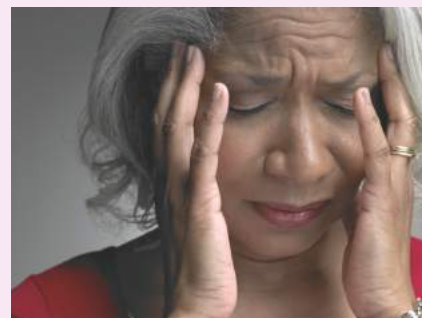
T—Time: If you see any of these signs, call 9-1-1 right away.

Note the time when any symptoms first appear. This information helps health care providers determine the best treatment for each person. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

Treating a Transient Ischemic Attack

If your symptoms go away after a few minutes, you may have had a transient ischemic attack (TIA). Although brief, a TIA is a sign of a serious condition that will not go away without medical help.

Unfortunately, because TIAs clear up, many people ignore them. But paying attention to a TIA can save your life. Tell your health care team about your symptoms right away.





MINISTRY SUPPORT

Allison Bresette returns to St. Mary's!



I am very happy to share the news that Allison Bresette will be returning to the staff of St. Mary's on a full-time basis beginning on September 3. Allison's creativity, warmth, sense of service, and hospitality will bless several aspects of our life together. Allison will be focused on working with children and families in the community, both through our formation and outreach programs. She will also be our liaison to community groups who would like to rent space at St. Mary's and she will help coordinate the many volunteers who make St. Mary's such a vital and engaged community. I know you join me in warmly welcoming Allison with joy and gratitude.

THE SALE/a.k.a. Rummage Sale News

THE Great (and possibly the last) Rummage Sale is rapidly approaching: Sept. 15th following the 10 a.m. service, we will set up in Walden Hall and the former "As We Grow" rooms, with donations arriving Monday, 9/16 through NOON on Thursday, 9/19. "THE Sale" will be open to the public on Friday, 9/20 until 4 p.m. and Saturday, 9/21 from 9 – noon.



Donations for the upcoming Sale are welcome! You can donate: gently worn clothes, housewares, appliances in working condition, linens, craft items/supplies, Christmas items, and artwork, toys and children's clothing. Please check your closets, and donate your treasures! **If you need help with delivery, please call either Linda Stackhouse ((508)362-9898 or Liz Ferretti (508)362-6546 and we will arrange for a truck and assist you with delivery.** If you will not be here in early September, please call and we will arrange an area for drop-off in the coming weeks. You have asked your kids, and heard that they do not want your treasures, so send them on their new adventure to clients of THE Sale who will love them as much as you have in the past! Too Tarnished?? Linda is arranging "Sip and Polish" sessions and welcomes all donations that might benefit from loving hands in the coming weeks!

And, of course, we **WELCOME YOU AS A VOLUNTEER IN ALL PHASES OF THIS FUNDRAISER FOR ST. MARY'S!!!** Sign up either online through the link in "This Week at St. Mary's" or on paper in the sunroom at church, next to the Summer Eats volunteer sheets. Come and join the FUN!!

MINISTRY SUPPORT

BOOK GROUP

Our next book group will be September 13, Friday at 1:00 in the St James Room We will be discussing "Recipes for Love and Murder" by Sally Andrew. This is a good summer read that will take you to the sights, sounds and smells of South Africa. All are welcome. Contact Susan Babcock, susan.babcock@comcast.net.

Weekly eNews



Your weekly eNews is intended to look ahead, beginning today through the next week. If you would like to look further out please visit the website, www.stmarys-church.org. You will find St. Mary's Calendar under the News section.

Deadline for Service & eNews Announcement:

Monday, noon, for the following weekend bulletin and eNews. Email submissions to ministrysupport@stmarys-church.org



Coffee Host/Hostess

Coffee Hour Host/Hostess! Help keep the St. Mary's tradition of hospitality alive! Sign up with [this link](#) for a date and feel free to invite a friend or family member to co-host/hostess with you. You need only provide a quart of Half & Half, and whatever goodies you choose. You may bake or purchase; fruit, coffee cakes, bread, donut holes have all been popular. Carmen will set up the coffee, mugs, and do clean-up. You need to only arrive early to set out your goodies prior to the 10am Service. Any questions please contact Liz Ferretti, 508-362-6546 or eabferretti@gmail.com.



Get Your Car Magnet today! Thanks to the great idea of Cay Hartley, we have developed a St. Mary's car magnet in commemoration of our building dedication!

They are located in a basket in the rear of the church. Get yours today and proudly display to others that at Saint Mary's – **All Are Welcome**

Holly Fair 2019



It's beginning to look a lot like Christmas... What?! We are ramping up for the Holly Fair! Mark your calendar for Saturday, December 7. It's never too early to start asking for folks to think about helping to make the Holly Fair a huge success. Volunteers will be needed to direct traffic, set up rooms, restore rooms at closure, and a myriad of other tasks. Perhaps you could begin to downsize some of those special items in your home for donation to the Silent Auction. Other silent auction items might include an afternoon sail, a meal at a favorite restaurant, a golf treat, or tickets to art and sports events. Let your imagination and generosity bring joy to a happy recipient. And for all those knitters among us, warm up those needles for donations to the Hand-Made Room! Consider making delicious treats for the Country Kitchen. And let's not forget the Jewelry Room, Attic Treasurers and Children's Room. Our Greens' Group creative surge will begin 1-week prior to the fair, decorating fresh wreaths, table and mantle pieces, fresh boxwood trees, and bagged holly. AND let's remember our tasty Luncheon! Helpers everywhere will be much appreciated. We hope each of you will find a way in which to serve St. Mary's and the community with your time, talents, and resources. **For general questions please contact Frankie Stahlhut 703-380-8630 or Sue Davy 703-380-8629.**

Highlights of the July 9th Building Dedication



**TO VIEW VIDEO OF DEDICATION
SERVICE & INTERVIEWS BY BARRY
OLOFSSON: CLICK [HERE](https://capejulesphotography.smugmug.com/StMarysDedicationRemie)**

**PHOTOS TAKEN BY NANCY VIAL
SHOEMAKER AND JULIE REMIE
CLICK ON THIS LINK:
[https://capejulesphotography.smug
mug.com/StMarysDedicationRemie](https://capejulesphotography.smugmug.com/StMarysDedicationRemie)**

Peter Gwynne narrates a wonderful tour through St. Mary's renovations.
Please click [HERE](#) for this video. (Videographer: Barry Olofsson)

MARY'S 102ND BIRTHDAY

BELL RINGING AT ST MARY'S



*To my parish family,
I thank you for the
special celebration of my
birthday - Janis, Liz
Ferette, Linda Strackhouse,
and many others.
The food was delicious
and the tables were
beautiful. Thank you all,
Mary*



A Note from our Wardens



Hello friends,

Summer on Cape Cod is a special time, and part of what makes it so special is Saint Mary's! Our community has engaged in meaningful work together such as Summer Eats, which feeds food insecure children on Cape Cod; thank you volunteers for your dedicated service and especially Sophie Gibson and Allison Bresette for their leadership!

We've also joyously rededicated our building with a visit from Bishop Alan, and celebrated milestone birthdays and anniversaries; congratulations to Mary Ferguson for marking 102 years young and to Dave and Judy Knauer for 50 years of marriage! Kudos also to our buildings and grounds committee, building renovation committee and volunteers for all their work in the summer season; check out the beautifully painted former preschool space the next time you are on campus, and to our garden committee for their dedicated and loving efforts at restoration.

These are just a sliver of the special things that have occurred during the summer months at Saint Mary's. There are many more opportunities; please get involved! To that end, we're holding a ministry fair in October which will showcase service opportunities at Saint Mary's and we hope to see you there!

Stay tuned for additional information in the weeks ahead.

Wishing you and those dear to you love, peace and blessings,

Caty McMahon
Senior Warden

HAPPY BIRTHDAY! September & October

Philip Pilibosian 9/ 1
Frankie Stahlhut 9/ 3
Dorothy Torrey 9/ 3
Ross Whalen 9/ 4
John LaPine 9/ 5
Matt Palmer 9/ 5
John Whalen 9/ 6
Sandy Whalen 9/ 6
John Whalen 9/ 6
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
Kristen Beasley 9/ 21
Louise Koch 9/ 22
Anne Lorentzen 9/ 22
Sue Galbraith 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
George Syrovoy 10/ 4
Betsy Lawlor 10/ 7
Hub Mathewson 10/ 7
Spencer Reed 10/ 11
Skee Morton 10/ 13
Margery Geiger 10/ 14
Rachel Garlick 10/ 14
Joy Hambly 10/ 15
Barbara Armstrong 10/ 15
Aaron Dunigan-Atlee 10/ 15
Jud Phelps 10/ 18
Kinnet Ehrling 10/ 18
Eric III 10/ 18

William Davis 10/ 19
Laura McCarron 10/ 20
Roger Boocock 10/ 20
John Damon 10/ 20
Kathy Garlick 10/ 21
Torrie Vettori 10/ 22
Laurie Keene 10/ 22
Nancy Weyer-Haak 10/ 25
Linda Gadkowski 10/ 26
Ann German 10/ 26
Mackenzie Vettori 10/ 26
Mary Ann Anthony 10/ 26
Connie McLean-Stead 10/ 30
Edward Saling 10/ 30
Martha Lewis 10/ 31
Sophie Gibson 10/ 31

ST. MARY'S EPISCOPAL CHURCH

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The Rev. Dr. Libby Gibson, Rector

St. Mary's Newsletter is published 6 times a year.

Please send all submissions to the Editor:

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www.stmarys-church.org



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Save the Dates!

September 2: Labor Day - Office Closed
September 8: Welcome Home Sunday
September 8: Adult Forum: Intro to Reiki and Healing Prayer
September 8: Youth Group Kickoff (4:30pm)
September 11: Service of Remembrance (4pm)
September 12: Vestry Meeting (6:30pm)
September 15: Drop off for Rummage sale begins
September 20-21: Rummage Sale
September 22: Newcomer Inquirers Class beings (through Oct 27)
September 29: Silver Tea
September 29: AGO Hymn Festival Celebration (3pm)
October 5: Celebration of Life - Irene Harbaugh (12 pm)
October 5: Blessing of the Animals (5pm) & Yappy Hour (6pm)
October 6: Flu Clinic & SHINE presentation
October 10: Vestry Meeting (6:30pm)
October 12: Celebration of Life - Liz Nil (11am)
October 12-13: Ministry Fair
October 14: Columbus Day - Office Closed
October 19-20: Ministry Fair
October 27: Adult Forum: Tree of Life
November 11: Veteran's Day Service & Reception
November 14: Vestry Meeting (6:30pm)
November 28: Thanksgiving Day Service (11am) followed by meal
December 7: Holly Fair
December 22: Christmas Choral Rehearsal (11:30am)
December 24: Christmas Eve Service (12:30pm)
 Christmas Eve Service w/Pageant (4pm)
 Christmas Eve Service w/Choir (9pm)
December 25: Christmas Day Service (10am)

T-Coil for hearing aids
church with



St. Mary's is an ADA accessible

