



Setting Death In Front Of Our Eyes



*Amma Sarah once said,
“When I put my foot on a ladder, I also set death
in front of my eyes before I go up.”*

This wise and godly Desert Mother (who is remembered in Africa each year on July 13) took a deep understanding about life from God's perspective and crafted a practical spiritual exercise. What is it that God teaches us? That our lives are a puff of wind, a fogbank in the sun, a flower in a meadow, a snowbank along the road. One day we are here, the next we are gone. The one thing that can never surprise anyone is the certainty of death. It is the only thing absolutely certain since the moment we are born. We will all die, some sooner and some later. And no one knows – except for God – how many days are allotted to each one of us. Avoiding the reality of death does nothing to change the date at which it comes; it only makes us ill-prepared to greet the one thing for which we have

had the most time to prepare.

What have the holy ones like Amma Sarah taught us over the centuries about this truth? That our primary task in life is to be prepared to die a good death. And how can we do that? By setting death before our eyes in an intentional way as we undertake the mundane tasks of everyday life, such as climbing a ladder. For instance, whenever I sit down to eat dinner with my family, I say to myself, “This could be it. This may be the last time I ever eat dinner with these people that I love.” Whenever I go out running, I say to myself, “This might be the last run I ever get to take.” When I preside over the Eucharist with many of you, I tell myself, “This could be the last time I have the privilege of serving God and God's people at this Holy Table.”

Setting death in front of our eyes in this way forces us to appreciate the moment we have been given. It keeps us from taking the gift of life for granted and from assuming that things will continue as they have before. They will not! Everything is changing all the time, at each moment, and there is no guarantee that my life will continue beyond this moment. From my perspective, one of the disappointing aspects of this pandemic time is the stark contrast between the amount of energy people invest attempting to stay alive a little longer as compared to the amount of energy they invest preparing to die well. The wisdom of God instructs us to reverse this order. Once we have done the deep soul work required in preparation to die well, then it is time to fight to stay alive. Otherwise all we are doing is swinging wildly in a tragic fight against the inevitable, which is a fight we will lose every single time.

My friends, are you prepared to die a good death? Your age does not matter. It is our calling to be prepared everyday for that moment when we will see the living God face-to-face and give an account for what we have done with the brief amount of time given to us on planet earth. Believe it or not, this is the true path on which we can experience abundant life in Christ full of joy and gratitude.

Let's walk this path together!

Nathan W. Ferrell +

Celebrate Saint Mary

Join us for an outdoor gathering on

Saturday, August 15

(rain date, Sunday, April 16)

5:30 PM

Let's reconnect and socialize safely on our beautiful campus to celebrate our Patron Saint and the gift of Christian community.

Bring your own picnic food and chairs or blanket and enjoy a summer evening of physically-distanced community.



Music! Games! Outdoor family movie!

PIE AUCTION! Please bring a PIE (or a CAKE) to be part of a silent auction and then enjoyed for dessert.

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry doesn't meet during July, but the Executive Committee did meet to discuss pressing issues. Jim Stoddard and the Building and Grounds Committee are working on the leak that has surfaced again after the extensive rain we had in late June/early July. We also discussed the plan for Father Nathan's time away with the Navy Reserves.

2020 has certainly been a year full of challenges. COVID-19 required us to restructure our programming starting in March. Summertime outdoor services in the beautiful, newly redesigned garden have been well received. All are able to worship, distanced from each other but also allowing for a bit of community. We don't know what the fall will bring. We do know that we will continue streaming and outdoor services (weather permitting) through August. We also plan to hold an outdoor picnic event celebrating Saint Mary, our patron on Saturday, August 15 (with raindate of Sunday, August 16). Bring your picnic dinner and enjoy the beauty of our grounds, safely distanced! If you're so inclined, bring a pie or cake or other baked item for the silent auction table! Music, some games and a family-appropriate movie! While not our typical summer fundraiser,

this will be a fun-raiser, which we can all use! **Also, bring an (ITEM?) to donate to St. Elizabeth's Jubilee Center.**

More challenges came in 2020 with the death of George Floyd, which heightened racial awareness everywhere. In the July AVE, Father Nathan introduced a program to become an anti-racist parish. As a first step, we are offering a parish-wide book study of the book White Fragility. Books are available and study groups will kick off soon. The first step is to read the book. Participating in a group will help all of us understand this complex issue but is NOT a requirement of the book study. All are welcome. Books are still available by contacting Beth Shaw (admin@smary.org), or you can access it on Audible or through your own book seller.

We don't know what other challenges lay ahead, but even when we can't be together in the old way, we can still support one another. Be sure to reach out if you need any help or support during these challenging times. Thank you to all who have helped with services, outreach, prayers, welcoming, plant watering, campus clean up or any other task!!

Picnic Eucharists: Sundays at 10:15 AM & 5:30 PM

This has worked beautifully on Sundays, and we will continue to gather on our beautiful campus to worship together in small groups of 40 or less two times each Sunday through Labor Day weekend. This Picnic Eucharist experience so far has been very smooth, so there is no need to register beforehand. Just come and enjoy the



worship of God in community, as it was always intended to be.

Remember that this is picnic style! Don't forget to bring your own bread and wine along with your chair and mask - perhaps also a hat if the sun is shining brightly. Each household group will have its bread and wine consecrated and will distribute Communion among themselves, rather

than sharing among households. This is different from our usual practice, but it has been approved by Bishop Brown for this unusual pandemic time in which we are living. We are also working to have some live music at our morning Eucharists, in a way that is safe for all.



Outreach Ministry - All Ages Serving Near and Far

Meeting with Suhaila Tarazi, General Director, Al Ahli Arab Hospital

Thanks to Saint Mary's support of and association with the American Friends of the Episcopal Diocese of Jerusalem (AFEDJ), Bonny Rodden and Jennifer Gregg had the privilege of attending a live Zoom meeting with Suhaila Tarazi, General Director of the Al Ahli Arab Hospital in Gaza in early July.

Ms. Tarazi was born in Gaza, educated in Egypt and the UK and chose to return to Gaza 30 years ago to work with Al Ahli Arab Hospital. She now serves as its General Director, leading the effort to serve the poor and the vulnerable of Gaza who live daily with violence and conflict, unemployment and lack of the most basic services. Al Ahli is known in Gaza to provide excellent care with dignity and respect, and without discrimination.

You are warmly invited to watch the 38-minute video of this moving and elucidating meeting to learn about the current conditions in Gaza, the work of Al Ahli hospital and Ms Tarazi herself. Click this link:

<https://www.youtube.com/watch?v=DLhEA7f45UE&authuser=0>

Saint Mary's will continue to support Al Ahli Arab Hospital, through special donations at Christmas and Easter and/or Outreach Committee annual grant disbursements. You may offer your private donation at <https://afedj.org/give/give-online/>, designating Al Ahli Hospital.



Saint Mary's 2020 Victory Gardens - Veggies and Flowers!

People Struggling During the Pandemic Appreciate Your Help

Clients of the Food Pantry were thrilled with early summer donations of lettuce from Guiding RAY's garden and flowers from parishioners. "You made one client's evening, probably her month," Nancy Lightbody, a Food Pantry manager, said after delivering a bouquet to one woman who couldn't believe the flowers were for her. "What a wonderful idea to be able to give our clients fresh flowers that were grown in Falmouth!"

As vegetable and flower gardens become even more prolific, we hope you will set aside a portion for our Victory Garden that provides donations to the Food Pantry. The Pantry is well supplied with canned and dry goods,

but fresh produce and bouquets are welcomed. For those who wish to participate, drop off contributions at the middle door of the Parish House on Wednesday mornings until noon. Place produce in the cooler; flowers tied with ribbon in the bucket. If you are unable to leave your donations at the church, members of the Outreach Committee can arrange to pick them up. Please let us know if you wish to participate in the Victory Garden by planting extra produce, donating it, or transporting it. You can also sign up to help other gardeners.

Please indicate your willingness to either grow produce or to pick up/transport donations on the [On Realm event registration](https://onrealm.org) signup. (onrealm.org click on Events) Feel free to contact: Bonny Rodden, brodden1.br@gmail.com or Jennifer Gregg, jenniferanngregg@gmail.com with any questions!



Outreach Ministry - All Ages Serving Near and Far

Falmouth Food Pantry thanks all and hopes for our continued help

Families in need of food are invited to come to the Falmouth Food Pantry/ Town Hall site on the **first and third Friday during June, July and August**. Food will be distributed to cars from 9:00-10:30. Managers will continue packing food cartons for delivery to doorsteps of families in need- in April alone over 400 families received food from our Pantry and a number of unemployed families have received rent and medical bill assistance. It is because of the compassion and generosity of so many in our community that we are able to provide help to so many. In the event of a need, please call 632-2687 or 781-2996.



Helping Hands at Home:

Help for Parishioners During the Pandemic

Saint Mary's seeks to be of assistance to parishioners who are confined during the Coronavirus crisis. Do you need help with grocery shopping? Are you able to help others with grocery shopping? Please contact Jennifer Gregg, jenniferanngregg@gmail.com or Beth Shaw, admin@smary.org with your needs or offers of help.



Souper Supper *To Go*: 2nd & 4th Fridays

Dining In remains temporarily suspended.

Soup, bread and a sweet treat will be handed out *To Go* between 5 – 6 PM. ALL are welcome!



Support "Souper Supper" Buy "Coffee by Design" Coffee!

Medium to robust coffees: Casco Bay and Rebel Blend

"Coffee by Design" 12 oz. bags of ground fair-traded, organic, delicious coffees are on sale at Saint Mary's for \$10 a bag (Decaf is \$11). ...and support fair trade practices ...and a locally-owned business... and get GREAT organic coffee! Win! Win! Win!

St. Elizabeth's Jubilee Center 'Essentials Pantry'

St. Elizabeth's reopened in June with plans to distribute only pre-bagged essential items (soap, detergent, toilet paper, diapers and feminine hygiene products) outside St. Luke's Cathedral. If St. E's is allowed to continue, we need volunteers from Saint Mary's on the 3rd Tuesday of each month. Volunteers can help with pre-bagging on either Monday or Tuesday mornings. They can also help with distribution on Tuesdays beginning at 8:30 AM. All volunteers as well as neighbors will wear masks and gloves and maintain 6 ft physical distancing. FMI, contact Betsy Elliman at 207-400-6871 or betsyelliman@msn.com



Becoming An Anti-Racist Parish - Summer Reading and Fall Discussion Groups

White Fragility - Challenge Your Assumptions about Racism

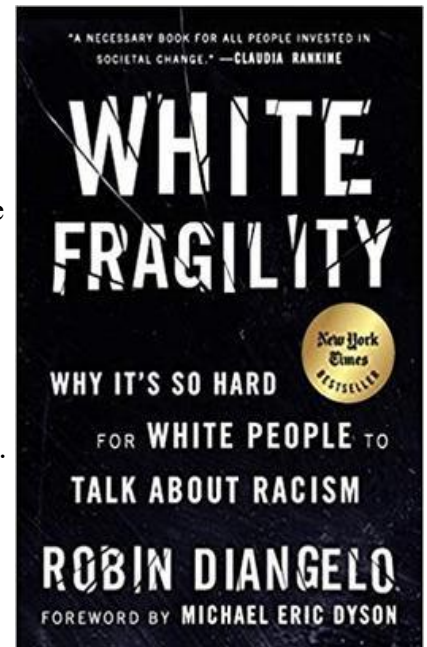
Saint Mary's is responding to God's call to **Become an Anti-Racist Community** by encouraging all of us to become better informed about historic and current racism in our society...and in our hearts by reading White Fragility. Of course, you may wish to read any one of a variety of books on this subject, but we will be offering small group discussion opportunities in September for those who have chosen to read this particular book.

You can expect this book to challenge your assumptions about racism. It is not a "comfortable" read. It is written by a white person for white people and offers a detailed portrait of individual and societal roles, involvement and responsibility in the continuation of racism that most all will find challenging. But we offer this reading as a first step to help us better understand ourselves; for to change and grow, one must first recognize and accept one's need to do so.

As we look forward to small, facilitated group book discussion groups in September, here are a few questions you may find useful to ponder as you read.

- ♦ Can you think of ads, TV, movies or media that seem to demonstrate that "whiteness" is a norm or standard for humans and people of color are a deviation from that norm?
- ♦ Can you think of times in your life when your "whiteness" worked to your advantage?
- ♦ Are there ways you notice that white people have collective and institutional power over people of color?

Watch for details of our small group book discussions in the September AVE. Copies of White Fragility are available now to all in our Parish Office for a suggested donation of \$15 or whatever you can afford.



Did you know you could change an entire community?

Now more than ever, Maine children need you. With more than 2,200 children in care and only 1,500 licensed foster homes, the need for assistance is great. Open your heart and home and become a resource parent today!

Taking the first step is now easier than ever!

Viewing our new online informational presentation is the first step toward becoming licensed. It will explain the differences between the various options of care, the process toward becoming li-

censed, and the supports that DHHS can offer resource families.

Start Today! Call: 1.844.893.6311 or [CLICK HERE](#) to complete our short form. Like us on [Facebook](#).

Find out how you can be the life changing hero in a child's story.

Contact **A Family for ME** today at 1-844-893-6311 or complete our form at AFamilyForMeMaine.org. We can't wait to talk to you!



Call us at 1-844-893-6311
Visit us at AFamilyForMeMaine.org



CELEBRATE



HONOR



SERVE

Congratulations to more of our 2020 High School and College Graduates who are heading off to new adventures



Elizabeth McIntosh graduated summa cum laude from USM (in her pajamas virtually from our living room!). She's now working in the philanthropy department at The Barbara Bush Children's Hospital at Maine Medical Center and is beginning her MBA at UMaine this fall.

Isabelle Gale officially graduated with all the Falmouth HS seniors on Saturday 25 July. She is tentatively planning to join the freshman class at University of New Hampshire to study Health Sciences. Her plan B is to wait until March 2021 when she will attend University of Auckland in New Zealand, an opportunity presented to her as a true Kiwi (a New Zealand citizen)! Either way, we are very excited for her and her future.

Ike Kiely graduated from Falmouth HS as a National Merit Honor Society member and Magna Cum Laude. He is going to study business at Babson College in Wellesley, MA starting in the fall. He was recruited and will be playing Division 3 baseball as a catcher for Babson in the spring.

O Living God, thanks and praise we give to you for these young people who have worked and grown through the course of their education. May they continue to learn and grow, and continue to give their best efforts, as they prepare for the next chapter of their lives. Protect them, O God, wherever they may go. Keep them from forgetting that they are made in your image and are ever walking in your sight. Empower them to serve others and the common good just as you have served us in Christ. Surround them always in your love, O God, we pray. Amen.

Parent Tips To Help Their College Students Stay Safe

Tip of the Month

Help them plan ahead to make safe choices at college:

- ✓ Talk to them about setting a limit before they start drinking, keep track of how much they drink, and avoid drinking games.
- ✓ Explain the importance of knowing what's in their drink and who is preparing any mixed drinks.
- ✓ Encourage them to have a plan to leave a party if they are not comfortable. For instance, use a rideshare app or devise a code word that they can text to a friend or relative so they can get a ride.

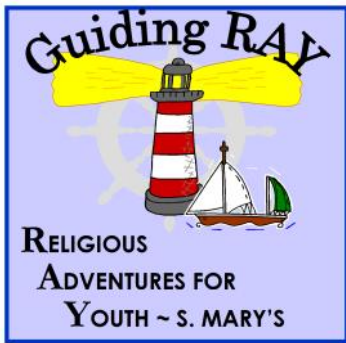


A grant funded project sponsored by
Cumberland County Government

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Casco Bay CAN
CREATE AWARENESS NOW
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Christian Formation-RAY Beams - August 2020



Our Family worship services are designed for families and open to all! We held two family services in July and they were so much fun that we have scheduled two more for August. Please join us on August 9 and 23 at 5:30. The Picnic Eucharists is a wonderful way to enjoy the worship of God in community. The lesson for August 9 is Matthew 14:22-33, Jesus Walks on Water. And guess what...we will have the sprinkler out so that we can run through water!



Our Guiding RAY vegetable garden is growing beautifully and we have already contributed over 5 pounds of fresh produce to the Falmouth Food Pantry.

The weeds are also growing!

If any one is interested in helping to weed, please feel free! It is an enjoyable way to give back to the community while celebrating God's creation. And the veggies are growing so well that it is easy to identify the weeds.



Celebrating Saint Mary, our Patron Saint

Join us for an outdoor gathering on **Saturday, August 15 at 5:30 pm**
Let's reconnect and safely socialize in a beautiful place to celebrate our Patron Saint, Mary.

Bring your own picnic and chairs or blanket and enjoy an evening of socially-distanced community togetherness.

We will be showing the family-friendly movie, *The Iron Giant*, in the garden alcove.



Family-friendly worship activities and resources for the summer

(you can find more on our website <http://www.smary.org/our-guiding-ray/>)

The 2nd Summer Activity Pack for Children and Families

In this [Summer Activity Pack](#), families can dig into the theme of Eco-Justice from Christina Clark's Arts Camp as a celebration of God's creation and how we care for it.



Christian Formation - RAY Beams - Summer 2020

May God strengthen and guide us for a lifetime of anti-racism work.

Here is a list of books for parents and children, carefully curated by our own wonderful Dawn Yerkes.

Resources for Parents:

Guidance on discussing race and racism with children:

- <https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism>
- <https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
- <https://www.embracerace.org/resources/what-is-the-talk-white-parents-should-have-with-white-children>
- <https://www.common sense media.org/blog/how-to-talk-with-kids-about-racism-and-racial-violence>
- <https://www.common sense media.org/blog/how-white-parents-can-use-media-to-raise-anti-racist-kids>

Children's books to promote discussion:

- The Colors of Us by Karen Katz
- The Skin I'm In: A First Look at Racism by Pat Thomas
- Let's Talk About Race by Julius Lester
- A Kids Book About Racism by Jelani Memory
- Not My Idea: A Book About Whiteness by Anastasia Higginbotham
- This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do The Work by Tiffany Jewell

Additional resources:

- <https://www.embracerace.org/>
- <https://www.pbs.org/parents/talking-about-racism>
- <https://www.healthline.com/health/parenting/anti-racism-resources-for-parents-and-kids#social-media>



The Episcopal Church has made a commitment of dismantling racism and building up the Beloved Community since the 1990s. Here is a list of resources to help you and your family as you have hard conversations with your teens.

For Middle School Age Youth and older

- *All American Boys* by Jason Reynolds
- *Getting Away With Murder: The True Story of the Emmett Till Case* by Chris Crowe (nonfiction)
- *Piecing Me Together* by Renée Watson
- *The Road to Paris* by Nikki Grimes
- *This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do The Work* by Tiffany Jewell (nonfiction)
- *Voice of Freedom: Fannie Lou Hamer: the Spirit of the Civil Rights Movement* by Carole Boston Weatherford (nonfiction)
- *You Don't Even Know Me: Stories and Poems About Boys* by Sharon G. Flake

**“The spirit-breath of God pulses
in people who opt for simplicity
and humility rather than
ambition and acquisition.”**

Dr. Jack Levison

We come together in Prayer

All Desires Known

shared by Merle Marie Troeger

COVID 19 has put us through a difficult time lately. Until recently we couldn't gather to worship. I'm so glad it's possible to do a picnic Eucharist on Sundays now. And the Be Still meditation groups continue via zoom as do Noonday Prayer services. It all reminds me of a famous prayer that begins our Eucharistic worship.

Whether you prefer Rite I or Rite II – or something else- the first prayer of the Holy Eucharist in the prayer book always catches my attention. It begins this way:

“Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid.”

It reminds me that, as I get ready to worship, I am totally exposed before God. I have no secrets. Nothing is hidden, even the things about myself I try to conceal from myself, as well as from everyone else. And we are all in that same scandalous state.

For me, there is also a sense of incredible relief. I don't have to pretend that I am anyone other than who I am. My “true self” is disclosed to God. My secrets are in God's hands – both the ones that are healthy and those that need redeeming. My desires are well known to God. God sees that my yearning for God is also mixed up with yearnings that are unworthy of God.

The prayer acknowledges that I am not the well-integrated, “put-together” Christian I would like to be. We are real human beings. We have conflicting desires. We have secrets we hide even from ourselves.

So I'm glad the prayer doesn't end there. We go on to ask God to cleanse the “thoughts of our hearts.” Funny, I thought my thoughts were in my head. But whoever wrote the prayer knows something I often forget. My heart has secret thoughts that need to be attended to. For that there's therapy, counseling, spiritual direction, but perhaps the most immediate cure is the worship of God. The goal of the prayer is high: that we may perfectly love God and worship God worthily. Enjoy the Eucharistic picnic!

... BE STILL ...

...and know that I am God.

Be Still on Sunday Mornings and Monday Evenings

Adult “Formation” continues at Saint Mary's throughout this time of physical separation. Indeed, perhaps because of that separation and difficult life circumstances, *Be Still* (currently through Zoom) is flourishing. If you wish to join us on Sunday mornings between 9:15 -10:15 or Monday at 5pm, please reach out to Merle Marie Troeger, Becky Pride or Jennifer Gregg, and we will send you a “Zoom Invitation.” We can accommodate up to 100 participants on Zoom, so don't be shy!

AND Don't forget the Merton Group Adult Formation still meets on Thursday afternoons at 3 pm on Zoom. If you would like to participate, send an email to Jennifer Gregg (jenniferanngregg@gmail.com) to receive the meeting login information.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives August 20 & September 24

Due to the coronavirus crisis, there is still a critical need for blood. Sign-up today to be a blood donor and help give to those who need your blood to survive! Go to www.redcrossblood.org and use sponsor code “StMary” to make your donor appointment. **All blood donations are now tested for coronavirus antibodies.** **If you donate, you will receive the results of this testing within 5 days!**



Sparkles News - August 2020

While a lot of things are still uncertain in the world, we have been working hard to plan a safe Sparkles in 2020. We know that things may change, and the “best laid plans . . . often go awry,” but we’ve decided to go ahead with the best information and advice we have at this time.

To help with physical distancing, we are currently planning to divide Sparkles into multiple events. Each event will be held over several days, and we will limit the number of customers based on state guidelines. We’ll also practice safe hygiene and disinfecting.

There are some things that won’t change, of course. The Christian fellowship, the laughter and fun, and the satisfaction of helping our wonderful community will still be there even if they look a little different. We’ll share more of our plans as we get closer, but in the meantime, there are things we could all do now to help make it a success.

BOOK FOLDING – Last year, our folded books were a big success! If you could help us fold books into Christmas trees, words, or symbols, that would be great! It’s a super activity for doing at home, and we’ll teach you how.

KNITTERS/CROCHETERS/SEWERS/WEAVERS/EMBROIDERERS – Begin now making things for the Knitting Corner. Mittens, hats, scarves and felted bags are always big sellers. If you’re cleaning out your “stash” of yarns or fabrics or notions, please save those to donate as well. For more information, call Barbara Murray (799-1326)

SAINT MARY’S GEMS – If you have vintage (antique or costume) jewelry, please save those for donation. Even broken pins or one of a kind earrings are cleaned, repaired or reworked into other wearable pieces. If you make jewelry, we’d love to have some of your handmade pieces, too, as well as any beads, charms, clasps, etc.

DONATIONS FOR THE BOUTIQUE – Please, if you have items to donate, think Sparkles first! If you are selling your home, moving, closing an estate or just cleaning out, please consider donating your items to the Sparkles boutique. We accept donations year-round and offer pick-up service if needed. Please call Jana Burke (272-4535) to make arrangements.

The Sparkles Committee is made up of some of the most wonderful people in Maine. If you have any interest in joining us, please contact Jana or Kathy.



**American
Red Cross**

Together, we can save a life

July at The Episcopal Church of Saint Mary

Our goal was to try to collect **97 units** of blood over 4 blood drives. We actually collected a total of **123 units** of blood! This equates to **369 lives** potentially saved during one of the most challenging months of the year for blood donations. We cannot overemphasize how important these blood drives are to our local blood supply. The American Red Cross sends their heartfelt gratitude to all of Saint Mary’s for opening the building to them. Without blood drive sponsors like us, our community blood supplies would be in real trouble.



Katahdin Pilgrimage: August 20 -22

Every Mainer should visit Baxter State Park and reach the summit of Katahdin, the zenith of Maine, if one is able. Join this group of 12 people for a summer-time adventure in this amazing natural treasure. We carpool, spend 2 nights in lean-to's and eat delicious camp food! **One spot is left!** So speak now with Portia Hirschman at revportia1@msn.com or Jim Kane, 329-1764 or kanejbabson@gmail.com.

Communion Bread Recipe from the Cowley Fathers

When you have the opportunity to come for a Picnic Eucharist and would like to make Communion Bread to bring with you, here is a simple recipe to follow from our Episcopal monks in Cambridge, Massachusetts.

In a medium bowl, mix together the wet ingredients:

1/4 cup milk
1/4 cup oil (vegetable, canola, or other light oil)
1/4 cup water
4 oz. honey (or an alternative sweetener)

Then slowly mix in the dry ingredients:

2 cups whole wheat flour
2 teaspoons baking powder
1 teaspoons salt



The resulting dough should be stiff and moist, but not sticky. Adjust ingredients as needed.

Turn out onto lightly floured board and knead briefly, using additional flour as necessary. Then roll out to about 3/8" thick.

Cut into round shapes of your desired size. Use a knife to mark each loaf with a cross (into quarters).

Place on an oiled cookie sheet and bake at 400° F for 12 to 14 minutes (depending on your oven) or until lightly brown. Cool loaves on wire rack.

You can wrap them and refrigerate or freeze for future use. Or keep one for Communion and have the rest with dinner!

Saint Mary's Operating Finances - as of June 30, 2020

(+ 29,682)

INCOME

General Plate & Pledge Support	171,102
Use of Parish House & Sanctuary	7,745
Fundraisers	10
Miscellaneous Gifts & Revenue	46,897
Dedicated Gifts	13,781
	\$ 239,535

EXPENSE

Diocesan Assessment	28,543
Personnel (includes, taxes, benefits, & pensions)	116,038
Maintenance, Capital	14,921
Operating (utilities, insurance, taxes, supplies)	36,664
Program	13,687
Countless volunteer donated hours of time	0
	\$ 209,853





The Maine Marathon is now a VIRTUAL event!

**Saint Mary's GODSPEED runners
will run it on SATURDAY
3 OCTOBER at 9 AM.**

Join Nathan+ at Saint Mary's on this day to run a portion of the Marathon route along Rt. 88 and to virtually be part of this great community event. Our Relay Team registration fees will still support important Maine charities.

Everyone is welcome to gather on this Saturday for a physically-distanced but spiritually-connected community run. ALL are welcome and we will adjust the length and speed of our run to the ability of our participants. Walkers are welcome as well.

A Saint Mary's Symbol

by Ben Rodgers

"Emanating." Here, we live a community life of intertwined shapes and distinctions, all crowded together, bursting outward in song and light! Some of us have opposing views, and yet, we are bound together as one church body.

This shape is taken from the light fixtures in the sanctuary. Look up during a service, and you will see this shape staring right back at you, right there! Mentions of the similar floral pattern are scattered around the millwork and even on our stone Altar. It is formation and expression. Many parts are working in a beautiful order, yet one of them is darkened, it's directional, pointing the way. We don't just sit here; we move and lead. The primary font selected is orderly, strong and yet sensitive, with thin lines and thick lines mixed among the letters. It welcomes all shapes and sizes. It is subtly familiar. Indicative of the architecture of the place. It's not a rock 'n' roll church: it's stately, and old and beautiful, but alive and emanating. Museums use a similar, updated and yet old-world style.



"Enwrapped" is another main concept. Generations of people are caring for one another here. It's not an old or a young church; there is diversity of shape, direction and "ideas": something we recognize in the community here. There is an inherent physical action to this imagery. Shouldn't we all be looking around and looking up? Notice how many times during the service we raise our eyes to heaven, wouldn't we notice these shapes? SHOULDN'T we? Where is our focus? What do we notice? Others? Are we outward? The images asks a lot of questions "OF Saint Mary." We are all of this church, so it's emphasized. We are a membership, a body that belongs to one another and to God. Let's not ever forget that this is a "We" scenario.

News, Notes, Kudos, Dates & Reminders

(Send your 1-3 line notes, announcements or thanks to Beth at admin@smay.org by the 20th of the previous month)

Thank you to Katie Clark, Matt Fulton and Ben Rodgers for helping to record and live-stream our picnic Eucharists this summer.

Merci

Thanks to Deacon Christine and Katie Clark who led NoonDay Prayer while Fr Nathan was away serving with the Marines. Beautiful job!

yay!

To the parishioners of Saint Mary's and the Book Sale organizers,

The Falmouth Food Pantry sent a lovely note exclaiming how important our support is to their mission and how much they value our relationship. They continue to have to purchase all foods that they share with the scores of local families that have food insecurities, and they continue to safely mask and from a distance hand out boxes of food at the school on the first and third Fridays.

All the managers of the Falmouth Food Pantry

Thank you to Building and Grounds for helping out with so many projects and unique requests.

I am grateful to all of you who have participated in our outdoor Picnic Eucharists so far. Your flexibility in adjusting to new realities, and your willingness to follow simple protocols for the common good has been noteworthy and excellent.

I am so grateful that we have had no problems so far and no conflicts over mask-wearing! Thank you! -Nathan+

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Muchas Gracias

Thanks to Janet Bown who is always close by when needed and has 'on top' of the pulse of things at Saint Mary's.

Seeking... a Wooden Table and Chairs Are you downsizing and hope to find a good home for your outdoor set? Do you know of a set that might be available from someone else? Can you picture it outside in the alcove next to the Chapel?

GROWING TOGETHER VIRTUALLY

ONLINE WORSHIP (*worship videos are available a day later on the website*)

NOONDAY PRAYER: Monday – Friday 12noon on [Facebook Live](#)

SUNDAY WORSHIP: each Sunday 10:15 AM from the Garden on [Facebook Live](#)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:15 AM online via ZOOM. *A contemplative time of themed reflection on scripture passages or poems.*

BE STILL: Mondays at 5 PM online via ZOOM. *A guided practice of Centering Prayer with touches of Taize, contemplation, scripture, poems and peace.*

MERTON GROUP: Thursdays at 3 PM online via ZOOM. *A small, spiritually diverse, inquisitive, tolerant, open-minded, and supportive group of "seekers" that each week pray, read aloud from a chosen book, reflect, question, and grow.*



Here are some important dates in our
Saint Mary's parish family

Happy August Birthdays to:

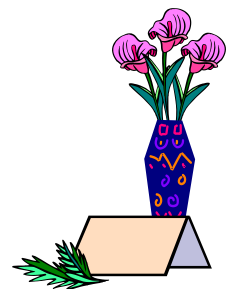


1	Alex Thomas	10	Nathan Ferrell		
2	Harleigh Clark	10	Juliette Teng	21	Babs Bell
2	Ayden Henson	11	Hope Clark	22	Rob Wood
2	Bryce Henson	11	Lily Clark	23	Margo Hesson
2	Straughan Orestis	11	Alexandra Galbraith	24	Dan Hourihan
2	Scott Searway	12	Pat Rogers	24	Blake Wilkes
3	Morgan Doehne	13	Aleece Herlihy	25	Marlena Fulton
4	Blake Lindberg	13	Kyle Lamberson	26	Linda Eaton
5	Kitty Peixotto	13	Andrew Marcelynas	26	Kevin Lamberson
6	Quinton Hastings	13	Harrison Rana	26	Becky Pride
6	Caroline Wilkes	14	Julia Morgan	28	Ellie Holt
7	Sé Ferrell	15	Chris Connors	28	Miles Isacke
8	George Brown	16	Henry Musacchio	28	John Morgan
8	Kathy Galen	17	Elliott Billings	28	Mary Smith
8	Eli Gratz	18	Freya Scammell	29	Tacie Dougan
9	Calia Browne	18	Peter Brouillette	29	Faye Frongillo
9	Anne Hilliard	19	Doug Gauvreau	31	Grace Buckspan
9	Erin Lindberg	19	Harrison Rhoades	31	Melissa Cott
		20	Lucy Ellis		

We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please send your and your family's special dates into the parish office and we'll be sure to include them on your special month. admin@smary.org or call 781-3366 or drop a note to the church. Thanks!

Happy August Anniversary wishes to:

2	Susan & Bryan Dench	15	Diane & Jeff Campbell
3	Connie & Mark Stimson	18	Kim & Ron Vincent
5	Kitty & Brad Babson	20	Becky & Doug Pride
5	Angie & Charlie Hesson	21	Shelly & John Maher
11	Priscilla & Rod McGarry		



Caring for God's Creation - A Tip for Saving Energy and Cash from the Outreach Committee



Go Plastic-Free for a Week - or a Month!

GoGo Refill (www.gogorefill.com) 64 E Street in South Portland is a resource to help you: "We're open to all, no matter where you are on your low-waste journey!" Find all-natural kitchen, cleaning, bath, body and personal-care products that aim to reduce consumer waste. Bring your own containers--or purchase mason jars on site. Grocery stores? It's tough during COVID, but you can ask for paper bags at check-out, avoid pre-packaged fish and meat by ordering paper-wrap only at the meat and fish counters. At a minimum, try using only reusable coffee and water bottles!



THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road
Falmouth, ME 04105
207-781-3366 www.smary.org

Our Temporary Worship Schedule

Sunday Worship

10:15 AM - Picnic Eucharist on the
campus and on Facebook Live
5:30 PM - Picnic Eucharist on the campus

MONDAY - FRIDAY

12 Noonday Prayer on Facebook Live

BE STILL Live on Zoom

Sundays 9:15 AM

Mondays 5 PM

CELEBRATE  **HONOR**  **SERVE**



THE EPISCOPAL CHURCH
OF SAINT MARY

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**43 Foreside Road
Falmouth, Maine 04105
207-781-3366 / smary@smary.org
www.smary.org**

The Rev. Nathan Ferrell, *Rector*
nathanferrell@smary.org

The Rev. Christine Bennett, *Deacon*
deacab@maine.rr.com

Bruce S. Fithian, *Organist & Choirmaster*
bsfithian@aol.com

Megan Akers, *Director of Christian Formation*
GuidingRAY@smary.org

Beth Shaw, *Parish Manager*
admin@smary.org

Office Hours in August

MON - WED, 9 AM-4:30 PM

Copy deadline for September AVE: Aug. 20

YOUR 2020 SAINT MARY'S VESTRY

Nathan Ferrell, Rector, 310-0268, nathanferrell@smary.org

Janet Bowne, Sr. Warden, 318-7045, jmitchellbowne@gmail.com

Aaron Splint, Jr. Warden, 838-2708, asplint@yahoo.com

Ben Parks-Stamm, Treasurer, 458-3151, ben.parks.stamm@gmail.com

Darren Clark, 781-424-9905, ddclark@maine.rr.com

Sandy Couch-Kelly, 233-7994, scouchkelly@gmail.com

Stan Eaton, 317-6097, stan.eaton@gmail.com

Matt Fulton, 617-833-0987, mfult825@gmail.com

Rick Hirschman, 310-3800, rrhirschman@msn.com

Jessica LaPlante, 650-7977, jessica@locationsinmaine.com

Jan Mordarski, 317-2486, janmordarski@gmail.com

Thom Pettingill, 781-2219, thomaspettingill@gmail.com

Will Salomon, 240-1646, wsalomon@clinical-metrics.com

Jan Wentling, 400-9904, janwentling@hotmail.com