



THE EPISCOPAL CHURCH  
OF SAINT MARY

AVE

Monthly Newsletter

## Becoming an Anti-Racist Parish Community



*“My brothers and sisters, what good is it if people say they have faith but do nothing to show it? Claiming to have faith can't save anyone, can it? Imagine a brother or sister who is naked and never has enough food to eat. What if one of you said, 'Go in peace! Stay warm! Have a nice meal!?' What good is it if you don't actually give them what their body needs? In the same way, faith is dead when it doesn't result in faithful activity.” (James 2.14-17, CEB).*

I see a direct parallel between this call to feed the hungry and the call to remove the disease of racism from our society. It is not enough to have friendly thoughts or to say the right words. The claim that “I’m not a racist” means little if it does not result in faithful activity to meet the needs of our black and brown neighbors. We demonstrate who we are by what we do AND by what

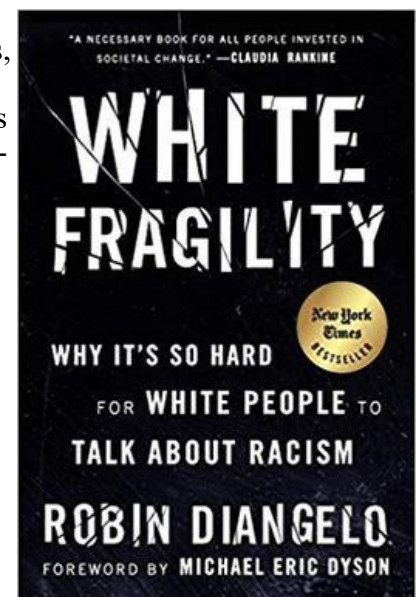
we fail to do, as the Letter of James so astutely explains.

In this time of worldwide marches and protests, I invite everyone in our parish family to spend some time reflecting on the ways that our nation, our society, and even our self-understanding have been constructed on a framework of racial injustice. To that end, I encourage everyone to read the best-selling book called “White Fragility: Why It’s So Hard For White People To Talk About Racism” by Robin DiAngelo. Reading this book will not solve any problems, but it may help you to understand why so many people become defensive and emotionally uncomfortable when our nation’s legacy of racism is discussed. The ideas in this book may also make you uncomfortable. Do not be afraid! I suggest that we all embrace this discomfort as a necessary step toward reconciliation and healing in our land. Look for details about small group conversations of this book further on in the August AVE.

Faithful activity in the way of Jesus is always our goal. As disciples of Jesus, we are working to integrate our lives into that much larger story, which is the kingdom of God. Without any doubt, we know that the concept of race is foreign to God’s consciousness. The idea of “race” is a recent European concept that is found nowhere in the Bible, and it has no place within the kingdom of God. I believe that God is calling all members of the Church to become an anti-racist movement that does more than simply say nice words about others who are different from ourselves. God calls us to act to change systems that perpetuate injustice. My friends, we can do this! Even if it is in small ways in our little corner of the world, we can effect change – by the grace of God. Lord, may it be so.

*Nathan W. Ferrell +*

Books available in the parish office (Monday, Wednesday), at Sunday services or contact Bonny Rodden. More details on page 7 of this AVE



## From Deacon Christine



Dear Brothers and Sisters in Christ,

Last week my grandkids, the little ones, spent a day with me in Kittery. There is a beautiful wooded nature preserve that surrounds my sister's house with marked trails. Ryker and CC have been hiking and camping with their parents since they were old enough to ride in a backpack, so they were eager for a walk in the woods. We chose a marked path and set off with the kids in the lead and Gram-my trying to keep up! After a while the trail ended, and we were faced with a choice to either take the path to the left or the path to the right - like the wonderful poem about the road that diverged in the wood and the choice to take the one less traveled! My grandson was convinced we should go left, but my very flawed sense of direction was telling me to go right. Since I was the adult in charge, my choice won out. Big mistake!

We walked and walked and walked. I was starting to feel concerned and when that trail ended and we found ourselves on private property, I started to feel very concerned. The kids were fine and very cheerful as we trudged on and finally one of them asked if I thought we were lost. Reluctantly, I said yes. Eventually I heard cars, and we moved toward the sound finally coming out on the side of a road. Unfortunately, there were no signs or buildings that we could see, and I had no idea where we were. Thankfully I had my phone, and I called 911. We were rescued by the York police. We were 4 miles from home in the next town over! We were rewarded for our trouble with a ride in a police car - our first - and the wonderful officer tried to ease my embarrassment!

I was exhausted to say the least and thanked our good Lord that we were safe. The beautiful landscape of trees and birds; the warm scent of pine and the sun on our faces was glorious, and I felt perfectly at ease until the trail markers ended. Then the landscape became disorienting in its sameness, and I began to feel afraid in an unfamiliar place with no end in sight. There was such relief when we came to the road but even then we didn't know where we were. The last several months of living in quarantine, with information changing daily, social distancing and the restrictions imposed on all of us for safety's sake has created a landscape that is disorienting and frightening. Our sign posts are no longer there. The people we work and play and worship with are not part of our daily interactions. We are no longer able to worship together on Sunday at the church that gives us strength and solace. Our favorite restaurants are closed. The concerts and plays that give us joy are no longer available. So many losses, and we are all grieving.

We grieve for the familiarity and security of life as we knew it. The opportunity many of us have now is time for prayer and reflection. It is also a time to learn and to create in new ways we haven't considered before. Not only are we living in a time of viral pandemic but also in a time when events shine a light on the pandemic of racism. God's grace shines through the darkness of these times to show us a path to healing and wholeness, physically, spiritually and intellectually. It is a time to grow in love for each other and for our neighbors. It is a time to reach out using the ways of communication available to us. I hope that you will consider the opportunities at Saint Mary's that will be offered this summer to worship and pray together and opportunities to learn and grow together as we explore ways to strengthen our connections to all members of the human family.

Faithfully,

Deacon Christine

## Stewardship 2020

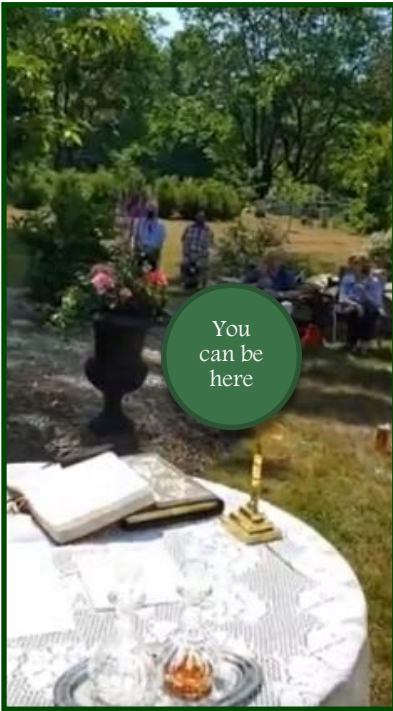
It's going to be a long time before COVID-19 is in the rear view mirror. Holding the outdoor services has given a feel of a bit of normalcy. How blessed we are to have the new garden to meet in and remain appropriately physically distant.

Thank you so much for your continued support which has enabled us to flex into a new mode of operating.





## Picnic Eucharists: Sunday, Outdoors 10:15am & 5:30 pm



Our outdoor picnic Eucharists have been a great success, and all attending have appreciated the ability to see each other, to worship together, and wave during the peace, even if all just from a distance with a mask on. There are circles spray painted on the grass designating your space which are 10 feet away from the next circle.

Fr. Nathan could use a little no-contact help on Sunday morning setting up the PA, directing people to their spots (with ample distancing ) and reading a scripture lesson. If you might be able to help, please contact the Parish office.

*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!*

## Music Ministry

by Bruce Fithian

Due to the fact that we can not presently meet in Saint Mary's sanctuary, I think a lot of us miss absorbing the beautiful Norman chapel, with its splendid stained-glass windows, and of course, hearing our wonderful organ. With this in mind, I thought it would be nice to present an organ recital in June that will be available on our web site. With the aid of Kue John Lor, the video will highlight the organ as well as the chapel. I have chosen music that is particularly suitable for our noble instrument and will include some comments about the organ, its builder, and the musical compositions.

The program will consist of a chorale phantasy by Dietrich Buxtehude, 'Nun lob, mein Seel, den Herren,' (Now praise the Lord, my Soul). The first part of this chorale will be very familiar to all, as it is the opening melody of our doxology 'praise God, from whom all blessings flow.'

A meditative chorale prelude by Bach will feature another chorale melody based on the Lord's Prayer.

Then, to show that our organ is suitable for later music, I will play a very expressive work by the contemporary British composer, Andrew Fletcher.

I have had lots of time to practice at home on my Johannes organ, so it will be a special treat for me to share with you an enchanting work by Bach that I have wanted to learn for a long time: 'Herr Jesu Christ, dich zu uns wend' (Lord Jesus Christ, to thee we turn.) And the recital will conclude with 'Pageant,' a brilliant work by another contemporary British composer, Philip Moore, who was Organist and Master of Music at the great York Minster from 1983 to 2008.

Click here for this glorious concert and narrative or visit the Smary.org website or eNEWS and click on this picture this picture



# Vestry Highlights from the Wardens

by Janet Bowne

The Vestry that centered on the Litany of Repentance. He instructed that saying the Litany of Repentance can be said on behalf of the country and our history of racial tensions.

Lucy Ellis and Jim Stoddard shared an update of the Saint Mary's Garden Club garden redesign. This three-year project is almost complete. The SMGC has worked closely with Building and Grounds to implement the redesign and also to remove and replace the hedge around the Rectory and labyrinth. This is the first major redesign of the garden since the 1930s. A new bench and arbor will be installed later this summer. This is a tremendous project. The new garden space will be used for our first outdoor services since shutting down for Covid. It will be a place for contemplation and celebration. We are grateful to the SMGC for their expertise, generous financial support and energy!

Jim Stoddard gave an update on the bell proposal. Verdon, based in Ohio, has provided a proposal and can do the work. However, we are not clear how the 14-day quarantine affects the estimate and their ability to do the work. Jim will contact them to ask those important ques-

tions. Thank you, Jim and B & G, for your work on this important project.

Jennifer Gregg presented the Outreach Committee's Response to Racism. We discussed several principles presented and determined that many are ongoing. Starting a new discussion in July when our parishioners now emerging from the stay at home order, Father Nathan being on vacation and limitations on being able to meet in person may limit participation. We discussed the information provided by Bishop Curry and how that could be helpful. His Way of Love program is well suited to encouraging self exploration and discussion. We thank the Outreach Committee for their energy and hope that we can find a way to discuss racism in the US, our area and the realities of white privilege.

Ben Parks-Stamm presented the financial statements. We continue to have good support from our parishioners. We are truly blessed. Income, except for loose offering, is steady and expenses are mostly down.

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

### *Help the Falmouth Food Pantry Feed the Vulnerable During the Pandemic*

We hope that the abundant sunshine we have enjoyed this June is helping your "Victory" vegetable gardens grow and that you will be setting aside a portion of your harvest for the Falmouth Food Pantry! For those who wish to participate, members of the Outreach Committee will organize regular pickup of your donated produce to ensure that it reaches the Food Pantry easily and efficiently. As you already know, the Food Pantry is well supplied with canned and dry goods, but is anxious to supplement with fresh produce for those in great need. Your produce donations will be added to those contributed from the Guiding RAY garden.

To add something special to the food packages, Saint Marians can share flowers from their garden.



Make bouquets by cutting flower stems on an angle, wrapping them gently with parchment paper (if you have it) and tying them loosely with ribbon or string. Please leave bouquets in the bucket of water outside the Guild Room entrance by noon on Wednesdays. **If you have questions, please call Bonny Rodden at 329-4978 or 781-4978.**

To help us plan and assist, please advise if you wish to participate in planting, donating and/or helping other plant a garden and/or transport donations to the Food Pantry.

Please indicate your willingness to either grow produce or to pick up/transport donations on the [On Realm event registration](#) sign-up.

Feel free to contact: Bonny Rodden, [brodden1.br@gmail.com](mailto:brodden1.br@gmail.com) or Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com) with any questions!

CELEBRATE



HONOR



SERVE



## Outreach Ministry - All Ages Serving Near and Far

### When a door closes, a window opens!

So it happened for our spring semester of *In Her Presence!* Due to the pandemic, our weekly Saturday morning classes at the Portland Public Library were canceled mid-March. However, we used FaceTime, WhatsApp, and our cells to offer weekly lessons to our women. Our team of St. Mary's volunteers, Judith Brooks, Anne LaFond, Becky Pride, Katie Porter, Merle Marie Troeger, as well as our friends of St. Mary's, Mabeth DeLuca, Eve Nelson, Susan Schraft, and Caroline Trott, all volunteered to talk to each of our immigrant friends every week. We made perhaps even deeper connections by working on lessons one-on-one. Colors, cooking, household items: we had many lessons and great fun in the learning! Each week Becky would send a video lesson and personal message telling the women how much we missed them and how proud we were of them. Thanks to technology, we were able to enter their homes and meet their children and grandchildren! Our final teacher's Zoom meeting was last Saturday, and we teachers were surprised by homemade video appearances from our women thanking us for everything and wishing us a happy summer. It was so touching that one of us cried. [Guess who?!]

So, while COVID-19 shut down our physical classroom, it did not dampen our spirits or our resolve! We simply opened a window!!

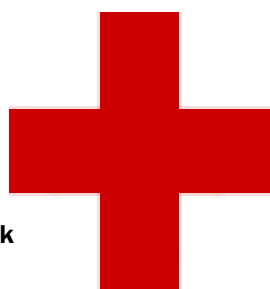
Plans for the fall will depend on the pandemic, but we do know that part of our fall agenda ~ however it is to be delivered ~ will be to educate our women about racism in America as they are interested but do not understand our history. Social justice will be a major topic as well.



When we asked Nadine, our translator, if our women were frightened by the protests or the news, she responded: "In the countries we come from in Africa, we know not to leave our houses. Marching, protests, demonstrations in our home countries do not mean arrests, do not mean detention or deportation, to participate in protests or marches means death. Our women know not to participate in protests." Thanks be to God these beautiful women are here with us. Thanks be to God for their presence in our lives and all the gifts they have given us.

If any of you might be interested in working with this wonderful group of women who are learning conversational English with us, please let Anne or Becky know ([alafond@gmail.com](mailto:alafond@gmail.com) or [rebeccapride1@gmail.com](mailto:rebeccapride1@gmail.com))

We miss seeing you, our parish family as well! On behalf of our Saint Mary's team, Becky



Click

**American  
Red Cross**

*Together, we can save a life*

## Critical Need Blood Drive

**July 8, 15, 25 & 30**

**9 AM - 2 PM**

Due to the coronavirus outbreak, there is 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](http://www.redcrossblood.org) and use sponsor code "StMary" to make your donor appointment.

## Outreach Ministry - All Ages Serving Near and Far

### We Missed The Date, But Let's Not Miss The Experience!



On June 20, Greater Portland Family Promise organized "Night Without A Bed" to raise awareness of all families about family homelessness. Many of their most dedicated volunteers spent the night on the floor on or a couch or in the back seat of a car or in a tent to have just a glimpse of what homeless families experience every day.

We missed that, but it's never too late to learn, so parishioners are invited to consider doing the

same! Offer yourself a lesson of the heart by sleeping outside the comfort of your own bed. For those with children, it would be a great way to "talk" to your kids about homelessness. To raise community consciousness, take a photo of yourself in your sleeping spot and sharing it on social media with the hashtag #NightWithoutABed. (And while you are at it, consider a donation to Greater Portland Family Promise <https://greaterportlandfamilypromise.org/donate/> to ensure GPFP can ensure our graduate families and others can remain housed even through the instability that the COVID-19 pandemic has caused.)

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

Dining In is 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 Essential Pantry reopen in June and 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 al-



lowed 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-foot distancing. FMI, contact Betsy Elliman at 207-400-6871 or [betsyelliman@msn.com](mailto:betsyelliman@msn.com)



## Outreach Ministry - All Ages Serving Near and Far

### Thanks be to God - we had the Outdoor Book Sale

Outside, no rain and even with masks on buyers were smiling and cooperative with all the rules. We made \$1,900 which will be donated to the Falmouth Food Pantry, and we made some new friends.

Many thanks to all the St. Marians who helped, starting back in January with sorting and those who helped with set-up on Friday, the sale on Saturday and clean up on Sunday.

One last thing that Parishioners can do to help, is to stop by the Parish Hall and take a couple of boxes of books to Goodwill. The books are in the auditorium.

Thanks to all who helped in any way,  
Betsy and Jan, Book Sale Co-chairs



### Looking for something to do to fill your time NOW?

We have a few **puzzles**, DVDs, CDs, games and great books (for children and adults!) in the Auditorium with an honor box if you want to stop in during business hours and grab one (or drop one off!) **Make a donation!**

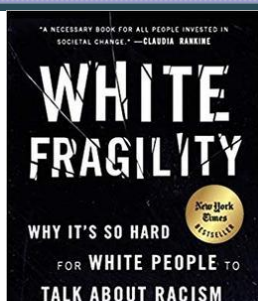
### Falmouth Food Pantry thanks all and hopes for our continued help

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

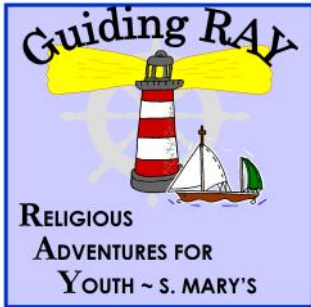
Saint Mary's seeks to be of assistance to parishioners who are confined during the Coronavirus crisis. Do you need help with grocery shopping? Are you able to help others with grocery shopping? Please contact Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com) or Beth Shaw,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



### **White Fragility by Robin DiAngelo**

You are invited to read, "inwardly digest," and, if you wish, discuss White Fragility in small group settings in August and/or September. Watch this space for more information. Copies will be available at the Parish office ([admin@smary.org](mailto:admin@smary.org) 781-3366 or office open Monday and Wednesdays) at Sunday services, and by special arrangement through Bonny Rodden (781-4978 or [brodden1.br@gmail.com](mailto:brodden1.br@gmail.com)). A suggested donation of \$15 to defray costs would be appreciated, but not necessary. Please make checks out to Saint Mary's Church.

# Christian Formation- RAY Beams - July 2020



Welcome summer!

Be sure to join us for **special Family Worship on July 12 and 26 at 5:30 PM**

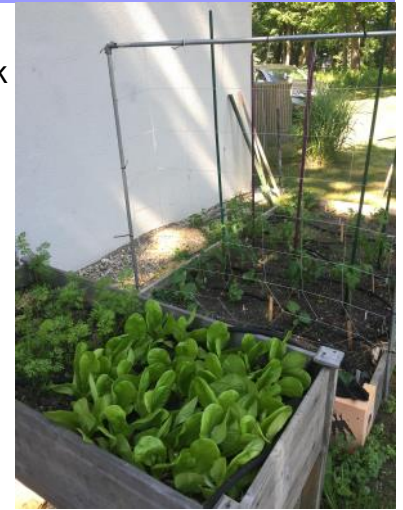
The 5:30 worship is suited for the WHOLE congregation, regardless of age and after the service we have a few safe, summertime fun activities planned.



We know this summer may look a bit different than normal, but we firmly believe that God is still at work in your community.

Just take a look at how well our Guiding RAY garden is growing! Inspired by the love of God and our love for our neighbors we will again be providing fresh veggies for our friends at the Falmouth Food Pantry. This year, we are joining forces with the Outreach Committee to assist in providing fresh food for local families who are nutritionally vulnerable this summer. Have you started your victory garden or planted extra to share? Report your hopeful growing intentions OnRealm.

Let's also join in the larger Episcopal Church's effort to **Plant, Pray, Proclaim.**



[Please register your intentions](#) with the Good News Garden Movement so we can all help this movement **GROW**.

## Family-friendly worship activities and resources for the summer (you can find more on our website <http://www.smary.org/our-guiding-ray/> )

### [Summer Activity Pack for Children and Families](#)

This summer, families are invited to explore our Baptismal Covenant through Water of Baptism, Water of Life by Anne Kitch and eight water stories from the Bible using Emily Given's Building Faith Brick by Brick. The activities provide a springboard to a summer of faith and fun .



Resources for faith at home, including talking with children about race and racism from Wendy Claire Barry. "Parents, our children learn most from what we do, so let's do this together."

[A short family guide to supporting racial justice now](https://wendyclairebarrie.com/2020/06/07/a-short-family-guide-to-support-racial-justice-now/) (<https://wendyclairebarrie.com/2020/06/07/a-short-family-guide-to-support-racial-justice-now/>)



Stay Tuned for a Parents Zoom coming in July. Let's get together over zoom to explore new and better ways to teach our faith and our story to children and youth.



# 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

## **Summer Prayer**

Creator of all, thank You for summer!

Thank You for the warmth of the sun and the increased daylight.

Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy Your creation.

Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season.

Draw me closer to You this summer.

Teach me how I can pray no matter where I am or what I am doing.

Warm my soul with the awareness of Your presence, and light my path with Your Word and Counsel.

As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for You. *Amen.*

# We come together in Prayer

## Baptism Vows

Shared by Merle Marie Troeger

Most churches have some initiation ritual that welcomes newcomers into the fold. One small Baptist denomination insists that it requires no less than 20 gallons of water to baptize effectively. For most Episcopalians, a little sprinkle of water seems to suffice.

Like most rituals, baptism takes many forms in different communities. The unifying thing is that promises are made – either by the adult being baptized or by godparents on behalf of a child. Here at Saint Mary's, the promise that seems most relevant to me today is this one.

*Question:* Do you renounce the evil powers of this world which corrupt and destroy the creatures of God?

*Answer:* I renounce them.

And at every baptism at Saint Mary's, the congregation renews its own baptismal vows:

*Leader:* Will you strive for justice and peace among all people, and respect the dignity of every human being?

*People:* I will, with God's help.

You *know* I am not quoting from some new prayers written especially for this turbulent time following the most recent murders of black citizens. The striking thing for me is that there is no new language in these promises, no new resolutions, and no new commitments. I'm quoting from the Book of Common Prayer, published in 1982. It's worth noting Anglicans have been making this promise at least since the first Book of Common Prayer in 1549. And somehow, we have collectively failed to live up to this age-old commitment.



It strikes me today that being baptized Christians calls us to a personal ministry of resistance to the evil powers.

As a start, perhaps we need to learn some new vocabulary: “racism” “anti-black” “wypipo” “whytppl” “white people.” There's more.

We could learn and remember some names and genuinely and routinely and prayerfully mourn their loss: George Floyd, Breonna Taylor, Philando Castile, Sandra Bland, Trayvon Martin, Eric Garner. As you know, the list is long. Find a list online and pray it, confessing our idle complicity in the white racism that resulted in their deaths.

Could we figure out how to harness the energy in our streets to make real institutional change? Moving from the streets doesn't necessarily bring wise transformation. This is difficult work that needs to happen carefully and honorably, and we should be part of it.

We could educate ourselves about what we just don't know or what we don't recognize in ourselves. It has been proposed that we all read the book *White Fragility*. Maybe look at James Baldwin's classic *The Fire Next Time* and the more recent Ta'Nehisi Coates' *Between the World and Me*. AND we can always take to the streets, write letters to the editor, lobby our politicians, campaign, and become those who “strive for justice and peace among all people, and respect the dignity of every human being” (Book of Common Prayer, p. 417).

## 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 before the Service of Worship 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](mailto:jenniferanngregg@gmail.com)) to receive the meeting login information.



# Save the Date: Saturday August 15, 5:30 - 8pm for a Feast of Saint Mary's Summer Celebration (rain date, Sunday, April 16)

**Togetherness from a distance!  
Games to play! Food we bring!  
And lots of music!**

CHURCH OF SAINT MARY

## Inspired by a Prayer in Desmond Tutu's *An African Prayer Book*

O God  
whose Son with cleansing anger  
drove the money changers  
from the temple,

We hold before you  
the anger  
the rage  
the frustration  
the sorrow  
of all people of color  
who demand for themselves  
the same chance to  
stand strong and tall  
loving and unafraid  
without threat of violence.

In penitence  
we offer you  
our own mixed up anger and sorrow  
that it, with theirs  
may be taken up  
into your redemptive will  
and help to cleanse our nation.

How can the clash  
between anger and fear  
oppressed and oppressor  
give way to the incomprehensible action  
of agape-love?

Who will bring about the reconciliation  
and create the festival of shalom  
when the whole of life on earth  
shall rejoice in the splendor of your glory?

Original Prayer by Margaret Nash, of Cape Town, South Africa, following the arrests of thousands of young people who were jailed without trial during the apartheid era.

## Sparkles News - July 2020



We know that things are still uncertain in the world, and we are currently meeting to explore how to Sparkle safely this year. 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.

Jana Burke and Kathy Galen, Sparkles Co-Chairs



## Katahdin Pilgrimage: August 20 -22

Every Mainer should visit Baxter State Park and reach the summit of Katahdin, the zenith of Maine, if he or she 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! Space is limited, so speak soon with Fr Nathan or Portia Hirschman, [revportia1@msn.com](mailto:revportia1@msn.com) or Jim Kane, 329-1764 or [kanejbabson@gmail.com](mailto:kanejbabson@gmail.com).

## Godspeed Team Completes 2020 Virtual Trek Across Maine

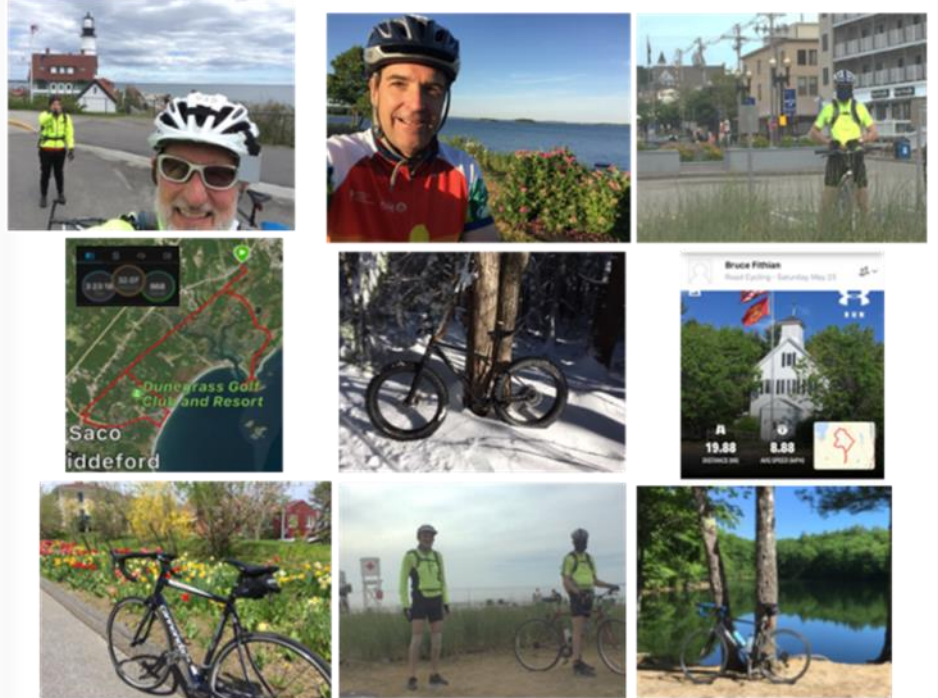
A small, but mighty, S. Mary's based "Godspeed" team recently completed the first ever "Virtual Trek Across Maine".

To accommodate social distancing requirement, rather than the customary 180-mile, 3-day group ride over Fathers' Day weekend, this year all riders logged miles from mid-April through the end of June on their own, along with corresponding fundraising efforts in support of the American Lung Association.

Bruce Fithian, Charlie Hurdman and Greg Fergin have collectively pedaled in excess of 1,500 miles as part of this Virtual Trek and raised over \$5,000 that will support the mission and efforts of the American Lung Association. Most of those miles were ridden independently, but we were able to enjoy several long and fun rides together too.

We thank the many members of the S. Mary's Parish Community who supported our Trek efforts this year – both financially and in other ways. Our contributions will make a difference in the lives of those who are impacted by various forms of lung conditions and diseases. A heartfelt thank you to our extended Godspeed Trek Across Maine S. Mary's Parish Team. If you have any interest in participating in the 2021 Trek Across Maine (whether as a rider or volunteer) please feel free to contact Bruce, Charlie or Greg for more information.

### 2020 Godspeed Virtual Trek Team in Action...



## Maine Marathon: Sunday 4 October

### Saint Mary's Godspeed Relay Team is looking for runners!

All of you have the time to go running. NOW you have the motivation! Everyone is invited to participate in this fun community event. There are no requirements to join the team except for your desire and interest. In miles, the relay legs are 5.9, 8.9, 5.7, 5.7. Which one is your leg? Reach out to Fr Nathan now to sign up ( [nathanferrell@smay.org](mailto:nathanferrell@smay.org) ).



# Congratulations to all our 2020 Graduates

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.



**Michaela Amato** will attend Denison University in Granville, Ohio, in the fall. She hasn't declared a major yet but is interested in Political Science and psychology and plans to minor in music (vocal).

**Ella Buchanan** will attend Brown University in the fall.

**Katalina Olivia Echavarri** graduated summa cum laude with a Fine Arts Endorsement in Music from Falmouth High School. She is a member of the National Honor Society and Tri-M Music Honor Society and will wear chords of distinction in National Speech and Debate at the late July graduation. She will attend Bowdoin College and plans to major in Government and Legal Studies.

**Fiona McGee Ferrell** graduated from Falmouth High School. In the fall, she will attend the University of Maine in Orono and will major in Elementary Education with a minor in Dance.

**TJ Frongillo** graduated from Greely High School and will attend University of Utah in Salt Lake City classes beginning on August 24.

**Ellie Holt** graduated Cum Laude from Greely High School. She plans on attending Sacred Heart University in their Physical Therapy program as well and plans to play lacrosse.

**Lauren Lamberson** has graduated from Greely High School and will be continuing her education this fall at Clemson University! She will be majoring in International Business with a minor in Spanish.

**Harrison Rhoades** will be attending University of Michigan in Ann Arbor, MI in the fall to study Economics & Political Science.

**Emily Stinneford** graduated with magna cum laude honors from Greely High School in Cumberland. She is a member of the National Honor Society, co-president of student council, an acolyte at Saint Mary's for many years; and among her many talents and activities, she is an accomplished ballerina in the Maine State Ballet Company. She looks forward to studying Communication, Legal Institutions, Economics and Government starting autumn 2020 at American University in Washington, DC.

**Congratulations to all our college graduate  
who has headed off to a new adventures.**

**Sé Hart Ferrell** Graduated from Mount Holyoke College with degrees in Biology and Chemistry. Sé is now working for Northwestern University in Chicago as a Biology Lab Assistant

**AND...our congratulations and our prayers for strong and fruitful futures to others who have completed undergraduate programs and starting new lives:**

**Elizabeth McIntosh, Sara Fallon, Isabelle Gale, Ike Kiely, Sammy Rae Means, and Will Winter**



**Mike Douglass, Exec. Dir.**  
98 Bishopswood Rd.  
Hope, Maine 04847  
mike@bishopswood.org  
www.bishopswood.org

**"... we feel it is time to make the responsible  
decision to cancel camp for the summer. "**

**For more information, [www.bishopswood.org](http://www.bishopswood.org)**

# News, Notes, Kudos, Dates & Reminders

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

A huge thank you to Betsy Stoddard and Jan Mordarski for their leadership of the Book Sale. And another huge thank you to everyone who donated, shopped, helped with any aspect of the set up, clean up for the event!! The Food Pantry and our community are the direct beneficiaries of our collective effort.

## Merci

Thank you to Father Nathan, Beth, Bruce, Christine and Megan for their continued support and commitment to our online streaming and especially for the outdoor services.

The Best Producer Award for filming under new normal procedures goes to Erin McGee Ferrell for her expert cinematography, patience and creativity in helping us stream our services.

yay!

### Tyler Technologies Announces Three female 2020 Maine App Challenge Winners

**First place:** Parker Harnett (granddaughter of Jan Mordarski and SM garden weeder for two years) of Yarmouth High School created "[How to Help](#)," a place for people to find ways to donate time, money, and needed items. Organizations can register with How to Help so residents can easily find causes important to them. The app started as a website, and Parker created an app to increase exposure for the organizations. Congrats, Parker!



Thanks to the Outreach Committee for presenting a Response to Racism to the staff and vestry.

Kudos to the Sparkles Team for their dedication to our annual fundraising event, Sparkles, despite the headwinds generated by a global pandemic. Thank you for your creativity, energy and vision.

## Gracias

Thanks to Bruce, Kue and the choir for finding a way to safely offer music for our Sunday services.

Thanks to Megan Akers for her work to connect with families and post streamed lesson.

Special thanks to Judith Brooks, Katie Porter, Merle Marie Troeger, Mabeth Deluca, Eve Nelson, Susan Schraft, Caroline Trott for weekly contact with our wonderful immigrant women & children of our *In Her Presence* program. During the months of COVID-19, Becky & Anne

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## STILL GROWING TOGETHER

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

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

*Tuesdays and Thursdays will be chanted in June. See next page.*

**SUNDAY WORSHIP: each Sunday 10:15 AM** Live on the lawns and 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 July Birthdays to:

1	Caitlyn Becker	11	Doug Pride		
1	Andrea Smith	11	Ava Wilkinson		
1	Aaron Splint	12	Thomas Fast		
2	Marcia Willock	12	Nick Horton		
3	Mark Diamond	12	Raughley Nuzzi		
3	Mallory Herrold	13	Max Orestis		
3	David Robinson	14	Sean Burke		
4	Tim Follo	14	Ron Frye		
4	Bill Gowen	14	Charlie Hurdman		
4	Jim Stoddard	17	Hannah Kiely		
6	Ike Kiely	17	Laura O'Neill	22	Nick Leshey
6	Gibson Wilkes	18	Amanda Henson	24	Jamie Akers
8	Peter Stegemann	19	Joanne Varga	24	Cameron DeSorbo
9	David Chadwick	20	Mary Hyland	25	George Holt
9	Chris Hurdman	20	Lincoln Stelk	25	Allie Wilkes Matthews
9	Tom LaPlante	20	Julia Stinneford	26	William Rana
11	Tom Donaldson	21	Ella Buchanan	29	Finn Blake
11	Maureen Hale	21	Sarah Delaney	29	Maddie Blake
				29	Johanna Frissell
				29	Maggie Gardner
				31	Hope Duchin

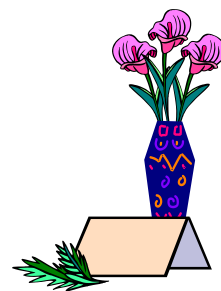


***We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please send your and your family's special dates into the parish office and we'll be sure to include them on your special month. admin@smary.org or call 781-3366 or drop a note to the church. Thanks!***

## Happy July Anniversary wishes to:



July 9	Jessica & Peter Kenlan
July 12	Ann & Robert Wood
July 14	Nancy & Vinny Licata



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



Consider small engines such as chainsaws, leaf blowers, and lawn mowers. Two-cycle engines tend to burn fuel and oil less efficiently than 4-cycle engines or electric motors. An older model, out of tune 2-cycle engine can produce as much pollution as a car or truck. Tune ups need to include sharpening blades and chains and lubrication and if you can see the exhaust from your equipment, it is likely running inefficiently. If your equipment is getting old, consider upgrading to a modern 2-cycle engine with a fuel injector or upgrading to electric power equipment which are nearly as powerful as their gas-powered counterparts. (Source: Town of Falmouth "Living Lawns Education.")



## THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road  
Falmouth, ME 04105  
207-781-3366 [www.smary.org](http://www.smary.org)

### Our Temporary Worship Schedule

#### Sunday Worship

10:15 AM - Liturgy of the Word in the  
gardens and on Facebook Live  
5:30 PM - outside in the gardens

#### 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

### THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road  
Falmouth, Maine 04105  
207-781-3366 / [smary@smary.org](mailto:smary@smary.org)  
[www.smary.org](http://www.smary.org)

The Rev. Nathan Ferrell, *Rector*  
[nathanferrell@smary.org](mailto:nathanferrell@smary.org)

The Rev. Christine Bennett, *Deacon*  
[deacab@maine.rr.com](mailto:deacab@maine.rr.com)

Bruce S. Fithian, *Organist & Choirmaster*  
[bsfithian@aol.com](mailto:bsfithian@aol.com)

Megan Akers, *Director of Christian Formation*  
[GuidingRAY@smary.org](mailto:GuidingRAY@smary.org)

Beth Shaw, *Parish Manager*  
[admin@smary.org](mailto:admin@smary.org)

**Office Hours:** TBD

Copy deadline for August AVE - July 20

### YOUR 2020 SAINT MARY'S VESTRY

Nathan Ferrell, Rector, 310-0268, [nathanferrell@smary.org](mailto:nathanferrell@smary.org)

Janet Bowne, Sr. Warden, 318-7045, [jmitchellbowne@gmail.com](mailto:jmitchellbowne@gmail.com)

Aaron Splint, Jr. Warden, 838-2708, [asplint@yahoo.com](mailto:asplint@yahoo.com)

Ben Parks-Stamm, Treasurer, 458-3151, [ben.parks.stamm@gmail.com](mailto:ben.parks.stamm@gmail.com)

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Jan Mordarski, 317-2486, [janmordarski@gmail.com](mailto:janmordarski@gmail.com)

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Will Salomon, 240-1646, [wsalomon@clinical-metrics.com](mailto:wsalomon@clinical-metrics.com)

Jan Wentling, 400-9904, [janwentling@hotmail.com](mailto:janwentling@hotmail.com)