



The Misuse of Creation



“All of creation God gives to humankind to use. If this privilege is misused, God’s justice permits creation to punish humanity.”
St. Hildegard of Bingen (1098-1197 AD)

Humanity is playing a very dangerous game. We have misused the privileges and powers at our disposal by wantonly killing and taking from creation. So far the pains of “punishment” for these crimes have been mostly tolerable, but that is beginning to change and to pick up momentum. In addition to changing the climate in ways we cannot control, we have been driving a wave of mass species extinctions. More than 1 million species now face the real threat of extinction, to be lost from the earth forever. In September, the UN released a report on the conclusion of “The Decade on Biodiversity” from 2011-2020. The somber facts are that humanity has failed to achieve every single one of the goals set out by the UN Convention on Biological Diversity in 2011. Without question, the loss of these species will lead to

increased pain, suffering and death in human communities in every part of the earth. I’m sorry to say this, but if you think that 2020 has been a difficult year, it is time we prepare ourselves for much worse ones that are certain to come.

We must change. We must learn to want less. We must teach one another to want fewer things – or, to put a positive spin on this, to want a life of simplicity and beauty. Greed is the primary force that drives us to misuse our power over creation. Just because we can do something, doesn’t mean that we should. Power must always be used in service of truth and justice. More money does not lead to happiness. Everyone who has ever lived close to God knows the obvious truth of this, and the news headlines regularly demonstrate this fact from the sad lives of the rich and famous. Speaking about the pursuit of money and the polluting effect this has on humans, our Lord Jesus offered a radical re-faming that has been mostly ignored or explained away over the ages: “What is prized by humans is an abomination in the sight of God.” (Luke 16.15).

No one likes the idea of punishment as taught by that great mystic Hildegard. At this point, much of this divine retribution from the earth is surely inevitable but never should we give up hope. We must change, we can change, and we can begin today. Examine your lives to discover where you have prioritized wealth over earth, consumerism over spirituality, the short-term over the long-term, entertainment over wisdom. What is within our sphere of control? Let us begin there to create a way of life that truly honors God and God’s creation, including every form of biological life with whom we share this beautiful and unique planet.

Nathan W. Ferrell +

From Deacon Christine



Dear Ones,

We are making efforts to come back together as a faith community - carefully considering how that is done with everyone's safety as the focus of every decision we make. I am grateful to Father Nathan, Beth, Bruce, Megan and Janet for their creativity, thoughtfulness, and commitment. I, for one, have missed being together in person. We are human beings and are created for relationship and connection with each other. Especially as Christians, our life in community is essential for nurturing and maintaining our faith. In an effort to provide in-person opportunities for small, masked, and socially distanced groups to gather and share together, there will be two new programs beginning in October.

A spiritual sharing group called **JOURNEY WITH JESUS** will gather on Sunday mornings from 9:15 to 10:15 in the Guild Room. It is a drop in group with no preparation required. It will be limited to 10 participants.

On Wednesday, October 14 at 4 PM, the first session of **LIVING WITH HOPE DURING A PANDEMIC** will be held at Saint Mary's. This program is designed to provide the opportunity for a small group to support one another amid the losses, challenges, and frustrations created by the difficult times we live in. Normal is not normal anymore and may never be again. Sharing our stories, exploring ways to find support, strengthening our faith and hope in the midst of loss and tragedy and finding the courage to live fully in the midst of it all, will be the focus of our time together. My co-facilitator will be Suanne Williams- Lindgren, parishioner at Emmaus Lutheran Church, a gifted artist with an extensive background in guiding people facing challenges. If you are interested, please contact me at 653-2448 or deacab@maine.rr.com. If you would prefer to participate by Zoom, please let me know as that may be a possibility.

The one constant we can be sure of is God's steadfast love for us. God is with us in all things and will always provide for our needs.

Faithfully, Deacon Christine

2021 Nominating Committee Request

The Nominating Committee will be accepting nominations until October 25 for 2021 including:

Sr. Warden - to serve a two-year term

Treasurer - to serve a two-year term

Vestry – Three members to each serve three-year terms

Delegates to the 2021 Four delegates and three alternates

You can submit your own name or someone else's.

Once your submissions are collected, the Nominating Committee will contact those nominated, review names and make recommendations to the parish for a slate to be voted on at the Annual Meeting in January 2021.

Nomination forms are available in the Narthex, outside of the Guild Room or in the parish office... or print one found on page 19 of this AVE.

You can also submit a vestry nomination at <http://smary.org/nomination>

2021 Nominating Committee: Matt Fulton, chair mfult825@gmail.com; Sandy Couch-Kelly, Jessica LaPlante, Maggie Gardner, Marian McCue



CELEBRATE



HONOR



SERVE

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met via Zoom on Wednesday, September 16th. Zoom has become a valuable tool and a best practice for the Vestry. It's enabled us to accommodate everyone's risk level and saved lots of fuel and mileage for our autos.

Treasurer Ben Parks-Stamm reported on the year-to-date financials. We continue to do well considering this first in a century pandemic has severely limited and challenged our operations and programs. Our pledges are down, but that is frequently the case after the summer. Ben will start budget planning for 2021 with the Budget and Finance Committee. We also discussed the need for an audit committee. We have several great suggestions for volunteers to help with this critical function.

The Nominating Committee is going to solicit for vestry members once retiring vestry members are given a chance to "re-up" as our by laws now allow. Matt Fulton will work with Beth on communications in the eNEWS and AVE.



Janet Bowne, Sr. Warden



Aaron Splint, Jr. Warden

We discussed our first Sunday of the new autumn schedule. The general consensus was that it was a good first day. More feedback is needed. Thank you to everyone who helped out either in person or remotely.

The Buildings and Grounds Committee has been working on the persistent leak issue in the lower level of the Parish Hall. It seems that they have discovered and remedied the problem.

Thank you to the Vestry for its leadership and support especially during these challenging times!

Stewardship 2021: Words We Live By

by Janet Bowne

In a recent interview, Presiding Bishop Michael Curry spoke, as he often does, about love. The interviewer asked for a clarification, and he said simply, "Love isn't me. Love is we." With those six simple words, Bishop Curry communicated so much. In those two sentences, he described our parish which is full of people who support each other and the community. Never has that been more evident than during this challenging year. 2020 has been like no other. The pandemic challenged everyone in so many ways. It's also affected institutions like churches, including Saint Mary's. Our parishioners rallied to take care of each other. The Care Partners continued to support those who needed prayers and outreach. Father Nathan, Deacon Christine, Beth, Megan and Bruce quickly moved to online streaming to offer regular services as well as special programs for our families. A group of parishioners quickly organized to call everyone in the directory to check in and continued to do so over the worst part of the stay-at-home order. Zoom meetings became a channel for spiritual formation and committee business. So many parishioners offered to help in whatever way possible. Souper Supper pivoted to curbside for much of the quarantine period. We opened our doors to the Red Cross to hold blood drives. What happened here was the embodiment of what Bishop Curry meant when he said so succinctly that "Love is we."



Thank you to everyone for walking the way of love while working to be safe!

Soon, we will kick off our stewardship campaign for 2021. Because of your generosity, we have been able to get through 2020 in a strong position financially. But we understand that the future is still uncertain. Together we are moving forward, in love and in community, even though there is still a great deal of uncertainty. Because we know "love is we," we will emerge stronger.

Saint Mary's Plan for *Indoor Worship*: September - October 2020

In conjunction with Bishop Brown and the Diocesan staff, our Staff, Vestry and using numerous community resources like the Maine CDC and US CDC, we have developed a plan using all the best information on safe gathering during the time of COVID-19. For three successful Sunday in September we have gathered for 3 indoor services: at 8, 9:30 and **10:30AM (NOTE CHANGE IN TIME BEGINNING IN OCTOBER)**. Each liturgy will last about 45 minutes.

In October for both the 8 and 10:30AM, we will gather in our Sanctuary. At 9:30 AM, we will gather for a Guiding RAY family-focused liturgy in the Parish House Auditorium. Each gathering will be limited to 35 people based on the square footage of our spaces. Adult Formation groups will begin at 9:15 AM, and our popular **Be Still** group will meet on *ZOOM* at 9:30. The 10:30 AM Eucharist will be live-streamed on Facebook, and our weekday Noonday Prayers will continue as well. We anticipate offering this structure throughout September and October, but will make adjustments quickly as needed.

What to expect:

- ◆ COVID-19 is a dangerous virus and should be taken seriously by all of us. Attending in-person church services, even with abundant cautions, can be risky for those with compromised immune systems or chronic conditions. Everyone needs to make their own risk assessment and to act accordingly. Continued online streaming and *ZOOM* gatherings will allow us all to be connected safely. No one should feel pressure to attend in-person worship.
- ◆ We will require each attendee to wear a face covering that covers both nose and mouth throughout the liturgy. We will also make liberal use of hand sanitizer before the service.
- ◆ Our staff and volunteers will lead these liturgies. Everyone serving will have their temperature checked upon arrival. If their temperature is above 100.4 degrees, that person will be asked to head home immediately. The presiders will be masked except when speaking to the congregation. Only the lectern will be used for the Liturgy of the Word, and seating will begin 16 feet away from the lectern, as recommended by our sources.
- ◆ Individuals or household groups will sit at least 6 feet apart from each other. We will have simple measuring rods available for help in determining distance.
- ◆ Music will be only instrumental or accompanied by a soloist in the loft (safely distanced from Bruce and the railing). Neither the Choir nor the congregation will sing at this time.
- ◆ We will limit contact extensively by not passing out bulletins, not passing an offering plate, and not making contact to share the passing of Peace. Father Nathan and Deacon Christine will not greet people at the door after the Dismissal.
- ◆ Although COVID-19 is spread primarily by respiratory droplets and not through surface contact, we will give each parishioner a disposable wipe to clean the area around his or her seat as an extra measure of precaution.
- ◆ Communion will be administered in the Bread only. All the bread will be kept covered until it is administered by the clergy. The clergy will wear face coverings and will disinfect their hands before, during and after administration, and will take extra precaution to avoid hand contact with those receiving. Individuals or household groups will receive Communion one at a time, maintaining 6 feet of physical distance. Of course, receiving Communion is optional, as it always is.
- ◆ We will provide coffee, tea, water and juice in the Auditorium (or outside as weather permits) throughout the morning, served in compostable cups. There will not be any food provided.
- ◆ Nursery care and our Guiding RAY program will be suspended throughout September and October. All families are invited to gather at 9:30 AM on Sundays in the Auditorium with Fr Nathan for a safe family worship time. Also, online programming resources will continue to be offered by Megan Akers, our Guiding RAY Director.

Thank you to all who joined us for the outdoor services and to all who contributed to this plan. Please contact Father Nathan; Deacon Christine; Janet Bowne, Senior Warden; Aaron Splint, Junior Warden, or any other member of the Vestry with questions or comments.

Our 2020 Autumn Lectionary

As in years past, our autumn readings will have an intentional focus on one biblical book. This year it is Saint Paul's Letter to the Church in Philippi. A brief letter that is packed with famous and remarkable passages, follow Nathan's sermons through the season to learn about this text and how Paul's words connects with Jesus' teachings in the Gospel.

OCT 4	(<u>St. Francis' Day</u>) Philippians 2.1-11 / Psalm 19.7-14 / Matthew 11.25-30
OCT 11	Philippians 2.12-24 / Psalm 23 / Matthew 22.1-14
OCT 18	Philippians 3.1-11 / Psalm 99 / Matthew 22.15-22
OCT 25	Philippians 3.12-21 / Psalm 1 / Matthew 22.34-40
NOV 1	(<u>All Saints' Day</u>) Revelation 7.9-17 / Psalm 34.1-10,22 / Matthew 5.1-12
NOV 8	Philippians 4.1-9 / Psalm 70 / Matthew 25.1-13
NOV 15	Philippians 4.10-20 / Psalm 123 / Matthew 25.14-30
NOV 22	(<u>Christ the King Sunday</u>) Revelation 1.1-8 / Psalm 95.1-7 / Matthew 25.31-40
NOV 29	1 Advent (Lectionary Year B begins) - Advent Lessons and Carols



St Francis Day Coastal Clean-up: October 4 at Noon



Looking for a positive and safe way to serve God and help the earth? Gather at Saint Mary's at Noon for Prayer, get your garbage bags and directions. We will then head to Mackworth Island State Park to clean the coastline. This is a wonderful way to bless our wild animal neighbors who live in Casco Bay!

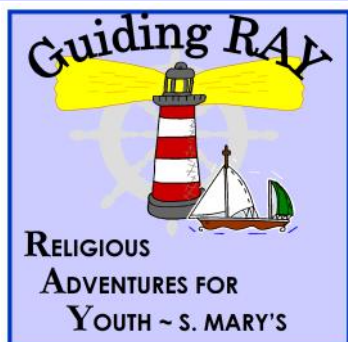
Wear clothes, shoes and gloves for working. All are welcome, and everyone can stay safely in their own household groups.

Call for Ushers

Help is needed with our return to in-person worship. Many of our regular ushers are not ready to meet in-person. We thoroughly respect their decision. Therefore, some new folks are needed to fill the gaps, most likely on a temporary basis. Ushers are important to manage our in-person worship in a safe and responsible manner.

In these COVID times, we need people who are available on Sundays to help people get safely seated from a distance, make sure people sign-in, hand out a mask if needed, assure sanitizer is at the door, and help Father Nathan with anything else that may come up. There's no direct contact with others, no bulletins to hand out, no communion gifts to bring up. If you can help on any Sunday, please contact Tom LaPlante at tlaplante@llbean.com.

Christian Formation-RAY Beams - October 2020



October Faith-at-Home bags are Ready!

[Click here to reserve yours now.](#)

For October, our Faith-at-Home bags contain off screen activities and tools for parents to help nurture the souls of their children. Some items

included are family prayer activities, St. Francis blessing and DIY bird feeder activity, get to know your neighbors with neighborhood bingo, as well as prayer practices simple enough for the whole family to enjoy. Families can learn together the good news that while our world changes, God is the same, God's love is the same, and God is with us through it all.

[Please request your bag/s here.](#)



Rebecca and Julia doing some activities from their Faith-at-Home bags.

Serving God, God's people and helping the earth



The Guiding RAY veggie garden is still going strong! We provided about over 25 lbs of fresh veggies to the Falmouth Food Panty during September. A huge thank you to Bobbie MacCallum for continuing to help our garden grow and helping our neighbors in need.



Looking for a positive and safe way to serve God and help the earth?

Gather at Saint Mary's at 12 Noon on Oct. 4 for Prayer, get your garbage bags and directions, then head to Mackworth Island to clean the coastline. Wear clothes, shoes and

gloves for working. All are welcome, and everyone can stay in household groups to stay safe.



NEED CHILDCARE?

Our wonderful Lead Nursery caregiver, Samiyah Alshimali, is available for child care! As our nursery is unable to open, Samiyah has some time available and would love to help give you a break from your kids. Samiyah worked in the Saint Mary nursery last year and was a true blessing! She is not only reliable, but also caring and nurturing to our youngest parishioners. She has a BS in nutrition, over 20 years working as a middle school and Montessori teacher and vast experience as a Nanny. Please call/text her directly at 207-400-9433.

Christian Formation - RAY Beams - October 2020



Though we won't be gathering for Ignite in person, we still have Fall opportunities for your Middle School kids to help them deepen their faith and relationship with God and each other.

- Bibles for each 6th grader! It is a Saint Mary's tradition to present each 6th grader with a blessed bible as a way of recognizing the importance of passing along the stories of our faith from one generation to another.
- Super cool Bible verse memory kits from [Dwell](#) for each Ignite Middle Schooler. Each kit contains 3 temporary tattoos, a key card with verse and a print out of the verse. The tattoos are a fresh new way to memorize God's word on your wrist. And again, they are super cool!
- Devotion Booklet for Teens
- Maine Episcopal Youth gearing up for fall Maine Episcopal Youth will be meeting the third Monday of each month from 7-8:30 pm. The next meeting is October 21. [Use this link to join the conversation.](#) Youth grades 6-12 are welcome to join as we check-in and get to know one another and Christ. Please share the news!



CLICK TO JOIN US ON ZOOM
MAINE EPISCOPAL YOUTH
 Third Mondays | 7-8:30 PM
 All Youth Grades 6-12 Welcome

TALK WITH YOUR TEEN ABOUT VAPING



For More Info:

<http://www.cascobaycan.org/vaping-prevention/>

Casco Bay CAN
 CREATE AWARENESS NOW
 f www.cascobaycan.org t

A grant funded project sponsored by
 Cumberland County Government

Maine
 Cumberland County

Tip of the Month

SHARE THE FACTS TO HELP PREVENT VAPING

Why Don't You Want Me To Vape?

Your brain is still developing until about age 25. Most e-cigarette and vaping products contain nicotine, which can change your brain and you can become addicted to nicotine.

What's The Big Deal About Nicotine?

One puff of nicotine disrupts normal brain activity, causing chemical changes throughout the brain.

Isn't Vaping Healthier Than Smoking Cigarettes?

E-cigarette and vaping products produce a vapor that often contains harmful chemicals and toxins that can make people sick and some are known to cause cancer.

Talk early, talk often and keep talking. Base your messages on facts not fear. Teens want to know the science.

Outreach Ministry - All Ages Serving Near and Far

The Faces of Stigma

by Jennifer Gregg

On October 25th from 4-6 Saint Mary's Outreach Committee is delighted to offer what will surely be a highly moving and informative - and virtual-- presentation describing the origins and nature of Stigma. We welcome Suzanne Fox, the Executive Director of "The Yellow Tulip Project" who will share the expertise on Stigma that she has developed through her work on stigma and mental health.

This will be the first of three afternoon presentations this year on the Subject of Stigma. Upcoming presentations in January and April will focus on the nature and impact of stigma in the Immigrant Community and the Recovery Community, respectively.

Ms. Fox will provide a general overview of "Stigma" and facilitate small group discussions following her presentation. The virtual event is open to the Saint Mary's and broader community via Zoom by clicking on the following link: [Facing Stigma: Creating Solutions.](#)

FMI: Contact the Parish Manager, at admin@smary.org or Jennifer Gregg, jenniferanngregg@gmail.com



The Faces of Stigma

Stigma is ubiquitous and takes different forms in our community. Join together in learning about its roots, its manifestations, its consequences and how we may come together in community to overcome and combat.

Join Us for the First of Three Presentations

Sunday, October 25, 2020, 4-6 PM

Facing Stigma, Creating Solutions
(An Overview and Small Group Discussion)

Featuring Suzanne Fox,

Executive Director, The Yellow Tulip Project, a non-profit organization that focuses on stigma that surrounds mental illness.

★ **Unlimited Virtual Attendance: Facing Stigma, Creating Solutions** ★
clicking on the following link: [Facing Stigma: Creating Solutions.](#)

Upcoming Presentations

January 3, 2021 - Stigma in the Immigrant Community with Steve Wessler,
Human Rights educator and trainer

March 2021 - Stigma and the Recovery Community

For more information, contact The Episcopal Church of Saint Mary, Falmouth at the parish office,
781-3366, smary@smary.org or Jennifer Gregg, 781-2665, jenniferanngregg@gmail.com

Outreach Ministry - All Ages Serving Near and Far

Saint Mary's Plants A "Hope Garden" to "Smash Stigma" in October!



Saint Mary's are invited to save a Saturday of your choosing in October to help plant up to 500 yellow tulips on the campus to signify our ongoing effort to combat stigma. Saint Mary's will become one of many "Hope Gardens" in support of the "Yellow Tulip Project" as we work together to "smash the stigma" associated with mental illness. After a long Maine winter, these 500 tulips will remind us perseverance and renewal next spring! Sign up at OnRealm.org to help plant these tulips or just show up on any Saturday in October 9 - 12noon - a safe, fun and rewarding effort! And then attend the presentation (by zoom or in person) on October 25th at 4pm, "Facing Stigma, Creating Solutions" with Suzanne Fox, Executive Director of The Yellow Tulip Project.

Falmouth Food Pantry During the pandemic, the number of people in need has increased by 44% at the Food Pantry. The Pantry is not accepting donations of non-perishables from individuals at this point but would appreciate financial contributions, which can be made by sending checks to the Falmouth Food Pantry, at 279 Middle Road, Falmouth ME 04105.



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!

Help Wanted in the Falmouth Community

A Falmouth High School English teacher is hoping to find approximately 20 elders in the community to work with students in her English class beginning at the end of September. Interested folks would be matched with a high school student to write and chat with twice a month during the school year.

This is a wonderful opportunity to connect with youth in a mutually beneficial relationship. If interested, please contact Holly MacEwan, Service Learning Coordinator at Falmouth High School at hmacewan@falmouthschools.org or 781-7429 Ext. 5155.

If any of you are looking to get out and have some contact with others, we are looking for some help with our school-aged childcare. Hours are flexible and the students (Kindergarten-grade 5) are excited to see new faces. Please contact Kate at FalmouthCommunityPrograms@active.com or by calling 699-5307 for more information.

Outreach Ministry - All Ages Serving Near and Far

St. Elizabeth's Jubilee Center 'Essentials Pantry'

Adult Winter Coats and Boots:

St. Elizabeth's is now accepting donations of adult winter coats and winter boots. Donations can be brought to the rear parking lot of St. Luke's (134 Park Street) on any Tuesday between 8:30-11 AM and placed in the bin provided during these hours.

Boots: Please label the toe of the boots with its size (ex. Men's 10) and tie the laces together.

Coats: Please make sure all coats are in good working order and are clean. Please donate children's coats and boots to one of the many organizations that specialize in these items.



We Need Volunteers:

- ♦ If you are willing to serve directly with the public during our distribution days this fall and winter, please contact the St. Elizabeth's board member, Betsy Elliman at betsyelliman@msn.com. Masks and face shields will be provided.
- ♦ If you would be willing to serve behind the scenes by repairing jackets (sewing on buttons or organizing inventory), please also contact Betsy, Elliman, your board representative.
- ♦ Cash Donations: If you would like to make a cash donation to St. Elizabeth's for the purchase of coats and boots in hard to find sizes or for the purchase of wool socks, please send checks payable to St. Elizabeth's to: St. Elizabeth's Jubilee Center Attn: Rev. Holly Hoffmann PO Box 4036 Portland, ME 04101
- ♦ In kind donations: Consider purchasing our high need items listed on our Amazon wishlist: <http://a.co/eV6rZyn>



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.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives **October 1, 8, 13, 23, 29** **plus lots of opportunities in Nov - Dec**

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 from Red Cross donors is now screened for COVID-19 antibodies. If you donate blood, you will be told if you have these antibodies a few days after donating. This is an excellent way to save lives AND learn more about your own health. PLEASE donate, if you can.

YOU ARE INVITED

To Falmouth's Virtual HARVEST COMMUNITY SUPPER SHOW!

WHEN: OCTOBER 22, 2020, 5:30 to 6:30 PM

WHAT: A one-hour show of residents' music, stories, town history, teen performances, art and photos.

HOW: Watch on the Internet or on the Town's Cable TV Channel 2

WHERE: In your own home!

WHAT TO EAT DURING THE SHOW: Your "take-out" from your favorite Falmouth restaurant, or your own home-cooking!

Because of the pandemic, Falmouth's churches and faith communities are hosting a different kind of Falmouth Community Supper this year. We are partnering with Rivalries restaurant to deliver 200 specially-made dinners by its Chef, free, to homebound Falmouth residents, and we invite you to buy your own take-out from your favorite Falmouth restaurant (including Rivalries) while you watch the 1-hour show about our Town with many performances by our local talent!

Hope you can join us on October 22!

And if you would like to donate to the Falmouth Food Pantry, you can, by sending a *check* to the "Falmouth Food Pantry" at 271 Falmouth Road, Falmouth, ME 04105, or by an online *PayPal* payment at <https://www.paypal.com/fundraiser/charity/1807575>

If you have questions, please e-mail Nancy Lightbody at nancylightbody@hotmail.com.

Victory Garden beginning to Wrap up



Thank you to all who provided vegetables and flowers to the Victory Garden so clients at the Food Pantry were able to enjoy a special treat this summer. The Guiding Ray garden was particularly prodigious with a variety of vegetables that will continue to be harvested into October. In gratitude to Saint Mary's, a Pantry manager wrote: "It has been such a luxury for them to have Falmouth-grown fresh vegetables all cleaned and carefully sorted: lettuce, squash (several different kinds and picked at just the right time!), tomatoes, cucumbers, celery, peas, green beans, beets, and even cauliflower." She said many families have appreciated "your taking the time to make this possible and your being so generous to others."



Sparkles News - October 2020

Thanks to those who came to our first Sparkles 2020 meeting. It was great to see the enthusiasm and creative ideas for a great Sparkles this year.

Our First Sparkles event this year will be *Sparkle in October*

Friday night, October 16, 5:30 – 8:30PM

Saturday, October 17, 9:00AM-12:00PM

Sunday, October 18, 9:00AM-12:00PM

Monday October 19, 9:00AM – 12:00 PM



Come shop with us any or all 4 days! We'll be following all CDC requirements for face coverings and social distancing. We'll have lots of treasures for sale, but our focus will be on:

Sparkles Spirit Appetizer Event: Choose from 10 appetizers, Order now and pick them up the week of November 15 in time for Thanksgiving or Christmas. Be ready for the holidays by having some of these tasty appetizers in your freezer!

Jewelry and Fashion Accessories: for Women and Men; including scarves, belts, ties, handbags, jackets, boots and shoes

Fall Decorations: such as wreaths, swags, pinecone trees, etc.

Small furniture and Home Décor: such as accent tables, dining chairs, lamps, and home accessories

Other treasures: You'll have to see to believe

All of our inventory comes from generous parishioners, so please donate gently-used treasures and put in the hall outside the storeroom in the Parish House basement. We're especially in need of the items listed above, but we would love to have other items for our November and December events. We offer pick up if needed, just let Jana (272-4535 call or text, or ja-na.burke@gmail.com) or Kathy (603-723-5145 call or text, or kathleendaisy@aol.com) know.

Saint Mary's Friendship Soup – We also need lots and lots and lots of beans donated to create this traditional favorite at Saint Mary's. There is a basket outside the Guild Room, so please help us fill it with beans – any color or type.

SAVE THESE DATES:

Sparkle in November: November 13-16

Sparkles Spirits Appetizers Pickup: Week of November 15

Thanksgiving Service and Lighting of the Memorial Tree: November 25

Sparkle in December: December 11-14



Sparkles Co-Chairs, Jana Burke and Kathy Galen

Like and follow our Sparkles facebook page: <https://www.facebook.com/saintmarysparkles/>

We come together in Prayer

What Love Builds Will Endure

shared by Merle Marie Troeger

We are living in precarious times – precarious for our health and the health of our democracy. We have a COVID-19 pandemic on our hands with no end in sight. Racial justice issues have come to the fore like never before – even compared to the 1960s. We face an election that is fraught with disinformation, ballot insecurity, a president who says he may not leave office even if he is not re-elected, and a Supreme Court seat that will be filled only after terrible acrimony. It is fair to ask whether our democracy will survive.

And yet, our gospel has a word for us. “What love builds will endure.” I can’t tell you the book of the Bible that’s in, chapter or verse. Yet I can tell you that it is the heart of the Christian gospel. Here’s one way I know that.

Some years ago, we visited a friend, a pastor and preacher, who serves a small town in Holland, population maybe 1800 souls. We enjoyed several relaxing (and rainy) days with Jan and his wife Thea. On the morning we left, over our last cup of coffee together, Jan came out with this:

“WHAT LOVE BUILDS WILL ENDURE”

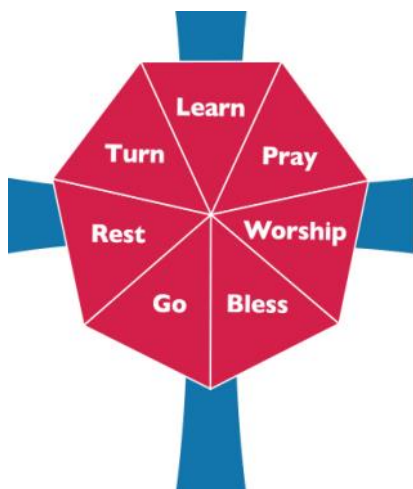
Jan’s church has been in that small town since the 1300s. Now that is an old church! It has been through some upheavals, but it has endured. Just think about the Reformation. When the church was built it was a Roman Catholic Church of course– there wasn’t any other kind. With the Reformation, it became Protestant. Can you imagine the controversies of those days? There were lengthy and ruinous wars over this very issue. Yet, in that small town, any visitor can see that the list of pastors printed on the wall plaques continues without a break.

During World War II, the church was a prison for all the men and boys in the town. No worship services could be held. The Nazis threatened to burn down the church with all the men and boys in it. They were saved only because the war ended. The parsonage is still covered with signs of the bullets that flew as the war came to a close. But then, services resumed and continue to this very day.

“WHAT LOVE BUILDS WILL ENDURE”

There is no secret that I send this musing in the hope that Jan and the Protestant Church in Gasselte have a powerful word for us at the Church of Saint Mary in Falmouth. What endures is love. What builds us up is love. What keeps us going is love. I mean the kind of nitty-gritty day-to-day respect, affection, and deep commitment to the way of Jesus. Nothing sappy or superficial, just the work of everyday respect for each other’s and all others’ flourishing and the commitment to loving deeply and honestly. There is no other way.

BECAUSE - “WHAT LOVE BUILDS WILL ENDURE”



Way of Love

Presiding Bishop Michael Curry calling on members of the Episcopal Church to embrace spiritual practices that can help lead them to a Jesus-centered life. Called the “Way of Love,” the seven practices provide a Rule of Life that all Episcopalians are encouraged to adopt.

Turn: Pause, listen and choose to follow Jesus.

Learn: Reflect daily on scripture, especially the life and teachings of Jesus.

Pray: Spend time with God in prayer every day.

Worship: Gather in community for worship every week.

Bless: Share one’s faith and find ways to serve other people.

Go: Move beyond one’s comfort to witness to the love of God with words and actions.

Rest: Dedicate time for restoration and wholeness.

Music Ministry

Bruce Fithian

Hymn Sing with Bruce: Thursdays at 7 PM

Everyone is invited to join a *Zoom* session to sing many of our beloved hymns. We use a split screen where the words and music of the hymns are visible to all. This is an occasion to join in song and fellowship. Have favorite hymns to sing? Email Bruce (bsfithian@aol.com) with requests! As Bach said, "Soli Deo Gloria" (To the glory of God alone). To join the Hymn Sing on Zoom, Click the image to the right or get the [Zoom link](#) from Thursday's eNEWS or the revolving slide of pictures on our website, www.smary.org



Organ Concert at Saint Mary's Sunday, October 11, 3 PM

The wonderful concert will feature our own Bruce Fithian and Joel Pierce, Choirmaster and Organist at Saint Alban's Episcopal Church, Cape Elizabeth. We will practice all CDC safety guidelines, so face-covers, sanitizing, and distancing will be required. This program will highlight music that is particularly appropriate for the mechanical action organ at Saint Mary's, built by Gerhard Brunzema in 1979, inspired by North German Baroque organs. Works will include Clérambault's second suite that offers the colorful palette of the French Baroque style; a prelude and fugue by Vincent Lübeck, 18th century organist at Hamburg's famous St. Nicolai Church; chorale preludes by another north German master, Dietrich Buxtehude; and the joyful prelude and fugue in D major by J. S. Bach. This also will be available live online and later for anyone to view live on our [facebook page](https://www.facebook.com/ChurchofSaintMary/live/) <https://www.facebook.com/ChurchofSaintMary/live/>

Lifeline Screening: October Recognizes Bone and Joint Awareness

A woman's risk of breaking a hip is equal to her risk of developing breast cancer, uterine and ovarian cancer *combined*, according to the National Osteoporosis Foundation website.

The Episcopal Church of Saint Mary is hosting Life Line Screening, the nation's leading provider of preventive health screenings on Monday, October 19, 2020. The screenings provided include an ultrasound of the heel, which is a first-rung osteoporosis risk test. This is an important test to take during October, a month dedicated to recognizing bone and joint disorders such as osteoporosis.

Other screenings include tests to check for blocked carotid arteries, atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year.

Other tests check for abdominal aortic aneurysms and PAD, also called "hardening of the arteries" in the legs. Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

Screening packages start at \$139. Single tests cost around \$70.

For more information regarding the screenings or to schedule an appointment, call **1-888-653-6441** or go to www.lifelinescreening.com/communitycircle or text the word **circle** to **797979**. Pre-registration is required.

Explore the new Katahdin Woods & Waters Nat'l Monument



**Thursday - Saturday,
October 8 - 10**

Join Nathan+ and Jim Kane on a 2-night exploration of these new public lands. We will do some moderate hiking (nothing too strenuous!) and hike in to lean-to's along the majestic Wassataquoik Stream. Interested? FMI, call or text Nathan+ 310-0268 or Jim 329-1764.

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

(+ 10,350)

INCOME

General Plate & Pledge Support	202,002
Use of Parish House & Sanctuary	8,110
Fundraisers	842
Miscellaneous Gifts & Revenue	65,935
Dedicated Gifts	15,015
	\$ 291,904

EXPENSE

Diocesan Assessment	38,057
Personnel (<i>includes, taxes, benefits, & pensions</i>)	159,320
Maintenance, Capital	18,715
Operating (<i>utilities, insurance, taxes, supplies</i>)	46,403
Program	19,059
Countless volunteer donated hours of time	0
	\$ 281,554



Sunday Holy Eucharist

Three services for max 35 people each

8 AM Contemplative Eucharist

9:30 AM Family service in the Auditorium

10:30 AM Eucharist with music

[Click for downloadable bulletin](#)

Safely back in the sanctuary following all CDC Guidelines

Sanitizer
Masks
Distancing
No - contact peace
No wine
No offering

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)

Huge Thank You to the facilitators of the White Fragility book discussion groups. Becky Pride, Merle Marie Troeger, Deacon Christine Bennett, and Fr Nathan Ferrell.

Thank you to Building and Grounds for their work on the hallway leak in the lower level.

Kudos to everyone who has helped us reopen safely in September:

- Father Nathan, thank you for your vision and detailed focused approach.
- To Bruce for his careful consideration of the music plan.
- To Megan for creating an at home curriculum for Guiding RAY families.
- To Roy for keeping our physical spaces sanitized.
- To the Vestry and Committee heads, thank you for your thoughts and comments on the various iterations of the plan.
- To the Flower Guild, Ushers and Altar Guild for working safely and with humor to support the services.

yay!



Be sure to Like us on Facebook

<https://www.facebook.com/ChurchofSaintMary/>, there is a Guiding RAY group with resources for family worship at home.

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S!

GROW IN GOD EVERYDAY

IN-PERSON WORSHIP (face coverings, distancing, with limited attendance)

SUNDAY HOLY EUCHARIST: 8AM, 9:30AM (family-oriented), 10:30AM

IN-PERSON SPIRITUAL FORMATION:

JOURNEY WITH JESUS: SUNDAYS, 9:15-10:15 AM.

A time of spiritual sharing and a chance for safe, open conversations about what's on your mind led by Deacon Christine in the Guild Room.

LIVING WITH HOPE DURING A PANDEMIC: WEDNESDAY at 4PM

Amid the losses, challenges, and frustrations created by the difficult times we live in, we share stories, explore ways to find support, and strengthening our faith with courage and hope. Co-facilitated by Deacon Christine and Suanne Williams-Lindgren.

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

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

SUNDAY WORSHIP: Sundays at 10:30 AM on [Facebook Live](#)

BE STILL/CENTERING PRAYER: Mondays at 5 PM [online via ZOOM](#)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:30 AM [online via ZOOM](#)

A contemplative time of themed reflection on scripture passages or poems. Contact Jennifer Gregg at jenniferanngregg@gmail.com

WISDOM SEEKERS: Tuesdays at 10:30 AM [online via ZOOM](#). *A group discussion of the Scriptures for the upcoming Sunday. A great way to learn and be prepared for worship. Contact Nadine Timberlake at ntimberlake@aol.com*

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. Contact Jennifer Gregg at jenniferanngregg@gmail.com*



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

Happy October Birthdays to:

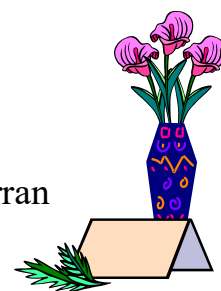


2	Lydia Stegemann	10	Lee Snow		
3	Jessica LaPlante	12	Meghan Curran	20	Fritz Kendall
4	Garry Bowne IV	13	Isabelle Gale	22	Kim Diamond
4	Erin Ferrell	14	John Hale	25	James Bowen
4	Carolyn Thomas	14	Tallulah Scott	26	Isabella Diamond
5	Caroline Bowne	16	Elise Kiely	27	Kate Gulliver
7	Karen Mynahan	17	Savannah Talbert	28	Meg Hurdman
8	Emma Shannon	18	Chris Edwards	29	Susan Dench
9	Grace Robinson	19	Curtis Isacke	29	Elizabeth McIntosh
9	Amber Rose	19	Alex Robich	29	Christos Orestis
10	Gordon Oliver	19	Luke Wilkinson	29	Anne Ter Weele
10	Winslow Robinson	20	Marti Galli	30	Edie Taylor

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 October Anniversary wishes to:

1	Megan & Mike Akers	10	Allie & Walker Matthews
3	Janet & John Corey	12	Janet & Garrett Bowne
6	Betsy & Jim Stoddard	19	Carolyn Thomas & Jenn Curran
6	Emily & Mark Legere	22	Sarah & Chris Cameron
8	Emily & Ben Rodgers	31	Becky & Jimmy Costa



Caring for God's Creation - Insight from the Outreach Committee













The smoke of the west coast fires that is reaching Maine can be problematic for those with underlying respiratory conditions. Per the USCDC, consider installing a filter (MERV rating 13 or higher) if your home is heated with forced air; stay inside during smoky periods; for face covering, only N95 respirators filter out dangerous smoke-related particles.

<https://www.nytimes.com/2020/07/08/climate/wildfires-smoke-covid-coronavirus.html>

Like many things during COVID times, this calendar is subject to change

October 2020

The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9/27 17th Sun. after Pentecost 8 Holy Eucharist 9:30 Family Eucharist in Auditorium 9:30 Adult Formation groups 11 Holy Eucharist	28 10 WF Zoom Discussion 12 Noonday Prayer 5 Be Still 3:30-6:30 Classical Uprising rehearsals	29 Michaelmas 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4-6 Classical Uprising Youth rehearsals 8 WF Zoom Discussion	30 12 Noonday Prayer 4 WF Zoom Discussion 4 WF In-Person Discussion 6 Classical Uprising	10/1 9 Falmouth clergy 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 4 Outreach Meeting 7 Hymn Sing	10/2 Office closed 12 Noonday Prayer 5	10/3 
4 Feast of Saint Francis 8 Holy Eucharist 9:15 Adult Formation groups 9:30 Family Eucharist in Auditorium 10:30 Holy Eucharist 12 St Francis Coastal CleanUp	5 12 Noonday Prayer 5 Be Still 3-7 Classical Uprising Youth rehearsals 6 PCC board meeting	6 10:30 Wisdom Seekers 12 Noonday Prayer 3 Staff meeting 4-6 Classical Uprising Youth rehearsals	7 9:30 Mainly Weavers outside 12 Noonday Prayer 4 CARE team meeting 6 Classical Uprising 6 ORI ??	8 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	9 Office closed 12 Noonday Prayer 5-7pm Souper Supper TO GO 	10 
11 19th Sun. after Pentecost 8 Holy Eucharist 9:15 Adult Formation groups 9:30 Family Eucharist in Auditorium 10:30 Holy Eucharist 3 Organ Concert at SM 	12 Office closed Indigenous Peoples Day 12 Noonday Prayer 5 Be Still 3-7 Classical Uprising Youth rehearsals	13 9-2 Blood Drive 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4-6 Classical Uprising Youth rehearsals 5:30 CB Newcomers	14 12 Noonday Prayer 4 Living during Pandemic 6 Classical Uprising 6 PCC board meeting	15 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	16 Office closed WOODS & WATER SPARKLES IN OCTOBER 12 Noonday Prayer 5:30-8:30 Sparkles shopping & ordering Diocesan Convention 	Trip 17 9-12 Sparkles shopping & ordering Diocesan Convention 
18 20th Sun. after Pentecost SPARKLES IN OCTOBER, 9 AM - NOON 8 Holy Eucharist 9:15 Adult Formation groups 9:30 Family Eucharist in Auditorium 10:30 Holy Eucharist	19 Saint Luke 9-5 Lifeline Screening 12 Noonday Prayer 5 Be Still 1 CG Bulb Wksp 3-7 Classical Uprising 6 PCC board meeting	20 8:30-11 St. Elizabeth's 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4-6 Classical Uprising Youth rehearsals	21 12 Noonday Prayer 4 Living during Pandemic 6 Classical Uprising 6 Vestry meeting	22 12 Noonday Prayer 3 Merton Group 5:30 Community Dinner Show 7 Hymn Sing	23 Office closed St James Day 9-2 Blood Drive 12 Noonday Prayer 5-7pm Souper Supper TO GO 	24 9-1 Friends of Long Creek 
25 21st Sun. after Pentecost 8 Holy Eucharist 9:15 Adult Formation groups 9:30 Family Eucharist in Auditorium 10 Diocesan Service on Fb 10:30 Holy Eucharist 4 Facing Stigma presentation	26 12 Noonday Prayer 5 Be Still 3-7 Classical Uprising Youth rehearsals	27 7:30-9 BNI 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4-6 Classical Uprising Youth rehearsals	28 12 Noonday Prayer 4 Living during Pandemic 6 Classical Uprising 5-6:30 TOPS meeting	29 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 6 Dowlers in Aud 7 Hymn Sing	30 Office closed 12 Noonday Prayer	31   Nov 1- 3pm - All Saints Evensong

NOMINATIONS

For 2021 Vestry Members, Sr. Warden, Treasurer and Diocesan Convention Delegates

Deadline: October 25, 2020

The Nominating Committee requests you to submit nominations for various positions within parish governance (see below). The committee will screen names, propose a slate of candidates, and publish the slate well before the Annual Parish Meeting on January 31, 2021.

**All nominees shall be baptized,
regular participants in worship, and
stated financial supporters of the Parish.**

Please feel free to nominate yourself! We have an exciting year of growth and opportunity ahead as we begin 2021.

You can submit a vestry nomination at <http://smary.org/nomination> or place a completed form in the nomination box in the church narthex, the nomination box outside the Guild Room,

OR mail to Saint Mary's, 43 Foreside Road, Falmouth, ME 04105 smary@smary.org
OR email Matt Fulton, chair mfult825@gmail.com

Sr. Warden (two-year term) _____

Treasurer (two-year term) _____

Three Vestry members (three-year terms)

Diocesan Convention Delegates for 2021:

Four Delegates:

Three Alternates:

_____	_____
_____	_____
_____	_____
_____	_____

For more information, see Nomination article on page 2 of this AVE

CELEBRATE



HONOR



SERVE



THE EPISCOPAL CHURCH OF SAINT MARY

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

Our Worship Schedule

Sunday Worship (as of 10/1)

8:00 - Holy Eucharist
9:30 - Family Eucharist in the Auditorium
10:30 - Holy Eucharist (also available on Facebook Live)

MONDAY - FRIDAY

12 Noonday Prayer (in the Chapel or on Facebook Live)

Prayer for Peace

Lord, make me an instrument of Thy peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
Grant that I may not so much seek
to be consoled, as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
It is in dying that we are born to eternal life.

~St. Francis of Assisi

CommentNation.com

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
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

MON - THU, 9 - 4:30

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

Copy deadline for November AVE: Oct. 20