



THE EPISCOPAL CHURCH
OF SAINT MARY

AVE

Monthly Newsletter

A Kind of Dangerous Unselfishness



My friends, it's election season again! Get ready, because the next few months will once again be filled with seemingly endless attack ads and smear campaigns, as politicians and anonymous donors pour hundreds of millions of dollars into attempts to change the way you feel about certain people on the ballot on November 3.

But guess what? YOU are in control of your emotions. You get to choose how you will respond and how you will act over the course of these next few months. So what does God expect of us when we engage in political discussions with our friends, family and neighbors – and especially over social media?

I suggest to you that God expects all of us to engage in politics with dangerous unselfishness. Dr. Martin Luther King, Jr, on the night before his assassination in 1968, gave this charge to his audience in Memphis, Tennessee. "Let us develop a kind of dangerous unselfishness..."

Speaking of our Lord's famous parable of the Good Samaritan, Dr. King suggested that "the first question that the Levite asked was, 'If I stop to help this man, what will happen to ME?' But then the Good Samaritan came by. And he reversed the question: 'If I do not stop to help this man, what will happen to HIM?'"

To bring the mind of Christ into our political life is to think and act with this kind of dangerous unselfishness. Never does God ask us to act on the basis of self-interest (what will happen to me?). Instead, God asks us to take a risk on behalf of those in need (what will happen to them?). This is a dangerous unselfishness that refuses to support leaders and policies intended to protect our privileged position, but which invests itself in caring for the most vulnerable among us with a reckless abandon that is animated by trust in the living God. Forget about your own needs and interests! Do what will most help the poor and needy among us.

This kind of dangerous unselfishness also allows us to see the good at work in our political opponents. Self-interest assures us that our perspective is the true one, but a dangerous unselfishness trusts that everyone running for office has good intentions. This allows us to take our political opponents at face value, not twisting their words or looking for ways to humiliate them or ridicule them. God does not ever support the use of nicknames or malicious slurs against our opponents. That is the demonic path of self-interest. By contrast, the Christ-like path of dangerous unselfishness empowers us to love our enemies – even our political enemies – while working with them to protect the poor and the vulnerable among us.

Remember, my friends: the ends do not ever justify the means. In God's economy, the means create the ends. Since today is the only day given to us, since today is the day of salvation, what matters to God is how we live this day. By God's grace, we can embrace each day as a chance to practice our Lord's way of dangerous unselfishness, even in the realm of politics. Let's show the world how it can be done!

Nathan W. Ferrell +

Safety precautions taken to re-start in-person worship - see page 4

From Deacon Christine



Dear Ones,

September is upon us and with it the end of steamy summer days, our visitors from "away" and picnic Eucharist outside on Sunday mornings. The pandemic and all the precautions we need to have in place to keep each other safe and well are still with us and may continue to be necessary for some time to come. What we have always thought of as "normal" does not exist anymore. We are concerned about our students and their teachers returning safely to school as they have in Septembers past. Our seasonal kickoff here at Saint Mary's, and our life together for the next several months will look and feel quite different. Because our life together as a parish family is necessary to the health, well-being and deepening of our faith, carefully crafted plans are being put in place so that we may continue to worship, to care for one another, and to deepen in love and service to God and to all of God's people. You will find more about those plans elsewhere in this issue of the AVE.

During the summer, many of us have read **White Fragility** by Robin Diangelo recommended by the parish leadership. It is a provocative and eye-opening book that describes without judgement the ways in which racial injustice has become embedded in our society and how and why white people find it such a difficult issue to understand. In an effort to grow and learn together about this painful issue, how we are affected by it and how we are able to effect change, we will have the opportunity to gather in small groups with a facilitator for honest, kind, accepting conversations. I hope that if you have read the book or if you are just deciding to read the book that you will join a discussion group. Information about when those groups will be meeting is available in this AVE issue and the eNEWS. Contact Beth for more information.

A beloved tradition we hold dear, known as "coffee hour," will not be the same for the foreseeable future. Nothing can replace it, but I hope to offer an opportunity to connect on Sunday morning with masks and social distancing protocols in place. I will be your host. We will meet in the Guild Room from 9:30 to 10:30. Our conversation may include sharing blessings or frustrations; where God was present or absent in your day; how you are coping or not with isolation; what you hope for or what you fear. We will practice deep listening with each other. No need to sign up. Bring your own coffee if you like.

There is nothing that can separate us from the love of Christ. We are Christ's body no matter where or how we gather. Deepening our love and understanding of ourselves and others can only deepen our love of Christ and our ability to act in love on behalf of others, especially those in need.

Faithfully, Deacon Christine

We Celebrated Saint Mary

On August 15, the feast day of our patron Saint, Mary, we gathered with our own picnics for games, music, marshmallows, family movie, and some much-needed (but safe) togetherness.



Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on August 19, 2020 via Zoom. Father Nathan started the meeting with a breathing exercise and shared Psalm 131. Treasurer Ben Parks-Stamm presented the financials for the year to date. We are close to our budgeted number on revenue and our expenses are lower, which is not surprising as we are not using our buildings as we have in the past because of the pandemic. Thank you to everyone for your support!! Ben is also working with Beth and the Diocese to provide them with the documentation for the loan forgiveness process associate with the Paycheck Protection Program.

The Nominating Committee will consist of the current vestry members whose term is expiring plus two parishioners who offered to serve at the Annual Meeting. The Nominating Committee is: Sandy Couch Kelly, Jessica LaPlante, Matt Fulton, Maggie Gardner and Marian McCue. Matt agreed to chair the Nominating Committee and will get started soon. The Wardens and Treasurer positions are up for reelection as well during this cycle.

We had a good and lengthy discussion about the proposed plan for moving to inside services for September and October. Father Nathan worked closely with a number of resources on the Diocesan level, the staff and Executive Committee, and consulted state and federal CDC guidelines, to draft a plan to move inside.

The plan is detailed on page 4 of this AVE and in other communications. At this time, virus levels in Maine are very low but that could change. Our plan is flexible and can be scaled back quickly, if needed. Thank you to Father Nathan and the staff for their work on this plan. And many thanks to the vestry for their careful consideration, questions and ideas. We are very lucky to have had so much input that will lead to a stronger plan.

Vestry Quick takes:

- Work on the Bell project is still on hold because of COVID-19.
- The Garden Redesign is almost complete. We will hold a short ceremony celebrating the new garden on Kickoff Sunday following the 11 AM service.
- Red Cross blood drives will continue throughout September.
- Sparkles is retooling to be in compliance with all COVID-19 guidance. Stay tuned for more information.

The Farm-to-Table fundraiser did not happen because of the pandemic, but we did have a fun but small event which raised over \$400. Thank you to all the picnickers and pie bakers and buyers!

Music Ministry

by Bruce Fithian

Saint Mary Hymn Sing: Thursdays at 7

Beginning Thursday, September 10 at 7 PM, and every Thursday thereafter, everyone is invited to join a *ZOOM* session to sing many of our beloved hymns. We hope to have a split screen where the words and music of the hymns will be visible to all. This will be 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).



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

Summer is ending. This means our opportunities for outdoor worship are also coming to an end. Father Nathan, in conjunction with Bishop Brown and the Diocesan staff, our Staff, Vestry and using numerous community resources like the Maine CDC and US CDC, has developed a plan using all the best information on safe gathering during the time of COVID-19.

Beginning on Kickoff Sunday 13 September, we will gather for 3 indoor services: at 8, 9:30 and 11 AM. Each liturgy will last about 45 minutes. At both 8 and 11 AM, 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 also begin at 9:30 AM, and our popular **Be Still** group will meet on *ZOOM* at 9:30. The 11 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.

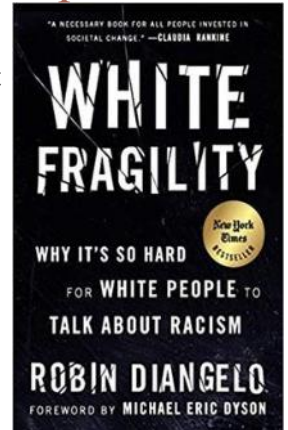
Becoming An Anti-Racist Parish : Autumn Discussion Groups

White Fragility: JOIN in one of these most important discussion groups to learn and to grow through our shared understanding. All are welcome. There is no litmus test that anyone must pass - no required pre-requisites - to be part of a group. Don't be afraid!

Beginning the week of September 13, four different small groups will meet for 1 hour, once a week, over 3 weeks. The meeting times and facilitators are listed below.

- ⇒ **Mondays at 10 AM** led by Becky Pride on *ZOOM*
- ⇒ **Tuesdays at 8 PM** led by Fr Nathan on *ZOOM*
- ⇒ **Wednesdays at 4 PM** led by Deacon Christine in-person (masked and distanced) in the Parish House Guild Room
- ⇒ **Wednesday at 4 PM** led by Merle Marie Troeger on *ZOOM*

Copies of the book White Fragility are still available in the Parish Office and on Sundays. You do NOT have to register in advance to join a group. Look in the weekly eNEWS for meeting details and links.



Sacred Ground: Explore race and faith across our Diocese

Join members of the Diocese this autumn in exploring Sacred Ground, a film- and readings-based dialogue program of The Episcopal Church centering on race and grounded in faith. Small groups will walk through chapters of America's history of race and racism. These groups require commitment and are intended for those who wish to go deeper.

The groups will begin on Wednesday 16 September from 2 to 4 PM and will meet every three weeks for up to 10 sessions in total. It will be conducted over Zoom and co-facilitated by the **Rev. Mary Lee Wile, deacon at St. Paul's, Brunswick** and **John Hennessy**, diocesan Director of Advocacy and Networks.

Register in advance for this program [here](#). After registering, you will receive a confirmation email containing information about joining the meeting. Questions? Contact [John Hennessy](#)



Call for Ushers

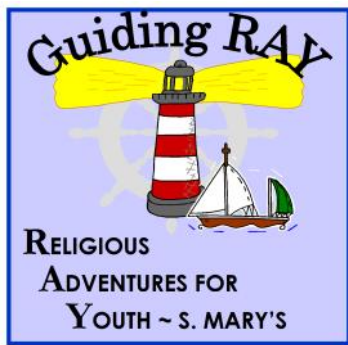
Help is needed with our return to in-person worship. Many of our regular ushers are not ready to meet in-person. We thoroughly respect their decision. Therefore, some new folks are needed to fill the gaps, most likely on a temporary basis. Ushers will be important to our ability to manage this return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

Ushering is definitely different in these COVID times. We are looking for people who would be available each Sunday to help people get safely seated from a distance, hand out a mask if needed, assure sanitizer is at the door, and help Father Nathan with anything that needs special attention on a Sunday morning. There's no contact with others, no bulletins to hand out, no communion gifts to bring up.

We are looking for one 'usher' at the 8am and the 11am services.

If you can help on ONE Sunday this autumn, please contact Tom LaPlante at tlaplante@llbean.com.

Christian Formation-RAY Beams - September 2020



Fall is almost here and Saint Mary's Guiding RAY Children's Faith Formation Program planning is well underway!

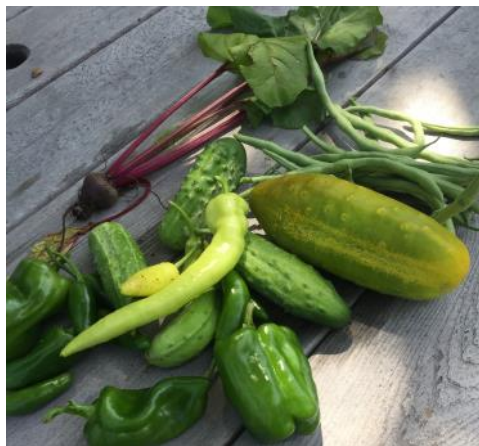
For September, we will have Faith at Home kits available for whoever would like one. These kits will contain a combination of off screen activities as well a few on line videos. Included will be some tools for parents to help nurture the souls of their children as well as prayer practices and activities 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.](#)

Our Guiding RAY vegetable garden

has been our fall outreach for the past few years with the kids harvesting and delivering the fresh veggies to the Falmouth Food pantry. A big shout out to the Outreach Committee for continuing to safely deliver the fresh produce for us. The pantry clients are extremely appreciative!



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



Art & Angels



In preparation for the September diocese-wide worship service on September 27, we invite the children of the diocese to draw, paint or compose pictures of what they think angels look like. These images will be incorporated into the September diocese-wide worship service. Note that we welcome submissions from the young and the young at heart! Please take a photo of the angel art and send the photo to Director of Communications [Katie Clark](#). Please include the first name of the artist and their age. Please submit artwork by Sept 11.



Loving God, we pray for students and teachers at the beginning of this school year. Give them open minds and hearts to learn and to experience more fully the majesty of the world you have created. When they are nervous, remind them of your love. When they are frustrated, give them peace and rest. Enable them to grow in knowledge and wisdom during this school year and all the days of their lives. Protect these students, teachers and staff and keep them all safe. In the name of Jesus

Christ who lives and reigns with you and the Holy Spirit, one God now and forever. Amen.

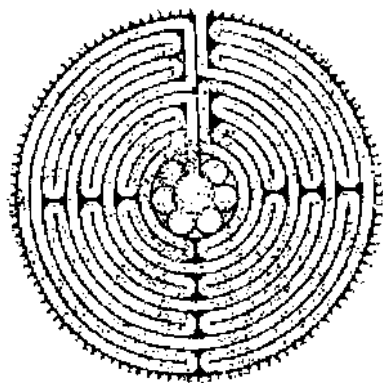
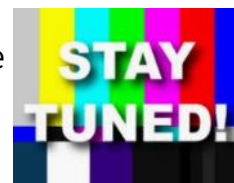
Adapted from Building Faith Backpack Blessing

Christian Formation - RAY Beams - September



Heads Up!

While our in-person youth group is currently on hold, we all have the fantastic opportunity to join youth in grades 6-12 from around the diocese of Maine for an on-line gathering. Mark your calendars for the 3rd Monday of each month. The first meeting will be on Monday, Sept 21.



Saint Mary's Labyrinth

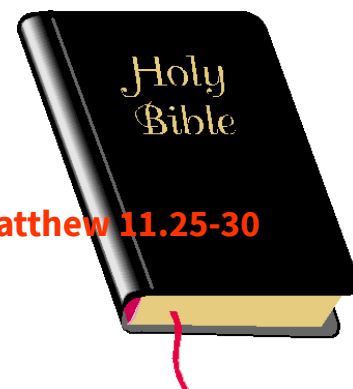
Our Buildings and Grounds crew has done a fantastic job restoring our Saint Mary's Labyrinth that was originally built in 2004 during the ShowHouse renovation. Walking a labyrinth is a spiritual tool open to all to enjoy and to find peace and renewal.

The permanent outdoor labyrinth at Saint Mary's in front of the Rectory serves just that purpose. Built before the pandemic, it feels even more important now to remind our community of its healing gifts. The labyrinth is a tool for prayer, a walking meditation. It is very present, internal and personal between you and God. And it is outside and easy to social distance. Come, get lost in it today!

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.

SEP 13	Philippians 1.1-11 / Psalm 114 / Matthew 18.21-35
SEP 20	Philippians 1.12-21 / Psalm 145.1-10 / Matthew 20.1-16
SEP 27	Philippians 1.20-30 / Psalm 25.1-9 / Matthew 21.23-32
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



Outreach Ministry - All Ages Serving Near and Far

Outreach at Saint Mary's in 2020 - 2021

“Once we have found the God within...we become connected to everything, to everyone. We carry the whole world in our hearts... Then, action and prayer are one.” Father Richard Rohr

The pandemic is changing the HOW, but not the WHY of Outreach at St. Mary's. Operating within the needed requirements to social distance, Outreach at St. Mary's will continue to be a source, an extension, and a product of our developing relationship with God, as we marry prayer and action to nurture relationships with those beyond our campus, with a particular focus on the marginalized. In 2020 and 2021, we are focusing on building connections and community with the at-risk and marginalized through distanced and, whenever possible, personal involvement.

Stigma

Outreach will participate in Saint Mary's "Becoming An Anti-Racist Parish" program by offering three Sunday afternoon presentations during the year on **Stigma**-- how it "looks" and how it can be solved-- in various sectors of our community. All three presentations will be offered on Zoom and, as possible, will offer in-person gathering.

Smash The Stigma: Hope Gardens at Saint Mary's. Saint Mary's parishioners/families are invited to plant "Hope Gardens" on Saturdays during the month of October to "smash the stigma associated with mental illness. After a long winter, 500 tulips will remind us of perseverance and the renewal next spring! Please sign up [On Realm](#) to help plant these tulips—a safe, fun and rewarding effort to work against stigma!

On October 25th at 4-m, we kick off the season with a presentation on "Facing Stigma: Creating Solutions" on October 25th at 4pm with Suzanne Fox, Executive Director of the Yellow Tulip Project <https://theyellowtulipproject.org> The Yellow Tulip Project is focused on Stigma related to those suffering with mental illness. This presentation will address Stigma "writ large" - the whys, the hows and solutions to overcome. The presentation will be on Zoom and, as of this writing, will also offer the opportunity to gather in person in the Auditorium.

On January 3 at 4pm, we offer "The Face of Stigma – The Immigrant Community" with Steve Wessler, founder of the Center for the Prevention of Hate and Violence.

Look for news of a third presentation in March, focused on **The Face of Stigma -The Recovery Community.**

Welcome, New Mainers

Teach and mentor New Mainers in collaboration with **In Her Presence**, www.inherpresence.org, St. Marians tutor literacy with In Her Presence students remotely over Whats App. Contact Becky Pride, rebecapride1@gmail.com to join this group!

Responding to the Opioid Crisis

Attend **Casco Bay CAN**, WWW.CASCOBAYCAN.ORG **Round Table** discussions in May to learn the latest information on illegal substance use and tips for talking to your children and grandchildren about the threat. Separate discussion tables for parents and grandparents of elementary and high school (and beyond) children. To be offered via Zoom and, as permitted, through in-person gathering.

Stewardship of Our Island Home

Participate in the **Coastal Clean-up** on Sunday, April 7 or 24 2021 following the church service!

In concert with the Buildings and Grounds Committee, learn about and participate in sustainable planting, gardening, recycling and composting programs and sharing best practices in your homes and neighborhoods. And when you use the Parish House, please compost and recycle!

Outreach Ministry - All Ages Serving Near and Far

Families in Need

Volunteer with other Saint Marians at **St. Elizabeth's Jubilee Center**, stlukesportland.org/index.php/st-elizabeths-jubilee-center-essentials-pantry/ in Portland on the third Tuesday morning of the month from 8:30 to noon, organizing and distributing non-food essentials to the most needy among us. Contact Betsy Elliman, betsyelliman@msn.com

Serve the **Saint Mary's Curbside "Souper Supper"** program which serves anyone from the Greater Portland area, free of charge, a take-out dinner of soup, bread, dessert on the 2nd and 4th Fridays of each month from 5-6. This mission attracts parishioners who shop, cook, set-up, dish-up, distribute and clean-up. Sit-down service will resume when Public Health permits. Contact Jennifer Gregg, jenniferanngregg@gmail.com.

Donate non-perishable foodstuffs to the **Falmouth Food Pantry**, <https://www.falmouthme.org/town-clerk/events/25166> leaving donations in the marked boxes in the Guild Room foyer and the church narthex. Contact Judith and John Brooks, brooksjk@maine.rr.com

Participate in the ecumenical **Cumberland Good Friday Walk for Habitat for Humanity**. Contact Jennifer Gregg, jenniferanngregg@gmail.com

Work with At-Risk Youth

Our work with **Long Creek Youth Development Center**, maine.gov/corrections/juvenile/Facilities/LCYDC/index.html, will resume when Public Health allows. We look forward to the time when we can assist the young people who are incarcerated at the facility through bi-monthly events and visits for tutoring, mentoring and serving as adult role-models.

FMI: The 2020-2021 Outreach Committee members are: Deacon Christine, Jennifer Gregg, Anne LaFond, Dana Madison, Justice Pollard, and Bonny Rodden, with the critical support and initiatives of Judith Brooks, Betsy Elliman, Margaret Fast, Marian McCue, Becky Pride, and Merle Marie Troeger. We always welcome additional committee members and drop-ins of all ages (this is a great ministry for teens!). We meet as a committee monthly on the first Thursday at 4 PM. **FMI: Jennifer Gregg, jenniferanngregg@gmail.com**

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!

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 on any Saturday in October - 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.

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 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 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.



Miles for Milestone 2020: Saturday, Sept 12 - Sunday, Sept 20

In the time of COVID-19, we've all been using the word "distancing" a lot. It's easy to feel alone these days. For people in recovery, too often this distancing creates a feeling of isolation that removes one of the most important tools in their fight against addiction: the support of friends and peers.

This September, as part of National Recovery Month, let our friends and neighbors in recovery know that they are not alone. Join Your Miles for Milestone to send the message that even though we are apart, we all stand together.

Sign up to ride, bike, run, or walk one of our suggested routes, or one of your choice. Go your chosen distance between September 12 and September 20, then post your picture or video from your route on social media with a message of support for those in recovery. Don't forget to use the hashtag [#RecoveryIsPossible](#) and tag Milestone Recovery on Facebook, Twitter, or Instagram so we can share your post.



MILESTONE
RECOVERY

Registration for Your Miles for Milestone is free; donations of any size to Milestone Recovery are greatly appreciated and can be made from the [registration page](#).

Pantry thanks all and hopes for our continued help

Until November 20, the Falmouth Food Pantry will continue to distribute boxes of food to families in front of the Falmouth Town Hall on the **first and third Friday**; boxes will be distributed to cars from 9:00-10:30.

Managers will also continue packing food cartons for delivery to doorsteps of families in need without transportation, and this will be the sole means of distribution after November 20.

While food donations are not being taken at this time, monetary donations to support their efforts can be made via check made out to the Falmouth Food Pantry and mailed to: 279 Middle Road, Falmouth, ME 04105. Donations can also be made online via PayPal at:

www.paypal.com/fundraiser/charity/1807575

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 feel free to call 632-2687 or 781-2996.



Saint Mary's 2020 Victory Gardens -



Thank you very much to those who grew the veggies and flowers, to those who sorted them, and to those who transported everything to the Food Pantry. Many families have appreciated your taking the time to make this possible and your being so generous to others.

If you'd like to help, please leave your produce or flowers in the designated containers outside the Parish House between 9am and 12 noon on Wednesdays. Feel free to contact: Bonny Rodden, brodden1.br@gmail.com or Jennifer Gregg, jenniferanngregg@gmail.com with any questions!



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives **September 10 and 24** **plus dozens of opportunities in Oct - 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.

We come together in Prayer

“Another Person’s Soul is a Far Country to Travel To”

shared by Merle Marie Troeger

This is one of those quotes by that famous medieval mystic “Anon.” Whoever she or he was, the wisdom is so true. Someone you know, even someone you know intimately, can sometimes say or do something that makes you think “I don’t know that person at all!” That’s when Anon had it right – “Another person’s soul is a far country to travel to.”

In this life, we get to know some people well – and others we hardly know at all. But we *do* get glimpses. There was the time that he said just the right thing when I was so despondent. There was the time that she brought me a flower that brightened a day that was going so badly. And then there was the time that he did such a cruel thing I couldn’t forgive him for years. And there was the time she wounded me deeply – and probably unintentionally.

The same is true of me – and you. My soul – and your soul – is a far country for anyone else to travel to – even for those who love us the most.

But there is One who knows us best. This One, in the beautiful language of the King James Version, “has searched me and known me!” This One knows when I sit down and when I rise up. This One knows my ways, my paths, my speech and my thoughts.

Not only that, this One has known me from before my birth. This One “didst knit me together in my mother’s womb.”

And there is no fleeing the One who knows us best. If we ascend to heaven, if we descend to Sheol, if we dwell in the innermost parts of the sea, and *even if darkness covers us*, that One is there.

Perhaps this One knows us best when we don’t want to be found. “If I say, ‘let only darkness cover me, and the light about me be night,’ even the darkness is not dark to thee, for the night is bright as the day; for the darkness is as light with thee.”

We are known and loved by God. Another person’s soul - and our own souls - may be in far distant countries, but the One, the Lord, seeks us out and is nearby. So, we ask, “Whither shall I go?”

When you have a minute, find a Bible and read Psalm 139:1-18. Your soul is not a far country for God to travel to.

Ignatian Partnership of Maine will offer the Spiritual Exercises of St. Ignatius again in 2020-2021

“Finding God in All Things” is the primary mantra of the Ignatian Exercises. Developed over 300 years ago, the prayer practices and spiritual strategies are surprisingly modern. They use all our faculties including the experiential, the imaginative and the rational. The Retreat in Everyday Life allows us to move through the Exercises over a nine-month period, allocating a dedicated time of prayer and reflection each day. Participants meet once a month as a group and at least once a month with a spiritual director. Merle Marie Troeger has served as a spiritual director in this program for the last year. If you are interested in this unique experience, contact Merle Marie at merlemarie@troeger@gmail.com or go to <https://www.ignatianme.org/spiritualexercises#retreat-about>



CELEBRATE



HONOR



SERVE



Sparkles News - September 2020



Keep Calm and Sparkle On! That's what we are declaring our unofficial theme for Sparkles 2020. There are so many uncomfortable changes this year, and where possible we'd like to keep some things the same. While Sparkles may look very different this year, will stay calm, and we will Sparkle On!

Our first Sparkles event this year will be held Friday, October 16 from 5:30pm-8:30pm, and Saturday, Sunday and Monday mornings 9:00am-12:00noon. Friday evening will be a special preview event with a limited number of tickets sold. On each day, we will limit the number of customers based on state guidelines, and practice safe hygiene and disinfecting.

SPARKLES IN OCTOBER will include

Sparkles Spirit--As always, we'll have forms available to order delicious appetizers. Unfortunately, due to COVID-19, we won't be able to have our usual tastings, but our fabulous cooks will be offering some favorites from past years. Your orders will be available for pick up the week of November 15 in time for Thanksgiving or Christmas. This is a wonderful opportunity to purchase readymade (frozen) appetizers and have them available for whenever you need them.

Boutique--Our Boutique will also look a little different this year. As always, we'll have all kinds of items and treasures for sale, but in October, we'll focus on our Jewelry and Fashion Accessories table, fall decorating, our famous Friendship Soup and Holy Smokes. ALL of our inventory comes from our generous parishioners, so we need your help more than ever!

Jewelry & Accessories—Please go through your closets and drawers and jewelry boxes and solicit items from family and friends! We need vintage, new and handmade jewelry, and fashion accessories, i.e., scarves, purses and evening bags, belts, shawls, etc. This year, we're also accepting jackets, boots and shoes, as well as men's neckties, shoes, belts, jackets, and other men's accessories. Just remember, we have no dressing rooms, so everything should be able to be "tried on" in the auditorium.

Fall Decorating – Do you have unwanted fall, Halloween and Thanksgiving items? We need wreaths (any type, any style, any condition), fall ribbons, faux flowers, pumpkins, gourds, and any other fall items, i.e., pillows, throws, china, etc. We could also use Styrofoam cones.

Friendship Soup and Holy Smokes – We need bags (and bags and bags) of dried beans (any type) for our Friendship Soup and pinecones and candles or wax for Holy Smokes. Please leave them in the basket in the Parish House outside the Guild Room.

We're still accepting items for our **Knitter's Corner, Toyland, Boutique, Christmas and Home Décor areas** and if we have room, we will put many of them out in October. The office is open Monday-Wednesday. Please leave your items downstairs in the hall in front of the Storeroom. If you need pick up, please let us know.

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.

Sparkles Co-Chairs, Jana Burke and Kathy Galen



The Maine Marathon is now a VIRTUAL event!

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

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

Everyone is welcome to gather on this Saturday for a physically-distanced but spiritually-connected community run. **ALL** are welcome and we will adjust the length and speed of our run to the ability of all our participants. Walkers are welcome as well. Everyone is welcome! FMI, reach out to Fr Nathan (310-0268 or nathanferrell@smay.org).

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)

Thanks to the B & G crew for the quick action preparing the Saint Mary's campus for the Tropical Storm Isaias

Thanks to Lucy Ellis for picking up the branches, twigs and debris left by the tropical storm.

Thank you to Father Nathan and Beth for dotting all the i's and crossing all the t's on our plan for moving into the church for September and October. Your attention to detail is amazing!!

Thank you to the Sparkles team for their work to discern a socially distanced path for our biggest fundraiser during a pandemic!

Kudos to Buildings and Grounds for their work on the chapel exterior. What an amazing crew! We are so lucky to have your many, many volunteer hours. **Thanks be to God for these heroes!**

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S!**

Thank you to all the devoted "waterers." The dry summer has kept many busy watering the plantings. Your effort has paid off. Everything looks lovely!

yay!

Thank you to treasurer Ben Parks-Stamm and Beth Shaw for their detailed work on the loan forgiveness forms.

Thanks to Bonny Rodden for managing the Victory Garden of flowers and produce program and making deliveries to the Falmouth Food Pantry.

Thank you to Bruce and the Choir for their devotion to offering socially distanced music for our outdoor services.

Congratulations to another of our 2020

High School Graduate who is heading off to new adventures

Will Winter was recruited to play soccer at Wheaton College in Norton, MA. He applied and was accepted Early Decision in December.

Unfortunately, due to the pandemic, Wheaton will be holding most of their classes virtually, and it remains unclear if there will be a soccer season. Several of the schools in the conference have already canceled their fall sports programs. As such, Will has decided to defer for a year and plans to attend Bridgeton Academy for a PG year. He plans to go to Wheaton in the fall of 2021.



GROW IN GOD EVERYDAY

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

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

SUNDAY WORSHIP: each Sunday 11 AM on [Facebook Live](#) (starting SEP 13)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:30 AM & Mondays at 5 PM 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 September Birthdays to:

1 Christine Bennett
2 Grace Leschey
3 Helena Corbett
4 Lottie Chappell
5 Anne Hyland
5 Chelsea Scott
8 Robert Bowen
8 Mike Edwards
8 Robin Gauvreau
8 Debby Hammond
9 Sam Brown
9 Geoff LaFond
10 Meredith Winter

11 Samantha Means
12 Matthew Grace
12 Ben Velek
16 Jennifer Gregg
16 Justice Pollard
16 Neils Rodgers
18 Emily Follo
18 Lad Taylor
19 Nate Smithwick
20 Kathy Stimson
21 Myles Nuzzi
22 Jana Burke
22 Kim Diamond
24 Nate Buchanan

24 Chuck Horton
24 Alexis Madigan
25 John Maher
26 Malia Pelletier
26 Anne Wood
27 David Andrews
27 Cindy Horton
28 Celia Keefer
28 Emily Otte
29 Julia Bisson
30 Bryan Dench
30 Ibe Mokeme

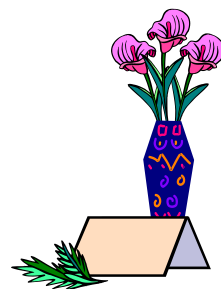
We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please send your and your family's special dates into the parish office and we'll be sure to include them on your special month. admin@smary.org or call 781-3366 or drop a note to the church. Thanks!

Happy September Anniversary wishes to:

3 Elise & Neil Kiely
9 Ana Cairns & Rich Bazarian
10 Sheila & Tom Donaldson
13 Mike & Cara Pelletier
19 Tricia Wheeler & Ryan Stinneford



24 Talie & Joel Harris
24 John & Elizabeth Musacchio
24 Grace & David Robinson
25 Judy & Gordon Oliver
29 Jamie & Lisa Conway



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



August 22 was [Earth Overshoot Day](#), the date when humanity used "all the biological resources that Earth can renew during the entire year," as calculated by Global Footprint Network, an environmental research organization. The group has been doing this annual assessment since 2006. That year, Earth Overshoot Day fell in October. The date has crept earlier every year until this one, when the coronavirus pandemic put a dent in the global economy.

New York Times, Climate FWD


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



September 2020

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
8/30 13th Sun. after Pentecost 9:15 Be Still on ZOOM 10:15 Picnic Eucharist outdoors and on Facebook Live	8/31 12 Noonday Prayer 5 Be Still	9/1 12 Noonday Prayer 5:30 ExCom meeting	9/2 9:30am Mainely Weavers 12 Noonday Prayer 6 ORI	9/3 12 Noonday Prayer 3 Merton Group 4pm Outreach meeting	9/4 Office closed 12 Noonday Prayer 5:30 AlAnon	9/5 12 ³⁰ - 2 ³⁰ Opera Maine in Garden 4-6 Opera Maine in Garden
6 14th Sun. after Pentecost 9:15 Be Still on ZOOM 10:15 Picnic Eucharist outdoors and on Facebook Live	7 Labor Day Office closed 12 Noonday Prayer 5 Be Still	8 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	9 12 Noonday Prayer 4 CARE group	10 12-5 Blood Drive 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	11 Office closed 12 Noonday Prayer 5-7pm Souper Supper TO GO 5:30 AlAnon	12 12 ³⁰ - 2 ³⁰ Opera Maine in Garden 4-6 Opera Maine in Garden
 13 15th Sun. after Pentecost Kickoff Sunday 8 Holy Eucharist 9:30 Family Eucharist in Auditorium 9:30 Adult Formation groups 11 Holy Eucharist 12 Garden Dedication 1-5 Girls' Choir Meet & Greet	14 12 Noonday Prayer 5 Be Still 4:30, 5:30, 6:30 Girls' Choir rehearsals	15 7:30-9am BNI 8:30-11 St. Elizabeth's 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4:30 Girls' Choir rehearsal 7 AA in Aud, AlaTeen in LL 7:30 AlAnon (6:30beginners)	16 12 Noonday Prayer 4:30, 5:30 Girls' Choir rehearsal 5-6:30 TOPS meeting 6 Vestry meeting 7pm RC Board meeting	17 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	18 Office closed Ave deadline 12 Noonday Prayer 5:30 AlAnon	19 3-6 Choral Arts Society outside
20 16th Sun. after Pentecost 8 Holy Eucharist 9:30 Family Eucharist in Auditorium 9:30 Adult Formation groups 11 Holy Eucharist	21 St Matthew 12 Noonday Prayer 5 Be Still 4:30, 5:30, 6:30 Girls' Choir rehearsals	22 7:30-9 BNI 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4:30 Girls' Choir rehearsal 7 AA in Aud, AlaTeen in LL 7:30 AlAnon (6:30beginners)	23 12 Noonday Prayer 4:30, 5:30 Girls' Choir rehearsal 5-6:30 TOPS meeting	24 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 6 Dowlers in Aud 7 Hymn Sing	25 Office closed 12 Noonday Prayer 5-7pm Souper Supper TO GO 5:30 AlAnon	26
27 17th Sun. after Pentecost 8 Holy Eucharist 9:30 Family Eucharist in Auditorium 9:30 Adult Formation groups 10 Diocesan Service on Fb 11 Holy Eucharist	28 12 Noonday Prayer 5 Be Still 4:30, 5:30, 6:30 Girls' Choir rehearsals	29 Michaelmas 7:30-9 BNI 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting 4:30 Girls' Choir rehearsal 7 AA in Aud, AlaTeen in LL 7:30 AlAnon (6:30beginners)	30 9:30 Mainely Weavers 12 Noonday Prayer 4:30, 5:30 Girls' Choir rehearsal 5-6:30 TOPS meeting	10/1 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	10/2 Office closed 12 Noonday Prayer 5:30 AlAnon	10/3 9 AM ME Marathon "Virtual" running



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 9/13)

8:00 - Holy Eucharist
9:30 - Family Eucharist in the Auditorium
11:00 - Holy Eucharist (also available on Facebook Live)

CELEBRATE ∞ **HONOR** ∞

MONDAY - FRIDAY

12 Noonday Prayer (in the Chapel or on



**Kick Off Sunday
September 13**

Three services for max 35 people each

8 AM Contemplative Eucharist
9:30 AM Family service in the Auditorium
11 AM Eucharist with music

Click for full safety restriction

Safely back in community following all CDC Guidelines

- Sanitizer
- Masks
- Distancing
- No wine
- No bulletins
- No offering



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

Copy deadline for October AVE: Sept. 20

YOUR 2020 SAINT MARY'S VESTRY

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

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

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

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

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