



THE EPISCOPAL CHURCH
OF SAINT MARY



Monthly Newsletter

CHRISTMAS IS NOT CANCELED! But it will be outside.



Can you believe that we are still dealing with this coronavirus pandemic after so many long months? Even though the virus continues to spread and many aspects of our lives are curtailed to help minimize this spread, I want you all to know that Christmas is not canceled! Nothing can stop the amazing Good News of the Incarnation: God became what we are by nature, so that we might become what God is by grace. All of the uncertainties and the injustices of human life were experienced by the Word made flesh. Our entire human condition was taken on and redeemed by Christ, and no one is beyond the reach of God's redeeming work. Because of this fact, all of us are now invited to become something more: to share in the divine nature, to be imitators of God, to live in the joy and unity of God. There is no set of circumstances on earth that could ever cancel God's ongoing project of redeeming

humankind, not even a global pandemic.

So how will we celebrate the Nativity of Christ this year? Outside! That is the only way that we can safely accommodate everyone and still sing some of our beloved Christmas carols. **On Christmas Eve, make plans to gather at 3, 4, or 5 PM on Saint Mary's campus for a memorable Nativity celebration.** Christmas is coming rain or shine or snow, so check the weather forecast and dress accordingly. Each gathering will be brief (30-40 minutes) and each will be the same. We will have candles, luminaries, firepits, hot chocolate, a few animals (hopefully), the biblical story of Christmas, and the singing of carols. God will be with us, and God will be glorified! It will certainly not be the same as usual, but this is going to be fun and a Christmas we will all remember for as long as we live. For those who are simply unable to gather with us, our plan is to livestream the 4 PM celebration over the internet.

All of this is going to take some work, so if you are willing and able to participate in some way to make these celebrations happen, please reach out to me (nathanferrell@smary.org) or Megan Akers (guidingray@smary.org). Thanks!

Nathan W. Ferrell +

*Nothing can stop
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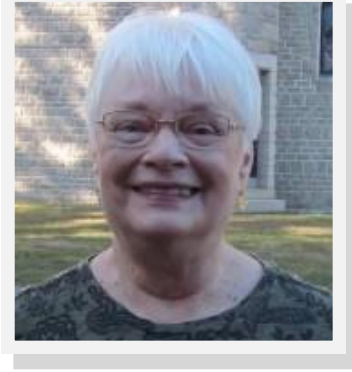
Advent begins November 29: How do you make it meaningful?

Be part of the Anglican Communion's Global Advent Calendar. It's an innovative way to engage in the season of Advent with people all over the world. Simply respond to the daily meditation emailed to you with images and prayers that speak to your heart. To learn more, Visit: <http://adventword.org/>

From Deacon Christine: Small Gifts

Dear Ones,

Thank God there are some things that never change! These past several months have turned everything we have always thought to be stable and routine upside down between the pandemic and political tensions. People are suffering and dying, and at this point, the future may appear to be bleak as we move into winter. This season of Advent and Christmas becomes even more important with signposts leading us toward God's abiding never changing love for us. The familiar and much-loved scriptures focus us on the story of God's greatest gift to God's people in the person of the Holy Child, born in Bethlehem, Emmanuel, God with us. We can gather around the Advent wreath in our homes, read the Word and light the candles, one for each of the four Sundays in Advent leading up to Christmas, each candle representing the gifts of hope, joy, peace and love.



Our family traditions are even more important this year, helping us to focus on God who is our hope, our true and lasting joy, the perfect peace in our hearts that makes it possible to love ourselves and others. I love decorating the tree with the ornaments collected over a lifetime of family Christmases, but my favorite tradition is setting up the creche. We collected the figures over time, starting with Mary and Joseph kneeling reverently next to their blonde baby (that always makes me chuckle) lying in a hay-filled creche. Looking at them now reminds me of Mary's incredible faith and courage in allowing God's will for her to be fulfilled through the birth of Jesus and Joseph's equally amazing courage in staying by Mary's side ignoring all the societal norms that would have expected him to abandon her.

They needed a stable and that was our next acquisition complete with sheaves of hay, a water trough and lanterns. It must have been so dark and cold the night Jesus was born. Mary gave birth alone with only Joseph to help her. How she must have suffered and how much joy she must have had to have her baby safely in her arms! A stable must have animals, and the cows were added next as well as the donkey Mary rode to Bethlehem. The animals probably provided some warmth, but they would also have provided unpleasant smells! Imagine God coming to earth as a tiny helpless child born in such a lowly place to poor, ordinary parents!

Then came the shepherds and their sheep. In their day the shepherds were the lowest of the low in society and yet they were the ones the angels came to first with the amazing news that a Savior had been born. Our collection of shepherds and a flock of sheep included a little lamb that had been part of the manger scene my family had when I was a child. On the bottom of the figure in faded pencil is marked 10 cents which was what my mother paid for it so long ago. Angels with their golden wings, messengers from God, hover over the scene. There are other figures too, chickens and cats and dogs, ducks and geese, all God's creatures gathered to rejoice. One of the last figures we added to the scene was a Roman soldier holding a shield and spear. He is there as a reminder of two things. One is that Jesus was born during a time of great suffering for the Jews who lived under the boot of the cruel Roman Empire. It is also a reminder that Jesus did not come just to save his own people but to save all people, even those we see as enemies.

There are three kings in the collection as well, each with his own camel and each carrying gifts for the Christ Child. They wait across the room until the Feast of the Epiphany when we will move them to join the many other players in the drama.

Read the story in scripture. Light the candles. Set-up the creche if you have one. Tell the ancient story that endures through the ages no matter how the world changes and our challenges distract us. Rejoice knowing that our God who was born a child in Bethlehem for our sake, lives today with us and in us, and will come again. May this Advent and Christmas season fill you with hope, peace, joy and love.

Faithfully, Deacon Christine



Remembering Father James at Noonday Prayer

On Tuesday 1 December, Saint Mary's will celebrate a special Noonday Prayer service in memory of Father James Dalton-Thompson on the tenth anniversary of his death. [On Facebook Live](#), prayers will be offered and Bruce will play a joyful Bach organ work, 'In dir ist Freude' (In you is joy) as a way to remember Father James' many gifts among us. This is also the time when the Kyros Memorial Tree names will be shared in prayer. FMI call the parish office, 781-3366

At 12:30, all are invited to join an interactive [ZOOM session](#) where each person can share stories and remembrances of Fr James. [Click here to join in this ZOOM session.](#)

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on November 18th via Zoom. Father Nathan shared a teaching moment about Saint Martin de Tours. He is best known for the account of his using his military sword to cut his cloak in two, to give half to a beggar clad only in rags in the depth of winter. He left the military, became a monk, and eventually became a bishop. The kings of Gaul would take the other half of the cloak with them to bring the presence of God onto the battlefield. The priests who were assigned to take care of the cloak were called chaplains and now the term applies to clergy in the military.

Jennifer Gregg provided an annual report to the Vestry about Outreach activities and plans. Noting that the committee's direction is based on the understanding that we are called to be one with God as well as our neighbors/strangers, the focus has been on building relationship with immigrants, those suffering with substance use disorder, food insecurity, at-risk youth also caring for our environment. The committee has added its support for the parish program of "Becoming an Anti-Racist Parish." Because "action" is inseparably linked with prayer, Outreach also continues supporting two "Quiet Mornings" led by Merle Marie Troeger.

In response to COVID, Outreach pivoted away from the goal of promoting in-person gatherings to offering distanced and virtual connections, spearheading the mask-making effort that benefited both parishioners, the Falmouth community and In Her Presence (IHP) families. In-house Souper Supper went curb-side and includes distribution of USDA food boxes in November and December. Planned in-person events with those in recovery transitioned to an on-going educational program on Stigma, offered on Zoom. In-person teaching of IHP students moved to What's App. The Victory Garden project replaced Falmouth Food Pantry deliver-



Janet Bowne, Sr. Warden



Aaron Splint, Jr. Warden

ies of canned goods. Distributions from St. Elizabeth's continue, albeit less frequently. Unfortunately, mentoring at Long Creek (at risk youth) has been curtailed for the immediate future. Care for God's creation involved the ongoing composting and recycling program, environmentally-friendly tips in the AVE and an upcoming Coastal-Clean-up in the spring. Outreach helped coordinate the successful White Fragility book groups in support of "Becoming an Anti-Racist Parish."

Treasurer, Ben Parks-Stamm, presented the financial statements. Revenue continues to be down due to unpaid pledges and income from loose offering, rental income and fundraising income. Expenses are down in many categories, but we are still projecting a loss this year. The next 4-5 weeks are important. It seems that parishioners are seeing a financial impact from COVID affecting their ability to contribute. It's possible that some may be able to catch up on their pledge payments and Sparkles may continue to do well although the community mood continues to be cautious because of COVID. Certainly, the incredible Sparkles team is doing everything possible to make shopping easy and safe.

Staff Changes in 2021

While there is promising news about new vaccines to minimize the spread of the novel coronavirus, no one knows precisely when these will be available to the majority of our population. Given this uncertainty, and the resulting effect it will continue to have on our parish revenues, your parish leadership has sadly concluded that it is necessary to cut back on our personnel costs as the primary way for us to reduce expenses. Megan Akers, our Director of Christian Formation, will cease serving in that capacity as of December 31. Bruce Fithian, our Organist and Choirmaster, will have his salary reduced, in recognition of the fact that his choirmaster duties have been similarly reduced. It may be possible to reverse these cuts for the second half of the year, but at the moment there is simply too much uncertainty about how 2021 will unfold for anyone to make any reasonable predictions. The Vestry will assess the situation as the year progresses and make appropriate plans for next Autumn.

Please make sure to share your love and appreciation with Megan for her more than four years of service to our families and our entire parish community. And give thanks to Bruce for his flexibility and understanding in these trying times.

from Father Nathan and the Vestry

Stewardship 2021:

by Janet Bowne



Love isn't me. Love is WE!

"My pledge doesn't matter." This is a comment we hear during our pledge drive. Have you ever noticed a puddle in a rainstorm. When the rain starts, the recess that forms the puddle is empty. The rain begins and the drops are sometimes big and sloppy but there's also smaller neater drops that fill the puddle. Soon, all of the drops together fill the puddle. Big and small drops combine together to fill the void. Pledging is just like that. Pledges of all size come together to fill the revenue void!
[We need your help.](#)

Pledges can be paid weekly, monthly or annually. Some parishioners take advantage of gifting appreciated stocks or contributions from their IRA distributions. Contact Beth Shaw if you have questions about how to make a gift of stock or IRA. Please take a moment to consider what you can pledge for 2021 and return your form confidentially to Beth Shaw, admin@smary.org or to her attention at 43 Foreside Road, Falmouth ME 04105.

Saint Mary's Advent Angel Giving Tree



We are having the Advent Giving Tree once again!

Here is an opportunity to become engaged in the spirit of giving this Christmas. Saint Mary's, together with the Salvation Army, are hosting an Advent Angel Giving Tree. Angel tags will be on the Christmas tree with a child's gift request. The tree is located in the Fr James Chapel in the Parish House, so you can enter and safely take a tag, purchase item(s) on the tag, and bring it back to the Chapel. To ensure the families receive them in time for Christmas, the *unwrapped* gifts should be out back under the tree no later than December 14 with the Angel tag on them. For more information, contact Betsy Stoddard, 829-2026, jbstod@myfairpoint.net

Christmas Eve Nativity Story Outdoors and masked Thursday, December 24 3PM, 4PM, 5PM

30-40 minutes with candles, animals, Holy scripture, firepits, carols, and luminaries. All safely outside on the Saint Mary's campus with sanitizing, mask wearing and keeping safe distance.

*Christmas is not
canceled!
Nothing can stop
the amazing
Good News of
the Incarnation.*

*Join in!
Love is We!*





Sparkles continues operating in hybrid mode! We continue sales on-line at saintmarysparkles.org, as well as in-person shopping

Tuesday and Thursday mornings, 9am-12noon through December 17

We have your Sparkles favorites, including Holy Smokes, Sparkles Friendship Soup, Lobster Stew, Almond Cakes, and Rick Hirschman's wonderful coffee cakes.

We also have beautiful fine and costume jewelry, and hand knit items, home décor, household items and furniture. Please support Saint Mary's by shopping *in-home* or *in-person, for yourself or for others.*

It's the most wonderful time of the year! Double your gift by shopping at Sparkles!

Visit our Pop-Up shop in the Parish House on 43 Foreside Rd.

IN-PERSON!

on TUESDAY & THURSDAY MORNINGS

9 - 12 NOON, through DECEMBER 17

All must sanitize, wear a mask, and keep 6' distance!

OR

ONLINE!

ALL DAY! EVERYDAY (UNTIL DEC 17)

WWW.SAINTMARYSPARKLES.ORG

Wonderful items from Autumn & Christmas Decorations, to China & Linens, from Kitchen & Household, to Cakes, & Cookies, Soup, Lobster Stew, Knitted goods, Toys AND more added everyday!

**Visit our facebook (facebook.com/saintmarysparkles)
for updates & added information**

43 FORESIDE ROAD, FALMOUTH 781-3366 WWW.SMARY.ORG

All of our inventory comes from generous parishioners, so please donate gently used treasures in the hall outside the storeroom in the Parish House basement.

We appreciate those who helped in November, but we could use a few more hands in December. Please check your calendar and let us know how you could help. To keep up to date on Sparkles, follow us at facebook.com/saintmarysparkles

Outreach Ministry - All Ages Serving Near and Far

In Her Presence

Throughout the COVID spring, Saint Mary's volunteers for **In Her Presence** (Becky Pride, Judith Brooks, Katie Porter, Caroline Knott, Merle Marie Troeger, and Anne LaFond) continued to connect, converse and teach, "virtually" as best they could, with their cell phones. These bi-weekly phone calls meant so much to the women and children! As we moved into summer and realized virtual learning would continue through the fall semester, **IHP** leadership worked hard to create a virtual program and curriculum that would be inclusive of all levels and taught by lead teachers and volunteers.



December 2019 IHP Gathering at Saint Mary's

Thanks to a generous donation of 12 laptops for advanced women and 62 purchased refurbished tablets for beginners, intermediates and seniors, **IHP** leadership dedicated October to teaching the **IHP** women how to access job information on their computers and to use their "new" tablets on zoom. Additionally, an IT person will be training all lead teachers (including Becky and Anne) and any interested volunteers on how use the zoom platform for teaching. The hope is that by early November **IHP** will have virtual Saturday classes from 10:00 – 11:30. How exciting for the **In Her Presence** women!!!

This is a huge step for **In Her Presence**, but it will require more volunteers to help support this effort. So, how can you help?

Volunteer to be an aide in a virtual class on (selected) Saturdays, from 10:00am – 11:30pm.

Volunteer to make weekly outreach calls, connecting and conversing with the women.

From our spring calling, we realized how important it is to stay in touch with the **IHP** community during these challenging times. A call to say hi, to connect and to converse can brighten someone's day. Please consider being a "phone pal" to one of our **IHP** women...it will bring you great joy!!

Please contact Anne LaFond (akblafond@gmail.com) or Becky Pride (rebeccapride@gmail.com)

Becoming an Anti-racist Parish Book Groups Continue!

Thanks to the meaningful discussions generated by our reading of *White Fragility*, some parishioners have expressed interest in continuing our focus on systemic racism.

Our next reading is *I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown, a short read by a Black woman about the daily issues she faces as a Black American.

Please consider joining us for a one-or-two week discussion beginning on Monday, December 7th from 10-11 a.m. or on Wednesday, December 9th from 3-4 p.m.

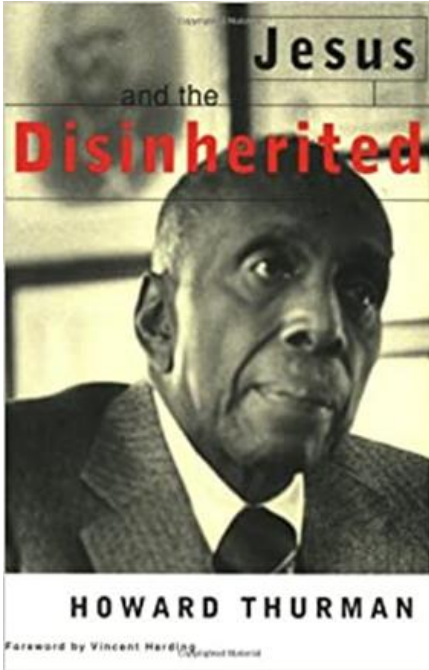
Contact Merle Marie Troeger [merlemarietroeger@gmail.com] or Becky Pride [rebeccapride1@gmail.com] to ask questions or to join a group.

Outreach Ministry - All Ages Serving Near and Far

Becoming an Anti-racist Parish

shared by Fr Nathan Ferrell

The Rev. Howard Thurman (1899-1981) was a celebrated pastor within the Black Church of the Twentieth Century. He co-founded the first intentionally interracial Christian congregation in 1944 in San Francisco. This most famous book by Thurman, *Jesus and the Disinherited*, had a profound impact on the young Martin Luther King, Jr and many other leaders of the Civil Rights movement. Here is a powerful selection from this text for our contemplation:



“The basic fact is that Christianity as it was born in the mind of Jesus, a Jewish teacher and thinker, appears as a technique of survival for the oppressed. That it became, through the intervening years, a religion of the powerful and the dominant, used sometimes as an instrument of oppression, must not tempt us into believing that it was thus in the mind and life of Jesus. ‘In him was life, and the life was the light of men’ (John 1.4). Wherever his spirit appears, the oppressed gather fresh courage, for Jesus announced the good news that fear, hypocrisy and hatred – the three hounds of hell that track the trail of the disinherited – need have no dominion over them. The basic principles of his way of life cut straight through to the despair of his fellows and found it groundless. By inference Jesus says, ‘You must abandon your fear of each other and fear only God. You must not indulge in any deception and dishonesty, even to save your lives. Your words must be Yea and Nay; anything else is evil. Hatred is destructive to hatred and hatred alike. Love your enemy, that you may be children of your Father who is in heaven’” (*Jesus and the Disinherited*, Beacon Press, Boston, 1996, p.18-19,24-25).

See page 16 for a section of Howard Thurman’s meditation on the Sacrament of Christmas.

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 *CURBSIDE 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

Preventing and Reducing Substance Abuse in Young People

Many Saint Mary's parents will recall the very informative and fruitful Casco Bay CAN "Round Table" talks that the Saint Mary's Outreach Committee hosted in May 2019. We look forward to doing the same, virtually if necessary, in May 2021! Casco Bay CAN engages parents, faith leaders, school staff, and law enforcement to conduct programs ranging from education about the dangers of underage drinking and substance use to peer-to-peer prevention messaging. We are proud to be a partner of this local organization that has now achieved national recognition by the Community Anti-Drug Coalitions of America (CADCA) as one of the top ten case studies nationwide for successful strategies to reduce substance use in young people. The case study can be found at: <https://www.cascobaycan.org/cbcwp/wp-content/uploads/2020/08/CAN-case-study-2020-digital-with-links.pdf>

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

Casco Bay CAN
 CREATE AWARENESS NOW
www.cascobaycan.org

A grant funded project sponsored by
 Cumberland County Government

Cumberland County

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



Come Thou Long Expected Jesus **ADVENT QUIET MORNING on ZOOM** SATURDAY, DECEMBER 12, 9 AM - 12

We have lived through tumultuous times this year. Yet Advent will come around again, as it always does, despite a widespread pandemic and a bitter election season. Our church tradition wisely calls for a new beginning as we enter a new liturgical year. Please join each other and Merle Marie Troeger via Zoom for a contemplative morning of waiting and watching for new birth. Please contact the Parish office 781-3366 or smary@smary.org to receive the zoom link for the morning or wait until the eNEWS in December.

STUCK INSIDE BUT WANT TO CHRISTMAS SHOP

Celebrate and support New Mainer entrepreneurialism

C. Love Cookies - 'Cookies with a Cause!'

[Visit www.clovecookieproject.com](http://www.clovecookieproject.com)

Shipping cookies to the continental USA, or "touchless" pickup orders at **94 Washington Ave., Portland, ME**, Delicious holiday cookies!



Empanada Club: Latin America in your Hand!

www.empanadaclubme.com or they can email an order to adrian@empanadaclubme.com

Adrian's Empanadas: meat, vegetable, freeze well! Pick-up or delivery on Fridays.

Akakpo Designs: Jewelry with Something to Say

<https://www.akakpo.com>

"The Portland jeweler makes patterns out of traditional symbols from his native Ghana."

We come together in Prayer

The Armor of Light

shared by Merle Marie Troeger

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light . . . (Book of Common Prayer, p. 211)

The Collect for the First Sunday of Advent is a wonderful prayer. We just heard it on Facebook Live if we tuned into last Sunday morning's service. It will be a great meditation for the week, I thought, especially that phrase "to put upon the armor of light." I find I want more time with each word.



I'm still on "armor of light." I'll think about "putting it on" in due course, perhaps. Such a rich idea: the paradox of the heaviness of armor and the weightlessness of light. The military reference and the transcendent. Is the armor defensive only? Isn't there a suggestion that I should actively repulse an enemy? Then who or what is that enemy? The attachments and habits that allow me to keep God at arm's length?

What could penetrate the armor of light? Other light? What kind of protection could it be anyway? What would an armor of light look like? Stars? Incandescence? Invisible shield? Who else is wearing the armor of light? Sounds a little showy, doesn't it? A little too blatant, too much of a religious

fashion statement. Where could I get this armor of light? How much would it cost?

Then there this question: How would it change me if I put it on? How heavy would an armor of light be? Maybe it would actually weigh a lot. Too much to bear? Would anyone notice and say, "Oh, what lovely armor. Where did you get it?" Ah, but what armor am I *already* wearing? What would I have to take off in order to put on the armor of light?

I'll still be thinking and praying about the armor of light when the First Sunday of Advent rolls around in 2021, I suppose. Maybe I'll have put it on by then, maybe not. This glorious image is turning out to be a little troublesome. Let it rest. At some unguarded moment, maybe I'll look down and notice I've actually put it on.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives **December 3, 8, 16, 29** **plus lots of opportunities in the new year**

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.

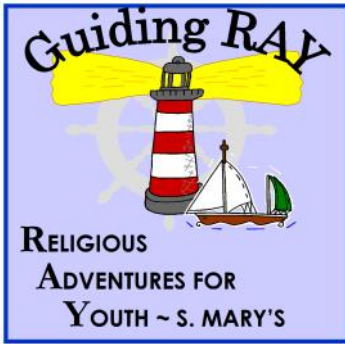
Love isn't me. Love is WE!

Pledge income is our major source of revenue. In 2020, other sources of income like parish hall rental, fundraisers and loose offering during peak times like Holy Week are down considerably due to COVID-19 restrictions. [Please consider pledging.](#)

Pledge amounts vary greatly. In 2020, our average annual pledge was \$2,131.

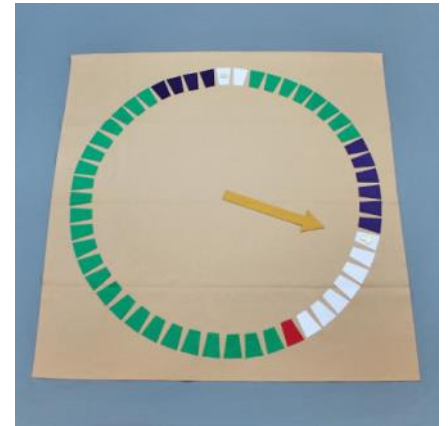


Christian Formation-RAY Beams - December 2020



We begin the season of Advent November 29th this year. The first Sunday of Advent is also the first Sunday of a new church year. It marks the end of the old Church year and the beginning of the new. The word Advent comes from a Latin word meaning “coming” or “arrival.” In Advent we are waiting for the coming of the birth of Christ. In our own lives, Advent can be a special time of

learning to wait and slow down. It is a season of waiting and preparation before the birth of Jesus, a time to prepare our hearts and our homes for the arrival of the baby Jesus.



*Would you like to be a part of our
Live Nativity?*

*Christmas Eve Nativity Story
Outdoors, masked, and distanced*

***Thursday, December 24**
3PM, 4PM, 5PM*

Guiding RAY Zoom - Formation

**Join us on Sunday mornings at 10:00 for
Zoom -Formation!**

**During Advent, we will do a simple craft and talk
about how we are preparing our hearts for Jesus.**

Advent 1, November 29: Keep Awake!

Advent 2, December 6 : Prepare!

Advent 3, December 13: Do Not Be Afraid!

Advent 4, December 20: My Soul Magnifies the Lord



Megan Akers, Director of Christian Formation, guidingray@smary.org, 207-415-4260

Be sure to Like us on Facebook
<https://www.facebook.com/ChurchofSaintMary/>



Christian Formation - RAY Beams - December 2020



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

Maine Episcopal Youth gearing up for fall Maine Episcopal Youth will be meeting the third Monday of each month from 7-8:30 pm. Let's Pray, Play and Connect with one another. Next meeting is Monday, December 21 at 7PM. All 6th-12th graders invited. We'll check in, play some games, and pray Compline with music.

Click here to join us: <https://us02web.zoom.us/j/81625716888>, or email Sara to ask for the call-in info.

Questions? Feel free to reach out to Sara at sdangiowhite@gmail.com or call or text (585) 749-9125.

CAN is collaborating with other statewide Coalitions to host a virtual screening of *Angst*.

Angst is a national documentary featuring an interview with world-renowned athlete and mental health advocate Michael Phelps. The film is appropriate and engaging for teachers, parents, middle school and high school students, and anyone interested in youth mental health.

Youth anxiety and stress is more profound than ever and help is available. This 55 min. documentary and panel discussion will provide tools, resources, and hope. *Angst* is hopeful and supportive of our youth, parents and families, especially in a time when we could all benefit.



Join us on Tuesday, December 15th at 6:30 pm for a FREE virtual live event film showing and panel discussion.

Pre-registration is required, please click on the link below to register. Space is limited to 1,000 spots, for a statewide showing, those will fill up fast, so please register ASAP to reserve your spot.

Register here:

https://us02web.zoom.us/webinar/register/WN_GqAu0R_rTfmPs5BDFyTq3g

FMI: www.angstmovie.com

Link to the [trailer](#), [message](#) from the producers and [discussion guide](#).



Love isn't me. Love is WE!

Pledges can be paid weekly (\$2 to \$200), monthly or annually. Ask for pledge envelopes if that helps to make it easier! Some parishioners take advantage of gifting appreciated stocks or contributions from their IRA distributions. Contact Beth Shaw if you have questions about how to make a gift of stock or IRA.

Our 2020 Advent Lectionary

Advent 1, November 29: Lessons & Carols: Genesis 2:4b-9, 15-25 / Isaiah 40:1-11 / Isaiah 11:1-9 / Isaiah 7:10-15 / Jeremiah 31:31-34 / Mark 13:28-37 / Luke 1:39-55

Advent 2, December 6: Isaiah 40:1-11 / Psalm 85:1-2, 8-13; / Mark 1:1-8

Advent 3, December 13: Isaiah 61.1-4,10-11 REV / Psalm 126 / John 1.6-8,19-28

Advent 4, December 20: 2 Samuel 7:1-11, 16 / Canticle 15 / Luke 1:26-38

Christmas Eve, Dec 24: Genesis 3.1-15 / Isaiah 7.10-15 / Luke 2.1-7 / Luke 2.8-20 / Philippians 2.1-11



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! 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



Nov. 26 for Advent 1

Hymn # 56: O come, O come, Immanuel; #66: Come, thou long expected Jesus; #57: Lo, he comes, with clouds descending

Dec. 3 for Advent 2

Hymn #100: Joy to the World; #94: While shepherds watched their flocks by night; #105: God rest you merry, gentlemen, #115: What child is this, 99 Go tell it on the mountain

Dec. 10 for Advent 3:

Hymn #102: Once in Royal David's city; #96: Angels, we have heard on high; #109: The first Nowell; #78: O little town of Bethlehem

Dec. 17 for Advent 4:

Hymn #83: O come, all ye faithful; #101: Away in a manger; #89: It came upon the midnight clear; #87: Hark! the herald angels sing; #111: Silent night

FALMOUTH MAINE

Falmouth, we want to hear from you! The Town of Falmouth Vision & Values Community Survey is building momentum, and we are getting some fantastic responses. Almost 200 surveys have been already received. This initial survey is a chance to share YOUR vision of Falmouth's future! Take the survey at: <https://www.research.net/r/FalmouthVisionValuesSurveyNo1>.

Thank you to everyone who has taken the Community Survey so far. Please note that this is just the beginning of a process of engagement that will continue throughout the Vision & Values project. This initial survey will be open until December 31, 2020. Please share the survey link with your family, friends and colleagues.

To learn more about the project visit the project portal at: <https://lab2.future-iq.com/town-of-falmouth-vision-and-values-project/>

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



December 2020

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 1st Sunday of Advent 9:30 Be Still 10:30 Diocesan Service on Fb 10:30 Advent Lessons & Carols 7 12-step meeting in Aud	30 12 Noonday Prayer 5 Be Still <i>Nathan away</i>	12/1 10:30 Wisdom Seekers 12 Fr James Remembrance Noonday Prayer with Kyros memorial tree 12:30 Zoom story sharing <i>with family</i>	12/2 12 Noonday Prayer 6 Dowisers & ORI in Aud	12/3 9-12 Sparkles shopping 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	12/4 Office closed 12 Noonday Prayer	12/5
6 2nd Sunday of Advent St Nicholas' Day 9:30 Be Still 10:30 Holy Eucharist on Fb and YouTube 7 12-step meeting in Aud	7 12 Noonday Prayer 5 Be Still	8 9-12 Sparkles shopping 9-2 Blood Drive 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	9 12 Noonday Prayer 4 CARE meeting	10 9-12 Sparkles shopping 12 Noonday Prayer 3 Merton Group 7 Hymn Sing	11 Office closed 12 Noonday Prayer 5-6pm Souper Supper TO GO	12
13 3rd Sunday of Advent 9:30 Be Still 10:30 Holy Eucharist on Fb and YouTube 7 12-step meeting in Aud	14 12 Noonday Prayer 5 Be Still 6 PCC board meeting	15 8:30-11 St. Elizabeth's 9-12 Sparkles shopping 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	16 9-2 Blood Drive 12 Noonday Prayer 6 Vestry meeting	17 9-12 Sparkles shopping 12 Noonday Prayer 3 Merton Group 4 Outreach meeting 7 Hymn Sing	18 Office closed 12 Noonday Prayer	19
20 4th Sunday of Advent 9:30 Be Still 10:30 Holy Eucharist on Fb and YouTube 7 12-step meeting in Aud	21 12 Noonday Prayer 5 Be Still AVE deadline	22 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	23 12 Noonday Prayer	24 Christmas Eve 3 Outdoor Family Lessons & Carols 4 Outdoor Family Lessons & Carols on Fb & U-tube 5 Outdoor Family Lessons & Carols	25 Christmas Day 5-6pm Souper Supper TO GO	26 St. Stephen's Day
27 1st Sunday of Christmas St. John's Day 9:30 Be Still 10:30 Holy Eucharist on Fb and YouTube 7 12-step meeting in Aud	28 Holy Innocents 12 Noonday Prayer 5 Be Still	29 Parish Office closed 9-2 Blood Drive 10:30 Wisdom Seekers 12 Noonday Prayer 2 Staff meeting	30 Parish Office closed 12 Noonday Prayer	31 Parish Office closed 12 Noonday Prayer 3 Merton Group	1/1 The Holy Name of Jesus Office closed 12 Noonday Prayer	1/2

News, Notes, Kudos, Dates & Reminders

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

Kudos to the incredible Sparkles team. You continue to amaze us with your entrepreneurial spirit during this crazy year!!

Thanks to Jennifer Gregg and the Outreach team for their work to connect us to the community and the needs.

To the Buildings and Grounds team who are readying us for winter.

To Father Nathan, Megan Akers, Deacon Christine and Bruce Fithian for their creative energy designing the outdoor Christmas Eve services.

To all who helped with leaf management. The campus looks great. Thank you all!!

yay!

Thanks to the Souper Supper team who continue to provide a wonderful curbside option!!



Saint Mary's expresses many thanks to Portland resident Michelle Estelle for her very generous donations of non-perishables for the Souper Supper ministry. A friend of Saint Mary's parishioner and Souper Supper volunteer, Holly Bernstein, Michelle was moved to offer these donations as she learned more about this ministry. Thank you so much, Michelle—and to Holly whose enthusiasm for Souper Supper and other Saint Mary's ministries is always at the forefront!!

Thank you to the Vestry Nominating team for their careful consideration of the many nominees and for working through the list to develop a slate of nominees.



Thanks to all who have passed in their 2021 pledge forms.

Together with God's help, we can do anything.

[Click for pledge form](#)



Be sure to Like us on Facebook
<https://www.facebook.com/ChurchofSaintMary/>

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 HOLY EUCHARIST: 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. FMI, jenniferanngregg@gmail.com



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



Happy December Birthdays to:

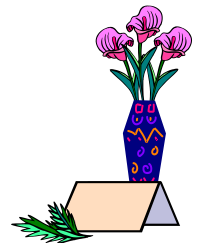
1	Len Taylor	14	Lowell Brown, Jr.	20	Nicholas Reeve
3	Cameron Meek	14	Ava Draeger	20	Chris Richards
3	McIntyre Robich	14	Andy Hyland	20	Kayla Rose
5	Agnes Parks-Stamm	15	Kate Barter	21	Harold Otte
6	Missy Smithwick	15	Sonia Barter	21	Elle Reeves
7	Kathryn Street	15	Elise Gauvreau	22	Mary Ahlers
8	Neila Blake	15	Jan Mordarski	22	Emma Ross
8	Meredith Herrold	15	Karee Rhoades	24	Nancy Russell
8	Melissa Kane	16	Micaela Amato	25	Mark Legere
9	George Bokinsky	16	Emily Kearins	26	Caroline Grace
9	Adeline Scott	16	Ron Vincent	27	Garrett Bowne, V
10	Elsa Dean-Muncie	17	Joe LaPlante	29	Michael Manetti
11	Michael Kane	18	Susan Chapman	29	Matthew Reeve
13	Sarah Caven	18	Tom Leighton	30	Obinna Mokeme
14	Archer Akers	18	Henry Shannon	31	Ruth Kimball
14	Alice Brock	19	Katie Clark	31	Mary Ann McLean

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 December Anniversary wishes to:



23	Tatjana & Chris Connors
28	Kyla & David Duchin
29	Sarah & Tim Caven
30	Meredeth & Mark Winter



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

Keep in mind a few simple sustainability tips to reduce your waste during this holiday season:

- Bring reusable shopping bags. Many grocery stores are now allowing reusable bags again so don't forget to throw them in your cart!
- Recycle plastic bags. If you do use plastic bags, they can't be recycled in your curbside bin, but they CAN be recycled at the grocery store. Bring them back the next time you shop.
- Know before you throw. Reduce contamination in your curbside recycling bin and check [ecomaine's Recyclopedia](#) before throwing unknown items into your bin.





THE EPISCOPAL CHURCH OF SAINT MARY

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



Our Worship Schedule

Sunday Worship

10:30 - Holy Eucharist
(on Facebook Live)

MONDAY - FRIDAY

12 Noonday Prayer
(on Facebook Live)

The Sacrament of Christmas

by Howard Thurman (see page 7 for more on Howard Thurman)

I make an act of faith toward all mankind,
Where doubts would linger and suspicions brood.

I make an act of joy toward all sad hearts,
Where laughter pales and tears abound.

I make an act of strength toward feeble things,
Where life grows dim and death draws near.

I make an act of trust toward all of life,
Where fears preside and distrusts keep watch.

I make an act of love toward friend and foe,
Where trust is weak and hate burns bright.

I make a deed to God of all my days,
And look out on life with quiet eyes.

(From Meditations of the Heart, 1953)



THE EPISCOPAL CHURCH
OF SAINT MARY

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

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

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

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

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

Beth Shaw, Parish Manager
admin@smary.org

Office Hours

MON - THU, 9 - 4:30

Copy deadline for January AVE: Dec. 20

YOUR 2020 SAINT MARY'S VESTRY

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

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

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

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

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

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

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

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