



The Psalms: the Heart of our Prayer Book



What is the central core of the Book of Common Prayer around which everything else revolves? It is not the Eucharist, as crucial as that is to our common worship on the Lord's Day. It is the Psalter, or the book of the Psalms. These 150 Psalms from the Hebrew Bible take up nearly one-quarter of the entire Prayer Book. Perhaps even more noteworthy is the fact that there is not a single liturgy in the Prayer Book (or in any supplemental liturgies authorized by General Convention) that does not include praying one or more Psalms as an integral aspect of that gathering.

In keeping with the ancient Christian tradition, and building on the tradition of our Hebrew spiritual ancestors, we understand that the Church never gathers to worship God without the communal praying of the Psalms. In addition to the Lord's Prayer, the Psalms are the indispensable core of all Christian worship.

It is said that, in the early Church, a person would not be considered for ordination unless they could demonstrate that they had memorized all 150 Psalms. I'm not sure how that is even possible, and perhaps it is hyperbole, but it does illustrate how central the

Psalms have always been to the life of the Church.

But have you ever taken the time to pray through all of the Psalms? If you do, you will quickly notice how every human emotion is expressed within them. This means that some of them are quite difficult to pray, and the words of the Psalm rarely match up perfectly with our own emotions as we pray them. But that is okay. After all, the Psalms are the Prayer Book of the whole Church, and the Church prays these Psalms. For some part of the Body of Christ, those words you are praying are providing life and hope, even if you yourself do not connect with them.

You see, what praying the Psalms reminds us is that it is not about you. And it has never been about you! Yes, we bring the concerns of our hearts to God in prayer, but when we pray the Psalms, we are joining the Church in prayer, the worldwide Body of Christ who is collectively experiencing every human emotion at each moment. And we are representing our collective humanity before the throne of God, interceding on behalf of all people.

The most difficult parts of the Psalter are called the imprecatory Psalms. These are the verses when judgment and calamity are called down on the enemies of the people. From our position of privilege, these words can seem out of character, as if the call to love our neighbors as ourselves has been forgotten. However, these Psalms were composed among people who did not have power and privilege, people who most often were oppressed and downtrodden. Their perspective is from the bottom side of the social hierarchy. They recognize that the use of power against others is contrary to God's will for humanity and that those who walk "in the counsel of the wicked" (Psalm 1.1) will reap the suffering that they themselves have sown.

Nothing has changed among humanity on this front. Most of the Church today is found on the bottom side of the social hierarchy. Most Christians today are poor and without power. Bringing our grief and sorrow to God in prayer is cathartic, and it allows us to let go of the need for revenge. After all, God is in charge.

My friends, if you want to learn how to pray, immerse yourself in the Psalms, as if you are immersing yourself in the waters of a mighty river that has flowed vigorously through the land of humanity for thousands of years. Throw yourself in and allow yourself to be carried along in its current. At times it will feel strange and uncomfortable. That is good. It means you are moving outside of yourself and into the larger realm of God's dwelling among humanity.

Nathan W. Ferrell +

From Deacon Christine:

shared by Deacon Christine Bennett

Dear Ones,

I want to share someone else's reflections *on July and the summer season*. Mary Oliver's poetry does that far better than any simple words of mine. Enjoy this season and give thanks for it especially now that we feel more free to enjoy it with friends and family.

Just as the Calendar Began to Say Summer by Mary Oliver



I went out of the schoolhouse fast
and through the gardens and to the woods
and spent all summer forgetting what I'd been taught

two times two, and diligence and so forth,
how to be modest and useful, and how to succeed and so forth,
machines and oil and plastic and money and so forth.

By fall I had healed somewhat, but was summoned back
to the chalky rooms and the desks, to sit and remember

the way the river kept rolling its pebbles,
the way the wild wrens sang though they hadn't a penny in the bank,
the way the flowers were dressed in nothing but light.



Living With Grief: Thursdays, 4 - 5:30 pm, on ZOOM

Hiring Committee Update:

The Hiring Committee has hit the ground running in the effort to find a temporary rector while Nathan is in Bahrain. Committee Co-Chairs Pat Peard and Aaron Splint met with Canon Michael Ambler from the Diocese to discuss options and recommendations. The committee is working quickly updating our parish profile and related documents. The Hiring Committee is meeting weekly to accomplish the tasks to have a candidate in place in time to transition into the role. The members of the Committee are:

Aaron Splint and Pat Peard, Co-Chairs
Sandy Couch-Kelly
Peter Fitch
Tom LaPlante
Craig Belanger
Janet Bowne
Ex Officio: Nathan Ferrell and Beth Shaw



A few parishioners gathered to sing and wish Marge Devine a Happy 90th Birthday on June 22!



Be sure to *Like* us on
Facebook

<https://www.facebook.com/ChurchofSaintMary/>

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on June 16 in person! We reviewed our financials, and we continue to fare well. However, summer is a time when many are away and pledge payments lag. The audit is underway.

The Hiring Committee gave an update on their progress to find a temporary rector while Nathan is in Bahrain. Pat Peard and Aaron Splint met with Canon Ambler from the Diocese to discuss options and recommendations. The committee is working quickly, meeting weekly to accomplish the tasks to have a candidate in place in time to transition into the role.

The chancel will be painted over the summer. Thanks to several design professionals to select a few paint colors. We will have a chance to look at samples before the final paint color is selected.

Nathan presented his Creation Season Resolution which encourages all of the parishes in the Maine Diocese to observe the Season of Creation each year from 1 September to the Feast of St. Francis on 4 October. We approved the resolution to be presented to the Diocese for discussion and vote at the Diocesan convention.

The search is underway to fill three positions, Guiding



Janet Bowne, Sr. Warden



Aaron Splint, Jr. Warden

RAY coordinator, Nursery Caregiver, and a volunteer Middle School Coordinator.

Kickoff Sunday is September 12, and the plan is that we will resume full service at that time, including full music.

We will host a celebration of Saint Mary on August 15. Everyone will be encouraged to bring picnics. All are invited to bring a homemade dessert to auction off as a fundraiser.

Celebrate! Saint Mary's Festival

Sunday 15 August 9:30—12 noon

- ◆ **ONE Outdoor Eucharist at 9:30 AM**
- ◆ **BYO Picnic Brunch at 10:30**
- ◆ **Lawn Games (cornhole, bocce, croquet, horseshoes)**
- ◆ **Music**
- ◆ **Pie & Dessert Auction at 11:30**



Bring your own picnic brunch and drinks. Most importantly, bring a homemade pie or dessert. We will auction these off as a small fundraiser, but mostly for bragging rights. Whose dessert will fetch the highest bid?

Everyone is invited. Bring your guests and friends. Can anyone beat Fr Nathan in the cornhole toss? (It's doubtful.)

In case of rain, we'll move inside.

Outreach Ministry - All Ages Serving Near and Far

Long Creek Youth Center and Friends of Long Creek Evolve

by Marian McCue



The pandemic halted all volunteering at Long Creek, so the small but faithful Saint Mary's group who served one of the units has not been there for over a year—just as the number of youth in the facility shrunk from 100 eight years ago to about 25 today.

The future of the Long Creek facility itself is still being considered, as two separate bills that mandate closure are under consideration by the Governor. One mandates a closure without any detailed plan for building alternative treatment facilities. A second bill also mandates closure in 2023, but requires spending money on alternative treatment facilities.

The risk of both these bills is that the facility will close without any strong treatment alternatives put in place for the youth.

For all of the public concerns and critical debates about the facility, Long Creek has been a place where Saint Marians could interact with, learn from and help young people, and the staff has long provided much to youth in need, including mentoring, college classes and job training. It is hoped that those programs will not be lost if it is decided that youth who need treatment or incarceration are placed in disparate, separated settings.

The Friends of Long Creek, which has received significant and much appreciated support from Saint Mary's, is also going through a process of assessment and evaluation to adjust its work to the potential changes in corrections. The Friends have been building alliances and gathering information from other groups working in youth services, to see if they can work together and find new ways to support kids in the criminal justice system, both inside and out of Long Creek.

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

WATER

God's great miracle, "one that [we] are privileged to experience on a daily basis...We take water for granted, we fail to recognize its majesty and magnificence--that is, until we experience the lack of it... We are part of the water cycle. Water is moving around us and through us right now. And it never, ever stops. [How can we not be] awestruck by the majesty and mystery of this miraculous thing we call water?...At the same time, I hope you are shocked by the fact that many people cannot access this water for their own health and wellbeing. Truth be told, there are millions of Americans every day who do not have access to clean and safe water...This miraculous gift given to our entire planet by our loving, living and life-giving Creator--it is a gift denied to far too many. You and I do not feel this crisis, but it IS a crisis in poor communities, in our nation and around the world.

...You know the answer. And you know the way."

[Father Nathan Ferrell, Sermon for 20 June 2021](#)



Did You Know?

Max Robinson, anchor, 1939-1988

A trailblazer in broadcasting and journalism, Max Robinson became the first Black person to anchor a nightly network news in 1978. But his road to the anchor's chair wasn't easy.

Outreach Ministry - All Ages Serving Near and Far

Welcome from St. Elizabeth's Jubilee Center!!

Every Tuesday morning St. Elizabeth's Jubilee Center offers to our neighbors living in need, at no charge, basic, daily non-food essentials that cannot be purchased with SNAP funds. We also connect people with other resources in the community for needs such as housing, furniture, language acquisition, job search assistance, and other social needs.

St. Elizabeth's Jubilee Center's Board has decided to focus attention on one special area of concern each month to help make it easier for churches to focus donations.

July is the month to focus on PERSONAL CARE, such as: sun screen, shampoo, conditioner, and deodorant. This would also be a good time to donate towels - all sorts: bath towels, beach towels, hand towels, dish towels (clean and in good condition).

Saint Mary's Presence!

We are looking for 3-5 volunteers from St Mary's willing to work 2-4 hours per month to assist with this ministry. There are a variety of tasks, ranging from sorting, delivering materials to the Jubilee Center, assisting neighbors, and more. For more information, please contact Stan Eaton at stan.eaton@gmail.com.



GODSPEED TEAMS are forming NOW to run in—person The Maine Marathon on Sunday 3 October

Be part of one of our Saint Mary GODSPEED relay teams and join this enormous community event. Runners of ALL ABILITIES are invited to join us. Distances are 6, 8.8, 6.2 and 5.2 miles. There is so much energy along the entire course. For us, this is NOT a race, but a fun community event. If you are even a **little bit interested**, contact Nathan at 310-0268 or nathanferrell@smary.org.

VOLUNTEERS ALSO NEEDED to serve drinks to runners and walkers and cheer on their good efforts! Contact the **parish office** admin@smary.org



Outreach Ministry - All Ages Serving Near and Far

Curbside Souper Supper Flourishes During Pandemic --And Begins Planning For Return To Indoor Dining

Thanks to the stalwart corps of parishioners, the Souper Supper ministry has weathered the depths of the pandemic with curbside service to 30-40 regular patrons who have continued to come by on the second and fourth Fridays of every month to receive bags containing pints of fresh home-made soups, a selection of desserts and rolls that our volunteers had prepared by shopping, cooking, packaging, serving and at the end of the day, cleaning up after! All this was accomplished with careful attention to CDC guidelines but without losing the personal care and attention, albeit socially-distanced, to and for our patrons. Huge thanks to Holly Bernstein, Norma Jean Brilliant, Alice Brock and Pat Peard, Jana Burke, Lee Dernehl, Linda Eaton, Judith and Greg Fergin, Jennifer Gregg, Onnie Hastings, Bobbi MacCallum, Dana Madison, Katie Porter, Doug and Becky Pride, Chris Shaw, Betsy and Jim Stoddard, Nadine Timberlake, Joyce and Len Verey who served so valiantly throughout this challenging time.

And wait! It's not over yet! As we begin Souper Supper's 13th year, we will continue our Curbside Service this summer and for as long as it is deemed necessary. But, as the public health status continues to improve, it is time to consider the day when we can resume the indoor, sit-down Souper Supper dining that adds so much joy for our patrons and volunteers alike, once again offering critical and much appreciated social sustenance.

To do so, we will need extra hands. As a first step in this deliberation, we ask...

--If, in September, the COVID risk remains as low as it is today, would you be interested in helping to move Souper Supper back indoors?

We would need:

Shoppers (one Thursday every 6 weeks) – Purchase soup ingredients

Soup-Makers (once a month, 9-noon on Friday)

Set-up (one Friday a month, 3-5pm) – Set up and dress tables

Dish Up (one Friday every 6 weeks, 4:30-6:30pm) – dish up from kitchen

Serve patrons (one Friday every 6 weeks 4:30-7pm) – serve at table

Clean-up – (one Friday every 6 weeks, 5:30-7pm) wash and put away dishes



You need not commit to any long term schedule, as an invitational schedule is circulated each month. Please consider joining us to get this family-friendly and deeply satisfying ministry back into full force in a safe and loving manner! Please contact jenniferanngregg@gmail.com

Parish 2021 Victory Gardens! We Are Ready to Receive Your Produce for the Food Pantry! Contact Vanessa Record: Recordvanessa@gmail.com

The Outreach Committee has joined forces with the Food Pantry again to assist in providing fresh food for local families who are nutritionally vulnerable this summer. Flowers are also a welcome contribution. *We invite all parishioners who have a corner or more of available land, or even a container, to grow fresh produce and/or flowers and donate part of their harvest to the Falmouth Food Pantry this up-coming growing season. A share of your harvest will mean the world to those for whom fresh vegetables are a very scarce and treasured commodity.*

You can leave your contributions in the Parish Hall kitchen on Sunday after church or on Monday from 9 am- 12 noon. To help with transporting vegetables to the Food Pantry or to arrange for pick-up at your home, please contact Vanessa Record at recordvanessa@gmail.com.



Falmouth Food Pantry

The Falmouth Food Pantry continues to be unable to accept food donations from individuals, but rest assured the Pantry is busy serving our community using a doorstep delivery distribution system. Boxes of food are being packed at the Pantry and delivered by volunteers to area families. If you know a Falmouth family with an urgent need, please call Nancy Lightbody at the Pantry at 776-0081. At this time, the best way to support the Pantry is through monetary donations. Donations should be made payable to the Falmouth Food Pantry and mailed to: 271 Falmouth Road, Falmouth, ME 04105. Donations may also be made online via PayPal at: <https://www.paypal.com/fundraiser/charity/1807575>



If you have any questions about the ways in which Saint Mary's supports the Pantry, please feel free to reach out to Saint Mary's outreach coordinator for the pantry, Vanessa Record, at recordvanessa@gmail.com.

**You can
make a
difference
in the lives
of foster
children.**

Learn more today
AFamilyforMeMaine.org



**You can be the life-changing hero in a child's story.
You can be a Foster Parent**



**Helping
Hands
at Home:**

Help for Parishioners

Saint Mary's seeks to be of assistance to parishioners who need help staying in their homes. Can you assist with light yard work or housework? Please contact Jennifer Gregg, jenniferanngregg@gmail.com or Beth Shaw, admin@smary.org with your needs or offers of help.

!! HIGH SCHOOLERS !!

Looking for community service hours?? This would be a perfect, flexible means of checking that box this summer. Please contact Jennifer Gregg, jenniferanngregg@gmail.com or Beth Shaw, admin@smary.org

Did You Know?

Constance Baker Motley, attorney, 1921-2005

Motley's brilliant legal career was born when a philanthropist heard one of her speeches and was so impressed he paid for her to attend NYU and Columbia Law School. Motley eventually became the lead trial attorney for the NAACP Legal Defense Fund and was the first Black woman to argue before the Supreme Court. Over the years she successfully represented Martin Luther King Jr., Freedom Riders, lunch-counter protesters and the Birmingham Children Marchers.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives

at the Saint Mary's auditorium, 43 Foreside Rd, Falmouth
July 8 and 22

There is a critical need for blood! It's safe for all healthy people to give 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.



Garbage to Garden

Composting in Saint Mary's Kitchen

In response to our call to be responsible stewards of God's creation, Saint Mary's composts!! Through a cost-effective contract with Garbage to Garden, we have four moderately sized tubs delivered each week in which to collect compostable material. These are picked up and the new tubs delivered on trash day. Special thanks to our recycling crew, Marian McCue, John Henson and Jennifer Gregg for ensuring that the full tubs are put out with the recycling each week. And thanks in advance to ALL parishioners for *composting and recycling responsibly* at Saint Mary's. Check out the list of compostable items that is displayed in the kitchen next to the tubs--and the list of recyclable items that is taped to the top of the recycling bins. Any questions? Please contact Jennifer Gregg, jenniferanngregg@gmail.com, or any member of the Outreach Committee.

Adopt a Bed

Interested in "adopting" a bed on our beautiful campus? Pick any area and think of it as your own! Your commitment would simply be to keep an eye on it and weed it as needed. Note that this work does not include the formal beds behind the chapel that are beautifully maintained by members of St. Mary's Garden Club. Contact Lucy Ellis, Landscape Team (cell) 450-3650.



Our 2021 Lectionary for the summer months

6th Sunday after Pentecost, July 4: Ezekiel 2:1 - 3:3 Rev; Psalm 145:10-22 Rev; Mark 6:1-13

7th Sunday after Pentecost, July 11: Amos 7:7-15; Psalm 85 Rev; Mark 6:14-29

8th Sunday after Pentecost, July 18: Jeremiah 23:1-8 Rev; Psalm 23; Mark 6:30-34, 53-56

9th Sunday after Pentecost, July 25: 2 Kings 4:38 - 44 Rev; Psalm 14; John 6:1-21

10th Sunday after Pentecost, Aug 1: Exodus 16:2-4, 9-15; Psalm 78:18-29 Rev; John 6:24-35

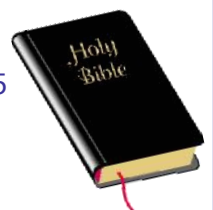
11th Sunday after Pentecost, Aug 8: 1 Kings 19:1-10 Rev; Psalm 34:1-8; John 6:35, 41-51

12th Sunday after Pentecost, Aug 15: Proverbs 31:10-31 Rev; Magnificat; Mark 3:31-35

13th Sunday after Pentecost, Aug 22: Joshua 24:19-28 Rev; Psalm 84; John 6:56-69

14th Sunday after Pentecost, Aug 29: Deuteronomy 4:1-2, 6-9; Psalm 15; Mark 7:1-8, 14-15, 21-23

15th Sunday after Pentecost, Sep 5: Proverbs 22:1-11, 22-23 Rev; Psalm 125; Mark 7:24-37



“What We Talk About When We Talk About Love” shared by Merle Marie Troeger

That's the title of a short story by Raymond Carver. Two couples are sitting around a kitchen table and the subject turns to love. What draws me to the story is the character Theresa, Terri for short. She had lived with Ed, an abusive man who, as Terri's new husband Mel describes him, “loved her so much he tried to kill her.”

Terri refused to submit to Ed's abuse and appropriately left him and married Mel, yet she insists on describing her relationship with Ed as “love.” “There was love there,” she says. After Terri left, Ed tried to kill himself twice. Over Mel's vehement objection, Terri was at Ed's bedside when he died.



Am I making too much of this? Is it going too far to suggest that Terri is pointing to the thing that is Christ-like about love? Is this why we are asked to pray for enemies as well as friends and family? Is this why Jesus could pray from the cross, “Father, forgive them”? I don't have any idea if Raymond Carver thought about it this way, but he's made me think about the power of God's love.

With Terri's very human example, I believe that love is there when we intentionally step into the potent stream of God's love that is flowing all the time. We make a decision to insert ourselves directly into that river of love, perhaps holding another person's hand in healing prayer. We consent to let the tide of love flow over us. Now we are not afraid to ask for the heal-

ing we really desire. We cross the boundary of our understanding into the country of healing streams.

There's more. When we pray for others, we add our love to the flood of love that is already sweeping over us. Intercession means we express our love and our willingness to join God in the healing of persons, situations, and the world. Terri gives me a glimpse of the love that surpasses human understanding. No one else at that kitchen table could get it, but I'll bet you've known someone who has loved beyond all expectation. There is so much healing in that. I'd love to hear your stories. Contact me at merlemarietroeger@gmail.com.

NOONDAY PRAYER - in our Chapel and Online

Mondays – Thursdays: everyone is welcome to gather once again in our Chapel for a few minutes of meditation and prayer at noon. These sessions are also streamed live on Facebook and recorded for future viewing. (Full disclosure: there may be some days over the summer when it will only be online, due to vacation schedules.) Fridays: gather together at our Facebook page to meditate on scripture and to pray for a few minutes each Friday at noon.



SUMMER OUTDOOR EUCHARIST **July 25 and August 15 @ 9:30 AM**



Weather permitting, of course, and similar to what we did in 2020. Bring your own chairs or blankets to lay on the grass. Bring a hat if the sun is strong. One big difference will be Communion: you do not need to bring your own this year! We will distribute the Body of Christ to all who come forward and ask for it.

This will not affect the 8 AM Eucharist at all, except on August 15. Since this is our Patronal Feast of Saint Mary, we will gather for one combined Eucharist outside at 9:30 and follow this with a picnic celebration and games. Watch for more details next month.

Be Still.....and know that I am God.

Dear Saint Mary's community,

The pandemic has provided some of us with a spiritual connection that goes so much deeper than we would have thought possible. On Sunday mornings at 9:30, a number of us [ZOOM](#) together for 45 minutes [timed to go to 8 o'clock service if we wish.]

A facilitator offers a selection of readings from a wide variety of sources: Mary Oliver poetry, John O'Donohue wisdom, Rumi, Hafiz, the Bible, and so many more offerings. We begin our time with 5 minutes of quiet time, then we discuss our readings for a time, ending with 5 minutes of quiet time. One can speak or simply listen and be still. Each month in the AVE we'll include a sampling of readings so you can ponder them if you wish. [Please join us anytime](#) and see if what we share gives you food for thought, com-fort to your spirit and joy to your heart.

Reach out to any of us to express your interest,
Becky Pride, John Bennett, Jennifer Gregg, Merle Marie Troeger

*All of earth is crammed with heaven,
and every bush aflame with God,
but only those who see take off their shoes.
~ Elizabeth Barrett Browning*

O God, teach me to be satisfied with my own helplessness in the spiritual life. Teach me to be content with Your grace that comes to me in darkness and that works things I cannot see. Teach me to be happy that I can depend on You. To depend on You should be enough for an eternity of joy. To depend on You by it-self ought to be infinitely greater than any joy which my own intellectual appetite could desire. ~ Thomas Merton

Tripping Over Joy

What is the difference Between your experience of Existence And that of a saint?

The saint knows That the spiritual path Is a sublime chess game with God And that the Beloved Has just made such a Fantastic Move

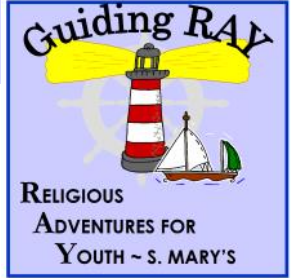
That the saint is now continually Tripping over Joy And bursting out in Laughter And saying, "I Surrender!"
Whereas, my dear, I am afraid you still think
You have a thousand serious moves. ~ Hafi

Unnameable God,

I feel you with me every moment. You are my food, my drink, my sunlight and the air I breathe. You are the ground I have built on and the beauty that rejoices my heart. I give thanks to you at all times for lifting me from my confusion, for teach-ing me in the dark and showing me the path of life. I have come to the center of the universe: I rest in your perfect love. In your presence there is fullness of joy and blessedness for-ever and ever. Unnameable God, I feel you with me.... ~ from Psalm 16, Stephen Mitchell translation

Christian Formation

Guiding RAY is our ministry to all young people up to age 14. We offer our children an opportunity to learn Bible stories and to develop their relationship with God. Our hope is to guide them to the safe harbor of God's everlasting love where they can grow in the grace and knowledge of our Lord Jesus Christ.



PLANS FOR THE AUTUMN

Building on our ZOOM discussion on May 17, work is now underway to re-launch Guiding RAY in September using the same basic schedule as in 2019, but with some minor program adjustments. We are now searching for a part-time (10 hours/week) Guiding RAY Coordinator who will organize our efforts on Sunday mornings. We are also searching for a Nursery Caregiver to care for our littlest disciples on Sunday mornings. At this time, the GR Sunday schedule beginning in September will be as follows:

- ◆ 9:30 GR Gathering Time (fun games, projects, guest presentations) & Nursery opens
- ◆ 10:00 GR Classes (by age group)
- ◆ 11:00 Communion with families in sanctuary (the Eucharist begins at 10:15)
- ◆ 11:30 Youth Choir (until 12 noon)

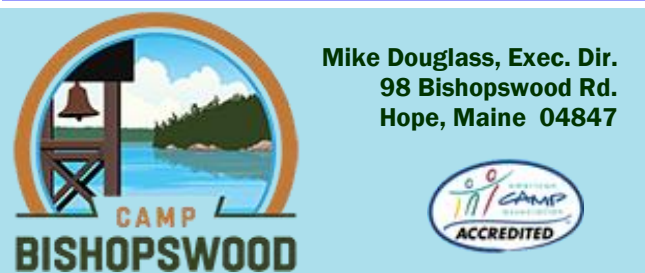
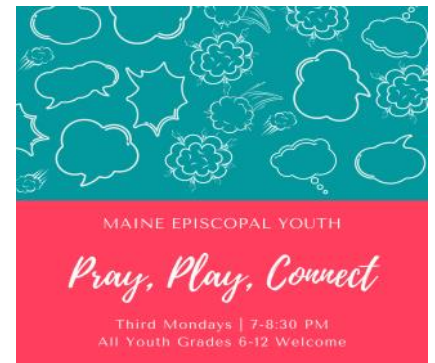
Pray, Play, Connect LIVE

Episcopal Diocese of Maine Youth Event for Grades 6 thru 12
Sunday 25 July from 1—4 PM

@ St. Luke's Cathedral, Portland (143 State Street):

Register [HERE](#)

Questions? Email The Rev. Cn. Sara D'Angio White



SUMMER FINALE *Sunday 29 AUG*

Spend the day (or the weekend!) at Bishopswood with friends from across the Diocese. All ages are welcome. Food and accommodations are available.
 Register [HERE](#).

Prescription Drug Safety: Keep Teens Safe and Waterways Clean

Tip of the Month



Properly dispose your unwanted or expired prescriptions/pet medications in a Drug Disposal Box at your local law enforcement agency

Track and lock up prescriptions and pet medications to prevent accidental poisonings or theft

Never share prescriptions – taking someone else's medication is dangerous

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

A grant funded project sponsored by
 Cumberland County Government
 Cumberland County

A Summer Prayer

Creator of all, thank You for summer!

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

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

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

Draw me closer to You this summer.

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

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

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

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

Soup, bread and a sweet treat will be *CURBSIDE TO GO*

between **5 – 6 PM.** ALL are welcome!

Dining-In planning is underway to resume in September



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!

Saint Mary's Operating Finances - as of May 30, 2021

(+ 54,725)

INCOME

General Plate & Pledge Support	163,205
Use of Parish House & Sanctuary	5,343
Fundraisers	8,840
Miscellaneous Gifts & Revenue	2,450
Invested Funds Revenue	34,618
Dedicated Gifts	6,515
	<u>\$ 220,971</u>

EXPENSE

Diocesan Assessment	24,735
Personnel (includes, taxes, benefits, & pensions)	75,513
Maintenance, Capital	25,201
Operating (utilities, insurance, taxes, supplies)	33,232
Program	7,565
Countless volunteer donated hours of time	0
	<u>\$ 166,246</u>



News, Notes, Kudos, Dates & Reminders

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



HUGE thank you to Peter Guyton for donating his time and remarkable talents for taking photos for our new parish directory.

Peter Guyton Photography

Headshots ♦ Per Services

Portrait Services ♦ Commercial

www.peterguyton.com

T
H
A
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K
S!

Thank you to The Audit Team for their diligence and dedication! Kudos to Jill Bryant, Catherine Cleale, and Debra Madigan.



Our gratitude goes out to Penelope Daborn, Erin Ferrell, Melissa Kane and Emily Rodgers for sharing their thoughts on paint colors for the chancel.

OUR MISSION

At The Episcopal Church of Saint Mary,

we are building authentic, vibrant, Christ-centered community as we ...

Celebrate the goodness of God and the gift of life,
Honor the presence of Christ in one another, and
Serve the world in the power of the Holy Spirit.

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 scriptural passages, poetry and prose. Contact Jennifer Gregg at jenniferanngregg@gmail.com

WISDOM SEEKERS: IS ON SUMMER HIATUS. SEE YOU IN THE AUTUMN 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](#). During the 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 July Birthdays to:

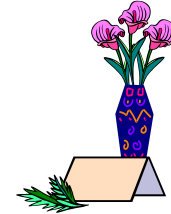
1	Caitlyn Becker	11	Tom Donaldson	20	Julia Stinneford
1	Andrea Smith	11	Maureen Hale	21	Ella Buchanan
1	Aaron Splint	11	Doug Pride	21	Sarah Delaney
2	Marcia Willock	12	Thomas Fast	24	Jamie Akers
3	Mark Diamond	12	Nick Horton	24	Cameron DeSorbo
3	Mallory Herrold	12	Raughley Nuzzi	25	George Holt
3	David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

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

Happy July Anniversary wishes to:



June 30	Jeannette & Harry Duvall
July 9	Jessica & Peter Kenlan
July 12	Ann & Robert Wood
July 14	Nancy & Vinny Licata



Worship Server Schedule

Be sure to let Beth in the office know if you have switched dates with someone. 781-3366 or admin@smary.org

Date	8am Usher	8am Lector	10:30 Usher	9:30 Lector	Altar Flowers	
July 4	Al A	Al A	Aaron S	Maggie G	Katie P	
July 11	Len T	Lad T	Steve C	Will S	Onnie H	
July 18	Steve C	Len T	Tom L	Andrea MH	Jan M	
July 25	Greg U	Greg U	Len & Joyce	Erin MF	Maura F	
Aug 1	open	Mary Ann	Aaron S	Betsy S	Jessica L	
Aug 8	Len T	Lee VD	Open	Jim S	Onnie H	
Aug 15	xxx	xxx	open	Ginny S	Melissa K	



JULY

2021



The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6/27 5th Sunday after Pentecost 8:00 Holy Eucharist 9:30 Be Still on ZOOM 9:30 OUTDOOR Eucharist In-person and on Facebook 7 12-step meeting in Aud	6/28 9 - 5 Lifeline Screening 12 Noonday Prayer 5 Be Still	6/29 St. Peter & St. Paul 12 Noonday Prayer 2 Staff meeting 4:30 TOPS in GR 6 AA in Auditorium	6/30 9-2 Blood Drive 12 Noonday Prayer	7/1 12 Noonday Prayer 12-2 GC lunch 3 Merton Group 4 Living With Grief	7/2 Office closed 12 Noonday Prayer	7/3
4 Independence Day 8:00 Holy Eucharist 9:30 Be Still on ZOOM 9:30 Holy Eucharist In-person and on Facebook 7 12-step meeting in Aud	5 Independence Day observed Office closed 12 Noonday Prayer 5 Be Still	6 10 Bev Knudsen burial 12 Noonday Prayer 4:30 TOPS in GR 6 AA in Auditorium	7 9 Mainely Weavers 12 Noonday Prayer 6 ORI in Guild Rm.	8 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 4 Living With Grief	9 Office closed 12 Noonday Prayer 5-6 Souper Supper TO GO	10
11 7th Sunday after Pentecost 8:00 Holy Eucharist 9:30 Be Still on ZOOM 9:30 Holy Eucharist & Baptism In-person and on Facebook 7 12-step meeting in Aud	12 12 Noonday Prayer 5 Be Still	13 12 Noonday Prayer 2 Staff meeting 4:30 TOPS in GR 6 AA in Auditorium	14 10 GC Judges Council 12 Noonday Prayer	15 12 Noonday Prayer 3 Merton Group 4 Living With Grief 4:30 Outreach	16 Office closed 12 Noonday Prayer	17 5 Coughlin wedding
18 8th Sunday after Pentecost 8:00 Holy Eucharist 9:30 Be Still on ZOOM 9:30 Holy Eucharist In-person and on Facebook 7 12-step meeting in Aud	19 12 Noonday Prayer 5 Be Still 6 PCC meeting (inoraut)	20 8:30-11 St. Elizabeth's 12 Noonday Prayer 3 CARE on Zoom 4:30 TOPS in GR 6 AA in Auditorium Aug AVE deadline	21 12 Noonday Prayer 6 Vestry meeting	22 St. Mary Magdalene 9-2 Blood Drive 12 Noonday Prayer 3 Merton Group 4 Living With Grief	23 Office closed 12 Noonday Prayer 5-6 Souper Supper TO GO	24
25 9th Sunday after Pentecost 8:00 Holy Eucharist 9:30 Be Still on ZOOM 9:30 OUTDOOR Eucharist In-person and on Facebook 7 12-step meeting in Aud	26 St. James 12 Noonday Prayer 5 Be Still	27 12 Noonday Prayer 2 Staff meeting 4:30 TOPS in GR 6 AA in Auditorium	28 12 Noonday Prayer	29 12 Noonday Prayer 1 Peter Coburn Memorial 3 Merton Group 4 Living With Grief	30 Office closed 12 Noonday Prayer	31



THE EPISCOPAL CHURCH OF SAINT MARY

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

Our Worship Schedule

Sunday Worship

8 and 9:30 - Holy Eucharist - In person and
9:30 on Facebook Live

MONDAY - FRIDAY

12 Noonday Prayer on Facebook Live
(In-person in Chapel: most Mon - Thurs)

BE STILL Live on Zoom
Sundays 9:30 AM
Mondays 5 PM



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*
bsfithian@aol.com

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

Office Hours

MON - THU, 9 - 4:30

Subject to change during summer months

Copy deadline for Aug AVE: July 20

YOUR 2021 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

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

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

Rudy Israel, 917-923-9444, rfisrael@aol.com

Tom LaPlante, 272-5621, laplante@maine.rr.com

Pat Peard, 781-3710, peardpatricia@gmail.com

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

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