



THE EPISCOPAL CHURCH OF SAINT MARY

AVE

Monthly Newsletter



***The name of the LORD is a strong tower;
the righteous run to it and are safe. Prov. 18.10***



The Rev. Nathan W. Ferrell

This verse from Proverbs was selected to offer spiritual encouragement to the Maine Marathon runners. It will be displayed on a signboard in front of Saint Mary's on Sunday 02 October. It is, of course, a double entendre. Our sanctuary building is literally a "strong tower" which symbolizes the unshakable strength that comes through trust in God. "The righteous" are those who "run" quickly to place their faith in God alone. For such persons, and for anyone looking for a spiritual home, Saint Mary's will serve as a refuge for generations to come, just as we have for the last 132 years.

God is the only constant in this universe. God is the only sure foundation on which we can build our lives. Everything else, even the Church, changes over time. Consider how often you hear people lament that things are not the way they used to be. They could be speaking of their town, the nation, their Church, their family, the media, or their own bodies. But what if we could turn this around and see the cup as half-full? What if, by

finding our refuge in the steadfastness of God, we were able to take delight in the continual changes happening all around us?

Reactionary movements in every realm of society are enjoying robust support at this moment in time. It seems that people everywhere are troubled by the pace of change and the uncertainty it brings. But things ought to be different for those of us who are in Christ. Our thoughts and emotions do not need to be attached to the way things used to be, or even to our own personal vision of how we believe things ought to be. Each new experience offers us an opportunity to hear the voice of God in a fresh way, to do good in the name of Christ to more people, to cast seeds of hope and to serve as the leaven of divine love within the dough of society.

This way of thinking and being encourages us to engage with society on every level, but always in a way that is free from fear, free from anxiety, free from anger, and empowered by the love of God in Christ. In the name of the Lord, we have everything we need to be safe on the deepest and most important levels. Run with haste to that strong tower each day, my friends, and allow this strength to inspire and motivate you for action.

Peace be with you all,

Nathan W. Ferrell +

Sunday Formation with Nathan+ in October

9:30 AM Sundays in the Auditorium

The Bahrain Report All are invited to gather in the Auditorium at 9:30 AM on the following Sundays to see pictures, watch videos and hear stories about Fr Nathan's experience in Bahrain, as follows:

- ◇ 9 OCT: Bahrain Summary
- ◇ 16 OCT: Spiritual Fitness
- ◇ 23 OCT: Holiness in the Desert
- ◇ 30 OCT: The Bible and the Qur'an



If you are unable to attend these discussions, a summary will be included in the November AVE.

From Deacon Christine:

shared by Deacon Christine Bennett

Dear Ones,
 Sunday, October 16 will be my last Sunday of active ministry as deacon at Saint Mary's. I will miss fulfilling that role, and I will miss all of you. I know that this is one more change that is part of life, and I look forward to discerning what God may have in store for me. I am deeply grateful to God for the fourteen years I have served at Saint Mary's and especially for the incredibly talented, wonderful people I have been blessed to meet and to know during that time. Thank you for your love and support. I hope to keep in touch and to follow with great interest the ways Saint Mary's grows and reaches out in the days to come. You will always be in my prayers. One of my prayers for you is that in time you will welcome a new deacon to be part of the mission and ministry of Saint Mary's going forward. Thank you and God bless you.

Faithfully,
 Deacon Christine



Join us for a special Coffee Hour on October 16 to thank Christine for her years of service to Saint Mary's and the Diocese of Maine.

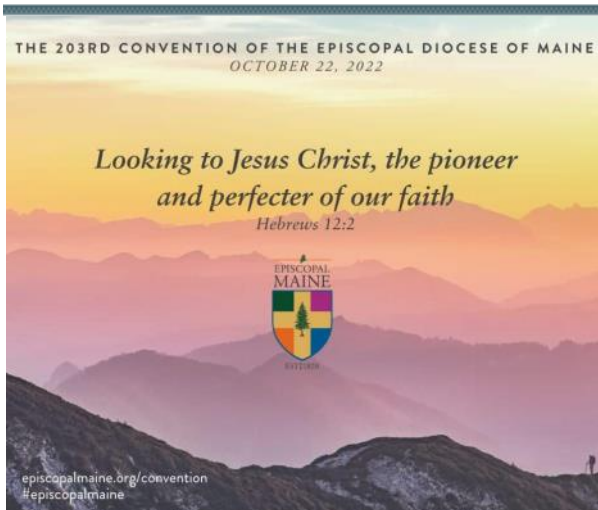


COMMON GROUND! Thursdays from 5 – 7 PM

Potluck community dinners and talks. All people of all ages are welcome. Bring a dish to share. The discussions follow the dinner and begin around 6 PM. Come in at any time.

Thursday 13 October: Nathan+ leads us in a discussion about the mission of Saint Mary's. What is God calling us to do next? Where do we need to grow? Let's brainstorm, share ideas and discuss.

Thursday 3 November: Bruce Fithian shares his experience of walking as a pilgrim on the Camino de Santiago in Spain earlier this year. Other Saint Marians have undertaken this journey as well. Come and learn more.



The 203rd Diocesan Convention of Maine

The Episcopal Diocese of Maine gathers together annually to conduct the business of our diocese. The clergy of the diocese along with elected [lay delegates](#) from each [congregation](#) in Maine makes up the voting body. This year's convention will be online, taking place on Saturday 22 October. Clergy and delegates who are voting will meet via Zoom. The meeting will be livestreamed on [YouTube](#) for everyone to watch.

Keep up with convention communications here on our [blog](#) or click [here](#) to explore a list of newsletters containing convention announcements. Are you an alternate delegate or other person who wishes to get convention info emailed to you directly? Sign up [here](#).

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on Wednesday, September 21 with a very full agenda that began by welcoming back Father Nathan. September 21 is International Peace Day. In his teaching moment, he spoke about peace being an individual effort. We each decide on rejecting greed, anger, and jealousy.

We welcomed Fred Webber and Hugh Smith, co-chairs of the Buildings and Grounds Committee. They shared an impressive list of completed projects as well as longer term projects. They reported on a recent visit by a structural engineer who we asked to look at the church tower and report on any issues. The very detailed and comprehensive report arrived the day of the vestry meeting, so all concerned hadn't yet had a chance to review it thoroughly. We

will await more information on the report's details. We also discussed a parish-wide fall clean-up of the campus.

Treasurer Ben Parks-Stamm shared that our revenue is generally okay, but pledge payments are down. Other sources of revenue are ahead of budget while expenses are close to budget. Pledge statements will go out soon. Also Ben will begin work on the 2023 budget.

We also are exploring the possibility of managing our own endowment funds. It has been a year since the Diocesan Funds Trustees hired a new sub-account manager. We have not received regular or adequate reporting despite repeated requests. The Finance Committee will be looking into this process.

Father Nathan shared his thoughts on his deployment. He shared how much he appreciates his life among us and this country. He shared many thoughts about what he will bring to us from his deployment including suicide awareness and personal resiliency training.



Janet Bowne, Sr. Warden

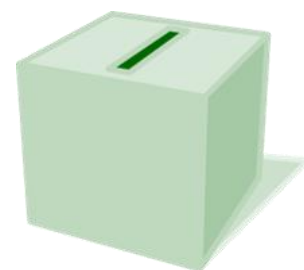


Steve Conley, Jr. Warden

October is Leadership Nomination Month!

The Nominating Committee is seeking nominations of parishioners to serve in the following positions:

- **Sr. Warden, 2-year term**
- **Jr. Warden, 1-year term**
- **Vestry, four openings for 2023**
[three 3-years terms and one 2-year term]
- **Delegates to the 2023 Diocesan Convention (4th Saturday in October 2023)**



Vestry Members share in responsibility for parish governance and management, oversee financial resources, and should be available for the monthly meetings on the 3rd Wednesday of most months, as well as the Annual Meeting on the last Sunday of January. You can submit your own name or someone else's. We are seeking four Diocesan Convention delegates to serve, as well as 2-3 alternates.

Nominations are open through October 31, at which time the Nominating Committee will review names, consult the nominated, and make recommendations to the parish for a slate to be voted on at the Annual Meeting in late January.

Nomination forms are available [online from our website](#), in the narthex, outside the Guild Room, or in the parish office. Thank you! With any questions or comments, please feel free to contact Darren Clark at ddclark@maine.rr.com or any member of the Nomination Committee: Darren Clark, Rick Hirschman, Tommy Pettingill, Marian McCue, or Nadine Timberlake.



SPARKLES 2022

SPARKLES IS BACK!

Friday, October 21, 5-8 PM

is our annual Sparkles Spirits!

Order homemade, frozen appetizers for the upcoming holidays & SHOP

Plan to bring your friends and join us for some fabulous food, shopping and socializing.

We are looking for:

- Donations of gently used current fashion accessories like scarves, purses, belts, totes, and jewelry.
- Donate a favorite bottle of wine (priced at \$14 and up) for the wine raffle.
- Curated 'themed baskets' for a small silent auction.
Ideas: chef basket, book lovers, game night, pet basket.
- Volunteers to help the event flow well.



Saturday December 3, from 9AM - 1PM, we will again

host our Christmas fair which will include our delicious cookie walk and bakery items as well as our famous boutique.

We are looking for:

- Glassware, home decor items, dishes, seasonal decor, small art pieces and knitted items.
- Beans of all types for our *Friendship Soup*
- We are not able to take furniture or items that need repair.
- Volunteers to help with setting up the week prior, cooking, baking, pricing, and staffing on 12/3.



Thank you for considering donating and volunteering. Sparkles is a wonderful event for Saint Mary's, and it helps us raise considerable funds to support our operating budget allowing us to meet our mission!

Saint Mary's Operating Finances - as of August 31, 2022 (-\$6405)

INCOME

General Plate & Pledge Support	190,049
Use of Parish House & Sanctuary	10,230
Fundraisers	699
Miscellaneous Gifts & Revenue	11,902
Invested Funds Revenue	59,048
Dedicated Gifts	27,450
	<u>\$ 299,378</u>

**Remember to keep
your pledges and
gifts current!**

EXPENSES

Diocesan Assessment	36,124
Personnel (includes, taxes, benefits, & pensions)	165,014
Maintenance, Capital	36,577
Operating (utilities, insurance, taxes, supplies)	53,155
Program	14,913
Countless volunteer donated hours of time	0
	<u>\$ 305,783</u>



Youth Christian Formation



Jeff Morgan, Guiding RAY Coordinator

Missing: Courtney Morgan

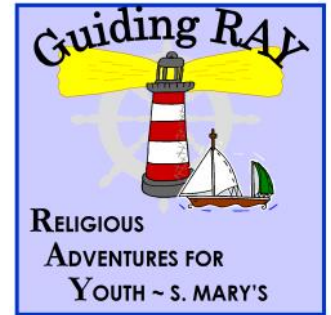
We have had a great first few weeks at Guiding RAY!

It has been exciting to welcome our children back for a time of friendship, fellowship, and activities.

Each week, the kids spend time making a craft or card for someone else, we sing, we read and study a biblical passage and make it applicable to their lives. When the weather is nice outside, it's been great to see the friendships forming as the kids enjoy God's creation!

If you feel led to do so, we need volunteers in Guiding RAY!

The time commitment is low, and the reward is high. If you are a parent or not, please consider signing up to volunteer. We will provide you with all the materials ahead of time; you just need to show up. <https://signup.com/go/QUouYQF> You be a part of Guiding RAY from 9:30-11 and be able to join the congregation in the sanctuary for communion afterwards.



For those of you who might be new, here is more information on Guiding RAY.

What is Guiding RAY? Guiding RAY is what we call the children's education program at Saint Mary's. It's a time for children from birth to 6th grade to make friends, learn about Jesus, and grow in their faith. It takes place from 10am -11am each Sunday morning and then children (not in the nursery) join their parent (s) for communion in the sanctuary.

What should my child expect on Sunday mornings? Every Sunday, we hope to be able to share a little bit with your child about Jesus and how a relationship with him is an integral part of his/her life! Children can also expect to have a snack, sing, learn about the church calendar, make friends and when the weather is nice, play outside. Based on the number of children, after a short gathering time with all the school aged kids, Pre-K-3rd grade will be together and 4th - 6th will be together.

How else can my child participate in the life of the church? During our Guiding RAY time, we will incorporate learning and opportunities to serve others - whether it's making cards for the home-bound or writing uplifting note to veterans. Additionally, for the older children, acolyting is an opportunity where they can plug in to the service on Sunday mornings. The children will also do a Christmas pageant in December.

Thank you for prayerfully considering how you can help this important ministry!

5 TIPS FOR MONITORING YOUR TEEN TO PREVENT UNDERAGE SUBSTANCE USE

Tip of the Month

Tip 1: Limit Access

If you have alcohol, prescription drugs or marijuana in your home, keep track of it and lock it up

Tip 2: Network

Get to know the parents of your teen's friends

Tip 3: Enforce Rules

Enforce your rules consistently and tell your teen what behavior you expect from them while they are out

Tip 4: Check in Often

Ask your teen where they will be and check in with other parents

Tip 5: Be Up and Be Ready

Wait up and look for signs of use



Casco Bay CAN
TOGETHER, PREVENTING YOUTH SUBSTANCE USE

Create Awareness Now
A grant-funded project sponsored by Cumberland County Government

www.cascobaycan.org

A grant-funded project sponsored by
Cumberland County Government
Cumberland County

Outreach Ministry - All Ages Serving Near and Far

Outdoor Falmouth COMMUNITY COOKOUT

**Thursday, October 6, 4:30 - 6pm (Free)
Rain or Shine**



Hosted by Falmouth
Faith Communities
Please register online
[Tinyurl.com/zwybk4rf](https://tinyurl.com/zwybk4rf)



Chicken Hotdogs Veggie Burgers Salads Apple Crisp S'mores

At Falmouth Congregational Church's backyard
267 Falmouth Road

Free Will giving to the Falmouth Food Pantry

Falmouth Food Pantry

The Falmouth Food Pantry is now accepting food donations from individuals. The most helpful foods are soup in cans (but not cream soups), boxes of pasta, cold cereal, canned tuna fish, canned chicken, and granola bars. If you know a Falmouth family with an urgent need, please call Nancy Lightbody at the Pantry at 776-0081. You may also support the Pantry through monetary donations. Donations should be made payable to the Falmouth Food Pantry and mailed to: 271 Falmouth Road, Falmouth, ME 04105. Monetary 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.

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, please contact Vanessa Record at recordvanessa@gmail.com



Outreach Ministry - All Ages Serving Near and Far

Saint Mary's Adopted Family update - The Vemba Family

Wonderful news from the Vemba family on all fronts!

Joao's asylum application has been officially stamped (June 22, 2022) in Boston! Now, he and Belinda can apply for work permits in January. Attorney George Hepner's fee includes applying for work permits. On 9/13 they had their bio-metrics (fingerprinting, height, etc) done. Now, they will wait for an answer regarding approval of asylum, which could take months to years. Fortunately, Joao can now apply for a Maine ID and driver's license.

The other happy news is that Belinda is pregnant and due this winter!!! Nicholas and Erica are in school, a full day for Erica and a half day for Nicholas who also goes to speech therapy twice a week. In January, both she and Joao will register for courses at SMCC. Currently, they are taking Zoom courses through the Fed Cap program, available to anyone with a low-income level. The "On Ramp" courses prepare you for either business or industrial degrees.

Belinda continues her work with *In Her Presence* mother's program, and she is applying for a volunteer position with the Parent's Council at the elementary school. Joao is hoping to volunteer with the Westbrook Town Council's new diversity department. They are very happy in Westbrook and feel it is a welcoming community for immigrants.

Belinda has received vouchers from General assistance for the GoodWill store, but they would still welcome **Gift cards from Hannaford, Walmart, and/or Target.**

They continue to be so grateful to Saint Mary's for the support they've received!!



Reducing waste at Saint Mary's

Parishioners want to help the environment, and they can do it at Coffee Hour and throughout the week

There's essentially no need to put anything in the trash. China and silverware can be washed, and almost everything else is compostable – paper plates with food on them, napkins, wooden coffee stirrers, sugar packets, and even paper coffee cups still containing enough for a sip or two. It all can go in the Garbage-to-Garden bins.

Plastic cups used for water can be recycled, and, if they have been used for another type of beverage, they can be washed out and then recycled.



If you have an empty bottle or can, put it in the blue container with holes on top or the *Clynk* barrel in the kitchen. After you've finished eating a piece of carrot cake and used a napkin to wipe off the crumbs, drop your plate and napkin in one of the green Garbage-to-Garden bins, either a small one or the large one on wheels. If you have something to recycle, use the large blue container.

If you're about to drop something in the trash, think twice!

Is this something that can be composted or recycled? Almost everything at Coffee Hour can – except for plastic wrap, plastic utensils and aluminum foil with food that can't be washed off.

Thanks for all doing our part to protect God's Creation!

Outreach Ministry - All Ages Serving Near and Far

Souper Supper: 2nd & 4th Fridays

Soup, salad, bread and a sweet treat ! In Person!
between 5 – 7 PM. ALL are welcome!

Enjoy this community-wide fellowship offering, dining in a relaxed atmosphere. You will be feted with a complimentary main course, Homemade hearty soup, salad, rolls, dessert and beverage.

Wonderful for singles and families alike!

Offered twice each month on the 2nd and 4th Fridays from 5-7 PM in the parish house auditorium. No reservations required.

Just bring your family and friends and enjoy!



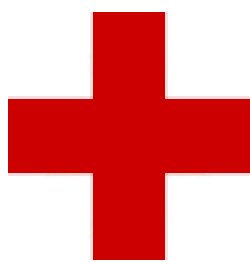
Support "Souper Supper" Buy "Coffee by Design" Coffee!

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 **35% less than suggested retail!**

Regular is \$11; Decaf is \$12

Plus you can support fair trade practices ...and a locally-owned business... and get GREAT organic coffee! Win! Win! Win!



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives: October 13 and 27, 9AM-2PM

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.

PLEASE donate, if you can. The need is great.

CELEBRATE

HONOR

SERVE

Welcome from St. Elizabeth's Jubilee Center

Adult Winter Coat Drive for St. Elizabeth's

Colder temps are around the corner. Many of our neighbors come from warmer climates and are not prepared for Maine's fall and winter temperatures. Let's help them feel welcome.

Do you, or someone you know, have an extra winter coat, no longer being used? Could you purchase a used winter coat from Goodwill, the Freeport Community Services Thrift Shop, or a consignment store?

Would you consider purchasing a winter coat from Walmart, Sam's Club, or another store? Perhaps make a donation for the purchase of a coat?



Large and extra large sizes for both men and women are most needed.
All coats must be clean and in good condition.
(No other clothes, please!)

There is also a big need to restock kitchenwares (pot, pans, covers, slow-cookers, glasses, cups, bowls, pitchers, kitchen utensils (no knives) and housewares (bed, bath, and table linens - clean and in good condition, please label size).

St. Elizabeth's Jubilee Center is a low-barrier pantry offering non-food essentials to all those in need. The Center is located at the rear of St. Luke's Cathedral, at 134 Park Street, Portland, ME.

Every Tuesday (8:00-11am), at no charge, we provide basic, daily essentials that cannot be purchased with SNAP funds. We connect people with other resources in the community for needs such as housing, furniture, language acquisition, job search assistance, and other social needs.

We are looking for 2 volunteers from Saint 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.

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.

Fridays: Gather together at our Facebook page to meditate on scripture and to pray for a few minutes each Friday at noon.



If you cannot join us live, set an alarm on your phone at Noon each day to pray briefly by yourself for this parish family, for the world, and for the mission of the Church.



VOLUNTEERS ALSO NEEDED! On Sunday morning, October 2 from 7:30 - 9:30, Saint Mary's is in charge of one water station on Foreside Road. We need help to serve drinks and to cheer on the runners and walkers! Contact Janet Bowne if you can help out that morning with enthusiasm and lots of cheering!

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

BE STILL is a quiet time between the Sunday services for meditation, poetry, sometimes music, sometimes art, that touches on a theme. The current topic is "grace" and here's a sampling of the readings and art we've encountered recently. Join us from 9:30 to 10:15 live in the chapel or *via* zoom most Sundays. (To receive the zoom link, contact Jennifer Gregg at jenniferanngregg@gmail.com.)

All are welcome!

Here is a sample of what we have read recently:

FOUND

We seldom notice how each day is a holy place
Where the eucharist of the ordinary happens,
Transforming our broken fragments
Into an eternal continuity that keeps us.
Somewhere in us a dignity presides
That is more gracious than the smallness
That fuels us with fear and force,
A dignity that trusts the form a day takes.
So at the end of this day, we give thanks
For being betrothed to the unknown
And for the secret work
Through which the mind of the day
And wisdom of the soul become one.

John O'Donohue (1956-2008)

Maybe it's all utterly meaningless.
Maybe it's all unutterably meaningful.
If you want to know which, pay attention to
what it means to be truly human
in a world that half the time
we're in love with
and half the time
scars the hell out of us. . .
The unexpected sound of your name on somebody's lips.
The good dream.
The strange coincidence.
The moment that brings tears to your eyes.
The person who brings life to your life.
Even the smallest events hold the greatest clues.

Frederick Buechner (1926-2022)



Looking for people to help occasionally in a variety of ways

Saint Mary's Memorial Receptions is looking for new volunteers to join our active ministry that provides receptions after funerals and memorial services. There are many ways to contribute: everything from making tea sandwiches, baking cookies, or providing fruit or savory treats to helping to serve at the receptions themselves. Cooking skills are not required; if you can slice lemons, chop parsley, or pour coffee, you have a place on our team! The opportunity to offer food, comfort, and care to families at a painful time in their lives is a gift to us and a responsibility we gratefully embrace. And if you are new to St. Mary's, joining this ministry is a wonderful way to become an integral member of the community in the blink of an eye.

Whether you have been at Saint Mary's for 2 months or 20 years, please consider joining this dedicated group of people, even if you are able to participate only occasionally. Joyce Verey (joyceverey@gmail.com) and Alice Brock (abrock83@gmail.com) are the co-chairs and would love to hear from you if you are interested and/or have any questions.

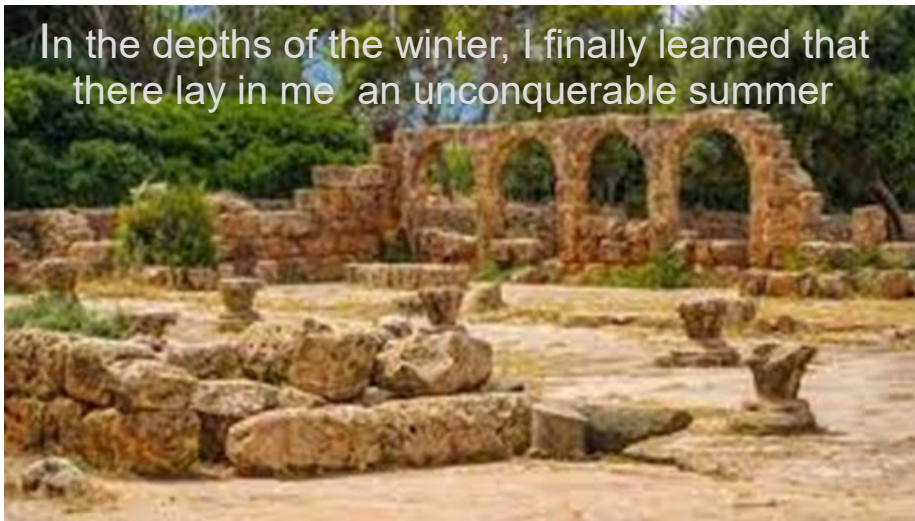
Thank you!



Weather Report

shared by Merle Marie Troeger

You may have come across this quote by Albert Camus, the French novelist and philosopher. Maybe you read it in your high school French class, or found it in literature of a spiritual nature, or discovered it in a history of existentialist thought. A teacher may have displayed a poster in your classroom. You may have seen it on a mug, T-shirt, or keychain.



In the depths of the winter, I finally learned that
there lay in me an unconquerable summer

Au milieu de l'hiver, j'ai découvert en
moi un invincible été.

Often pithy statements like these, carved out of their original settings and shorn of their adjacent contexts, lose the force of the original. The sentence comes from Camus' stunningly beautiful essay *Return to Tipasa*. As the essay begins, it has been raining for days in Algiers, Camus's hometown, where he has returned after World War II.

Finally, there's a little break in the

weather, and he drives out to a favorite childhood haunt, the ruins of Tipasa, an ancient Roman trading town on the Mediterranean. The beautiful ruins are soggy, these days surrounded by barbed wire, entry controlled by a uniformed guard. Camus's mind moves to a comparison with his life: He had grown up with beauty such as this ("which was my only wealth"), but his youth had been followed by barbed wire: tyrannies, war, police forces, revolt. Beauty was only a memory.

He suffered from two great thirsts: the thirst to love and the thirst for justice. He was parched. The cravings had been neglected too long. The world, he says, is dying of this misery. The long unmet demand for justice "exhausts the love which nevertheless gave it birth." Love is impossible and justice is not enough. He had lived with this torment and madness for years.

That day at Tipasa, though, amidst the glorious December light and the breathless sea, "years of night and fury melted slowly away." It was as if his heart had been stopped for years and now was beginning to gently beat again. He realized at last "that in the worst years of our madness the memory of this sky had never left me. It was this which in the end had saved me from despair." The experience allowed him to intertwine the heartbreak of the world into a stranded rope with the morning light of that exquisite sky at Tipasa. He vows to exclude nothing, to refuse nothing that life offers - neither the beauty nor the anguish. He pledges he will keep this "double memory" alive and promises never to be unfaithful to either.

You do not have to be an atheist, like Camus, to conclude that life is replete with unexplainable suffering, alienation, and absurdity. Our faith fully acknowledges this. Think of the people Jesus seeks out: the desperately ill, the tax collectors, the sex workers. One could think about the crucifixion as the religious and political response to Jesus' own thirst for justice. And the gospel is also replete with morning light: the prodigal returns, the coin is found, the lost sheep is recovered. The resurrection takes everyone by surprise.

We weave desperate despair and inexplicable joy together every time we participate in the Eucharist. "On the night he was betrayed," the celebrant says, acknowledging the injustice that still prevails. "We turned against you, and betrayed your trust," we confess. In the same service, we sing "Heaven and earth are full of your glory" and "We give thanks to you, O God, for the goodness and love which you have made known to us in creation." In telling and retelling this "salvation history," we exclude nothing, we refuse nothing. We unite our anguish and our hope together into a single strong cord. We take that anguish and hope out into the world. Our Eucharistic experience teaches us never to be unfaithful to either.

Choral Evensong October 2, 3:00 pm

by Bruce Fithian

Due to the Maine Marathon, there will be no morning services on Sunday, Oct. 2, but we invite you to participate in a beautiful choral evensong service that afternoon at 3:00 pm. Sunday morning services are filled with the energy of the waking day. The evensong service is more about the coming evening and favors a reflective, meditative frame of mind.

The tradition started with the early church as dusk fell, and everyone gave thanks for the day just past and made an evening sacrifice of praise to God. A set order of psalms was chanted, and there were always two special hymns: the *Magnificat* (Mary's song), and the *Nunc Dimittis* (Simeon's song). After the Reformation, the English church adapted this service into a choral evensong, keeping the same liturgy, but in English.



The service begins with the lighting of candles and the singing of the marvelous *Phos hilaron* (Greek for 'O gladdening light'), which dates from the 3rd or 4th century. The other unique parts of the choral evensong are prayers and suffrages, which support the mood of contemplation and reflection. The Apostle's Creed and the Lord's Prayer are sung by all on one tone,. Finally the service concludes with celebrating the ending day.

As a musician friend of mine has said, "The evensong service is like having your heart massaged." Come and warm your hearts on October 2!



We welcome Ben McVety as our tenor section leader.

Ben has a Bachelor of Arts in music from the College of William and Mary, and a Masters of Science in Music Education from Indiana University's Jacobs School of Music. He has been a high school choral director from 2013-2021 and has recently moved to Maine where the rest of his family resides. He has made a slight career shift to working in his family's stove shop business in Yarmouth. He loves performing and is very excited to be able to sing again - despite the pandemic's best efforts to quell live performances. He enjoys teaching vocal lessons, playing piano and trombone, audio and video engineering and is currently learning how to play the Irish tin whistle. Welcome, Ben!

Handel's Chandos Anthem in the autumn

In the next coming weeks, the Saint Mary's choir will be featuring several anthems from the the Chandos Anthem number 7 by George Frideric Handel: *My Heart Shall be Alway of the Loving Kindness of the Lord*. No, that is not a typo - 'alway' is an older English spelling of the word. As the title suggests, this work is full of great joy and happiness.

As a young man, Handel was employed as composer in residence at Cannons, the court of James Brydges, who became the First Duke of Chandos in 1719. His chapel was not yet finished, and services were therefore held at St Lawrence in Whitchurch, which you can still visit to this day. In fact the church still has the organ that Handel probably played.

Handel wrote 11 anthems for the Duke of Chandos for use in these Anglican church services, and they are all based on portions of the psalms. The composer probably selected and compiled the texts himself, drawing from both the Book of Common Prayer and from a metrical version of the psalms by Nahum Tate. Our hearts will be lifted, and we will all sing with joy with this beautiful music.



Thanks, Kudos and Notes!

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

Thanks to everyone who helped make Reverend Jane's celebration on her last Sunday with us a success.

Thanks to Paul Jones for painting the lychgate and the rectory porch.

Thank you to the B/G team for coordinating the planting of the new tree in memory of Aaron Splint.

Merçi

Thank you to Deacon Christine and Deacon Mary Lee Wile for a wonderful insightful presentation on the Diaconate on Sept 18. We learned a lot and are grateful for all the Deacons do for our parishes. Christine, we will miss you after your retirement!

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yay!

Thanks to Melissa Cott of Cinnamon Girl for the wonderful cinnamon buns on Kickoff Sunday and for all she does to assist non-profits in our area..

Thank you to Steve Reeves for helping us welcome back Father Nathan including his help with the briefing book and coffee hour brownie judging!!

Low maintenance, older woman looking for housing, a roommate, a room rental, or small apt. No car, no stairs. Contact Beth in the parish office with any possibility.

Thank you, Deacon Christine for leading Morning Prayer on Sep 4.

Thank you, Portia Hirschman for filling in Sundays between Rev Jane's leaving and Fr Nathan's return.

Send us your milestones, kudos and notes by the 20th of every

Our 2022 October Lectionary

13th Sunday after Pentecost, October 9: 2 Kings 5.1-3,7-15c; Psalm 111; Luke 17.11-19

13th Sunday after Pentecost, October 16: Genesis 32.22-31; Psalm 121; Luke 18.1-8

13th Sunday after Pentecost, October 23: Jeremiah 14.7-10,19-22; Psalm 84.1-6; Luke 18.9-14

13th Sunday after Pentecost, October 30: Isaiah 1.10-19 REV; Psalm 119.137-144; Luke 19.1-10

GROW IN GOD EVERYDAY

ONLINE WORSHIP (Sunday worship videos are available on facebook)

WEEKDAY PRAYER: **NOONDAY PRAYER AT 12 MON - WED** in chapel and on [Fb Live](#)

CHAPEL EUCHARIST AT 12NOON ON THURS Live and on [Fb Live](#)

SUNDAY HOLY EUCHARIST: 10:15AM In person and on [Facebook Live](#)

BE STILL: CENTERING PRAYER: Mondays at 5 PM In person and on [ZOOM](#)

ONLINE SPIRITUAL FORMATION

BE STILL: Sundays at 9:30AM In person and on [ZOOM](#) and in Chapel **ON HOLD for October**

A contemplative time of themed reflection on scriptural passages, poetry and prose. Contact Jennifer Gregg at jenniferanngregg@gmail.com

WISDOM SEEKERS: TUESDAYS AT 10:30AM IN PERSON AND ON 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 IN PERSON AND ON 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 October Birthdays to:



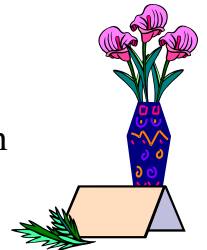
1	John Bennett	10	Winslow Robinson		
2	Lydia Stegemann	10	Lee Snow		
3	Jessica LaPlante	12	Scott Curran		
4	Garry Bowne IV	13	Isabelle Gale	22	Kim Diamond
4	Erin Ferrell	14	John Hale	25	James Bowen
4	Carolyn Thomas	14	Tallulah Scott	26	Isabella Diamond
5	Caroline Bowne	16	Elise Kiely	27	Kate Gulliver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

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



Happy October Anniversary wishes

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



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 EM	10:15 Usher	10:15 EMs	10:15 Lector	Altar Flowers	Coffee Hour	
Oct 2	Maine	Marathon	No AM	Services	Plan on	Evensong	at 3pm	
Oct 9 Pent 18	Rayle & Ed A	Lee VD	Tom L Alice B	Betsy PS Joyce V	Joyce V	Onnie	The Murrays	
Oct 16 Pent 19	Baer C Al A	Greg U	Tom L Steve R	Chris M Steve C	Linda E	Jan M	Conley- Duvall	
Oct 23 Pent 20	Len T Al A	Len T	Chris M & Steve C	Lynne S Chris M	David R	Lynne	OPEN	
Oct 30 Pent 21	Baer C Al A	John B	Joyce & Len V	Stan E Andrea MH	Ginny S	Melissa K	S. Conway	



The August Baxter State Park Trekkers were struck by the gorgeous views, great weather and delectable eats.

For more amazing pictures, click for the [Google album](#)



October 2022

The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 17 th Sunday after Pentecost <i>Maine Marathon closes Rt 88</i> NO Morning Worship 3pm Choral Evensong 7 12-step meeting	3 12 Noonday Prayer 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	4 ST. FRANCIS 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	5 9-2 Mainly Weavers 12 Noonday Prayer 1-3 Staff meeting 5-8 HV rehearsal 6 ORI in Guild Rm	6 12 Chapel Eucharist 3 Merton Group 4:30-6 Falmouth Community Cookout 7 Choir rehearsal	7 Office closed	8
9 18 th Sunday after Pentecost 8 Holy Eucharist 9:30 Formation groups <i>N+ Bahrain overview</i> 9:30 Holy Eucharist 10:15 Holy Eucharist 7 12-step meeting	10 Office closed for Indigenous Peoples day 5 Be Still	11 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	12 10-2 GC Judges Council 12 Noonday Prayer	13 9 - 2 Blood Drive 10 Sacred Ground 12 Chapel Eucharist 3 Merton Group 5 Common Ground 7 Choir rehearsal	14 Office closed 5-7 Souper Supper Dine in!	15
16 19 th Sun after Pentecost <i>Deacon Christine's last Sunday</i> 8 Holy Eucharist 9:30 Formation groups <i>N+ Spiritual fitness</i> 9:30 Holy Eucharist 11:30 Kickoff Celebration 2-4 OC rehearsal 7 12-step meeting	17 9-2 Garden Club 12 Noonday Prayer 1 Sacred Ground 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	18 ST. LUKE the Evangelist 8:30-11 St. Elizabeth's 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	19 12 Noonday Prayer 5-8 HV rehearsal 6 Vestry Meeting	20 12 Chapel Eucharist 3 Merton Group 7 Choir rehearsal <i>Nov AVE deadline</i>	21 Office closed	22 Diocesan Convention
23 20 th Sun after Pentecost 8 Holy Eucharist 9:30 Formation groups <i>N+ Desert Paths of Holiness</i> 9:30 Holy Eucharist 10:15 Holy Eucharist 7 12-step meeting	24 ST. JAMES 12 Noonday Prayer 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	25 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	26 12 Noonday Prayer 5-8 HV rehearsal	27 9 - 2pm Blood Drive 12 Chapel Eucharist 3 Merton Group 7 Choir rehearsal	28 Office closed STs. SIMON & JUDE 5-7 Souper Supper Dine in	29
30 21 st Sunday after Pentecost 8 Holy Eucharist 9:30 Formation groups <i>N+ The Bible & the Quran</i> 9:30 Holy Eucharist 10:15 Holy Eucharist 7 12-step meeting	10/31 12 Noonday Prayer 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	11/1 ALL SAINTS & ELECTION DAY 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	11/2 9-2 Mainly Weavers 12 Noonday Prayer 5-8 HV rehearsal	11/3 12 Chapel Eucharist 3 Merton Group 5 Common Ground 7 Choir rehearsal	11/4 Office closed	11/5



THE EPISCOPAL CHURCH OF SAINT MARY

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

Worship Schedule

SUNDAY WORSHIP:

8:00 AM - *Contemplative Eucharist*

9:30 - 10 AM *Formation for All*

10:15 AM - *Choral Eucharist*

NOONDAY WORSHIP:

MONDAY - WEDNESDAY

12 NoonDay Prayer in-person & on Facebook Live

THURSDAY

12 Chapel Eucharist in-person & on Facebook Live

BE STILL in October
Mondays 5:00 PM



THE EPISCOPAL CHURCH
OF SAINT MARY



THE EPISCOPAL CHURCH OF SAINT MARY

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@gmail.com

Jeff Morgan, *Guiding RAY Coordinator*
GuidingRAY@smary.org

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

Office Hours

MON - THU, 9 - 4

YOUR 2022 SAINT MARY'S VESTRY

Nathan Ferrell, Rector, 207-310-0268, nathanferrell@smary.org

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

Steve Conley, Jr. Warden, 751-6738, Steve.Conley@point32health.org

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

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

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

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

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

Chris Martin, 814-758-2949, foodservicechris@yahoo.com

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

Tommy Pettingill, 781-2219, thomaspettingill@gmail.com

Steve Reeves, 615-440-2505, stevekreeves@gmail.com

Copy deadline for November AVE: Oct 20