



THE EPISCOPAL CHURCH  
OF SAINT MARY

AVE

Monthly Newsletter



## In the Fullness of Time



The Rev. Jane Milliken Hague

Almost every week I have said these words behind the altar at Saint Mary's; they are from the Eucharist Prayer in the Book of Common Prayer. It has come to mean to live fully every day and appreciate the fullness that I have felt as I served as the temporary priest in charge of your wonderful church.

Last year I arrived in November just before Advent and at the height of Sparkles season. It seems as if I have not slowed down since. Each day I have looked forward to what that day would bring: who would walk into the office, who would call, what we had planned or not planned. All has been full of the Holy Spirit. We have walked together through the deaths of far too many of our beloved Saint Marians. We have celebrated births and baptisms. We have worshipped through Zoom, FaceTime Live, in the garden, in the chapel and in the beautiful sanctuary. COVID-19 has gone and come and gone again, for a while at least.

Saint Mary's is full of God's love and thriving as a community. Each Sunday newcomers have felt welcomed and returned to join. The music program continues to sing a joyful song unto the Lord under Bruce Fithian's able leadership. The Buildings and Grounds/Gardeners teams weed, water, paint, build, and repair and, judging from their laughter as they do so, enjoy the work and each other. The vestry and financial team take their responsibilities very seriously and do an excellent job of leading Saint Mary's. The Outreach committee makes and ladles soup to hundreds; the Angolan immigrant family feels loved and supported; St Elizabeth's Jubilee Center is always full of volunteers from Saint Mary's. The campus and our work in the community is always busy and alive.

*In the fullness of time* also means that my time at Saint Mary's has come to an end. I will miss you so much. It has truly been such an honor to serve you, and now Fr. Nathan returns from serving our country in Bahrain.

*Jane Milliken Hague*

## Peace be with you



The Rev. Nathan W. Ferrell

It is customary in an Islamic society for Muslims to greet one another with the Arabic greeting "As salamu alaykum," which in English means "peace be with you." Non-Muslims like you and me are greeted with an ordinary "Hello" or "Good morning/afternoon." But the Islamic greeting is more than a simple hello. As Salam is one of the 99 Names of God within the Qur'an, so the greeting has a deeper meaning, which is "God, who is the source of all peace, be with you." It is a beautiful, simple and holy way to share a blessing with those around you in the course of an ordinary day.

Do you know who spoke in this way 600 years before the first Muslim communities formed in Arabia? Hopefully you do! The Risen Christ greeted the disciples in exactly the same words (Luke 24.36; John 20.19,21,26). They spoke to one another in Aramaic, which is as similar to the Arabic language as Spanish is to Italian. If you have read through the New Testament Epistles, you will likely recall that Saint Paul regularly began his letters with a similar greeting. While it is likely that the Church continued this practice in our first few centuries, this way of greeting one another with intentionality and mindfulness has been sadly lost in our Western societies, even while being picked up and carried forward by Muslim communities of faith.

But what if we could bring it back? What if we made an attempt to recover this forgotten part of our own heritage, as one small step toward reinvigorating our daily lives with a sense of holy purpose? Of course, we are all quite used to the liturgical greeting and response: "The Lord be with you, and also with you." And we know that what we do in the liturgy is intended to be practice that shapes and informs our everyday lives. Furthermore, we know that the Qur'an is indeed correct in acknowledging God as the source of all peace. So what about a mindful practice of greeting one another in the same way? "Peace be with you, and also with you." The goal of such a practice (like any spiritual practice) is not to fulfill some external requirement, but rather to infuse everyday tasks with an intentional love and blessing that reflect the nature of God. This is how we participate in turning our daily prayer of "your kingdom come, your will be done" into practical reality. For without any doubt, we know that God's will is peace.

**God willing, when I return to Maine in mid-September, I look forward to greeting each one of you, and all of you together, with the peace and blessing of Christ. Thank you for all that you have done over the last 10 months to keep our parish community together, to grow closer to God, and to support Erin and my household during a challenging season of life. Now, I can't wait to join you and get back to work! Peace be with you!**

*Nathan W. Ferrell +*

# From Deacon Christine:

shared by Deacon Christine Bennett

Dear Ones,

I will be retiring from active ministry as of Sunday, October 16. I feel so blessed to have served as deacon at Saint Mary's for the last fourteen years. My feelings are mixed about stepping down as you might expect. I look forward to what God has in store for me going forward and sad that this deacon ministry is coming to an end. One of my hopes and prayers for Saint Mary's is that you will welcome a new deacon at some point in the near future.

On September 18, at both the 8 and 10:15 services, we will have The Rev. Mary Lee Wile, deacon at St. Paul's in Brunswick, participating in the liturgy as deacon along with me. During coffee hour following both services, we will have a brief talk/presentation about the diaconate in general and specifically how Saint Mary's might prepare to welcome another deacon to be an integral part of the mission and ministry of Saint Mary's in the future. All are welcome, and we especially hope that members of the parish council and vestry will join us.

Deacon Mary Lee and I look forward to our time together with you.

Faithfully, Deacon Christine



## Sunday, September 4: ONE Service at 9am Morning Prayer

### Magnificent Music ♦ Beautiful Prayers

Deacon Christine Bennett and Bruce Fithian have put together a lovely version of the traditional Morning Prayer from the Book of Common Prayer.

## Saint Mary's Kickoff Celebration Sunday, September 11, 11:30

- 8:00** Holy Eucharist
- 9:30** Formation – for youth, adults, and choir
- 10:00** Guiding RAY classes begin
- 10:15** Choral Eucharist *with blessing of backpacks and educators*
- 11:30** Kickoff Party - food & fun !!  
*Cinnamon Girl food truck is coming!*



**ALL ARE WELCOME!!**  
Invite your neighbors & friends!





# Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on August 17, 2022.

Financial Review: We continue to keep an eye on our revenue sources. Pledges are down a bit, but other revenue like parish hall rental is strong. We, like everyone, continue to deal with inflation hitting our bottom line. Hopefully things will level out in the near future.

Marian McCue and Nadine Timberlake were elected to serve on the nominating committee with Darren Clark, Tommy Pettingill and Rick Hirschman. They will work to slate 3 vestry members and one two-year term replacing Steve Conley as Steve is now the Junior Warden. They will also slate our convention delegates for 2023.

The Vestry also expressed its support for Janet Bowne's continued role as Senior Warden. Her term is up in January of 2023.

We reviewed the plan for Kickoff Sunday. More details on this can be found in this AVE.

On Sunday, September 18, Deacon Christine along with Mary Lee Wile will lead a discussion regarding the work of a deacon. This will be a helpful discussion as Deacon Christine will be retiring in October, and we will need to work with the Diocese on finding another deacon.

Father Nathan will soon be back in Norfolk, VA following his deployment to Bahrain. The plan is for him to be back in the office on Monday, September 19 and back in the pulpit on September 25. Steve Reeves, Vestry member and Naval reservist is working on a plan for welcoming Father Nathan back. We will prepare a briefing book for him that will include updates from all aspects of our parish life.

Reverend Jane shared some final thoughts about her time at Saint Mary's.

Saint Mary's has been a good experience, and she has found the parish to be friendly and healthy and with a good sense of working together.

Reverend Jane is especially pleased with the lay leadership within the parish. She hopes that the Vestry will keep that spirit going and to always be welcoming to new faces and friends.

She also shared that Beth Shaw is the heart and soul of the parish and keeps it all together. Saint Mary's needs to appreciate her value. She also recommended that the parish needs to be sure it knows what it wants the rector to do. The Vestry/lay leadership should always be able to let the priest-in-charge know what is needed and expected.

Robin Webber is coordinating Coffee Hours and need hosts. She has simplified the needs and work involved.

Aaron Splint's family would like to plant a tree in Aaron's honor on the grounds. Lucy Ellis put together a proposal having consulted the garden club experts. The vestry approved this request.



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

## Nominating Committee

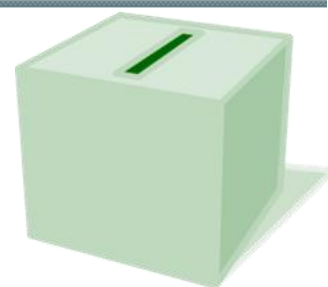
The Nominating Committee is seeking nominations of parishioners to serve in the following positions:

- **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**

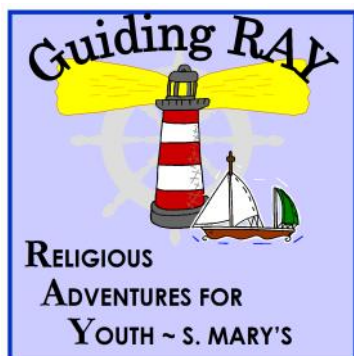
Vestry Members share in responsibility for parish governance and management, oversee financial resources, and should be available for the monthly meetings on the 3rd Wednesday of most months, as well as the Annual Meeting on the last Sunday of January. You can submit your own name or someone else's. We are seeking 4 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](mailto:ddclark@maine.rr.com) or any member of the Nomination Committee: Darren Clark, Rick Hirschman, Tommy Pettingill, Marian McCue, or Nadine Timberlake.



# Youth Christian Formation



## It's time to kick off a new year with the Guiding RAY children's ministry at Saint Mary's! Come anytime after 9:30

We are excited to welcome your children back for a time of friendship, fellowship, and activities after our summer break.

**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 sixth grade to make friends, learn about Jesus, and grow in their faith. It takes place from 9:30am-11am each Sunday morning and then children (except those 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 their life! From 9:30-10am, we will have formation time for all ages. This will be an informal time where the kids can do crafts, play, have a snack, and perhaps play outside if the weather is nice! At 10 am, children can expect a short gathering time with all the school-aged kids where we sing and learn about the church calendar. After that, based on the number of children we have, Pre-K - Grade 3 will be together and Grades 4 - 6 will be together for an age-appropriate Bible lesson.

**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 an uplifting note to veterans. Additionally, for the older children, acolyting is an opportunity where they can plug in on Sunday mornings. The children will also do a Christmas pageant in December.

**How can I help? Can anyone volunteer?** YES! We need volunteers every Sunday to help Guiding RAY run smoothly! The commitment is low, and the reward is high. Whether you are a parent or not, please consider signing up to volunteer. We will provide all of the materials; you just need to show up. <https://signup.com/go/QUouYQF>

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



**Jeff Morgan, Guiding RAY Coordinator**

## Ease Back to School Stress

### ENCOURAGE HEALTHY HABITS

- Create routines and time to be active
- Support new experiences to build healthy coping skills
- Promote technology-free time prior to sleep

### STAY CONNECTED

- Get to know the parents of your pre-teen/teens friends

### KEEP TALKING, KEEP LISTENING

- Data shows ongoing conversations with youth reduce the risks of drug and alcohol use at every age

### Tip of the Month



**Casco Bay CAN**  
TOGETHER, PREVENTING YOUTH SUBSTANCE USE

Create Awareness Now

A grant funded project sponsored by Cumberland County Government



[www.cascobaycan.org](http://www.cascobaycan.org)



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

Sunday mornings at 9:30 Saint Mary's offers a meditation/contemplation and response opportunity called Be Still. We are meeting in-person in the Chapel AND on Zoom. Here are some selections on the theme of "Peace" that we have shared and considered recently. If you wish to receive our weekly readings or wish to receive the Zoom link, please contact Jennifer Gregg (jenniferanngregg@gmail.com). Or just drop in any Sunday morning to kick the tires! All are welcome!

Here is a sample of what we have read recently:



### Welcome Home

Welcome.

Home.

Here we gather in this thin place between heaven and earth

Here we leave some baggage at the door and step across this threshold  
to offer up our selves: to share, to dare, to be our selves...

and so much more, more of what our lives are meant to be.

Here we embody the circle of life... embraced by love and peace,  
by raw courage and grief, by no-need-to-be-on-guard

Here we are fed ... so much more this renewing

Here we know no-time, an inkling of eternity ...

sometimes that peace that passes all understanding is here.

Here our spirits soar, we rise up as on eagle's wings...

We're Home...

Be Still.

-- Rebecca C. Pride

### Peace Like A River



As gently, gently the river flows,  
So calm as it merrily rows,  
Into the wide open sea,  
With decorum and whiting silence.

Unlike the subtle mysterious lake,  
That is dark and violently shake,  
Full of thorns and blades,  
Immobile as it never moves.

Oh! River lend me your peace,  
A calm as a lowly piece,  
Loving and gently rowing,  
Devoid of rancour or war.

River! Your life is worth emulation,  
Teach me to Live in peace.

--Williams Emmanuel

when the world goes mad  
become wildly kind to everyone  
everyone  
everyone  
my love, ~ you can't  
control much  
but you control how you  
treat others in these  
breaking news heartbreaking times  
when nothing feels certain  
let your raw kindness be  
a certainty  
allow your compassion  
to become a North Star  
stamped up in the sky  
for others to follow  
back home.

--John Roedel

God speaks to each of us as he makes us,  
then walks with us silently out of the night.

These are the words we dimly hear:  
You, sent out beyond your recall,  
go to the limits of your longing.  
Embody me.

Flare up like a flame  
and make big shadows I can move in.  
Let everything happen to you: beauty and terror.  
Just keep going. No feeling is final.  
Don't let yourself lose me.  
Nearby is the country they call life.  
You will know it by its seriousness.  
Give me your hand.

— Rainer Maria Rilke, Book of Hours



## Outreach Ministry - All Ages Serving Near and Far

### Souper Supper – 13 Years And Still A “Community Must!”

Saint Mary’s “Souper Supper” has become such a Saint Mary’s “staple” that it can be overlooked by many a parishioner. But to those who participate in this ministry and most certainly for those in the community who depend on it, it is anything but commonplace.

Souper Supper began in June of 2009 in response to the 2008 recession. The Parish opened its doors and heart to the community, offering home-made soup, salads, breads, beverages and desserts at no charge (and no donation). With the exception of the first 18 months of the pandemic, all guests ever since have enjoyed being served at table in a relatively elegant setting that includes tablecloths, “real” dishes, glassware and cutlery. (During the pandemic we offered *Drive-Thru Take Out* ) At its inception, we welcomed an average 20 guests. This grew to 80 during the recession and then moderated to 40-50 people—both parishioners and members of the greater community. At its inception, our guests came, ate quickly and left. Soon they came to dine, chat and table-hop. There is no question but that our guests, who include both parishioners and greater community, seek both nutritional and social sustenance. It is community at its best.



Souper Supper is also one the most popular Outreach projects among its volunteers:

“Being part of the Souper Supper experience is fun, fulfilling, heartwarming and delicious! We laugh and chat and engage with fellow parishioners and new friends. It is a timeless few hours with real joy to be shared. Giving and receiving takes place spontaneously and constantly,” wrote Becky and Doug Pride in 2009. (The Prides, are among several parishioners who continue to volunteer regularly today.)

As we build our “in person” ministry back to pre-pandemic levels, we would love to have you join our team! We ask our team members to provide their time once every 6-8 weeks on average; if you cannot serve on any given week, we find a replacement for you; some of our volunteers take summers off; a few love to serve every month, sometimes twice a month! Setting tables, serving at table or helping dish-up in the kitchen is a wonderful opportunity for the whole family—children love it! Just ask the Rana family!

#### Check out the sign-up sheet in the Guild Room foyer. The various opportunities follow:

Shopping for ingredients: (1 hour, 2<sup>nd</sup> or 4<sup>th</sup> Thursday of the month)

Make or purchase desserts (30 pieces): 2<sup>nd</sup> or 4<sup>th</sup> Thursday of the month)

Soup Prep: (Morning, 2 hours; 2<sup>nd</sup> or 4<sup>th</sup> Friday of the month)

Set-up—set tables, plate desserts, make coffee 3-4pm, on the 2<sup>nd</sup> or 4<sup>th</sup> Friday of the month)

Dish-up soups/salads/rolls from the kitchen: 4:45-7pm, 2<sup>nd</sup> or 4<sup>th</sup> Friday of the month

Serve at Table: 4:45-7pm, 2<sup>nd</sup> or 4<sup>th</sup> Friday of the month.

Clean-up—wash and put away dishes: 5-7:30, 2<sup>nd</sup> or 4<sup>th</sup> Friday of the month

Laundry – wash (no iron) tablecloths and dishtowels, 2<sup>nd</sup> or 4<sup>th</sup> weekend of the month

*Souper Supper is funded both through the Outreach Committee AND through sales to parishioners of Coffee by Design coffee (see separate ad).*

Any questions: Please contact Jennifer Gregg, 781-2665 or [jenniferanngregg@gmail.com](mailto:jenniferanngregg@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 over 300 families in 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, please contact Vanessa Record at [recordvanessa@gmail.com](mailto:recordvanessa@gmail.com)



## Outreach Ministry - All Ages Serving Near and Far

### Saint Mary's Adopted Family update - The Vemba Family

Joao Vemba, Belinda Ndelela Kande and children, Erica and Nicholas, are seeking asylum. After receiving his college degree, Joao became an electrical engineer for Samsung. He and his wife speak fluent English.

#### Update on the Vemba family

The Vemba family is looking forward to the upcoming school year. Erica will be in the first grade, and Nicholas will be in preschool, both attending Saccarappa Elementary in Westbrook. Nicholas has qualified for a special educational program to help with his speech, learning and socialization. The issue they are dealing with now is transportation to and from school for Nicholas, as the school/town does not provide transportation for preschoolers. He goes every day from 9-12noon, and school is two miles from their apartment. Joao is hoping once school starts that opportunities will become available. In the meantime, he has a friend who has offered to help.

Belinda and Joao continue to take courses at Portland Adult Ed, and their plan is to start in January at SMCC with classes working towards degrees in electrical engineering and healthcare.

Joao still has not heard from Boston regarding receipt of his asylum-seeking application. It was submitted 45 days ago, but according to his attorney there is a back log. All he needs is the confirmation that Boston received it, which allows him to begin the 6-month waiting process needed in order to start working.

#### Immediate Needs:

Gift Cards for school supplies and school clothes: WALMART, TARGET

#### Continued needs:

Hannaford gift cards

Metro Bus passes

The challenges immigrant families continue to face is highly frustrating, but Joao and Belinda continue to persevere with amazingly positive attitudes. Many thanks to parishioners for helping the Vembas get through such challenging times as they settle in Maine. They feel blessed to have the guidance and support and are so appreciative!!



**American  
Red Cross**

*Together, we can save a life*

## ***Critical Need Blood Drives: September 8 & 29, 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](http://www.redcrossblood.org) and use sponsor code

“StMary” to make your donor appointment.

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

## Outreach Ministry - All Ages Serving Near and Far

# Souper Supper: 2nd & 4th Fridays **IN PERSON DINING IS BACK!!**

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*

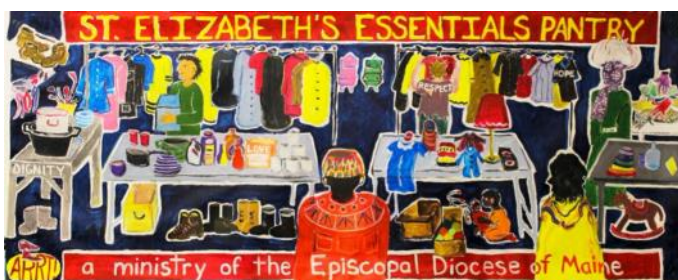
"Coffee by Design" 12 oz. bags of ground fair-traded, organic, delicious coffees are on sale at Saint Mary's for **35% less than suggested retail!**

**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!

## Welcome from St. Elizabeth's Jubilee Center

### FALL DRIVE BEGINS!



ing at St. E's:

Thank you for all the wonderful donations you have shared in recent months and keep up the great work!

Please keep our neighbors in mind as you spruce up the kitchen cabinets and linen closets; **HOUSEWARES** (marked sets of bedding, blankets, kitchen towels, bath towels, etc.) and **KITCHENWARE** (pots, pans, glassware, cooking tools [no knives], china, etc.) are always needed.

Continue to solicit **DENTAL SUPPLIES** (tooth paste, tooth brushes, floss, mouthwash);

If you are fluent in Spanish, Portuguese, French, Arabic, or an African language, your ability to help communicate with our neighbors is needed.

**PLEASE NOTE: Winter coats and boots for ADULTS ONLY can be accepted at this time**

Seasonal camp closings and closet clearings, yard sales, and estate settlements are all good sources of clean usable housewares and kitchenwares to be donated to St. E's!

### Come Join Us!

We are looking for 2-3 additional 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 donations, delivering materials to the Jubilee Center, assisting neighbors at the Center, and more. For more information, please contact Stan Eaton at [stan.eaton@gmail.com](mailto:stan.eaton@gmail.com).



# Thank you, Jennifer Gregg!!

There are some among us in the Saint Mary's community who consistently stand out as leaders in the parish, who take the initiative to offer new opportunities for us to learn and grow, and who work tirelessly to have us move closer to God's vision of what we might do to further God's kingdom here on Earth.

Jennifer Gregg comes to mind when we think of these people, and we as a committee and a parish want to pay tribute to her as she steps down after years as chair and member of the Outreach Committee. Her energy and leadership have been inspiring in this role, as it is in so many roles she has taken on for the church. She has been the creator of and driving force behind so many Outreach programs that it is difficult to mention them all here.

Souper Supper, one of the church's most significant programs in which parishioners feed those who are hungry, is Jennifer's brainchild and passion. Her enthusiasm, devotion and desire to serve others has provided a foundation on which many people rely for physical, emotional, and spiritual sustenance. The friendships formed and the bonds made through Souper Supper have benefited not only those who come to be fed but also those of us who serve.

As Bonny Rodden described her leadership, "Jennifer is efficient and organized, but her true calling is believing that the essence of Outreach is connecting with individuals, one-on-one, treating everyone from a lonely person at Souper Supper to a person in recovery with compassion and respect."

Jennifer has also shepherded a series of programs for the parish on the Opioid Crisis and another program on Stigma. These programs brought panelists into the church to talk about their struggles with addiction and mental health issues, and they won accolades from the Falmouth police and the state director of opioid response.

And Jennifer was always striving, in her own words, "to draw parish and community wide-attention to social issues and promote involvement and participation by parishioners." She found many ways to do that, and her unwavering and enthusiastic leadership resulted in many programs coming to fruition.

Jennifer led the call for Saint Mary's to embrace and transform the pain of racism by suggesting and implementing several offerings, including "Becoming an Anti-Racist Parish" and the "Sacred Ground" series of discussion groups that fifteen parishioners are actively engaged in presently.

Jennifer worked with other Outreach members to create "Welcome New Mainers," as the church organized the Multicultural Fair, the International Cooking Night, and the Adopt-a-Family Project.

Other specific projects shepherded by Jennifer include our participation in Casco Bay Can table talks and Habitat for Humanity, one of her passions. She was the chair and co-chair for years, organizing the Annual Habitat for Humanity pancake breakfast and rallying Falmouth churches and families to participate. When it transitioned to a walk/run, Jennifer offered St. Mary's as the home base for the fundraiser. With waning attendance in Falmouth, she led the effort to join the Good Friday walk in Cumberland/Yarmouth as Saint Mary's and Falmouth's representative!

She created our "Helping Hands at Home" program that provides parishioners the opportunity to help those who need a helping hand with yard work, housework, or any needs that arise.

She also created our Mission Morning program to give parishioners the chance to do God's work at Milestone, at local nursing homes, on-road clean-up and other sites.

Other examples of what she has done are seemingly endless, but you get the idea.

There is a consistent quality of Jennifer's leadership and her desire to offer us parishioners multiple chances for spiritual fulfillment, for forwarding God's work in the world. She has a deep faith and an infinite willingness to serve others and to provide opportunities for us

to serve and find meaning in our lives. As she puts it, "Our Outreach activity is a source, an extension, and a product of our developing relationship with God. The activity, though good in and of itself, is a means to the end of developing relationships: a pathway, a hallway leading to the dance floor."



## Of Bosons and Prayer

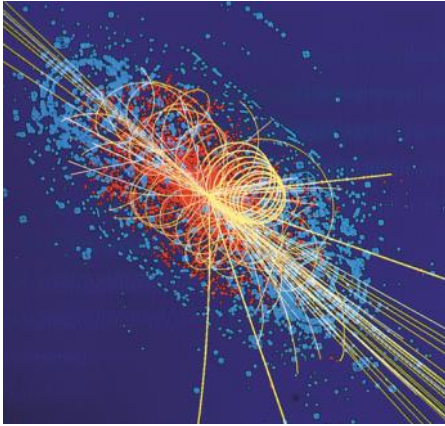
shared by Merle Marie

I don't know why the Higgs boson intrigues me. I understand hardly anything about it. I'm reliably informed that it's a subatomic, nuclear particle that was predicted by Scottish physicist Peter Higgs back in 1964. He posited that this particle could lend mass to other particles, suggesting that it had a role in the invisible web that holds our universe together. But it wasn't until the Cern Large Hadron Collider came along that the existence of the boson could be inferred. In 2012, forty-eight years after it was theorized, particle physicists confirmed the existence of the Higgs boson and with it our own understanding of the universe as orderly, elegant, and predictable.

It's been ten years since the Higgs boson was identified, and a biography of ninety-three-year-old Peter Higgs has just been published. He is a self-effacing, quiet physicist who avoided reporters on the day his Nobel Prize was announced by taking a bus to a nearby town and hunkering down in a pub for a pint of ale.

Perhaps Peter Higgs knew that discovering his boson wasn't the end of our questions about the universe. There are so many additional mysteries and tantalizing queries that still beckon us, whether we are particle physicists or not. Sometimes we need proof of God. Is creation good? Is there beauty after all in the world? Who's in charge? Why is there suffering? Does prayer "work"? Is God reliable?

The answers to the questions need more than a Cern LHC. I think we need a faith community, a commitment to loving in the hardest times, an attitude that risks the questions and is willing to live without finite answers. We actually need another way of "knowing." The deep wisdom of the heart and the tears that come with trouble are the teachers we can use. We probably need to cultivate a taste for mystery, not-knowing, even trust.



Maybe this is prayer, most of the time, and going  
To church, the length of a life, and against this  
Great landscape – the joy and the gloom –  
A brush flares into flame  
And someone,  
Illuminated,  
Walks away from a tomb.

Martin Wroe

## No Time to Go Away on Retreat? Not Feeling Monastic? No worries!

The Ignatian Partnership of Maine will offer the Retreat in Everyday Life again in 2022-2023. Developed over 500 years ago by St. Ignatius, the prayer practices and spiritual strategies are surprisingly modern.

"Finding God in All Things" is the primary mantra of the Ignatian Exercises. We use all our faculties including the experiential, the imaginative and the rational. The Retreat in Everyday Life allows us to move through the Exercises over a nine-month period, allocating a dedicated time of prayer and reflection each day. This ancient/modern retreat provides a series of tools for exploring scripture, making decisions, growing closer in authentic friendship with Jesus, and finding a greater awareness of God working in our lives. Bring all of yourself - your imagination, memories, heart, and intellect. These practices are meant to be engaged with, not studied.

The Retreat in Everyday Life is being offered from October to June. All participants meet as a group from 6:30-8:30 p.m. on the First Wednesday of each month. In addition, each retreatant meets with a spiritual director at least once a month. Merle Marie Troeger has served as a spiritual director in this program for the last three years. If you are interested in this unique experience, contact Merle Marie at [merlemarie@troeger@gmail.com](mailto:merlemarie@troeger@gmail.com).

To find out more and apply go to [www.IgnatianME.org](http://www.IgnatianME.org) or [ignatianme@gmail.com](mailto:ignatianme@gmail.com).





# Choral Evensong October 2, 3:00 pm

by Bruce Fithian

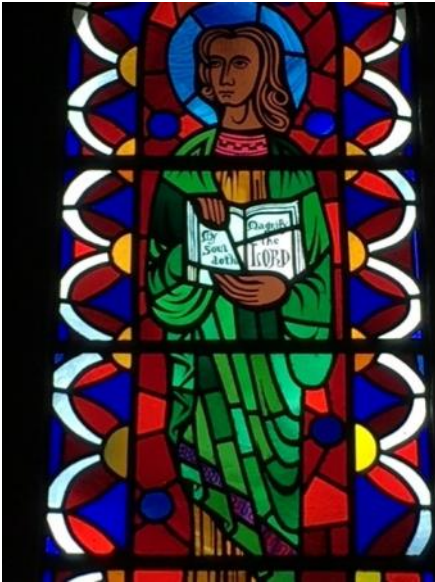
Due to the Maine Marathon, there will be no morning services on Sunday, Oct. 2, but we invite you to participate in a beautiful choral evensong service that afternoon at 3:00 pm. Sunday morning services are filled with the energy of the waking day. The evensong service is more about the coming evening 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. On Oct. 2 we will all sing the *Phos Hilaron* hymn #25 by Thomas Tallis, one of the greatest Renaissance composers from England:

1. O gracious Light, Lord Jesus Christ, in you the Father's glory shone. Immortal, holy, blest is he, and blest are you, his holy Son.
2. Now sunset comes, but light shines forth, the lamps are lit to pierce the night. Praise Father, Son, and Spirit: God who dwells in the eternal light.
3. Worthy are you of endless praise, O Son of God, Life-giving Lord; wherefore you are through all the earth and in the highest heaven adored.

The appointed psalm follows, and for this service the choir will sing psalm 137:1-10 using a unique tradition that dates from the early English church: Anglican chant. Whereas the Latin church chanted the psalms in unison (as we do during Lent), the Anglican chant is sung in four parts, and the beauty of this tradition is truly mesmerizing.



Two lessons follow, and these readings are framed by the same ancient songs, the *Magnificat* and the *Nunc Dimittis*, but now sung with the Shakespearean cadence of the King James Bible translation:  
*My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.* (Mary's song, Luke 1:46-55)  
*Lord, now lettest thou thy servant depart in peace: according to thy word. For mine eyes have seen thy salvation.* (Simeon's song, Luke 2:29-32)  
 These powerful texts have inspired hundreds and hundreds of composers over the last 600 years to write inspiring choral settings. It is hard to choose which one to sing, as there are so many glorious versions! We have chosen a masterpiece: the *Magnificat and Nunc Dimittis in C*, Op. 115 by Sir Charles Villiers Stanford (1852-1924), who composed a substantial number of concert works, including seven symphonies, but his best-remembered pieces are his choral works for church performance, chiefly composed in the Anglican tradition. Among his pupils were rising composers whose fame went on to surpass his own, such as Gustav Holst and Ralph Vaughan Williams. The edition we are using is edited by Jeremy Dibble, whose lectures on Stanford we were fortunate to attend during the RSCM workshop at Newport, Rhode Island in 2019.

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, and the choir will sing the other prayers set by the eminent American composer, Dan Locklair, Composer-in-Residence and Professor of Music at Wake Forest University in Winston-Salem, North Carolina. Locklair's music is very haunting and draws you into a quiet space. We have chosen his setting of the wonderful poem, *The Lone, Wild Bird*, as the evensong anthem.

Finally the service concludes with celebrating the ending day by singing hymn 662, Abide with me: fast falls the eventide.

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!



# SPARKLES 2022

## SPARKLES IS BACK!

**Friday October 21st from 5-8 is our annual Sparkles Spirits!**

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 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.
- Volunteers to help the event flow well.



**Saturday December 3, from 9-1,** 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!

Questions? Call or email Janet Bowne: [jmitchellbowne@gmail.com](mailto:jmitchellbowne@gmail.com) or 207-318-7045.

## 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](mailto:admin@smary.org)

Date	8am Usher	8am EM	10:15 Usher	10:15 EMs	10:15 Lector	Altar Flowers	Coffee Hour	
Sept 4 Pent 13	9AM	Morning Prayer	Baer C Al A	9am - Morning Prayer	Pat P John B	Lynne S		
Sept 11 Pent 14	Len T Steve C	Katie Porter	Ron F Mark B	Jeff H Lynne S	Jeff Herrold	Onnie H		
Sept 18 Pent 15	Baer C X	Lee Dernehl	X X	Chris M Steve C	Chris or Steve	Jessica L		
Sept 25 Pent 16	Len T X	Lad Taylor	Joyce V Len V	Andrea MH Stan E	Erin MF	Lynne S		
Oct 2	Maine	Marathon	No AM	Services	Plan on	Evensong	at 3pm	

## Thanks, Kudos and Notes!

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

Thank you to Reverend Jane for her leadership, ministry, compassion and humor in serving as our interim during Nathan's deployment. We are so grateful for you!! Best of luck in New Jersey!!! We will miss you.

Thank you to Lynne Shepherd for being a one-woman Altar Guildian for the Wednesday Mass on the Grass services this summer.

Thank you to Jennifer Gregg for her leadership on outreach. We know you're stepping down from chairing outreach and are thankful that will stay involved with various outreach components! You are amazing.

yay!

Thank you to the B/G team for tirelessly working through the project list and completing so many repairs, improvements to the property!

Merci

Thank you to Beth Shaw for being the hub around which Saint Mary's turns and for always being ready to serve!

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S!



**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 the parish office if you can help out that morning with enthusiasm and lots of cheering!

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

## Coffee Hour resumes, and we need Hosts

We need volunteers to host Coffee Hour. Please keep in mind that Coffee Hour is meant to be a quick parish gathering with coffee and juice available for children, along with a couple of store-bought or home-baked treats. Most Sundays, coffee is already made, so hosts would do a simple set up and clean up. Remember the importance of Coffee Hour is the gathering together of our parish family. We need your involvement. Coffee Hour can't happen every Sunday unless we have more volunteers. The sign-up sheet is on the Ryder table in the hallway outside the Guild Room. Kindly consider this ministry once or twice a year. Contact Robin Webber at [webberonsebago@msn.com](mailto:webberonsebago@msn.com) if you have questions or might like to join this wonderful ministry. Thanks.



## GROW IN GOD EVERYDAY

**ONLINE WORSHIP** (Sunday worship videos are available on facebook)

**WEEKDAY PRAYER: MORNING PRAYER at 9am Mon, Tue, Wed, Fri** on [Facebook Live](#)

**NOONDAY PRAYER AT 12NOON ON THURS** on [Facebook 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](#) in in Chapel

A contemplative time of themed reflection on scriptural passages, poetry and prose. Contact Jennifer Gregg at [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)

**WISDOM SEEKERS: RESUMES ON SEPT 13 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](mailto:ntimberlake@aol.com)

**MERTON GROUP: Thursdays at 3 PM 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](mailto:jenniferanngregg@gmail.com)



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

## Happy September Birthdays to:



1 Christine Bennett	14 Grace Wiley	
2 Grace Leschey	15 Ben Parks-Stamm	
3 Helena Corbett	16 Jennifer Gregg	22 Maribel Reaves
4 Lottie Chappell	16 Justice Pollard	24 Chuck Horton
5 Chelsea Scott	17 Neils Rodgers	24 Alexis Madigan
8 Robert Bowen	18 Emily Follo	25 John Maher
8 Mike Edwards	18 Jessica Mellon	26 Anne Wood
8 Debby Hammond	18 Lad Taylor	27 David Andrews
8 Jean Lloyd-Rees	19 Nate Smithwick	27 Cindy Horton
9 Sam Brown	20 Angela Case	28 Celia Keefer
9 Geoff LaFond	20 Kathy Stimson	28 Emily Otte
10 Meredith Winter	21 Myles Nuzzi	29 Julia Bisson
11 Sammy Rae Means	22 Jana Burke	30 Bryan Dench
12 Matthew Grace	22 Kim Diamond	30 Ibe Mokeme

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

## Happy September Anniversary wishes to:



3 Elise & Neil Kiely	24 John & Elizabeth Musacchio
9 Ana Cairns & Rich Bazarian	24 Grace & David Robinson
19 Tricia Wheeler & Ryan Stinneford	25 Judy & Gordon Oliver
24 Talie & Joel Harris	29 Jamie & Lisa Conway



## WELCOME TO OUR NEWLY BAPTIZED: SUMMER 2022

### Baptism on June 24, 2022

**Lydia Alison Gulliver, born February 4, 2021**  
*Daughter of Peter & Colleen Gulliver*

### Baptisms on August 21, 2022

**Charles Begin Cameron** born November 30, 2021  
*Son of Chris & Sarah Cameron*

**Charles Christopher Holm** born August 21, 2021  
*Son of Charles & Taylor Holm*

**Robert Cooper Reeves, born October 10, 2021**  
*Son of Steve & Austin Reeves*







# SEPTEMBER



2022

The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>28 12<sup>th</sup> Sunday after Pentecost</b> <i>Rev. Jane's last Sunday at SM</i> <b>8 Holy Eucharist</b> 9:30 Formation groups 9:30 Holy Eucharist 7 12-step meeting	<b>29</b> 9 Morning Prayer on Fb 5 Be Still 6 PCC rehearsal	<b>30</b> 9 Morning Prayer on Fb 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	<b>31</b> 9 Morning Prayer on Fb <b>9 - 2 pm Blood Drive</b>	<b>9/1</b> 12 Noon Prayer on Fb and in Chapel 3 Merton Group <b>5 ExCom</b>	<b>9/2 Office closed</b> 9 Morning Prayer on Fb 2-7 HV auditions in Aud	<b>9/3</b> 9-2 HV auditions in Aud
<b>4 13<sup>th</sup> Sunday after Pentecost</b> No Communion/Eucharist <b>One Service</b> <b>9 Choral Morning Prayer</b> <i>Led by Deacon Christine and Bruce</i> 7 12-step meeting	<b>5 Labor Day</b> Parish Office is closed 5 Be Still	<b>6</b> 9 Morning Prayer on Fb 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	<b>7</b> 9 Morning Prayer on Fb 9-2 Mainely Weavers 6 ORI in Guild Rm	<b>8</b> <b>9 - 2pm Blood Drive</b> 10 Sacred Ground 12 Noon Prayer on Fb and in Chapel 3 Merton Group	<b>9 Office closed</b> 9 Morning Prayer on Fb <b>5-7 Souper Supper Dine in!</b> 5 Wedding rehearsal	<b>10</b> 9 - 12 PCC rehearsal 4 Wedding
<b>11 14<sup>th</sup> Sunday after Pentecost</b> <i>Rev. Peria Hirschman, Celebrant and preacher</i> <b>Kickoff Sunday</b> <b>8 Holy Eucharist</b> 9:30 Formation groups 9:30 Holy Eucharist 11:30 Kickoff Celebration 2-4 OC rehearsal 7 12-step meeting	<b>12</b> 9 Morning Prayer on Fb 9-2 Garden Club 1 Sacred Ground 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	<b>13</b> 9 Morning Prayer on Fb 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	<b>14 HOLY CROSS DAY</b> 9 Morning Prayer on Fb 10-2 GC Judges Council 5-8 HV rehearsal	<b>15</b> 12 Noon Prayer on Fb and in Chapel 3 Merton Group <i>Tool Sale set-up</i>	<b>16 Office closed</b> 9 Morning Prayer on Fb 10-4 Craft Tool Sale	<b>17</b> 10-4 Craft Tool Sale
<b>18 15<sup>th</sup> Sunday after Pentecost</b> <i>Rev. Peria Hirschman, Celebrant and preacher</i> <b>Deacon Formation presentations during Coffee Hours</b> <b>8 Holy Eucharist</b> 9:30 Formation groups 9:30 Holy Eucharist 10:15 Holy Eucharist 7 12-step meeting	<b>19</b> <i>Fr. Nathan plans to be in office</i> 9 Morning Prayer on Fb 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	<b>20</b> <b>8:30-11 St. Elizabeth's</b> 9 Morning Prayer on Fb 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR Oct AVE deadline	<b>21 ST. MATTHEW</b> 9 Morning Prayer on Fb 1 Staff meeting? 3 CARE meeting? 5-8 HV rehearsal 6 Vestry Meeting	<b>22</b> <b>12 Chapel Eucharist</b> 3 Merton Group	<b>23 Office closed</b> 9 Morning Prayer on Fb <b>5-7 Souper Supper Dine in</b>	<b>24</b> 9:30 - 11 PCC rehearsal in auditorium
<b>25 16<sup>th</sup> Sunday after Pentecost</b> <i>Fr. Nathan's first Sunday back</i> <b>8 Holy Eucharist</b> 9:30 Formation groups 9:30 Holy Eucharist 10:15 Holy Eucharist 7 12-step meeting	<b>26</b> 9 Morning Prayer on Fb 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	<b>27</b> 9 Morning Prayer on Fb 4 FLUKES rehearsal in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	<b>28</b> 9 Morning Prayer on Fb 5-8 HV rehearsal	<b>29 ST. MICHAEL &amp; ALL ANGELS</b> 9 - 2 pm Blood Drive 12 Chapel Eucharist	<b>30 Office closed</b> 9 Morning Prayer on Fb 8 - 5 Lifeline Screening 5 Wedding rehearsal	<b>10/1</b> 4 Wedding Maitron - Mackenham wedding services no serving 5pm



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](#)





## THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road  
Falmouth, ME 04105  
207-781-3366 [www.smary.org](http://www.smary.org)

### Our Worship Schedule

#### SUNDAY WORSHIP: SEPT 4

9:00 AM - Choral Morning Prayer with Deacon Christine

#### SUNDAY WORSHIP: BEGINNING SEPT 11

8:00 AM - Contemplative Eucharist

9:30 - 10AM Formation for All

10:15AM - Choral Eucharist

#### MORNING WORSHIP SEPT

MON - WED & FRIDAY

9:00 Morning Prayer on Facebook Live

#### NOONDAY WORSHIP ON THURSDAY

12NOON (SEP 1, 8, 15) - Noonday Prayer in-person & Fb Live

12NOON (Sep 22, 29) - Chapel Eucharist in-person & Fb Live

BE STILL on Zoom and in Chapel  
Sundays 9:30 AM



THE EPISCOPAL CHURCH  
**OF SAINT MARY**



## THE EPISCOPAL CHURCH OF SAINT MARY

43 Foreside Road  
Falmouth, Maine 04105  
207-781-3366 / [smary@smary.org](mailto:smary@smary.org)  
[www.smary.org](http://www.smary.org)

The Rev. Nathan Ferrell, Rector (*deployed*)  
[nathanferrell@smary.org](mailto:nathanferrell@smary.org)

The Rev. Christine Bennett, Deacon  
[deacab@maine.rr.com](mailto:deacab@maine.rr.com)

Bruce S. Fithian, Organist  
[bsfithian@gmail.com](mailto:bsfithian@gmail.com)

Jeff Morgan, Guiding RAY Coordinator  
[GuidingRAY@smary.org](mailto:GuidingRAY@smary.org)

Beth Shaw, Parish Manager  
[admin@smary.org](mailto:admin@smary.org)

### Office Hours

**MON - THU, 9 - 4pm**

Copy deadline for October AVE: Sept 20

## YOUR 2022 SAINT MARY'S VESTRY

Nathan Ferrell, Rector, 207-310-0268, [nathanferrell@smary.org](mailto:nathanferrell@smary.org)  
*returns from deployment Sept 19, 2022*

Janet Bowne, Sr. Warden, 318-7045, [jmitchellbowne@gmail.com](mailto:jmitchellbowne@gmail.com)

Steve Conley, Jr. Warden, 751-6738, [Steve.Conley@point32health.org](mailto:Steve.Conley@point32health.org)

Ben Parks-Stamm, Treasurer, 458-3151, [ben.parks.stamm@gmail.com](mailto:ben.parks.stamm@gmail.com)

Darren Clark, 781-424-9905, [ddclark@maine.rr.com](mailto:ddclark@maine.rr.com)

Rick Hirschman, 310-3800, [rrhirschman@msn.com](mailto:rrhirschman@msn.com)

Rudy Israel, 917-923-9444, [rfisrael@aol.com](mailto:rfisrael@aol.com)

Tom LaPlante, 272-5621, [laplante@maine.rr.com](mailto:laplante@maine.rr.com)

Chris Martin, 814-758-2949, [foodservicechris@yahoo.com](mailto:foodservicechris@yahoo.com)

Pat Peard, 781-3710, [peardpatricia@gmail.com](mailto:peardpatricia@gmail.com)

Tommy Pettingill, 781-2219, [thomaspettingill@gmail.com](mailto:thomaspettingill@gmail.com)

Steve Reeves, 615-440-2505, [stevekreeves@gmail.com](mailto:stevekreeves@gmail.com)