



THE EPISCOPAL CHURCH OF SAINT MARY

AVE

Monthly



SAFE: Suicide Alertness for Everyone



The Rev. Nathan W. Ferrell

One in twenty-five people is experiencing thoughts of suicide at any given moment. There are no particular categories of people for whom this is true. Such thoughts come unbidden to anyone, at any time. And when this happens, these people need a friend, a neighbor, a co-worker or a family member to be alert for the real danger that is facing them. Since many are unable to speak openly about their thoughts of suicide (due to shame, stigma, confusion or anxiety), it is absolutely essential that **everyone** be alert to the potential danger signs and be prepared to assist in creating safety for those at risk. Far too many lives have been lost to suicide because people were afraid to ask the question or were unaware of the signs of danger.

On Saturday 21 January from 2 to 5:30 PM in our Parish House, you have the opportunity to create a suicide-safer community by becoming trained in a world-class suicide alertness method. **safeTALK** is a product of LivingWorks, the global leader in suicide safety training (FMI, see <https://www.livingworks.net/safetalk>). I had the wonderful opportunity to become a **safeTALK** trainer while in Bahrain, and I am very excited to bring this excellent resource back to our parish and our communities. **safeTALK** is useful and applicable to any person above 16 years of age and, in a four-hour workshop, it will equip you to perhaps make the difference between life and death for someone who is struggling. There is a fee of \$20 to cover the cost of materials that you will receive (this can be waived upon request). A maximum of 30 people can participate, and registration is necessary by 15 January.

Suicide IS preventable, and you are far more likely to need suicide alertness training than CPR training, even though both are very important. We cannot realistically save everyone, but each of us has a role to play in creating suicide-safer communities. It begins by being honest and open about the risk of suicide and how we all are affected on some level. If you cannot participate in this training, I sincerely hope you will register for one of the other **safeTALK** trainings that will be offered at Saint Mary's in the future. Feel free to call or ask me if you want to know more.

BECOME SUICIDE-ALERT

Nathan W. Ferrell +



safeTALK

suicide alertness for everyone

Annual Meeting: Sunday, 29 January

9:30 One Eucharist, 10:30 Brunch, Discussion and Meeting

Mark your calendars for our annual meeting where we discuss the future of our shared ministries, review the budget for the new year, and elect new leaders. YOUR voice and vote matters, so plan on participating in this important community event.



Stewardship 2023 Update - MORE THAN ENOUGH!

We are still a long way from our pledge goal of \$290,000. Thank you to the over ____ parish families who have pledged \$_____. Your pledge will help us to continue our ministries and programs during 2023, including funding ministries, covering our overhead expenses like heat and electricity and pay our small staff. If you haven't pledged, please take a moment to do so. Like the parable of the loaves and fishes, if we all share what we can, no matter the amount, we will have enough!

If you don't have a pledge form handy, click on [this link: HERE](#). Consider what you can share, decide how you'd like to pay your pledge and send it confidentially to Beth Shaw, admin@smay.org or by mail to 43 Foreside Road, Falmouth, ME 04105. We welcome gifts of appreciated securities or directed gifts from IRA's (Individual Retirement Accounts) or Donor Advised Funds. Beth Shaw can answer questions you may have on this process. Thank you!

**MORE
THAN
ENOUGH**



F O R M A T I O N



**Sundays
at 9:30**



Be Still: Every Sunday in the Chapel

A contemplative time of themed reflection on scriptural passages, poetry and prose. See page 10 for a sample of reflective prose.



Discovering Your Spiritual Gifts

with Fr. Nathan on January 8, 15, 22

What are spiritual gifts? What purpose do they play in our lives?

Come to learn about these gifts of God and to discover your particular gifts for ministry. These three sessions will offer a practical consideration of how we all work together within the community of the Church.

Our 2023 January Lectionary

Jan 1: The Holy Name: Numbers 6:22-27, Psalm 8, Luke 2:15-21

January 8: Epiphany 1: Baptism of our Lord: Acts 10:34-43, Psalm 29, Matthew 3:13-17

January 15: 2nd Sunday after Epiphany: 1 Corinthians 1:1-9, Psalm 40:1-12, John 1:29-42

January 22: 3rd Sunday after Epiphany: 1 Corinthians 1:10-18, Psalm 27:1, 5-13, Matthew 4:12-23

January 29: 4th Sunday after Epiphany: 1 Corinthians 1:18-31, Psalm 15, Matthew 5:1-12

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on Wednesday, December 14th. Representing the Outreach Committee, Stan Eaton presented the list of disbursements totaling just over \$13,000 for parish gifts in the following focus areas: Racial Justice, Food Insecurity, New Mainers, At-Risk Youth, Substance Use Disorder, International Needs.

Ben Parks-Stamm, treasurer, presented the year-to-date financial picture. Pledge payments are down, but other revenue sources are up, which is helpful. Our expenses for fuel and maintenance are higher. We have trimmed our deficit from the beginning of the year. Sparkles success (over \$16,000 net of expenses) is a huge help.

Ben also reported that two firms have responded to our request for proposal to manage our investment funds: Harpswell Investments and FL Putnam. The Diocese notified us that they are seeking a new sub-account manager. We will proceed with investigating the option of pulling our funds.

Budget 2023

Ben made adjustments to the proposed budget to update key numbers. We increased the amount that Sparkles is budgeted to raise. We added a summer fundraiser, which will hopefully net \$4,000. Other small adjustments reduced the deficit from \$52,000 to \$37,000. A big issue for us is that our expenses are growing, and inflation is hitting us hard, but our revenue is keeping up. We will need to manage that closely to ensure that we remain fiscally sound.

Our Outreach program is changing. We will have new leadership in February 2023. Ben and Betsy Parks-Stamm will chair the committee. Outreach will focus on monthly nonprofit partnerships with fundraising supporting the organizations.

The Nominating Committee shared the slate for 2023:

Sr. Warden: Janet Bowne; Jr. Warden: Steve Conley; Treasurer: Peter Guyton

Vestry (3-year terms): Kathy Galen, Patrick Murray, and Ben Russell; Vestry (2-year term): Darren Clark

Diocesan Convention Delegates: Lucy Ellis, Jessica LaPlante, Bonny Rodden, and Nadine Timberlake

Diocesan Convention Delegate Alternates: Tim Shannon

We also discussed a proposal for a new bench on the campus to be a memorial for a departed parishioner. We will work with the family to ensure that the bench fits in with our grounds design.



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

Calling all books

Saint Mary's BOOK SALE

Saturday, MARCH 4, 2023 9-12 noon

To donate books, help sort books, lead a section, or if you have any questions. PLEASE EMAIL

Jan Mordarski at janmordarski@gmail.com

Vanessa Record at vanessarecord@gmail.com

Becky Pride at rebeccapride1@gmail.com

No encyclopedias, magazines or textbooks, please.

This event will benefit Saint Mary's local charities and mission work!

SPARKLES 2022



Thank you to everyone who helped make Sparkles a big success!! We began the day with a long line of patrons waiting for the doors to open. All the tallying is pretty much done. After expenses, we collected over \$16,000. **THANK YOU!**

Let's celebrate!!

If you donated, baked, shopped, shared a social media post or volunteered for 15 minutes or more, plan to join us for a celebration on Wednesday 25 January from 5-7 at the beautiful Thos. Moser Gallery & Showroom, 149 Main Street in Freeport. The agenda for this gathering is fun. We will mingle and chat and celebrate Sparkles 2022's success. If you have questions or you'd like to RSVP, contact Janet Bowne jmitchellbowne@gmail.com or call/text at 207-318-7045. Thank you to Meg Hurdman for being our hostess for this event!

Free parking is located in the lot behind the showroom. If we have a weather event, we'll reschedule for February!



Let's celebrate!!
Come join the grateful festivity

If you donated, baked, shopped, shared a social media post or wished you had, plan to join us for a celebration on

Wednesday, January 25th from 5-7
at the beautiful Thos. Moser Gallery & Showroom,
149 Main Street in Freeport.

(Free parking behind the showroom)

We will mingle and chat and celebrate Sparkles 2022's success. If you have questions or you'd like to RSVP, contact Janet Bowne jmitchellbowne@gmail.com or call/text at 318-7045.



Nominating Committee Report

Each year, the Nominating Committee is comprised of the retiring Vestry members and typically one or two parishioners-at-large. This year we were pleased to have Darren Clark serving as chair of the committee; he was joined by Rick Hirschman, Tommy Pettingill, Marian McCue, and Nadine Timberlake. Each parishioner suggested for nomination is being or has been contacted to determine his/her willingness and availability to serve. After much prayerful discussion, work, and weeks of deliberation, the committee is pleased to announce the following nominees to fill all the vacant positions. We are most grateful to those others willing to serve as well!!

The Nominating Committee is pleased to announce a slate of nominees for election at the 2023 Annual Meeting on Sunday, January 29 as follows:

Sr. Warden: Janet Bowne

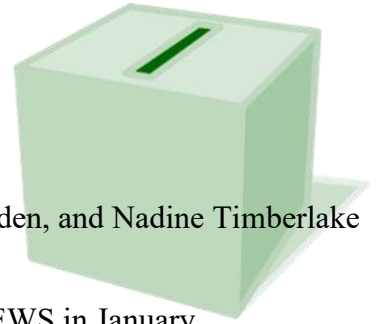
Jr. Warden: Steve Conley

Treasurer: Peter Guyton

Vestry (3-year terms): Kathy Galen, Patrick Murray, Ben Russell

Vestry (2-year term): Darren Clark

2023 Diocesan Convention Delegates: Lucy Ellis, Jessica LaPlante, Bonny Rodden, and Nadine Timberlake (and Tim Shannon as Alternate)



Watch for brief biographical information on the Vestry nominees in the weekly eNEWS in January

Saint Mary's Christmas Pageant Sunday, December 18

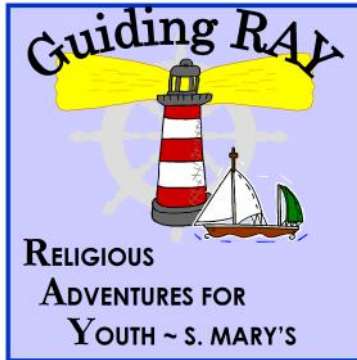


Saint Mary's Advent Giving

Thank you to everyone who helped overflow the big boxes that were delivered to Toys for Tots on December 5. So many Christmases will be more complete because of your generosity.



Youth Christian Formation



I am delighted to be returning to the role of coordinator for the Guiding RAY children's program. This is an interim volunteer position for the winter and spring as S. Mary's explores options for the fall of 2023. I say "return" because I served in this role from 2005-2011 and enjoyed my time working with both parents and children.

Please refer to the **enclosed calendar** for the schedule which also includes some parish-wide special events. Please mark your own calendars and plan to attend some of the family events, especially sledding in January and ice skating in February.

We will begin our regular Sundays at 9:30 am in the lower level of the parish house. This will be a time for the children to come together for free play,

making friends, sharing, singing, and special visitors. Guiding RAY will begin at 10:00 am with classes divided into groups by age. Childcare for babies and toddlers (up to 3 years) is provided in the Nursery.

At 10:45 am the children will join their parents in the church building to celebrate the Eucharist. (Note: There is a "Quiet Box" in the rear of the church filled with books, puzzles, coloring, etc. for those children who need a quiet activity.)

Guiding RAY is a cooperative program so we hope all parents will volunteer in some way. Whether you choose to teach, substitute, help with a movie day or special event, your efforts will be greatly appreciated.

I can be reached on my cell at 207-400-9011 or meghurdman@gmail.com. The best time for calls is in the evening from 6-9 pm or anytime on Sundays or Tuesdays.

I look forward to welcoming your children to S. Mary's on Sunday, January 8th and working with many of you during the winter and spring of 2023, which I hope will be filled with spiritual learning and growth, fun and fellowship.

Meg Hurdman



Share Healthy Habits with your Youth

Tip of the Month

For a Happy New Year



- Enjoy alcohol-free activities
- Select healthy food options and exercise
- Device-free mealtimes
- Get enough sleep
- Spend time with family & friends

Casco Bay CAN
CREATE AWARENESS NOW
TOGETHER, PREVENTING YOUTH SUBSTANCE USE
www.cascobaycan.org

A grant funded project sponsored by
Cumberland County Government
Cumberland County

CELEBRATE



HONOR



SERVE

Outreach Ministry - All Ages Serving Near and Far

Saint Mary's Adopted Family update - The Vemba Family

The Vembas had a wonderful Thanksgiving Day, thanks to St. Mary's parishioners!! Through the generosity of several donations, the Vembas received gift cards from Target, Walmart and Hannaford. They were able to buy blankets, socks, warmer coats and jackets and have their first American Thanksgiving with turkey, squash, potatoes and greens. As cold weather arrived, they were able to keep warm and enjoy a bountiful Thanksgiving dinner, thanks to St. Mary's. See picture of Nicholas (Nico) excited about his first turkey dinner!

Save the Date!

Belinda's baby is due March 2nd, and Saint Mary's will be having a co-ed baby shower for the Vembas at Saint Mary's on January 22 from 3:00 - 4:00pm. See page 11 for more details.



Meanwhile, Belinda is keeping very busy, volunteering for Maine Equal Justice on housing ine-

quality, doing weekly parent volunteering in her children's school, and volunteering as an interpreter for both IHP and Eastern Point Community Church. Fortunately, most of her volunteering she can do remotely, as transportation is difficult for the Vembas.

Joao is working several days a week for DHHS, which has a partnership with General Assistance to employ asylum seekers waiting for work permits. Their wage is very low and goes back into their General Assistance Fund. Joao should be getting his work permit in about 6wks. The Vembas are so grateful to Saint Mary's parishioners for the ongoing support and donations!



Pictured to the left: Nicholas Vemba celebrating their first Thanksgiving in their new Maine home

Falmouth Food Pantry - November Update

The Falmouth Food Pantry is currently serving just under 200 families (about 540 family members) a month, with the numbers increasing since the summer. As usually happens, when the weather becomes too cold to work outside, there will inevitably be additional requests for support. Volunteers continue to deliver boxes of non-perishable food, fresh vegetables, eggs, and meat to the homes of families who need food assistance. The Pantry has not yet returned to offering curbside assistance or to welcoming families inside the actual pantry.

The Falmouth Food Pantry is accepting food donations from individuals. Our donation box is in the foyer of the Parish House and in the Narthex. 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 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.

CELEBRATE



HONOR



SERVE

Outreach Ministry - All Ages Serving Near and Far

Welcome from St. Elizabeth's Jubilee Center



Thank you for your generous support in 2022!

A recent letter from St. Elizabeth's Essential Pantry

Dear Friends of St. Elizabeth's Essentials Pantry,

As you may know, 2022 has been a remarkable year with the influx of asylum seekers needing assistance in the greater Portland area. We served 236 neighbors in need last Tuesday compared to our average of 150 this time last year. Keeping up with the demand for the essential items we offer, while costs have increased, has stretched our capability. But thanks to a larger number of wonderful volunteers, the amazing generosity of individuals like you, and assistance from our seven sponsoring churches and other partners, we've become a bigger and busier Essentials Pantry.

We distribute the following items. Can you imagine doing without these essentials?

- Toilet paper, soap bars, laundry detergent, feminine pads (weekly)
- Infant diapers, dental products, bedding, towels, kitchen wares (monthly)
- Personal care products, home cleaning products, winter hats, scarves, gloves (as available)
- Adult winter coats - approx. 500, winter boots - approx. 160 (seasonally)

While we are blessed with a generous amount of donated items, some of these must be fulfilled out of our budget. For example, we have a contract to buy diapers in bulk from the Southern Maine Diaper Bank at the Jewish Community Alliance. For 2022, we purchased and will distribute 51,000 diapers!

There are several ways you can help. Monetary donations can be made by mailing a check to: St. Elizabeth's Jubilee Center, PO Box 4036, Portland, ME 04101 or by making a payment online - see <https://stelizabethsmaine.org/give/> Our Amazon Wish List is at this link also. Please consider making a donation as a Christmas gift to a friend or family member. Your generosity gives hope and love to neighbors who are facing hard times.

With grateful hearts,

Sarah Coburn Borgesao
Executive Director

Ann Jacobs
Chair of the Board

Saint Mary's has a wonderful team of volunteers who serve at St. E's on the third Tuesday of each month. We are looking for additional volunteers 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. FMI, contact Stan Eaton at stan.eaton@gmail.com.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Drives

There is a critical need for blood! It is safe for all healthy people to give blood. Sign-up today to be a blood donor and 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.

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!

Supporting the Homeless in Maine in Augusta

A contingent from Saint Mary's joined laity and clergy from other denominations in silent prayer in the Hall of Flags at the Statehouse on December 7 on behalf of asylum seekers and others facing homelessness as freezing temperatures set in.

In response to Bishop Brown's call for Episcopalians to attend the vigil, Paul Jones, John Bennett, Bonny Rodden and Deacon Matthew Simpson traveled to Augusta, and other members of the congregation wrote letters to their legislators and the governor, urging them to take action immediately to avert a humanitarian crisis. The situation is particularly dire this year because federal rental assistance is ending and shelters are overcrowded.

Although Dec. 7 was the first day of the legislative session, which is usually reserved for the swearing-in of legislators in the presence of family and friends, both houses of the Legislature took up emergency legislation submitted by the governor. Most of the \$474 million package would have provided \$450 checks to eligible taxpayers. However, it also included \$50 million for heating assistance and \$21 million for emergency housing.

The governor had negotiated the package in advance with legislative leaders from both parties, but it passed only in the House, where it won bipartisan support. In the Senate, this bill lacked sufficient support.

Efforts are ongoing to find emergency funding for housing from federal and state agencies, but it's likely an emergency bill will be considered again in the Legislature when it reconvenes in January.

At the request of legislators, a public hearing on the emergency measure was held on Dec. 21, opening the door to the likelihood that the full Legislature will approve funding as soon as possible for heating assistance and temporary housing. In the meantime, asylum-seeking families are staying at local churches where volunteers, including a contingent from Saint Mary's, are spending evenings and overnight with them. The church program is organized by Greater Portland Family Promise, a non-profit organization that is supported by Saint Mary's.



John Bennett, Bonny Rodden, Paul Jones, Deacon Matthew

Maybe It's All Prayer - All the Time

Shared by Merle Marie Troeger

Let's face it. A Quiet Morning is not for everyone. It's just too meditative and, well, quiet for some. So, here's a brief dispatch from the Advent Quiet Morning in December.

We considered a delightful poem by Martin Wroe* who starts out trying to describe what prayer is.

*It occurred to me that you might not know what I think I am doing
When I am sitting here like this, or lying on the bed like that . . .*

But the poet runs into trouble right away. He admits he's not sure if prayer can be explained. He can only come up with verbs:

*waiting for a bus
saying the name of a child who has lost a parent
looking at that candle,
wondering if there is a language of flame
stopping the day, to hold it for a moment a little more carefully,*

The poet also notices that his prayers often get sidetracked.

*It might begin with an asking, but, later, below the detail what you notice is
recalling a longing, a wordlessness*

He admits prayer can be just an indescribable feeling:

The pulse of a world described by silence or grief, by music or joy.

Then he turns to the thorny question of whether prayer "works." Well, he says, prayer "works"

*in the way of a walk along the shore, or a song,
in the way of goodness which will not be weighed or measured
Or how someone can be with you after their death*

And then, of course, he has to admit prayer doesn't "work" either

*not in the ways of cause and effect
that I can explain to you, but it definitely works*

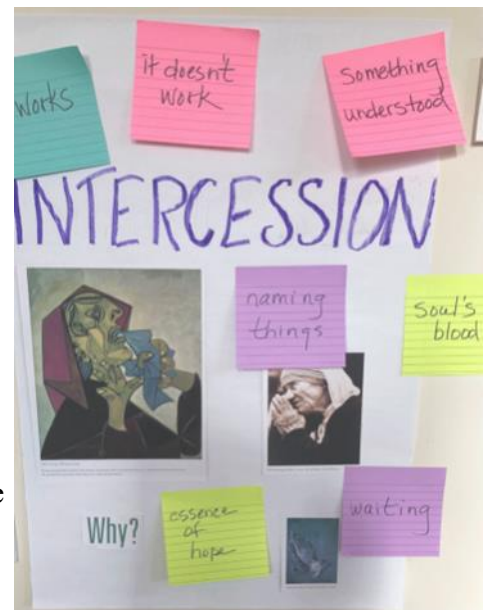
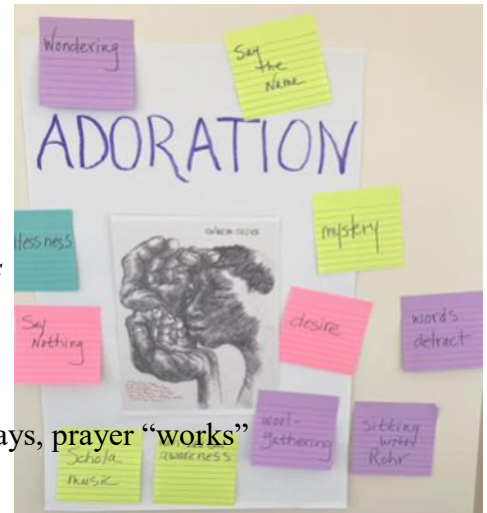
Inspired by Martin Wroe, the Quiet Morning folk turned to using single words or short phrases to describe prayer. Here are a few we came up with:

Wondering	wordlessness	something
saying the name	St. Mary's Schola music	naming things
Mystery	non-verbal awareness	waiting
Restlessness	woolgathering	essence of hope
Desiring	sitting with Richard Rohr	

Take a moment to brainstorm a couple of words that describe what you think you're doing when you "pray." Include them in your private repertoire of "prayer." God know about it.

And if you're in the mood for a lovely, provocative song about prayer, go here: <https://youtu.be/MhOZv5i7CHY>

*Martin Wroe, Julian of Norwich's Teabag, "What I Think I'm Doing When I'm Praying"



Helping Hands at Home

If you are in need indoor or outdoor odd-job help at your home, please reach out. The 'Helping Hands at Home' ministry will try to assist! Contact Beth Shaw, admin@smary.org or Jennifer Gregg, jenniferanngregg@gmail.com

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

May your celebrations of Christmas be joyous and full of love! And as you enter into Epiphany, join us in carrying that love deeply into the winter season to come. Be Still on Sunday Morning awaits you in the Father James' chapel and on zoom, between the Sunday services. Facilitators offer selected readings-- poetry, prose, scripture-- designed to feed the soul and encourage reflection. FMI, contact Jennifer Gregg at jenniferanngregg@gmail.com.

Our current "theme" is "Grace" and here is a sample of what we have shared recently:

You're a newly harvested grain of wheat. Suddenly you're lofted, soaring into the air with your neighbors. For one hallowed moment, the wind holds you, then winnows you free of the tight shell that held you. You settle to the threshing floor, now a seed, ready to be winnowed again because a new husk, or maybe the old one, forms, even as you await your sowing. Emmanuel stands with his fork and his broom, sending you up again into the wind's embrace, then sweeping away that chaff which bound you. Always ready and waiting, with love, for you. ~ Christine Havens



Julian of Norwich and the Wisdom of the Hazelnut

And in this [my good Lord] showed me something small, no bigger than a hazelnut, lying in the palm of my hand, as it seemed to me, and it was as round as a ball. I looked at it and thought: What can this be? I was amazed that it could last, for I thought that because of its littleness it would suddenly have fallen away into nothing. And I was answered in my understanding: It lasts and always will, because God loves it; and thus everything has being through the love of God. In this little thing I saw three properties. The first is that God made it, the second is that God loves it, the third is that God preserves it. But what did I see in it? It is that God is the Creator and the protector and the lover.

We can't believe our luck: to have found this pair of pears on the ground in the grass, in the abandoned orchard late in the year, spared as if by fate, unmarred and, we tell ourselves, ours. Furtively, we seize them, glancing sidelong like thieves, rubbing them against our shirts, our palms, inhaling the faint perfume of their ripeness before biting in—like savages, we imagine, though imagining makes us not, makes us the self-conscious creatures we are, knowing full-well we have done nothing to earn this, do not deserve it, but that the pleasure we take makes us worthy of taking, our happiness a form of gratitude, refusing grace a blasphemy more grave than greed.

Brit Washburn, from "Windfall"

She said: "I have spent my life watching, not to see beyond the world, merely to see, great mystery, what is plainly before my eyes. I think the concept of transcendence is based on a misreading of creation. With all respect to heaven, the scene of the miracle is here, among us." ~ Marilynne Robinson



Deacon Matthew Simpson

Hello, Saint Mary's! I was raised in the Episcopal Diocese of Virginia and ordained in the Diocese of Pennsylvania at the Philadelphia Cathedral in June of 2018. A couple of highlights from my faith and career journey are that I was a missionary in Thailand and Laos for eight months in the early 2000s, and I was an international flight attendant for 10 years. When I was called to be a deacon, I had to change careers as well. I became a registered nurse, and I worked the COVID units throughout the pandemic. I am now board-certified as a cardiovascular nurse. I moved to Maine with my husband Kasey in May 2021, and we currently live in Parkside. I work for the Maine CDC as a public health nurse to the most vulnerable in Cumberland and York Counties, particularly in Portland. I am very excited to begin serving with all of you. While I have been doing service and ministry in Maine since moving here, this will be my first official placement at a parish in Maine. I look forward to learning, teaching, and discerning how we can be the hands and feet of Christ in the world together. -The Rev. Matthew Simpson, BSN, RN-BC

St Mary Schola's last performance with director, & founder, Bruce Fithian



The final *Blow the Trumpet* performance by the St Mary Schola led by Bruce Fithian on Sunday 11 December was also Bruce's final performance with the Schola that he and Fr James Dalton-Thompson started.

Thanks for the Fellowship

shared by Robin Webber, coffee hour coordinator

Thanks to all those individuals who hosted Coffee Hour in 2022. You made it possible every week to bring parishioners together in fellowship over coffee and treats in the auditorium. Whether we were saying good bye or welcoming new staff, celebrating a baptism, or just gathering on a regular Sunday, you made the time special by contributing to this special ministry.

Thanks to Dana Madison, Betsy and Jim Stoddard, Jennifer Gregg, Bonny Rodden, Becky and Doug Pride, Cindy and Chuck Horton, the Kneeler Guild and Guiding RAY. Jan Mordarski, Joyce and Len Verey, Mary and Hugh Smith, Melissa and Pat Murray, Steve Conley and Michele Duvall, Susan Conway, Catherine Mitchell Townsend, Jan and David Andrews and Lynne Shepherd. Those who helped with the cleanup, Ben Russell, Tom LaPlante, Fred Webber and Father Nathan. Beth for keeping us in supplies. And Janet for pinch hitting whenever and wherever. Melissa Cott, Cinnamon Girl Food Truck! And thanks to anyone who has not been mentioned.

Please consider signing up as a Host in 2023. We continue to streamline responsibilities to make it as easy as possible to host a coffee hour. Your suggestions are welcome. We are grateful for all you do for Saint Mary's!

YOU ARE CORDIALLY INVITED - "GUYS AND GALS" BABY SHOWER AND GENDER REVEAL FOR THE VEMBAS!

Sunday 22 January, 3-5 PM, Guild Room

Saint Marians are cordially invited to a Baby Shower to celebrate the upcoming arrival of the latest member of Saint Mary's "Adopted Family," the Vembas!

The Vembas are expecting a baby in early March and the Outreach Committee is hosting a "Guys and Gals" Baby Shower—that will double as a gender "reveal!" Enjoy light refreshments, gift opening and fellowship! Children are very welcome!

You are invited to order a gift from the Vemba Baby Registry if you so choose, and send it directly to St. Mary's, 43 Foreside Road, Falmouth 04105. Or bring it with you to the shower on the day of the event!

The Vemba Baby Registry: <https://www.babylist.com/baby-belinda-vemba>

We are hoping for a great Saint Marian turnout to celebrate this blessed event with the Vembas! Please RSVP to Jennifer Gregg (jenniferanngregg@gmail.com; 781-2665) or sign up on the sheet in the foyer of the Guild Room!



Thanks, Kudos and Notes!

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

Thank you to Robin Webber for her leadership with our Coffee Hour program.

Many thanks to the Parks-Stamms for taking the helm of the outreach Committee

Yay!

Thank you to the Morgan family for their leadership on our Guiding RAY Program for the last 2 years. Your welcoming spirit and your thoughtful approach to theology for children is deeply appreciated.

Thank you to Bruce Fithian and the Choir for lending their voices to the beautiful service of Advent Lessons and Carols.

Thank you to the *Be Still* team for offering quiet, contemplative worship for our Parish.

Thank you to Meg Hurdman for jumping into the Guiding RAY coordinator role.

Thanks to Lee Snow for her pastoral care of so many parishioners who often are able to get to church. Your faith and constancy inspire all of us!

Thank you to Andrea Myles Hunkin for directing our Christmas pageant this year.

**T
H
A
N
K
S!**

Thank you to everyone who supported Sparkles either by donating, baking, shopping or volunteering. Together we raised more than \$16,000.

*Right:
Christie brings Christmas
cookies for the
Cookie Walk*



Falmouth Public Schools Campus Master Planning

Community Input Session

Thurs, January 12, 2023 6:30 - 8pm
Falmouth Middle School,
52 Woodville Rd.

Be a part of creating a plan that supports the district and community needs and promotes what is best for the students.

[Click for Falmouth Schools information](#)

A huge thank you to the Saint Marians who volunteered with Family Promise to provide the gifts of companionship and fellowship to those sheltering at the Falmouth Congregational Church December 14-28. Your value of your gift of presence was immeasurable. The Portland chapter of Family Promise offers all the opportunity to US ALL to respond to the plight of the homeless through their program of partnering with local churches to provide temporary shelter while they work to secure long term housing. Here in Falmouth, the Falmouth Congregational Church is such a partner and provided space in December, at which Saint Marians volunteered. Watch this space for opportunities to lend the gift of YOUR presence for a few hours in future months! For more information on Family Promise, you can check out their website at <https://www.gpfamilypromise.org>



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

ONLINE RESOURCES

All worship videos remain available on Facebook.

PRAYER AND WORSHIP

NOONDAY PRAYER AT 12 MON - WED in the Chapel and on [Facebook Live](#)

HEALING EUCHARIST AT 12NOON ON THURS in the Chapel and on [Facebook Live](#)

SUNDAY HOLY EUCHARIST: 10:15 AM available on [Facebook Live](#)

INTERACTIVE SPIRITUAL FORMATION

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

BE STILL ON SUNDAY MORNING: Sundays at 9:30 AM In the Chapel and [on ZOOM](#)


WISDOM SEEKERS: TUESDAYS AT 10:30 AM In the Guild Room and [on ZOOM](#)



Some important dates in our
Saint Mary's parish family

Happy January Birthdays to:



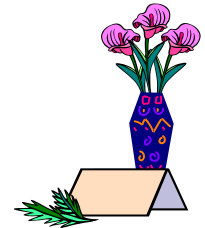
1	Margaret Fast	9	Priscilla McGarry			
3	Hilary Isacke	11	Sarah Amato			
4	Ollie Brown	11	Penny Daborn			
4	Dave Stimpson	12	Drew Cheney			
5	Bobby Brouillette	14	Wyatt Hourihan		22	Andrea Gauvreau
5	Kayla Hourihan	15	Pat Murray		25	Harry Duvall
6	Katharine Echavarri	17	Neil Kiely		25	Lynne Shepherd
6	Liam Keefer	18	Bernie Echavarri		26	Will Smithwick
6	Noelle Unfricht	18	Brownlow Parks-Stamm		27	Joan Dow
7	Johanna Kearins	20	Claire Shannon		29	Michael Wing
7	Helena McMonagle	20	Jill Malony		30	Ellie Asherman
9	Jamie Kane	22	Kathy Edwards		31	Patrick Diamond

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 January Anniversary wishes to:



8 Michele Duvall & Steve Conley



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 Lector	10:15 EM	Altar Flowers	Coffee Hour
Jan 1 Holy Name	ONE liturgy	At 10:15	Dawn Y	Ginny S	Lynne S	Cmas	The Webbers
Jan 8 Epiph 1	tbd	John B	tbd	Chris M	Chris M Steve C	Helga	Catherin Mitchell
Jan 15 Epiph 2	tbd	Baer C	tbd	David R	Lynne S Jeff H	Jan M	The Vereys
Jan 22 Epiph 3	tbd	Al A	tbd	Ginny S	Stan E Nadine T	Melissa	The Murrays
			9:30 Usher	9:30 Lector	9:30 EM		
Jan 29 Epiph 4	ANNUAL	MEETING	tbd	Erin F	Betsy PS Joyce V	Onnie & Carolyn	Brunch



January 2023



The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 The Holy Name ONE worship service 10:15 Holy Eucharist 7 12-step meeting	2 Office closed - New Year's Day holiday 12 Pray where you are 5 Be Still	3 9-12 Art Group 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearsal 4:30 TOPS meeting 6/7 12-step in Aud & GR	4 9:30 Mainly Weavers 12 Noonday Prayer 1 Staff meeting 6 ORI/Dowisers in GR	5 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	6 THE EPIPHANY Office closed	7 9-1 HV auditions
8 First Sunday after Epiphany Baptism of our Lord 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist 2-6 HV auditions 7 12-step meeting	9 9 Garden Club 12 Noonday Prayer 3 CARE meeting 5 Be Still 6 PCC rehearsal	10 9-12 Art Group 12 Noon day Prayer 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	11 12 Noonday Prayer 11 Sacred Ground in GR 3-7 HV auditions 6 Parent AIA in GR	12 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	13 Office closed 5-7 Souper Supper	14
15 Second Sun after Epiphany 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist 7 12-step meeting	16 Office Closed <i>for Martin Luther King observance</i> 12 Pray where you are 4-6 HV rehearsal 5 Be Still 6 PCC rehearsal	17 8:30-11 St. Elizabeth's 9-12 Art Group 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	18 Confession of Peter 12 Noonday Prayer 1-3 Staff meeting 5-8 HV rehearsal 6 Vestry Meeting	19 AVE deadline 12 Healing Eucharist 3 Merton Group 4 Outreach meeting 7 Choir rehearsal <i>Dec AVE deadline</i>	20 Office closed	21 2-5pm - Safe Talk Workshop
22 Third Sun after Epiphany 8 Holy Eucharist 9:30 Formation groups 10:15 Holy Eucharist 2-5 Vemba Baby Shower in Aud 7 12-step meeting	23 12 Noonday Prayer 4-6 HV rehearsal 5 Be Still 5 PCC board 6 PCC rehearsal	24 9-12 Art Group 12 Noonday Prayer 10:30 Wisdom Seekers 4 FLUKES rehearse in Aud 4:30 TOPS meeting 6/7 12-step in Aud & GR	25 Conversion of Paul 12 Noonday Prayer 5-8 HV rehearsal	26 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	27 Office closed 5-7 Souper Supper Dine in	28
29 Fourth Sun after Epiphany ANNUAL MEETING 9:30 Holy Eucharist 10:30 Brunch and Annual Meeting 7 12-step meeting	30 12 Noonday Prayer 5 Be Still	31 12 Noonday Prayer 4:30 TOPS meeting 6/7 12-step in Aud & GR	2/1 9:30 Mainly Weavers 12 Noonday Prayer 5-8 HV rehearsal 6 ORI/Dowisers in GR	2/2 Presentation of our Lord 12 Healing Eucharist 3 Merton Group 7 Choir rehearsal	2/3 Office closed	2/4 Vestry Retreat



THE EPISCOPAL CHURCH OF SAINT MARY

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

Worship Schedule

SUNDAY WORSHIP:

8:00 - *Quiet Eucharist*
9:30 - *Formation for All*
10:15 - *Choral Eucharist*

NOONDAY WORSHIP:

MONDAY - WEDNESDAY

12 NoonDay Prayer in-person & on Facebook Live

THURSDAY

12 Healing Eucharist in the Chapel & on Facebook Live

BE STILL CENTERING PRAYER

Mondays 5:00



THE EPISCOPAL CHURCH
OF SAINT MARY



THE EPISCOPAL CHURCH OF SAINT MARY

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

The Rev. Matthew Simpson, *Deacon*
deaconmatthew@smary.org

Kathleen Scott, *Interim Organist*
bsfithian@gmail.com

Meg Hurdman, *Guiding RAY Coordinator*
GuidingRAY@smary.org

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

Office Hours

MON - THU, 9 - 4

Copy deadline for February AVE: Jan 19

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

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