



# THE EPISCOPAL CHURCH OF SAINT MARY

# AVE

Monthly Newsletter

***“Just as the sufferings of Christ are abundant for us,  
so also our consolation is abundant through Christ” (2 Corinthians 1.5)***

Every human life is sacred. Every human deserves an honorable funeral, no matter who they are or how they die. These are core beliefs generally shared by our entire Saint Mary's parish family. I am very proud of one of the primary ways by which we live out these beliefs: that is, through the efforts of our **Memorial Reception Guild**.

Saint Mary's provides a number of important services to our broader community. The ministry of our Memorial Reception Guild may be one of the most beautiful of these. A funeral is one of the moments in time when families gather and rekindle bonds of kinship. Our Memorial Receptions offer families a casual and comfortable opportunity to gather, with sumptuous food, at no cost to them. This is not a flashy or hip ministry. It would never merit a headline on the nightly news. Yet, it is deeply meaningful for the families served by it.



The Rev. Nathan W. Ferrell

When a loved one dies, the family and friends left behind often have a challenging task to manage all of the details that this life event demands. But when a family turns to Saint Mary's for help, we are able to assist them with all of the basic elements needed for a beautiful and honorable funeral. Perhaps this does not sound like a vital service, but it is sorely needed and it is deeply appreciated by many.

Saint Mary's exists to serve our community and the world in the power of the Holy Spirit. Because everything we do is guided by our love for God and for our neighbors, we never charge for anything, and especially not when a family is grieving the death of a loved one. We never demand payment for a Memorial Reception or any service. Of course, donations are welcome to offset the cost of these ministries, but we would never turn someone away for a lack of funds. Nor do we require people to have a direct connection to Saint Mary's. In short, no one is turned away. If there is a need and we can help, we will do it.

Currently, our Memorial Reception Guild is led by Alice Brock and Joyce Verey. If you see either of them, please thank them for the excellent work they do and for the love which they put into it. These two are helped by many volunteers who work and serve to allow these beautiful Memorial Receptions to happen. Together, we work to bring the abundant consolation of Christ to those facing the immediate reality of death. I hope you will also consider volunteering to help the Memorial Reception Guild when you are able. If you do, I promise that you will not regret it.

*Nathan W. Ferrell +*

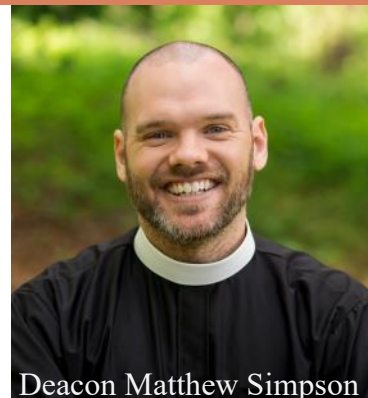
## **Eucharistic Visitors are Back: Thanks be to God!**

Saint Mary's is blessed to have a team of persons who have been called by the Holy Spirit to visit those who are either homebound or have barriers to celebrate the Sunday Eucharist with us. If you would like a visit by a Eucharistic Visitor, please inform the parish office or Deacon Matthew (deaconmatthew@smary.org). We give thanks to God for this team. Pray for them as they restart this beautiful ministry at Saint Mary's.



## Deacon Month in the Diocese of Maine

June is Deacon Month in the Diocese of Maine, when we lift up the Sacred Order of Deacons and discern as a Diocese who may be called to this unique vocation. Deacons are ordained servants in the Church and serve directly under the Bishop. The origin of the Order of Deacons is traced back to Acts 6 when there was a disparity in the treatment of Hebrew and Greek widows. The apostles asked the Church to “choose seven from among you who are known to be full of the Spirit and wisdom.” These Seven ordained by the apostles are traditionally thought as the first Deacons, and their first task was to ensure justice within the Church community and to “wait on tables.” However, Stephen, one of the Deacons, very quickly found himself in trouble with the religious authority of his



Deacon Matthew Simpson

time. Deacon Stephen proclaimed the Gospel boldly and spoke truth to power. For this he was stoned and became our first martyr. His last words were of forgiveness to his murderers. From St. Stephen and the Seven, we get the tradition of Deacons being associated with Servanthood and Proclaiming the Gospel in speaking truth to power.

Today in The Episcopal Church, Deacons continue to be ordained by their Bishop into a vocation of Servanthood and Proclaiming the Gospel. Deacons are icons of Christ the Servant in the Liturgy: our vestments are a Dalmatic and Stole. Dalmatics are the traditional garments of servants, and the Deacon Stole goes over the heart and represents a servant's garment for washing feet. We prepare and clean the Table for the Eucharist and assist the Celebrant as needed. Deacons proclaim the Gospel to the congregation and bear the Gospel to both the Church and the world. When Deacons are at their best, they remind us that, in the Kingdom of God, the greatest among us is the one who serves. Deacons are ordained to be bridges between the Church and the world. Deacons are typically bi-vocational and have paid vocations in the world. We work in the world with laity, and we work with other clergy in the service and governance of the Church. In meetings we usually are the ones recalibrating the Church to remember who and what the true treasures of the Church are (hint: it's not trusts or buildings). We advocate for justice and mercy both within the Church and in the world always with an eye and heart for “the least among us.” Deacons give the Dismissal in the Liturgy calling on God's People to go into the world to serve others in the Name of Christ. In our ordination vow as Deacons, we are called “In the name of Jesus Christ, to serve all people, particularly the poor, the weak, the sick, and the lonely...[and]...At all times, your life and teaching are to show Christ's people that in serving the helpless they are serving Christ himself.”

While Deacons come in all ages and backgrounds, we all have one thing in common: a Deacon's Heart. We find ourselves drawn to the places in the world that others fear to go to, or wish to avoid, to be of service or give hope. We can't help but have our heart break with God's for the suffering and pain in the world. If you have a Deacon's Heart, you are not alone: perhaps you are being called to be a Deacon in Christ's Church. If you have questions about being a Deacon, you can always talk to me. In honor of Deacon Month, on Sunday 25 June, Deacons are traveling around to parishes that don't have a Deacon. On that day, I will be at St. Nicholas in Scarborough for worship and teaching on the Diaconate. May God raise up more Deacons in our Diocese. May we have the ears and eyes to discern who amongst us may be called to be a Deacon.

### Our Music Minister search is complete!

Thanks be to God! We have a verbal agreement with an amazing person to serve as our new Music Minister. Watch for an announcement soon once a Letter of Agreement is finalized, and be prepared to welcome this new member of our team in August!



# SUNDAY FORMATION @ 9:30

## ➔ Guiding RAY for Youth

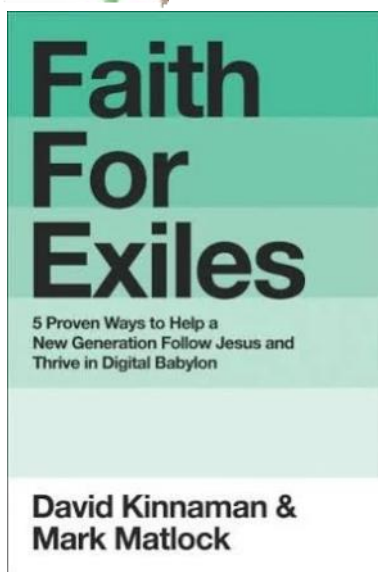
Formation time and classes for our young people will take a summer break after June 4. As we look toward Kickoff Sunday on September 10, please consider how YOU will help to nurture the faith of the young disciples within our parish.

## ➔ Be Still in the Chapel

Everyone is invited to gather for times of silence, for contemplation of poetry and spiritual writings, and for shared response. The only thing needed is an open heart and a beginner's mind. See p.12 for a sample of reflective selections.

## ➔ Coffee & Discussion in the Auditorium

There are two more sessions in our discussion of Faith For Exiles (see below!)



## FAITH FOR EXILES STUDY

Drop in to the Auditorium for any of these conversations about the paths by which a new generation is following Jesus in our current world of "Digital Babylon." These ideas are based on rigorous research undertaken by Barna Group between 2009-2018 and published in 2019. What are these pathways? How can we learn from them? And how can we help our young people find newness of life in Christ by walking in these ways?

June 4 – **Practice 4. Vocational Discipleship**

June 11 – **Practice 5. Countercultural Mission**

June 18 – summer schedule begins (8 & 9:30 Eucharists)

## Summer Soiree!

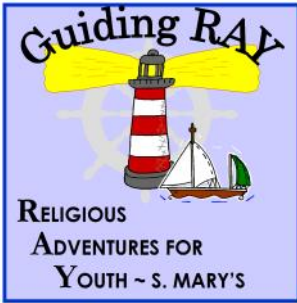
***Save the Date: Sunday 13 August, 5-7 pm. Join us for a classic Saint Mary's silent auction and Maine inspired food and drinks! \$30 per person.***

***If you have an auction item or experience to donate, contact Robin Webber or Janet Bowne (jmittchellbowne@gmail.com)***





# Youth Christian Formation



## Guiding RAY Celebration on June 4

Our program year will end on Trinity Sunday 04 June with a **Hedgehog visit** (it's true!) followed by an **Ice Cream Social**.

Scripture: Matthew 28:16-20 (Make Disciples of All Nations)

I want to thank all families for participating. I have enjoyed the time spent with your children this past winter and spring.

I also want to thank Guiding RAY volunteers Katie & Darren Clark, Michele Duvall, Erin Ferrell, Heather Gale, Melissa Kane, Valerie Kyros, Andrea Myles-Hunkin, Bobbi MacCallum, Gwenelyn O'Donnell, Julie Otte, Becky Pride, Betsy Stoddard, Merle-Marie Troeger and my husband, Charlie Hurdman.



**Meg Hurdman,**  
Interim Guiding RAY Coordinator

## Garden update

Many thanks to the building and ground crews for setting up and filling all the beds for the Guiding Ray Garden. The watering system is in place and working. We have gone from too much rain to too little! The children planted onions, carrots, peas, and potatoes two weeks ago. We need to wait for consistent warmer weather for beans, cucumbers, squash and tomatoes. Anyone interested in helping over the summer, please send me an email.

Thanks, Bobbi MacCallum [bmaccallum43@gmail.com](mailto:bmaccallum43@gmail.com)

## Summer Wish List

**Organize Curriculum:** We have lots of paper curriculum that needs to be sorted and filed by Bible story. This is a project that can be done on your own time.

**Children's Activity Table:** We could use several activity tables in the children's space. Activity tables are 16-20" high and have a raised edge.

**Nursery Toys:** Our nursery could use a refresh. Toys for 1 to 4-year-olds are welcome.

**Craft Supplies:** All materials welcome, just leave your donations in the Guiding RAY space.

Have a great summer, and I look forward to seeing everyone in the fall.

Meg Hurdman

*Please reach out to Meg Hurdman at 207-400-9011  
or [meghurdman@gmail.com](mailto:meghurdman@gmail.com) with any questions.*

CELEBRATE



HONOR



SERVE



## REGISTER NOW FOR SUMMER 2023 AT CAMP BISHOPSWOOD

Located on the shores of Lake Megunticook in the Camden Hills, Bishopswood is one of the best kept secrets among Maine summer camps. Camp Bishopswood is a ministry of the Episcopal Diocese of Maine located in Hope. It is intentionally open to all at a reasonable cost, so that each child can experience summer camp in Maine. Scholarships are available. FMI on these weekends and summer camp weeks, visit <https://bishopswood.org/>



### Traditional Youth Camp (Ages 8-16)

One or more week programs. Learn new skills and meet friends that will last a lifetime.

**Mini Camp** (Ages 6-8) 3 days at camp with a 4:1 staff ratio. Great for first extended stay away from home.

**Counselor in Training** (Ages 15-17) A four-week program to develop essential leadership skills and the many facets of being a camp counselor.



## UPCOMING FAMILY & ADULT PROGRAMS

### Open House & Family Camp Weekend

**June 2 - 4, 2023**

Visit for the day or stay the weekend with other families. This is a unique opportunity to explore overnight camp and to enjoy all the fun of camp, together as a family. Private cabins are available, and there are reasonable fees for fantastic camp meals.

**Bishopswood is proud to be accredited by the American Camping Association. Financial aid is available to help youth go to camp. FMI, call Saint Mary's.**

## NEW Coffee Hour Schedule: 9-9:30

Beginning with the summer worship schedule on June 18<sup>th</sup>, we will be changing to a different Coffee Hour schedule. The summer services are 8:00 and 9:30. We will have one coffee hour, between the two services, 9 to 9:30. This will give parishioners attending different services an opportunity to share coffee hour together.

Take this opportunity to Host a Coffee Hour! Set up is as easy as you want to make it. Bring a sweet or two, and coffee will be easy to make as we will be streamlining the process. A coffee hour checklist will be available at the sign up sheet offering details on set up. This new refreshment hour makes it possible to include hosts from both services, and clean up will be fast and easy with the early half-hour time.

I am happy to answer questions or help anyone who wants to participate in this vital ministry.

Robin Webber





## Outreach Ministry - All Ages Serving Near and Far

### *Last Sunday Offering* Saint Mary's Monthly **MISSION**



More on our next Mission focus in the weekly eNEWS



#### **Family Promise was our Mission focus in May.**

We had many opportunity to assist those at Family Promise, and Nathan & Fiona Ferrell chose to volunteer at the warming shelter at Woodfords Church. Here's Fiona entertaining a couple of the kids. :-)

Here's the link to sign up. <https://signup.com/go/NEEvVuF>

There is always at least one staff member there and a new training manual on-site for volunteers. Biggest needs: Monday- Friday 5—8:30 PM and all-day Saturday, 11:15 AM—2:30 PM, 2:30—5 PM and 5—8:30 PM. Volunteers can help with kids, ages 2-18 by taking them to the children's museum, and for teens on nature walks, providing English tutoring, and facilitating arts and crafts time.



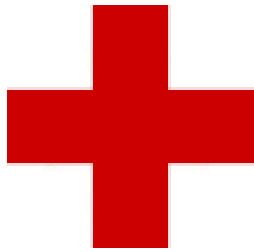
#### **Sacred Ground: A Film-Based Dialogue Series on Race and Faith**

### **Sacred Ground Program, a film-based study of Race and Faith, is scheduled to begin at Saint Mary's in September 2023 Will you join us?**

Participants in small group "Dialogue Circles" share their perspectives on the films and readings and narrative, especially as those experiences intersect with people from different backgrounds, ethnicities and races. During eleven 90-minute sessions, one session each month, participants watch documentary films, read articles and two books, but the most important part of the course is the conversation.

If you wish to participate or desire more information, please indicate your interest or make contact now! Reach out to Jennifer Gregg ([jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)), Becky Pride ([rebeccapride1@gmail.com](mailto:rebeccapride1@gmail.com)), Merle Marie Troeger ([merlemarietroeger@gmail.com](mailto:merlemarietroeger@gmail.com)) or Beth Shaw ([admin@smary.com](mailto:admin@smary.com))

## Outreach Ministry - All Ages Serving Near and Far



**American  
Red Cross**

*Together, we can save a life*

## **Critical Need Blood Drives Friday 9 June, 8 - 1 Wednesday 28 June, 9 - 2**

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](http://www.redcrossblood.org) and use sponsor code "StMary" to make your donor appointment.

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

## **Saint Mary's CARE Ministry Soup Deliveries To In-Home Parishioners - Help Needed**

One of the many activities of the Saint Mary's CARE Team is the delivery of "Soup in a Bag" to a parishioner each week who is unable to leave their home. The bagged soup (along with rolls and a sweet) can be picked up as early as 3 PM on a given Friday from the Saint Mary's kitchen to deliver to the recipients who live nearby. This is quite frankly a LOVELY and rewarding ministry as it also provides the opportunity (*but not the obligation*) to visit with these delightful parishioners when we deliver the soup! It would be so helpful to have two or three souls to join this ministry to ensure that we have a different delivery person each week--not only does that ease the schedules of those participating, but it also offers the opportunity to our parishioners to see and meet different delivery-persons! A Win-Win! If you can help, please contact Father Nathan, Beth or Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)



## **Helping Hands at Home**

If you are in need of 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](mailto:admin@smary.org) or Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)

**CELEBRATE**



**HONOR**



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## Outreach Ministry - All Ages Serving Near and Far



**St. Elizabeth's**  
— Essentials Pantry —

### Bed ... Bath ... & ... Beyond!

An urgent note shared from Sarah Borgeson, Exec Dir of St. Elizabeth's:

On Friday, May 16, we experienced another "first" at St. E's. It was the first time we closed our Lower Hall 'bed and bath' distributions at 10:20 due to lack of inventory. The surge in neighbor visits during recent weeks has depleted our shelves of offerings, and today it caught up with us.

Nevertheless, we served 248 grateful neighbors who were assisted by a wonderful team of volunteers from St. Mary's, St Luke's, and beyond.

"Current needs include diapers size 1, 2, & 3, baby wipes, and kitchen / small household items of all kinds (pots, pans, dishes, cups, kitchen utensils / bedding, towels, etc., all clean and in good condition) for distribution in June. Please keep your eyes peeled for yard sales, 'down- sizing' of friends & relatives, recycling center swap shops - all great sources for restocking our shelves.

"Thanks for all you do to support this vital ministry."

#### No Clothing is being accepted at this time!

Donations are collected in the marked box in the hallway outside the Guild Room. Financial donations are also welcome, and can be left at St. Mary's Parish Office to be forwarded to St. E's! For more information, please contact Stan Eaton at stan.eaton@gmail.com.

**Thank you for your support!**

## Souper Supper: 2nd & 4th Fridays

Soup, salad, bread and a sweet treat.

5 – 7 PM. ALL are welcome!

*May Soups: June 9: Corn Chowder*

*June 23: Lasagna Soup*

Enjoy this free, sit-down dinner and this community-wide fellowship meal in a relaxed atmosphere.

You will be feted with a homemade soup, salad, rolls, dessert and beverage.

Wonderful for singles and families alike. Gather in the 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!



## Congrats to our Graduates!



Congratulations to US Army 2nd Lieutenant Michael Manetti, part of the newest class of graduates from the United States Military Academy at West Point. Michael graduated with an International History Major with Honors, and he won the 2023 Thompson Family Memorial Award for Excellence in Writing! The Thompson Family Memorial Award is presented each year to one member of the USMA graduating class who has produced the most consistently distinguished writing across the curriculum during their four years at the Academy. Cadet Manetti's writing portfolio was judged the best of more than twenty other finalists by an interdisciplinary faculty committee and the West Point Writing Program. Cadet Manetti attributed his growth as a writer to the excellent mentorship he received from his thesis advisor, Professor Tom Nimick, who mentored him on the fundamentals of clear and succinct argumentation over numerous international history research papers, the capstone colloquium, and the capstone thesis. In recognition of his accomplishments, Cadet Manetti received a mounted saber with engraved plaque during graduation Awards Convocation. In addition to this award, Michael also received the MAJ John Alexander Hottell III Memorial award, the Stanley J. Love Award, and the Bradley Foundation Fellowship Award. After further training, his first assignment will be at Fort Drum near Watertown, NY.

***More on all our 2023 graduates in the July AVE issue!!***

## Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on Wednesday 24 May 2023. Fred Webber joined the meeting to give an update from the Building and Grounds Committee. Steve Conley, Ed Ainsworth, and Fred Webber went to Christ Church in Gardiner to see the restoration on their steeple. Reverend Mansir has been very helpful in sharing information on their plans. It was good to see what they are doing and how they are funding it. They are a recognized historic site and as such are eligible for federal funds. It's also not clear if steeples are different from towers and how the work we need would be categorized.

We have a report from the engineering firm on the scope of the tower work. The priorities for B & G are as follows:

- A) Tower and stonework repairs
- B) Rectory interior painting—Nathan has been given the authorization to get that done
- C) Bathrooms in Rectory need updating
- D) Gas stove in Rectory needs proper venting
- E) Exterior of Rectory needs repair of rotten areas and painting
- F) Parish House—left auditorium door is broken but B & G will repair it
- G) Parish House — looking into having a heat pump installed in the office end to save money



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

Treasurer Peter Guyton shared a financial update. Due to generous giving and careful budget management, we are in a good financial position at this time. Summer is a slower time, and we hope that giving will continue to be strong. We are ready to move our funds from the Diocesan Trustees. Peter and the finance committee will manage the timing and implementation. Father Nathan shared that we have two excellent final candidates for the position of Music Minister. Negotiations must be completed before a final decision. We also hope to have finalized the Family Minister position soon. The Guiding RAY Day School feasibility study continues. We have a lot of questions and concerns, but the general feeling is to continue to research and determine feasibility of this project.

***Save the Date of Sunday 13 August for our Summer Soiree! We're hosting a party from 5-7 with Maine inspired appetizers and a silent auction.***

## Zenith Journey to Katahdin: August 24 - 26

Every Mainer should visit Katahdin and reach the summit of Baxter Peak, the zenith of Maine, if one is able. Join this group of 12 people for a summertime adventure in amazing Baxter State Park. Two nights in lean-to's or tents. Space is limited, so reach out soon to Portia Hirschman, [revportia1@msn.com](mailto:revportia1@msn.com) or Jim Kane, 329-1764 or [kanejbabson@gmail.com](mailto:kanejbabson@gmail.com).



## SPRING AND SUMMER TAI CHI AT ST. MARY'S Tuesdays and Thursday Mornings in the Garden - all summer long!

Beginner Tai Chi (**no experience needed**) is happening in our Garden behind the Chapel on Tuesday and Thursday mornings, 8:30-9:30. For June through September, rates are \$25 a month for 1 class per week and \$50 a month for 2 classes per week.



*Saint Mary's parishioners and friends are welcome to drop by any time this summer for one complimentary class. So why not give it a try?*

Join Chris Bouchard, certified personal trainer and Tai Chi Instructor, as she leads the group in Yang style 24 Short Form. Participants will be able to actively feel the stress-reducing benefits as she teaches the individual movements along with the underlying principles, such as weight shift, posture & rotation.

Tai Chi is gentle on the joints and easy to learn for all abili-

ties. Clinical studies have shown that regular TC practice has a variety of benefits, including decreased stress and anxiety, increased flexibility, balance and agility, enhanced quality of sleep, and improved focus and concentration.

Chris has worked in the fitness industry for over 25 years. Prior to starting her in-home training business, she enjoyed 12 years on staff at Foreside Fitness where she developed a Tai Chi program in 2018 after earning certification from the Functional Aging Institute and Open the Door to Tai Chi program. It was the COVID shutdown in April 2020 that prompted Chris and some devoted participants to move Tai Chi outside. The Audubon's peony garden offered space that first summer where the group discovered the peaceful delight in practicing amidst the wildlife, birds, and blossoms. Saint Mary's Garden surely will provide a similar ambiance!

So come and enjoy healthy motion and fun with Chris in the Garden where you'll discover "Snake Creeps" and how to "Grasp the the Bird's Tail."





## Eucharistic Visitors and Sunday Rides

We have launched a new effort to send out at least one Eucharistic Visitor each Sunday to those who are unable to gather with us for the Holy Eucharist. A Eucharistic Visitor (EV) is one who is trained and prepared to bring Communion to the ill or the homebound. There are also some who would prefer a ride from another parishioner to Saint Mary's on a Sunday. If you or someone you know is in either of these situations, either due to acute or long-term situations, please contact our Parish Office and let us know so that we can make plans to support you as appropriate.

### Walking in the Forest – and Elsewhere

shared by Merle Marie Troeger

In late March I went to the mountains of North Carolina for a week-long retreat. I expected warm, spring-like weather, featuring lots of early blossoms, and I was treated to temperatures in the 20's and 30's. Despite that, our retreat leader took us for long, meditative walks in the forest. We were invited to establish relationships with the "other than human" world – the trees, the stream, the hawks overhead. Our guide asked questions like "What are you noticing?" "What are you smelling, hearing, even tasting?" "What question do you have?" "What answer is given?" "What greetings are you receiving?" "How will you say thank-you?"

Sounds strange, I know. Maybe you just had to be there. Yet the experience gave me some ideas for my next walk around my neighborhood, my community, my state. How can I go through my world noticing more? And how can I walk through my life attending to more? What will I discover if I name it all for myself today? That person walks with great liveliness – thanks be to God for whatever gives him joy right now! There's a person standing at the corner panhandling – what is my best response? I never noticed that neighbor struggling with memory – do I have a role to play?

It's funny. The more I notice, the more I'm invited to react. And my response isn't always to DO something. My response might more often be to speak, or to investigate, to ask "why?" and often to form my reaction into a prayer. The exercise helps me answer these questions: "Is there something here for me to learn?" "What gift is in my power to give?" "What healing is needed?" "Is this mine to hold, or does it belong to others?" "Is what I'm noticing life-giving or not?" The decisions I make in this mode seem to be more clear, more aligned with my purpose as I understand it, maybe even more wise.

In the forest, I learned that we are always walking through a world shot through with the Divine invitation to life. We don't have to be in the woods to find what's holy.

Here's a sweet song that touches on this theme. It's called "Holy Now." <https://www.youtube.com/watch?v=KiypaURysz4>



### OUR MISSION

### *At The Episcopal Church of Saint Mary,*

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

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



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

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

We do not live isolation. We are part of something much bigger, and our quest for God must go hand in hand with our quest to live in a right relationship with creation; a relationship not of estrangement, but of union, communion, and harmony. Open your eyes to see the beauty of the word around you, and in nature, to see traces of the mind and love of God. Br. James Koester, SSJE

I lounge on the grass, that’s all. So simple. Then I lie back until I am inside the cloud that is just above me but very high and shaped like a fish. Or, perhaps not. Then I enter the place of not-thinking, not-remembering, not-wanting. When the blue jay cries out his riddle, in his carping voice, I return. But I go back, the threshold is always near. Over and back, over and back. Then I rise. Maybe I rub my face as though I have been asleep. But I have not been asleep. I have been as I say, inside the cloud, or, perhaps, the lily floating on the water. Then I go back to town, to my own house, my own life, which has now become brighter and simpler, somewhere I have never been before. Of course I have always known you are present in the clouds, and the black oak I especially adore, and the wings of birds . . .

Mary Oliver,  
from *Six Recognitions of the Lord*

“In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all those people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers....There is no way of telling people that they are all walking around shining like the sun.” (March 18, 1958)  
Thomas Merton 1915-1968



## Our Upcoming Sunday Lectionary

**June 4: Trinity Sunday: 2 Corinthians 13.8-13; Psalm 8; Matthew 28.16-20**

**June 11: Hosea 5.15-6.6; Psalm 50.7-15; Matthew 9.9-13,18-26**

**June 18: Exodus 19.2-8a; Psalm 100; Matthew 9.35-10.8**

**June 25: Genesis 21.8-21; Psalm 86.1-10,16-17; Matthew 10.24-39**

**July 2: Independence Day: Deuteronomy 10.17-21; Psalm 145.1-9; Matthew 5.43-48**

**July 9: Zechariah 9.9-12; Psalm 145.8-15; Matthew 11.16-19,25-30**

**July 16: Genesis 25.19-34; Psalm 119.105-112; Matthew 13.1-9,18-23**

**July 23: Genesis 28.10-19a; Psalm 139.1-11,22-23; Matthew 13.24-30,36-43**

**July 30: 1 Kings 3.5-12; Psalm 119.129-136; Matthew 13.31-33,44-52**

# 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)

Congratulations to Chance Guyton for being name Valedictorian of Falmouth High School Class of 2023!

**More to come on all Saint Mary's graduates in the July AVE!**

Thank you to our Guiding RAY Team! Thank you to Meg and all the volunteers who helped our children's program run smoothly this year.

From Nathan+ - Our Buildings & Grounds team has been doing remarkable work in repairing broken items, improving the efficiency of our buildings, and making high-level plans for major capital improvements. They are amazing, and we are so blessed to have them as part of our team. THANK YOU!

The Buildings and Grounds team for their hard work on our spring awakening! The newly regenerated front lawn, the work at the rectory and all of the other spring time projects are very much appreciated!

Also, thank you for tent management!

**T  
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S!**

Thank you to the Music Ministry Hiring Committee for their diligent work to find our next Music Minister.

Thank you to Kathleen Scott for her warm and heartfelt leadership as our interim

Thank you to Mary and Grace Belanger for providing our nursery care!

**Merci**



## Help occasionally in a variety of ways

Saint Mary's Memorial Reception is looking for new volunteers to join our active ministry that provides receptions after funerals and memorial services. There are many ways to contribute: everything from making tea sandwiches, baking cookies, or providing fruit or savory treats to helping to serve at the receptions themselves. Cooking skills are not required; if you can slice lemons, chop parsley, or pour coffee, you have a place on our team! The opportunity to offer food, comfort, and care to families at a painful time in their lives is a gift to us and a responsibility we gratefully embrace. Whether you have been at Saint Mary's for 2 months or 20 years, please consider joining this dedicated group of people, even if you are able to participate only occasionally. Joyce Verey ([joyceverey@gmail.com](mailto:joyceverey@gmail.com)) and Alice Brock ([acbrock83@gmail.com](mailto:acbrock83@gmail.com)) are the co-chairs and would love to hear from you if you are interested and/or have any questions. Thank you!

**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 12 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 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](#)

**MERTON GROUP:** Thursdays at 3 PM In the Chapel and [on ZOOM](#)



Some important dates in our  
Saint Mary's parish family

## Happy June Birthdays to:



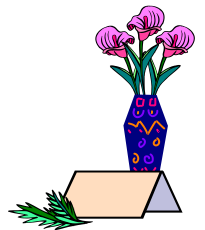
2	Anders Hesson	10	William Gale	19	Jan Andrews
2	Robby Hurdman	10	Chance Guyton	19	Robert Cheney
2	Eliza Mellon	13	Stuart Whittier	19	Oliver Perry
3	Emily Stinneford	13	Kim Wing	19	Elsa Rodgers
4	Joel Harris	15	Carla Birt	20	John Isacke
4	Alison Hayward	15	Darren Clark	20	Julia Splint
5	Irwin Gratz	15	Michael Ianno	21	Kevin Browne
5	Jennifer Kane	15	Sarah Kelly	22	Marge Devine
5	Julie Otte	15	Helga Ryder	22	TJ Frongillo
8	Tommy Bazarian	16	Annie Johnson	23	Charlie Cott
8	Beppie Cerf	17	Ellie Bryant	23	Sheila Donaldson
8	Kitty Babson	17	Andrew Edwards	23	Fiona Ferrell
9	Tami Bailie	17	Celia Funk	23	Christine Davik
9	John Edwards	18	Peter Kyros	30	Margaret Fenderson

**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 June Anniversary wishes to:



1	Katharine & Bernie Echavarri	14	Melissa & Jim Kane
3	Kayla & Jared Horihan	19	Nadine & Bob Timberlake
7	Emily & Tim Kearins	20	Rayle & Ed Ainsworth
8	Carla & Arthur Birt	25	Erin & Nathan Ferrell
8	Lucy Ellis & George Bokinsky	25	Missy & Chris Smithwick
12	Kim & Michael Wing	27	Linda & Stan Eaton
		29	Al & Mary Ahlers



## 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	9:30 Usher	9:30 Lector	9:30 EM	Altar Flowers	Coffee Hour
<b>June 11</b> Pentecost 2	Dawn Y Ed A	Becky P	10:15 Tom L x	10:15 Nadine T	10:15 Chris M Steve C	Jan M	Maybe YOU?
<b>June 18</b> Pentecost 3	Baer C x	Lee Dernehl	x x	Linda E	Andrea MH Jeff H	Onnie	9-9:30 x
<b>June 25</b> Pentecost 4	Len T x	Lee Van Dyke	x x	Stan E	Stan E Joyce V	Lynne	9-9:30 Steve & Michele
<b>July 2</b> Pentecost 5	x x	Len T		Marian M	Steve C Chris M	Lynne	9-9:30 x





# JUNE 2023

The Episcopal Church of Saint Mary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>5/28 Pentecost</b> <b>8 Quiet Eucharist</b> 9:30 Formation groups <b>10:15 Choral Eucharist</b> <i>with Vemba Visit</i> 7 12-step meeting	<b>5/29 Memorial Day</b> <i>Office Closed</i> 12 Play where you are	<b>5/30</b> 9-12 Art Group 10:30 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	<b>5/31 Visitation of the BVM</b> 12 Noonday Prayer 6 - 7:30 Horizon Voices	<b>6/1</b> <b>12 Healing Eucharist</b> 2 Piano tuning 3 Merton Group 6:30 Choir rehearsal	<b>6/2 Office closed</b>	<b>6/3</b>
<b>4 Trinity Sunday</b> <b>8 Quiet Eucharist</b> 9:30 Formation groups <b>10:15 Choral Eucharist</b> <b>11:30 Ice Cream Social</b> 2-6 Horizon Voices in Aud 7 12-step meeting	<b>5</b> 9 Staff meeting 12 Noonday Prayer 1 TOPS meeting 5 Be Still 6 PCC rehearsal	<b>6</b> 9-12 Art Group 10-7 PBE in Choir Rm 10:30 Wisdom Seekers 12 Noonday Prayer 4 ExCom meeting 4 FLUKES rehearsal 6/7 12-step in Aud & GR	<b>7</b> 9 - 1 Mainly Weavers 10-1 PBE in Choir Rm 12 Noonday Prayer 4 CARE meeting <b>6 PBE Cantata Sing-along</b>	<b>8</b> <b>10 Marti Galli Memorial &amp; Reception</b> 9-1 PBE in Choir Rm <b>12 Healing Eucharist</b> 3 Merton Group	<b>9 Office closed</b> <b>8-1 Blood Drive</b> 10-2 PBE in Choir Rm <b>5-7 Souper Supper</b>	<b>10</b> 11 Katherine Davis burial <b>3 Regional Confirmation</b> <b>at St. Alban's</b>
<b>11 Pentecost 2</b> <b>8 Quiet Eucharist</b> 9:30 Formation groups <b>10:15 Choral Eucharist</b> 4 - 6:30 PBE rehearsals - Aud 7 12-step meeting	<b>12 St. Barnabas</b> 12 Noonday Prayer 5 Be Still 6 PCC rehearsal	<b>13</b> 9-12 Art Group 10:30 Wisdom Seekers 12 Noonday Prayer 1 - 4 PBE in Aud 6/7 12-step in Aud & GR	<b>14</b> 12 Noonday Prayer 3 - 6 Horizon in Aud 6 Parents AIA non	<b>15</b> 12 Noonday Prayer 3 Merton Group	<b>16 Office closed</b>	<b>17</b> 9 - 2 Horizon Voices
<b>18 Pentecost 3</b> <b>Fathers Day!</b> <b>8 Quiet Eucharist</b> <b>9:30 Choral Eucharist</b> 4 - 6:30 PBE rehearsals 7 12-step meeting	<b>19 Juneteenth</b> 9 - 9 PBE in Aud 12 Noonday Prayer 5 Be Still 6 PCC rehearsal/board	<b>20 AVE deadline 8:30-11 St. Elizabeth's</b> 9-12 Art Group 10:30 Wisdom Seekers 12 Noonday Prayer <b>12 Retired Clergy</b> 4 FLUKES rehearsal 6/7 12-step in Aud & G	<b>21</b> 12 Noonday Prayer 6 Vestry meeting	<b>22</b> 12 Noonday Prayer 3 Merton Group 3 McLaughlin rehearsal	<b>23 Office closed</b> 3:30 McLaughlin wedding <b>5-7 Souper Supper</b>	<b>24</b> 2 Janet Payson Memorial & Reception
<b>25 Pentecost 4</b> <b>Deacons Day!</b> <b>8 Quiet Eucharist</b> <b>9:30 Eucharist &amp; Baptisms</b> 7 12-step meeting	<b>26</b> 12 Noonday Prayer 5 Be Still 6 Schola in Aud	<b>27</b> 9-12 Art Group 10:30 Wisdom Seekers 12 Noonday Prayer 6/7 12-step in Aud & GR	<b>28</b> <b>9 - 2 Blood Drive</b> 12 Noonday Prayer	<b>29 Ss. Peter &amp; Paul</b> 8 - 5 Lifeline Screening 12 Noonday Prayer 3 Merton Group	<b>30 Office closed</b> 6 Schola in Aud	<b>7/1</b>



## 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

8 AM - *Contemplative Eucharist*  
9:30 - *Choral Eucharist (June 18 - Sept 3)*

#### MONDAY - THURSDAY

*Noon Day Prayer in the Chapel  
or wherever you find yourself*



THE EPISCOPAL CHURCH  
**OF SAINT MARY**



## THE EPISCOPAL CHURCH OF SAINT MARY

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

The Rev. Matthew Simpson, *Deacon*  
[deaconmatthew@smary.org](mailto:deaconmatthew@smary.org)

Kathleen Scott, *Interim Organist*  
[kathleenscott.7@gmail.com](mailto:kathleenscott.7@gmail.com)

Meg Hurdman, *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 - 4**

Copy deadline for June AVE: May 20

## YOUR 2023 VESTRY

Nathan Ferrell, Rector, 207-310-0268, [nathanferrell@smary.org](mailto:nathanferrell@smary.org)

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)

Peter Guyton, Treasurer, 409-0782, [peter.guyton@3dogyard.com](mailto:peter.guyton@3dogyard.com)

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

Kathy Galen, 603-723-5145, [kathleendaisy@aol.com](mailto:kathleendaisy@aol.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)

Patrick Murray, 228-5558, [patrickmurray1948@gmail.com](mailto:patrickmurray1948@gmail.com)

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

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

Ben Russell, 883-6544, [blr@maine.rr.com](mailto:blr@maine.rr.com)