



THE EPISCOPAL CHURCH
OF SAINT MARY

AVE

Monthly Newsletter

“To Love All That is True and Noble”



The Rev. Nathan W. Ferrell

This phrase, part of a prayer in the rite of Thanksgiving for a Child (BCP p.443), is built on the words of Holy Paul in Philippians when he exhorts the disciples to focus on whatever they find to be good and praiseworthy (Philippians 4.8-9). Both the Scripture and the prayer call us to be intentional about the task of moral character development. When it comes down to it, on the level of practical actions in this world, nothing matters more than character.

October 13 will be the celebration of 248 years since the founding of the US Navy in 1775. Recently the Navy has developed a strategy to focus on character development among our sailors in an effort to create and maintain a culture of excellence. This strategy includes establishing the following as **10 Signature Behaviors** to guide our actions:

1. Treat every person with respect
2. Take responsibility for my actions
3. Hold others accountable for their actions
4. Intervene when necessary
5. Be a leader and encourage leadership in others
6. Grow personally and professionally every day
7. Embrace the diversity of ideas, experiences, and backgrounds of individuals
8. Uphold the highest degree of integrity in professional and personal life
9. Exercise discipline in conduct and performance
10. Contribute to team success through actions and attitudes

As disciples of Jesus, we find our inspiration in deeper and far more ancient sources than the US Navy. Yet the practical implications of following Jesus lead us to exhibit these very same kinds of actions as we grow in Christ. After all, how can we claim to love our neighbors if we fail to treat them with respect? How can we confess our sins without taking responsibility for our actions? How can we walk in God's ways without exercising discipline in our conduct? Therefore, as a simple and useful benchmark for noble behavior that honors God, I encourage everyone to reflect on these 10 Signature Behaviors and to try them out. See if they help you in your own life and in any leadership role you may have. Feel free to share them with others - after all, your federal tax dollars paid for their development! And no matter what, may we learn to love all that is true and noble in our world, and to exemplify such things in all we say and do – for the glory of God and for the healing of God's world.

Nathan W. Ferrell +



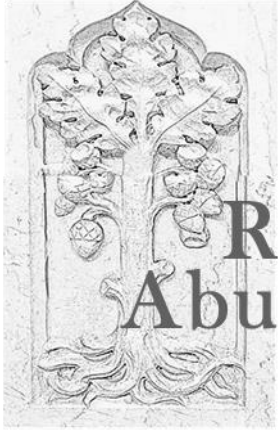
Marathon Weekend

Sep 30: Mission Day: 11-2 PM: Make sandwiches for Milestone: Coastal Cleanup; and trail repair in Pine Grove Preserve (bring your own shovel & garden rake).

No Sunday morning worship

Oct 1: 7:30—11 Marathon support: Help at water station and cheer runners.
2 PM Ecumenical Worship at Holy Martyrs, 180 Foreside Rd.

2024 Stewardship: Rooted in Abundance



Rooted ^{IN} Abundance

They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit. - Jeremiah 17:8

Living in the most forested state in the country, we have long known the complexity and interdependence of trees. The root system depends on the branches and leaves for nourishment and the root system provides nutrients and water with the trunk being the connector! It's much like Saint Mary's. Our foundation is our mission to celebrate Christ in all people. Our structure of clergy, leadership, committees and guilds is the trunk providing connections from the foundation to the branches and leaves, which represent

individual parishioners and mission work. Saint Mary's is blessed to be rooted in abundance.

Why pledge?

Our parishioners support the church by contributing works, wisdom and wealth. With parishioners' pledges of support, our leadership can plan to meet our obligations to our mission, ministries and staff. We hope all of our parishioners will consider a pledge that is manageable. When we all share our gifts, Saint Mary's continues to be rooted in abundance.

How to pledge?

1. You may have already received a pledge packet in the mail which includes a pledge form. If you've misplaced it, you'll find the pledge form in the parish house and [linked here](#).
2. Consider what you and your family will pledge for 2024 and complete the pledge form. You have the option to pay it monthly, quarterly or annually. You can arrange for a bank transfer or use envelopes provided by Saint Mary's which can be dropped in the collection plate during church. You can also gift from an IRA or using stocks, or securities. Information on how to do that is on the pledge form.
3. Return the completed pledge form to Beth Shaw, Parish Manager, admin@smary.org. Pledge information is closely held in strict confidence. If you need to make changes to your pledge intention or have questions, you can contact Beth via email or by phone at 781-3366.

Questions:

Often parishioners have questions about our financial structure and our needs. We welcome such a conversation and can arrange an informal meeting to review our financial statements and general framework. Please contact: Janet Bowne, Senior Warden (jmitchellbowne@gmail.com), Steve Conley, Junior Warden (steve.conley@point32health.org) or Peter Guyton, Treasurer (peter.guyton@3dogyard.com) for more information.



All-Parish Hike!

Monday 9 October, 9 AM departure

Come together to climb Pleasant Mountain or Speckled Mountain. Be prepared for spectacular autumn views!

EVERYONE is welcome to join us. All ages and families are welcome. We will hike either 5 or 8 miles, but we can break into groups as needed based on speed and ability. We will carpool from Saint Mary's. Bring your own lunch and water, and be ready to stop on the way back home to share dinner together. And come prepared for the weather!

Deacon's Corner

by Deacon Matthew Simpson

The Feast of St. Francis of Assisi is approaching on October 4th and to honor St. Francis we as the Church traditionally honor God's creation. The honoring of God's creation in memory of St. Francis looks different depending on the parish: some pray for creation; some focus on stewardship of creation; some bless animals; some do service projects to care for creation around us. All of these are good as they honor God; and from what I understand about St. Francis, he would be pleased that we honor God in honoring creation. However, I do think he would be horrified that on a day to honor his faithfulness to Christ we would ignore those in poverty in our midst.

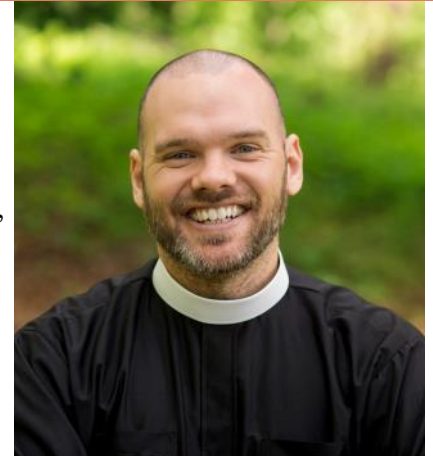
St. Francis was born to a wealthy merchant family in the 12th century. He lived a very comfortable life for his time and had a debauched youth. While he was still young, he was a soldier in a military campaign, and he was taken as a captive of war. After his ransomed release, he began to have visions from God, which eventually led to his conversion and the surrendering of his life to Christ. He renounced his family wealth and privileges, and he made his home with the poor, the sick, and the lepers. He was a Deacon of the Church with his life devoted to the untouchables of his day. While it is true that he did have a unique perspective on nature, to truly honor Deacon Francis is to remember he spent his life in poverty for Christ; he was a Christian who fully embodied the Scripture: "as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything." (2 Corinthians 6:10)

The *great paradox* of Deacon Francis' life is this: In his life he gave up his family, yet he gained an entire order of brothers and sisters (The Order of Friars Minor and The Sisters of St. Clare). In his life he gave up wealth and privilege, and in return he gained a legacy that lasted long beyond his mortal years. We still talk about St. Francis; we don't talk about the merchants of Assisi! In Jesus Christ, St. Francis gave up this mortal life and gained an eternal one.

It is not my intention to criticize our Church traditions in honoring, praying, and caring for God's creation. Indeed, this work is good, and we are blessed and we are a blessing if we do it. What I do want to offer is another approach of how we can honor this beloved saint: 1) We can contemplate what it means to give our lives fully to God in Christ Jesus; 2) we can participate in the Eucharist (to which he was deeply devoted); and 3) we can bless those in poverty! One way we as a parish can "Bless the Poor" is to participate in the Winter Coat Drive for St. Elizabeth's Jubilee Center (St. E's) that is run out of our Episcopal Cathedral in Portland. Stay tuned to hear from Stan Eaton how we can participate as a parish in this life-giving ministry. And if you want to learn more about the work of St. E's, then ask Stan! They are doing the work of God by being a blessing to the least among us here in Portland.

I will close with a prayer that was written by St. Francis shortly after his conversion experience in the winter of 1206. He would say this prayer before the Crucifix:

Most High, glorious God, enlighten the shadows of my heart, and grant unto me right faith, certain hope and perfect charity, sense and understanding, Lord, so that I may accomplish Thy holy and true mandate. AMEN



Diocese of Maine Convocation: Saturday 21 October, 9 to 12.

Open to everyone! Gather at YOUR cathedral, St. Luke's in Portland, for social time followed by worship with Bishop Thomas Brown and many others from across the state.

Our Upcoming Sunday Lectionary

October 1 is Marathon Sunday - NO morning liturgy 2PM Ecumenical Prayer at Holy Martyrs

October 8: Pentecost 19: Philippians 3:4b-14; Psalm 19.7-14; Matthew 21:33-46

October 15: Pentecost 20: Philippians 4:1-9; Psalm 23; Matthew 22:1-14

October 22: Pentecost 21: 1 Thessalonians 1:1-10; Psalm 99; Matthew 22:15-22

October 29: Pentecost 22: 1 Thessalonians 2:1-8; Psalm 90:1-6, 13-17; Matthew 22:34-46

SUNDAY FORMATION @ 9:15 AM

FORMATION

SUNDAY

Our Sunday Formation is a method for all to grow together as we build “**authentic, vibrant, Christ-centered community**” in this place. Everyone is invited to gather at 9:15 for any group – a prayerful group in the Chapel, and a discussion group in the Auditorium, and youth activities in lower level Guiding RAY area.



Guiding RAY for Youth

Lessons, crafts, and fun every Sunday following the lectionary and church calendar, before classes begin. Volunteers needed!



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.11 for a sample of reflective selections.



Coffee & Discussion in the Auditorium

At 9:15, grab a cup of coffee and a bite from the coffee hour table and join Fr Nathan and Deacon Matthew in informal and informational discussions on what's happening around us. (see below!)

Sunday Formation in the Fall: 9:15 - 10 AM

October 8: 60 Things You Can Do to Help the World

- with guest Sydney Patten (also playing live piano music!)

October 15: Q&A with the Bishop of Vermont (see below)

October 22: "Until Help Arrives" FEMA emergency training for all

October 29: Discovering Your Spiritual Gifts



The Episcopal
Diocese of Vermont

Episcopal Visitation on Sunday 15 October

As part of our growing cooperation with the Dioceses of Vermont and New Hampshire, Saint Mary's is honored to host Bishop Shannon MacVean-Brown on this Lord's Day for the celebrations of Holy Baptism and the Holy Eucharist.

The Bishop will also be available for informal talks during Coffee Hour, and for a group Q&A during Formation Hour.

Come and join us for this special community celebration!



All Saints Sunday 5 November

This will be the next opportunity for Holy Baptism. If you or someone in your household feels called to the waters of Baptism, reach out to our Parish House to begin preparations.

Outreach Ministry - All Ages Serving Near and Far

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



Our October Focus is: **Souper Supper**

Saint Mary's SOUPER SUPPER Celebrating 14 Years of Community



"This new dinner program is an important way for us to help feed our neighbors, and reach out to the community beyond our parish community at Saint Mary's," said Father James Dalton-Thompson, Rector. "Outreach to the larger community is a vital part of our mission and ministry. We hope these suppers will appeal to lots of our friends and neighbors, and especially to new friends. Our Souper Supper program also provides a real and practical way to respond to the economic uncertainties that we are all facing. For a family of five, not having to shop for dinner twice a month can result in real savings."

-- Falmouth Forecaster – May 6, 2009

Our vision hasn't changed. Fourteen years later, outreach to the larger community continues to be a vital part of our mission and ministry, and over those years Souper Supper has become a strong pillar of that ministry. Souper Supper offers parishioners an opportunity to meet, greet, talk with, serve or dine with our Greater Portland neighbors from all backgrounds and walks of life-- right here in our own "home." We offer homemade soup dinners, with all the fixins', served at table, free of charge to everyone—including parishioners—on the second and fourth Fridays of every month, 5-7pm.



As we focus on Souper Supper in October as a Ministry of the Month, you are cordially invited to coffee hours after both services on 15 and 29 October to learn more about this ministry from our amazing crew of current volunteers. You are also cordially invited to attend Souper Supper on October 13 and 27, 5-7 PM for a first-hand experience of this ministry. Bring your family and friends!

Also, please check out the bulletin board in the Parish House for additional details regarding volunteer opportunities. If you have questions, please don't hesitate to contact Jennifer Gregg, 781-2665; jenniferanngregg@gmail.com.

Souper Supper is funded by Saint Mary's Operating Budget. Additionally, all proceeds from sales of Saint Mary's Coffee by Design bags of coffee support Souper Supper.



Outreach Ministry - All Ages Serving Near and Far



St. Elizabeth's
— Essentials Pantry —



It's Baaaaack!!!
Prepare for the annual "Winter Coat Drive"!
Autumn is upon us, and the cold weather will be here before we know it.

Once again St. Elizabeth's Jubilee Center (St. E's) has announced plans for three dates (one each in Oct / Nov / Dec) to distribute winter coats and boots, warm blankets and quilts, winter gloves/mittens, scarves, and winter hats (not baseball-type caps).

Starting immediately, we are looking for:

Men's and Women's coats that are clean and in good condition;
ADULT sizes (all sizes welcome, but especially large and extra-large);

Winter-weight socks (not light-weight dress socks) - could be cotton, wool, or other material, preferably black/navy/dark gray in addition to white; could be hand-knit or other; boot length as well as shoe sized;

Warm blankets and quilts that are clean and in good condition; identify size;

KNITTERS ALERT: we would love to share any winter gloves, mittens, scarves, socks, and hats you might have available to share.

Of course, contributions of kitchen wares (pots, pans, plates, cups, etc.) and housewares (matching sets of sheets, blankets, towels, etc.) will continue to be received to supplement the weekly distribution of toilet paper, laundry soap, bath soap, and feminine hygiene products. These items can come from house or camp cleaning, unsold items from yard sales or estate sales, down-sizing, clearing out to move to a new home, etc.

There are several other ways you can help. In addition to **volunteering your time** and/or helping to keep our **collection box full** with needed items, **critically needed 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 www.stelizabethsmaine.org/give. Our Amazon Wish List is at this link, too. Your generosity gives hope and love to neighbors who are facing hard times!

For more information, please contact Stan Eaton at stan.eaton@gmail.com.

Falmouth Food Pantry



The Falmouth Food Pantry serves close to 200 families a month and needs donations from individuals. Our donation box is in the middle closet of the Parish House and in the Narthex. 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 supporting the Pantry, feel free to reach out to Vanessa, recordvanessa@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, ad-min@smary.org or Jennifer Gregg, jenniferanngregg@gmail.com



Outreach Ministry - All Ages Serving Near and Far

Youth Service Corps Come Serve Christ Out In The World!

Saint Mary's Youth!

Mark your calendars: Sunday 22 October at 12 noon

Youth Service Corps is a gathering of youth (5th-12th grades) from area parishes that seek to serve Christ by helping others and caring for the world around us.

Youth Service Corps is restarting this fall with our first *Mission Day* on October 22 to help feed hungry students attending Ocean Ave. Elementary in Portland. On 10/22 we will meet at the Back Cove Hannaford (295 Forest Ave., Portland) at 12 noon and split into teams and purchase \$1000 worth of healthy snacks (from a grant) and then take that food to Ocean Ave Elementary.

After we deliver the food, we will head to Trinity Church (parking lot is just off 113 Coyle St, parish address is 580 Forest Ave) for pizza and a chance to talk about our plans for the year. Parishes supporting Youth Service Corps are: Trinity, St. Albans, HopeGateWay, Williston Immanuel, First Lutheran, St. Bart's, Congregational Church of South Portland, Woodfords, State Street Church, St. Luke's Cathedral, St. Peter's Episcopal in Portland, and, starting this year, our own Saint Mary's!

All youth are welcome: youth don't need to attend a church to help, and no money is needed to participate.
Parents and chaperones are welcome as well!

If you have questions, you can ask Deacon Matthew, and please RSVP by Friday 10/20 to Deacon Matthew so we know how much pizza to order. Come out and continue the worship of God by being of service to the world around us...and meet some new friends along the way.

safeTALK Workshop: Saturday 11 November at 2 PM

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

All are invited to sign up for this 4-hour training in suicide alertness and prevention. This is applicable to every person. Register before November 1 by emailing Fr Nathan at na-thanferrell@smary.org. There is a fee of \$30 which covers the cost of materials you will receive.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Donations Wednesday 11 October, 9 - 2 In Saint Mary's Auditorium

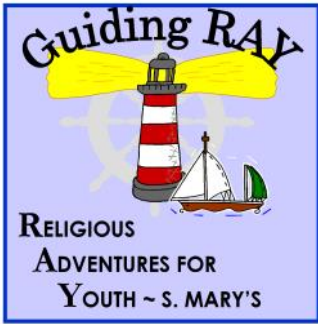
There is a critical need for blood! It is safe for all healthy people to give blood.

Sign-up today to be a blood donor and give to those who need your blood to survive!

Go to www.redcrossblood.org to make your donor appointment. Location code: StMary

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

Youth Christian Formation



Guiding RAY: It's a fun, fellowship-oriented time on Sunday mornings for kids through the age of 13. During the program year (Sept. - mid June), we offer our children an opportunity to learn Bible stories and to develop their relationship with God. Our hope is to guide them to the safe harbor of God's everlasting love where they can grow in the grace and knowledge of our Lord Jesus Christ. If you feel led to do so, we need volunteers in Guiding RAY for the fall! The commitment is low, and the reward is high.

Welcoming the Stranger

Thanks to all the families and volunteers who made Welcome Back Sunday, the first day of our program year, a success.

I missed you all because I was fortunate to be vacationing in Switzerland. My first cousin lives in Zurich, and we arranged a house-swap. He came to Maine with his wife (who is Swiss) and her parents while my husband, Charlie, and I explored Switzerland for ten days. It's a beautiful country with a lovely church in every small town and village.

One of the highlights of our visit was the time we spent with new friends at St. Andrews, Zurich (Church of England). We attended services there on our first day and joined a walk led by long-time parishioner Vivian Nind. We learned when someone invites you on a "walk" in Switzerland, it is a hike, although most trails in Switzerland are perfectly groomed paths. We took the tram from the city and followed the Kusenachter Tobel, a small river canyon, on the southwestern slope of the Pfannenstiel mountain in the canton of Zurich. The journey was about 4.5 miles and took several hours because we walked at a leisurely pace and stopped for a picnic lunch. We ended our day in the village of Kusnacht and then took a boat back to Zurich.

We changed our plan for the day to join this friendly group, and we met many interesting people. The youngest child was 8 months and the oldest walker 88 years. Most were English speaking ex-pats. We received suggestions for the remainder of our trip which, at that

point, was only loosely organized. In fact, the St. Andrews community was so welcoming, we joined them again the following Sunday for morning a Sung Eucharist and Evening the same afternoon.

Naturally, we tend to socialize with people we know. As a church community, we will always have "strangers" among us. This experience reminded me how important is it to make people feel welcome, so keep in mind, the Guiding RAY children's program is always open throughout the year to new families and children. Feel free to share the brochure to the left with any family or young person in the area.

Please spread the word and contact me at 207-400-9011 or guidinggray@smary.org with any questions.— Meg Hurdman, Family Minister



**Meg Hurdman,
Saint Mary's Family Minister**



October Special Events:

Sunday, 10/15 at 9:30 AM - Special visitor: Nancy Lightbody from the Falmouth Food Pantry will talk to the children about the work of the pantry. **BRING A BOX OF YOUR FAVORITE CEREAL TO DONATE.**

Sunday, 10/29 at 9:30 AM - All Hallows Crypt Tour! Come in a costume...perhaps dressed as someone from the Bible. "Trunk or Treat" after the 10:15 am service in the Saint Mary's parking lot outside the auditorium. (11:30ish)

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on September 20th.

Father Nathan couldn't be with us, but he left his report with a teaching moment on St. Matthew. Ben Russell also offered a prayer he brought to pray with the Vestry, offering strength to Nathan's family as they gather to be with his mother.

Steve Conley offered a Buildings and Grounds update on the information gathering for the masonry project on the tower. Thornton Tomassetti is documenting the scope of the work and will use drones to create a model for us all to understand the issues in the tower. B&G is getting estimates on plowing as the contract with the previous vendor has increased substantially for this coming year.



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

Treasurer Peter Guyton shared the finance report. We continue to do well on both the revenue and expense categories. The move to Harpswell Capital Advisors has been completed, and Peter is working on fine tuning the processes.

Pat Peard shared an update on the plans to offer a childcare program in the parish hall undercroft. Pat, Father Nathan and individuals representing other churches in Falmouth met recently with town leaders about using the parish house for childcare (other churches in town are also planning similarly). We are waiting to hear more from the town.

The Nominating Committee is composed of Vestry members whose term is expiring. Tom LaPlante, Pat Peard and Rudy Israel will work on slating our next class of Vestry members, Senior and Junior Wardens, and convention delegates. Nomination forms are now available.

Roy Packard is retiring from his position as our sexton. We are working with him to celebrate his time with us, at the October 8 at the 9am coffee hour. We are looking for a replacement. We may need to switch to a cleaning service, which will be a big change for us. Beth and Father Nathan are getting estimates. We are working on a short term/interim plan to manage the process until we make a selection.



Newcomers Welcome on October 29

If you are new to Saint Mary's and would like to be recognized as a part of our parish community, please join us on this Sunday for a simple Rite of Belonging. In addition, in the Formation Hour we will discuss how you can discern your spiritual gifts to understand your God-given place in the Body of Christ. To participate, email the Parish Office at smary@smary.org.

SAINT MARY'S TRUNK OR TREAT
Sunday,
October 29
@ 11:30



- ☐ KIDS! Wear your costume to church
- ☐ ADULTS! Decorate your trunk and bring treats to handout
- ☐ Crypt Tour under the church from 9:30 - 10

FMI, contact Meg Hurdman
GuidingRAY@smary.org



SAINT MARY'S SPARKLES CHRISTMAS FAIR DECEMBER 2, 2023



The countdown to the 2023 Sparkles Christmas Fair continues! Check your attics, basements, closets and garages for items you may want to donate but please review the guidelines below. Our best guideline is "Would you give it to a friend?"

DONATION GUIDELINES:

We accept gently-used household items and décor, holiday decorations, and jewelry. We don't accept clothing, books, furniture, and general rummage. **Donations will only be accepted on the following dates and times: October 7 and 28, November 4 and 18 from 9AM until 12 NOON.**

VOLUNTEER!

It takes a large number of parishioners to bring the Sparkles Fair to life. Consider volunteering – there are jobs for everyone. It's the best way to meet fellow parishioners and share in this fun event.

The Sparkles Christmas Fair has been a highly anticipated event in our community for many years. Let's make 2023 a year to remember.

MARK YOUR CALENDARS

Sparkles Spirit

Friday, October 20, 2023 6 - 8 PM

*Don't stress over your Thanksgiving or Christmas entertaining
Come, relax, sip, sample the appetizers that will be served.*

*Have fun, order and pay on October 20
to be picked up frozen at Saint Mary's on November 19. Easy peasy!
Also shop seasonal décor & jewelry*



Remember Sparkles Donation Drop Off Dates
October 7 and 28
November 4 and 28



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

BE STILL is a quiet time between services for meditation, poetry, sometimes music, sometimes art - all of which touches on a theme. The current topic is "Creation" and here's a sampling of the readings and images we've encountered recently. Join us from 9:15 - 10am live in the Chapel or via Zoom most Sundays. All are welcome! (To receive the Zoom link, contact Jennifer Gregg at jenniferanngregg@gmail.com.)

The earth is crammed with heaven
And every bush afire with God:
But only those who see take off their shoes.
Elizabeth Barrett Browning(1806-1861)

We shall awaken from our dullness and rise vigorously toward justice. If we fall in love with creation deeper and deeper, we will respond to its endangerment with passion. Glance at the sun. See the moon and the stars. Gaze at the beauty of earth's greenings. Now, think. What delight God gives to humankind with all these things. All nature is at the disposal of humankind. We are to work with it. For without it we cannot survive. All living creatures are sparks from the radiation of God's brilliance, emerging from God like the rays of the sun.
Hildegard of Bingen (1098-1179)

Like a bird with a broken wing I have known days when I felt I would never fly again, never rise up into the bright sunshine, never glide through the clean air of open fields and somber mountains, but be trapped forever by the window, looking out to a reality I could no longer enjoy. I know some of you know what I mean. But then, without any reason other than love, a strong but gentle hand held me safe and mended my brokenness, healed me and set me free, whole once more. Now I fly in thanksgiving and celebration, my heart forever grateful for a mercy I did not deserve.
Native American elder Bishop Steven Charleston

This mountain I climb,
does it feel my tiny, astonished footfalls?

This river I wade in, does it notice
what of me it carries to the sea?

The stars, they don't have any idea, do they,
of my admiration?

The bee working the blossoms
doesn't suspect, does it, my gaze akin to worship?

And you, are you aware of the Might One
stooping to adore you?
Steve Garnaas-Holmes

Water in a landscape is a fascinating thing as well.
I often think that water is the tears of the earth's
joy and sadness. Every kind of water in a
landscape has a different kind of tonality
and a different kind of presence.
John O'Donohue (1956-2008)

Early in the morning we seek your presence, O
God, not because you are ever absent from us but
because often we are absent from you at the heart
of each moment where you forever dwell. In the
rising of the sun, in the unfolding colour and shape
of the morning open our eyes to the mystery of this
moment that in every moment we may know your
life-giving presence. Open our eyes to this moment
that in every moment we may know you as
the One who is always now.

John Philip Newell (1953)
Sounds of the Eternal: A Celtic Psalter

Thanks for the Coffee Hour Fellowship

Thank you to everyone who has hosted a coffee hour.

Hosts still Needed in the coming months!

Think about hosting just one coffee hour this fall. Much of set-up is done ahead of time. Set out the plates, cups and napkins, bring a few treats - savory and/or sweet - to share with the rest of the Saint Mary's family.

Clean-up is relatively easy and people are around to help.

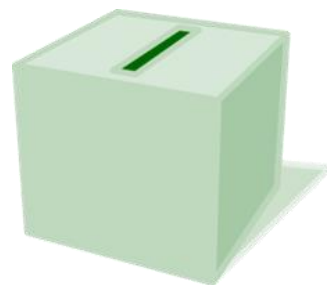
To find out how to host, contact Robin Webber, Coffee Hour Coordinator
webberonsebago@gmail.com, (207) 536-0274



Nominating Committee

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

- Sr. Warden, 1-year term
- Jr. Warden, 2-year term
- Vestry, three 3-year openings for 2023
- Delegates to the 2024 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 any member of the Nomination Committee: Pat Peard, Tom LaPlante, or Rudy Israel and a parish member at large.

**Who can help
and roast
some squash?**

ANNUAL COMMUNITY SUPPER



Hosted by Falmouth's churches and faith communities

**Free Turkey
Dinner**



**with all the
fixins**

Thursday, October 26 ~ 5 - 7pm

**at the Falmouth Congregational Church
267 Falmouth Road, Falmouth**

www.falmouthcongregationalchurch.org/community-supper

**Free-will Giving benefits the
Falmouth Food Pantry**

Thanks, Kudos and Notes!

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

Merci

Kudos to the Building and Grounds' crew for aerating, fertilizing and seeding our lawns!
Our grounds look beautiful.

Thanks to everyone who brought gently used sneakers in throughout the summer. We collected 186 1/4 pairs that will be given or recycled. A special shout out to Fore-side Community Church who collected over 2 dozen pairs to add to the bounty. The money raised with the donated shoes is being donated to Preble St. Teen Center.

THANKS!

Roy Packard, our cleaner for the past 13 years, is retiring from S. Mary's at the end of September. Please join us in thanking Roy at a grateful gathering before the Sunday Formation on **October 8 at 9am** in the Auditorium.

Yay!

Thanks to all who made our Kick Off celebration on Sep 10 a success!

Thank you to the Memorial Reception team, led by Alice Brock and Joyce Verey, for coordinating two memorial receptions in September.

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



Parish Katahdin trip Aug 24-26. The best views and the best food! Plan to go in August 2024!

WEEKLY SPIRITUAL 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 EUCHARIST AT 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 9:15 AM In the Chapel and [on ZOOM](#)

WISDOM SEEKERS: REGULARLY TUESDAYS AT 10:30 AM On Hiatus beginning Aug 1 - Sep 5

MERTON GROUP: Thursdays at 3 PM [on ZOOM](#)



Some important dates in our
Saint Mary's parish family

Happy October Birthdays to:



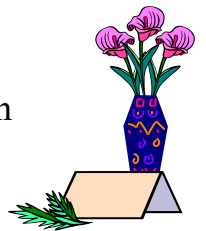
1	John Bennett	10	Cooper Reeves		
2	Lydia Stegemann	10	Winslow Robinson		
3	Jessica LaPlante	10	Lee Snow	22	Kim Diamond
4	Garry Bowne IV	12	Scott Curran	25	James Bowen
4	Erin Ferrell	13	Isabelle Gale	26	Isabella Diamond
4	Carolyn Thomas	14	John Hale	27	Kate Gulliver
5	Caroline Bowne	14	Tallulah Scott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

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

Happy October Anniversary wishes to:



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



Worship Server Schedule

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

Date	8am Usher	8am EM	10:15 Usher	10:15 Lector	10:15 EM	Acolytes	Altar Flowers	Coffee Hour
Oct 1 Pent18	<i>Maine</i>	<i>Marathon</i>	<i>Closes</i>	<i>Foreside Rd</i>	- No AM	<i>liturgy</i>	<i>2pm Prayer at</i>	<i>Ecumenical Holy Martyrs</i>
Oct 8 Pentecost 19	Baer C Charlie H	John B	Tricia W Ryan S	Eric MF	Joyce V Nadine T	<i>open</i>	Carolyn	Kneeler
Oct 15 Pentecost 20	Len T Ed A	Al A	Joyce & Len V	David R	Stan E Jeff H	<i>open</i>	Lynne	Souper Supper
Oct 22 Pentecost 21	Baer C Charlie H	Mary Ann M	Alice B & Pat P	Betsy S	Jim S Chris or Steve	<i>open</i>	Jan A	Tom Hyndman
Oct 29 Pentecost 22	Charlie H Steve R	Lad T	Tom L & u	Len V	Andrea MH Joyce V	Claire P Agnes PS	Jessica	Souper Supper



October 2023

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Creation 5 ME Marathon - Come cheer on our Godspeed runners and help at water station! 2 PM Ecumenical prayer at Holy Martyrs	2 12 Noonday Prayer 2 GC Board meeting 4-6 Horizon Voice 5 Be Still	3 6-6 Young Life Day of Prayer in Chapel 9-12 ² Art Group 12 Noonday Prayer 6/7 12-step in Aud & GR	4 St. Francis 9 Mainely Weavers 12 Noonday Prayer 4-8 Horizon Voices 6 ORI meeting	5 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SM Choir rehearsal	6 Office closed 7:30-4:30 Montessori workshop 3:30 Rehearsal	7 9-12 Sparkles Drop-off 1:30 Wedding
8 19th Sunday after Pentecost 8 Quiet Eucharist 9:15 Formation Hour <i>with Sidney Patten</i> 10 Guiding RAY classes 10:15 Choral Eucharist 4-6:30 OC rehearsal 7 12-step meeting	9 Indigenous Peoples Day <i>Parish Offices closed</i> 9 All-Parish Hike 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	10 9-12 ² Art Group 12 Noonday Prayer 4 FLUKES rehearsal 4 ExCom meeting 6/7 12-step in Aud & GR	11 9 - 2 Blood Drive 12 Noonday Prayer 4-8 Horizon Voices	12 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SM Choir rehearsal	13 Office closed 5-7 Souper Supper	14
15 20th Sunday after Pentecost <i>Bishop of Vermont visits</i> 8 Quiet Eucharist 9:15 Formation Hour 10 Guiding RAY classes 10:15 Choral Eucharist & Baptisms 3-6 HV rehearsal 4-6:30 OC rehearsal 7 12-step meeting	16 9 Staff meeting 9 - 1 Garden Club 12 Noonday Prayer 3 CARE meeting 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	17 8:30-11 St. Elizabeth's 9-12 ² Art Group 12 Noonday Prayer 4 FLUKES rehearsal 6/7 12-step in Aud & GR 7 Schola rehearsal—Sanct.	18 St. Luke 8-5 Garden Club Wkshp 12 Noonday Prayer 4-8 Horizon Voices 6 Vestry	19 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SM Choir rehearsal	20 Office closed 6-8 Sparkles Spirit	21 9-12 Diocesan Convocation at Cathedral
22 21st Sunday after Pentecost 8 Quiet Eucharist 9:15 Formation Hour 10 Guiding RAY classes 10:15 Choral Eucharist 12 Youth Service Corps 3-6:30 rehearsals 7 12-step meeting	23 St. James 9-11 Garden Club workshop 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	24 12 Noonday Prayer 4 FLUKES rehearse in Aud 6/7 12-step in Aud & G 7 Schola rehearsal—Sanct.	25 12 Noonday Prayer 4-7 ² Horizon Voices	26 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 4:30-7 Community Supper 6:30 SM Choir rehearsal	27 Office closed 5-7 Souper Supper	28 Ss. Simon & Jude 9-12 Sparkles Drop-off
29 22nd Sunday after Pentecost <i>Newcomers Welcome</i> 8 Quiet Eucharist 9:15 Formation Hour 10 Guiding RAY classes 10:15 Choral Eucharist 11:30 Trunk or Treat 7 12-step meeting	30 9 Staff meeting 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	31 12 Noonday Prayer 4 FLUKES rehearse in Aud 6/7 12-step in Aud & GR	11/1 All Saints Day 9 Mainely Weavers 12 Noonday Prayer 4-7 ² Horizon Voices 6 ORI meeting	11/2 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 6:30 SM Choir rehearsal	11/3 Office closed	11/4 9-12 Sparkles Drop-off



THE EPISCOPAL CHURCH OF SAINT MARY

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

SUNDAY WORSHIP

8:00 - Quiet Eucharist
9:15 - Formation groups
10:15 - Choral Eucharist

WEEKDAYS IN THE CHAPEL:

MONDAY - WEDNESDAY

12 Noon Day Prayer

THURSDAY

12 Healing Eucharist

BE STILL CENTERING PRAYER

5:00 Mondays

YOUR STAFF

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

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

James Kennerley, *Music Minister*
james@smary.org

Meg Hurdman, *Family Minister*
GuidingRAY@smary.org

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

OFFICE HOURS

MON - THU, 9 - 4

Copy deadline for Nov. AVE: Oct 22

YOUR 2023 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

Peter Guyton, Treasurer, 409-0782, peter.guyton@3dogyard.com

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

Kathy Galen, 603-723-5145, kathleendaisy@aol.com

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