



THE EPISCOPAL CHURCH  
OF SAINT MARY

AVE  
Monthly



## Foundation 135: Preserving the Faith

It's a new year and a new day here at Saint Mary's! We are launching a new campaign to strengthen the foundation of our parish community and to grow our mission within our broader community. The Vestry has called this project "Foundation 135: Preserving the Faith." Each word of this title is redolent with meaning. Let's start with the number. Why 135? Because we expect this project to be complete in 2025, which will be 135 years since the first foundation stone was laid for the Chancel in 1890. Why foundation? Because one major component of this project will be reinforcing the structural integrity of the Bell Tower and the overall Sanctuary building. It is perfectly safe now (thanks be to God!), but there are concerns about water infiltration and disintegrating mortar which, if left unaddressed, will result in enormous problems in the future. We must not allow that to happen. Not on our watch!



*The Rev. Nathan W. Ferrell*

This provides a direct connection to the task of preserving the place where our parish practices our faith in community. We have been called to be good stewards of this beautiful place; our goal must be to make sure it is standing strong for another 135 years at least, God willing. But this is about stones and mortar; how does this preserve the faith? A building cannot do that, for the Christian faith is passed along by people from one generation to another.

Another major component of our project will be launching a new Day School to serve the needs of our growing community. Access to quality childcare is an enormous need for families in the Falmouth area, and Saint Mary's is well positioned to meet this need. We have an excellent childcare facility that only requires a few small changes to be licensed by the state. We have a history of caring for children, and we have a community of people who love children. In my mind, it is not right that our childcare facility is used only 4 hours each week (on Sunday mornings) when so many families need a safe and reliable place for their children to be Mondays through Fridays. God willing, and with your energetic cooperation, we will expand our Guiding RAY ministry to be open on weekdays for a maximum of 20 toddlers and preschoolers. This is where preserving the faith comes in, because this will be an intentionally Christian childcare center. While being open to all people, our Guiding RAY ministry (Sunday School AND Day School) will embody a clear intention of passing on the faith of Jesus to the next generation. If all the pieces line up in the way we hope, our Guiding RAY Day School will open to children on the day after Labor Day (Tuesday 03 September).



I am excited about Saint Mary's taking this next step together, and I hope you are too. Please mark Sunday 28 January on your calendar for our Parish Annual Meeting. That morning we will focus on our Foundation 135 project with good visual presentations and time for questions and answers. This project will be an All-Hands-On-Deck undertaking, and there will be many different ways to participate. Come and find your unique way of contributing to the success of this project, so that we can strengthen our foundation and preserve the faith that we have inherited, to the glory and praise of God, our generous Creator.

*Nathan W. Ferrell +*

# FORMATION HOUR: 9:15 - 10:15

FORMATION

SUNDAY

Our Sunday Formation is an opportunity 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, a discussion group in the Auditorium, and youth activities in the 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.12 for a sample of reflective selections.

## Coffee & Conversation in the Auditorium

At 9:15, grab a cup of coffee and a bite of food, then join Fr Nathan and Deacon Matthew in informal and informational discussions on what’s happening around us. **Below are the topics for this month:**

**JAN 7: Christian Division and Unity:** what is the Great Schism? When was the Reformation? What was the Radical Reformation? Come and learn more

**JAN 14: The Three Great Awakenings in America:** where did the Quakers, the Shakers, the Mormons and the Seventh Day Adventists all come from?

**JAN 21: Partners for World Health.** Come and learn more about our January Outreach partner.

**JAN 28: Saint Mary’s Annual Meeting.** Vote for new leaders and learn about our budget. Then learn about our Foundation 135 project and what is involved in it. The morning begins with a Choral Eucharist at 9:15, followed by a wonderful brunch. After this, our meeting begins.

## Want to know more about the Bible?

Here is an effective and easy way to do so.

Pick up your copy of this Immerse Bible and read the section appointed for each week. If you want, you can join a *ZOOM* discussion on Sundays to discuss what was read during the week. Easy enough?

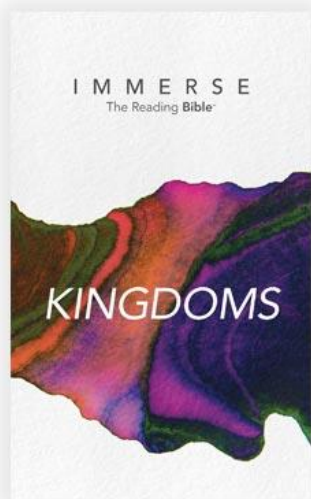
**Kingdoms** is our fourth volume we’ve studied in Immerse: The Bible Reading Experience. **Kingdoms** presents a new and unique journey through the story of Israel from the time of its conquest of Canaan (Joshua) through its struggle to settle the land (Judges, Ruth) and the establishment of Israel’s kingdom, which ends in a forced exile (Samuel–Kings). The nation of Israel, commissioned to be God’s light to the nations, falls to division and then foreign conquest for rejecting God’s rule.

Pick up your household copy soon (reimburse Saint Mary’s \$12, if you can) and start reading .

The 8 *ZOOM* sessions will be Jan 7 - Mar 3 at 4 PM Here’s the [zoom link](#)

<https://us02web.zoom.us/j/86782132792?>

[pwd=Y3FJbVOrUzBJS0d0a3Y2TXRDcG9HZz09](https://us02web.zoom.us/j/86782132792?pwd=Y3FJbVOrUzBJS0d0a3Y2TXRDcG9HZz09)



# Music Ministry: Sacred Music Series by James Kennerley

## Part 3: Christmas & Epiphany

The extraordinary beauty of music is as powerful as ever during this season. Whether it's a Christmas hit blaring away at the store or the sweet sound of choristers offering their praise to the Almighty, there is nothing quite like Christmas music to lift our spirits. While you may well have heard Christmas music before December 24, we are careful in church to observe Advent's true and powerful purpose of waiting, preparing, and keeping watch for the birth of the Christ child. Once He arrives, we celebrate for a full twelve days (during which time the secular world will probably have done away with the Christmas tree and everything else!) But it is this season of Christmas and Epiphany that contains some of the most glorious sacred music, much of which we will hear as part of the liturgy here at Saint Mary's. Please ensure that your Spotify playlists continue with Christmas selections until at least January 6 (in some parts of our Anglican tradition we even enjoy Christmas music until February 2, the Feast of the Purification, or Candlemas!)

### In the bleak midwinter

Christina Rossetti (1830–1894) was born into a vibrant London family that incubated a great deal of artistic talent. The house was frequently host to poets, artists, and musicians, and Christina's brother, Dante Gabriel Rossetti, established the Pre-Raphaelite Brotherhood and featured her as a model in a number of his paintings. "In the Bleak Midwinter" was published under the title "A Christmas Carol" in the January 1872 issue of *Scribner's Monthly*, an illustrated American literary periodical. English composer Harold Darke set the verses to music in 1906 and published it as part of *The English Hymnal*. Darke, organist and choir-master at the medieval London church of St Michael, Cornhill, composed a choral setting in 1909 that was named in 2008 as "the world's greatest Christmas carol." We tend to agree! The childlike simplicity of the poetry is matched by a simple yet sublime melody, sung first by the solo soprano and later by the solo tenor. The remaining verses are sung by the choir.

### The Three Kings

"Wie schön leuchtet der Morgenstern" (translated in the *Hymnal 1982* as "How brightly shines the morning star") is a hymn by Philipp Nicolai written in 1597 and first published in 1599. It is based on Psalm 45 and imagines Jesus as both the bridegroom and morning star. The melody, also purportedly by Nicolai, has been adopted by a host of composers over the centuries, including Johann Sebastian Bach, Felix Mendelssohn, Max Reger, and Hugo Distler. The choir will sing an extraordinarily beautiful setting this January by Peter Cornelius, which sets the *chorale* against the backdrop of an eloquent, baritone melody.



James Kennerley,  
Music Minister

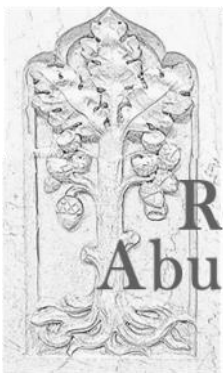
### Christ unser Herr

Sometimes you will see the titles of preludes or postludes in German. During the 17<sup>th</sup> and 18<sup>th</sup> centuries, it was common practice for composers to adorn well-known hymn melodies in the form of organ chorale preludes. This tradition continues to this day, although by far the most celebrated and arguably the most skillful practitioner was the great Johann Sebastian Bach. In the Lutheran tradition, Bach knew these chorales intimately, as did his congregation. Bach composed a prelude, (which you will hear played on the magnificent Baroque organ at Saint Mary's) in the chorale, "Christ, unser Herr, zum Jordan kam" ("When Jesus went to Jordan's Stream," page 139 in the *Hymnal 1982*.) In addition to presenting the chorale melody (played by the feet), Bach provides a rolling accompaniment for the hands that ingeniously recalls the flowing Jordan River, and an eight-note figure that suggests the shape of a cross, the symbol of which blesses us all at Baptism.

Enjoy the gift of music this Christmas and Epiphany season!

James

## 2024 Stewardship: Rooted in Abundance



Rooted<sup>IN</sup>  
Abundance

An overflowing pile of gifts from under the giving tree being loaded into cars, a lively group of children and parents preparing to rehearse for the Christmas pageant, items being dropped off for Saint Elizabeth's pantry, formation groups meeting building a closer relationship to God, the choir rehearsing the anthem, friends sharing a conversation over coffee—just a typical Sunday morning at Saint Mary's. Incredible abundance shared with so many! Thank you all for sharing your gifts to make this all possible! Happy New Year!

IF you haven't made a pledge of financial support for 2024, please take a moment to complete a pledge form ([linked here.](#)) Return it, confidentially, to Beth Shaw, Parish Manager, ([admin@smary.org](mailto:admin@smary.org)) or by mail to 43 Foreside Road, Falmouth 04105).

## **safeTALK Workshop: Saturday 13 January, 2–6 PM**

**BECOME SUICIDE-ALERT**



**safeTALK**

*suicide alertness for everyone*

This is the new schedule for the workshop that was postponed in November. All are invited to sign up for this 4-hour training in suicide alertness and prevention. This is designed for the average person and is applicable to every person. safeTALK is a program from LivingWorks which is a global leader in training resources for suicide prevention and response.

Visit their website ( [Home - LivingWorks](https://www.livingworks.net) , [www.livingworks.net](http://www.livingworks.net)) for more information.

Register by January 10 by emailing Fr Nathan at [nathanferrell@smary.org](mailto:nathanferrell@smary.org). There is a fee of \$30 which covers the cost of materials you will receive.

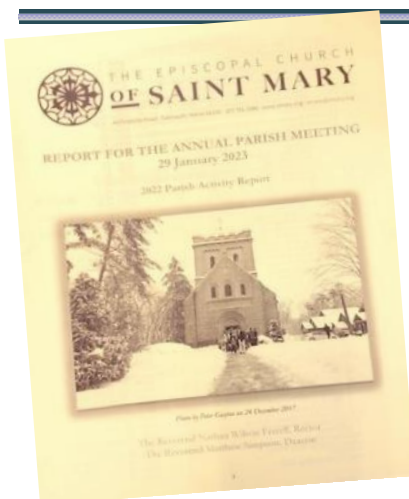
If you or anyone you know experiences thoughts of suicide, call the National Suicide Prevention Lifeline at 9-8-8. And make sure this number is always in your contacts!

## **First Communion Retreat & Celebration: February 10 & 11**

This experience is open to all our young people (including those who have already been receiving Communion), but it is specifically designed for second and third graders in primary school. On Saturday, February 10, there will be a one-day Camp in the Parish House with Father Nathan from 11 AM until 5 PM. The Camp will include bread-making, candle-making, writing prayers, and a time for the children to experience Reconciliation, as well as time for lunch and some fun! At 5 PM, the entire families of our First Communicants are invited to join together for a potluck supper. At that time, we will discuss what we learned in the Camp and go over all the details for the next day.

On Sunday morning February 11 at our 10:15 Eucharist, our First Communicants will be “the stars of the show” as they carry their candles into the church, lead us in singing a song, and become the first ones on this day to receive Communion, using the bread that they made the previous day!

Remember: this is not required to receive Communion; it is offered as a special learning opportunity and memorable celebration. If you or someone you know would like to participate, reach out to Meg Hurdman in Guiding RAY ([GuidingRAY@smary.org](mailto:GuidingRAY@smary.org)) to be added to the list.



## **Annual Meeting All-Parish Event: Sunday 28 January, 9:15 to Noon**

ONE Choral Eucharist at 9:15 will be followed by a delicious brunch. After our spiritual and physical nourishment, we will discuss vote on business items and then discuss our Foundation 135 project. Childcare will be available, and the Holy Spirit will be guiding us!

Come and be part of this special day in our community life. Please bring cut-up fruit and/or breads (ie. sweet breads, muffins, bagels) to share if you can. Annual Reports will be available the week prior in the Parish House.

## Outreach Ministry - All Ages Serving Near and Far

### Partners for World Health.

In January, our Outreach Mission of the Month will be an organization based in Portland, Partners for World Health.

Join us for a coffee hour (watch eNEWS for the date) to learn more about PWH, a non-profit that sends worldwide medical supplies which

otherwise would have been thrown away. Volunteers help out by sorting medical supplies at PWH's warehouse on a date to be determined. Thanks are due to Joyce and Len Verey, frequent volunteers at PWH, who introduced parishioners to PWH at a volunteer day last year and will continue again this year with various activities for Mission of the Month.

Established in 2009, PWH collects medical equipment and supplies from healthcare facilities, manufacturers, other organizations, and individuals. PWH sorts, evaluates, repackages, and prepares these supplies and equipment for distribution to individuals, communities, and healthcare facilities in need, both locally and internationally. This work limits the impact on the environment by diverting materials from landfills, lowers healthcare costs by lowering disposal fees, and provides healthcare resources to those in need. PWH aims to improve health conditions by sending medical personnel on medical missions to the developing world and educating New England communities about global health issues.



PWH has now grown each year to become the largest agency of its type in New England. In 2023, it will have diverted more than a million pounds of surplus medical equipment and supplies from landfills, and it will be sorted, evaluated and prepared for shipment perfectly usable items for local and global use. By the end of 2023, PWH will have shipped seventeen 40-foot containers of medical equipment and supplies valued at \$345,000 each to 15 different countries and four shipments via air. PWH will ship a total of 24-30 containers and air freight shipments in 2024. PWH's Ukraine Response has sent more than \$4,140,000 worth of urgently needed medical supplies to Ukraine directly by air or sea. PWH has also equipped dozens of doctors, nurses, EMTs, and other volunteers traveling to Ukraine or those countries supporting refugees, free of charge. PWH also responded to the Turkish and Syrian earthquakes and shipped three containers and an air freight to the earthquake region, and PWH is now readying its response to Israel and Gaza with our overseas partners. If you are interested in volunteering, contact Ben Parks-Stamm at [ben.parks.stamm@gmail.com](mailto:ben.parks.stamm@gmail.com).

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



### 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](mailto: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, [admin@smary.org](mailto:admin@smary.org) or Jennifer Gregg, [jenniferanngregg@gmail.com](mailto:jenniferanngregg@gmail.com)



## Outreach Ministry - All Ages Serving Near and Far



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

**The full icy blast of the winter weather is here!**

### Winter Coat, Boot & Hat Drive Continues!

St. E's has handed out an amazing number of coats, vests & fleeces. Fantastic!

**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)**
- ◆ **ADULT sized, warm winter gloves: leather or fabric;**
- ◆ **warm blankets & 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 house wares (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](http://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](mailto:stan.eaton@gmail.com).**

## Our Outreach Committee looks to 2024

According to the Scriptures, the second Great Commandment is "Love your neighbor as yourself," and that is what we do through Outreach. As we start the new year, you are invited to join the numerous volunteers from Saint Mary's who serve, meet new friends, and connect with old ones in the community through our long-time programs: Souper Supper, St. Elizabeth's Jubilee Center, and the Falmouth Food Pantry. You can also join members of the Outreach Committee who are affiliated with other non-profits that focus on racial justice, food insecurity, new Mainers, and at-risk youth.

The Outreach Committee will continue sponsoring Missions of the Month, instituted last year, which provide parishioners with educational and volunteer opportunities about specific organizations and issues of concern.

This will be the second year that Outreach will be funded primarily by the generosity of individual parishioners rather than previous years when the church as a whole supported non-profits through 5% of pledges. You can donate to the Mission of the Month on the last Sunday of the month with cash or checks deposited in the Baptismal font or through a QR code in the Sunday bulletin.

The members of the Outreach Committee are Bonny Rodden (chair), Anne LaFond, Stan Eaton, Vanessa Record, and Ben and Betsy Parks-Stamm. If you are involved in an organization that you would like to be highlighted as a Mission of the Month, please contact Bonny Rodden at [brodden1.br@gmail.com](mailto:brodden1.br@gmail.com)



## Outreach Ministry - All Ages Serving Near and Far

### YOUTH SERVICE CORPS: January Gathering on 1/21

All those in Middle School and High School are invited to gather for service work with neighbors in need. This gathering brings together young people from around the Portland area.

*What a great way to get your Community Service hours!*

Look in the eNEWS for more information on the January Gathering. Plans are in the making!

FMI, reach out to Deacon Matthew or Fr Peter Swarr (Trinity Church, Portland, 413-388-8387)



**American  
Red Cross**

*Together, we can save a life*

## **Critical Need Blood Donations Thursday, January 11, 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](http://www.redcrossblood.org) to make your donor appointment. Location code: StMary

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

## **Souper Supper: 2nd & 4th Fridays**

Soup, salad, bread and a sweet treat. **5 - 7 PM.** ALL are welcome!

*December Soups: Jan 12: Minestrone  
Jan 26: Ground Turkey 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!**

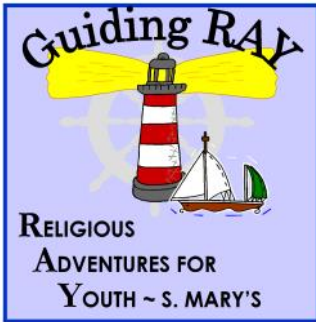
*Medium to robust coffees: Casco Bay and Rebel Blend*

**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!

# Youth Christian Formation



**Guiding RAY is 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.



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

In January we will continue our yearly theme of God's Covenants and return to the Old Testament. The monthly theme will be Abraham and Sarah: Parents of a New Humanity. God promised Abraham that he would be the father of many nations and that his descendants would be as numerous as the stars in the sky and the sand on the shore. God promised him that all the people in the world would be blessed because of him and his descendants. Abraham trusted God, even though the promises did not come true during his lifetime. We will learn one of Abraham's descendants was Jesus. So, all who believe in Jesus and are Christians are the adopted sons and daughters of Abraham and Sarah.

## January Lessons:

The Call of Abram & Abram in Egypt (Genesis 12)  
God's Covenant with Abram (Genesis 15)  
The Birth of Isaac & Abraham Tested (Genesis 21 & 22)

## Mark Your Calendar:

Jan. 7 Epiphany Sunday – Coffee Hour with “Kings’ Cake”  
Jan. 28 9:30 One Service and 10:30 Annual Meeting and Brunch - Brunch & activities for kids will be offered in the Undercroft, and the Nursery will be open until 12 noon.  
And it's a Wrap - Thank you to everyone who helped with the children's program in December from the Advent Wreath Making to the Pageant. Special thanks to our Pageant Director, Emily Rodgers, and to all the parents and volunteers who helped with teaching, costumes, music, rehearsals, lunch, and snacks.

## Guiding RAY Giving Garden

We have closed up the garden for the winter. We have had an eventful summer. St. Mary's Children's Garden was moved to its current location in the children's play area. It helped deter deer and other wildlife and gave us more sunlight. As was true for most gardens this summer, there was too much rain and not enough hot, sunny days. Some of our veggies did well, and others did not. We had a good crop of beans, peas and onions. Our tomatoes were good but small, and we harvested a good crop of potatoes. All of our produce went to the Falmouth Food Pantry. In total, we donated about twenty five pounds of produce. Hopefully, next year will be better.  
See you in the Spring, Bobbi MacCallum



## **Our Upcoming Sunday Lectionary**

**January 7; Baptism of Our Lord:** Genesis 1.1-10; Psalm 29; Mark 1.4-11

**January 14, Epiphany 2:** 1 Samuel 3.1-20; Psalm 139.1-5,12-17; John 1.43-51

**January 21: Epiphany 3:** Jonah 3; Psalm 62.6-14; Mark 1.14-20

**January 28: Epiphany 4: Annual Meeting:** Deuteronomy 18.15-22; Psalm 111; Mark 1.21-28



# Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on December 20, 2023. Father Nathan's teaching moment was about the Holy Family.

### Financial Review:

Treasurer, Peter Guyton, reported on our budget overall picture. Revenue is slightly down, but typically people catch up on their pledges by the end of year. Our expenses are up slightly. The November financial report does not show Sparkles income as the fair was Dec 2. Month end December reports will be a more accurate reflection on where we are. Our investment funds did well in November.



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

We reviewed the proposed 2024 budget which is a deficit budget, but as in past years, we feel that we've made solid and conservative assumptions for 2024. The Vestry will vote by email on the budget for 2024.

The Nominating Committee presented the slate again with no changes from the original list:

Vestry members: Pat Peard, Melissa Kane, Valerie Kyros.

Convention Delegates: Bonny Rodden, Mary Ann McLean, Lynne Shepherd, Nadine Timberlake, Fred Webber as Alternate.

The Annual Meeting will be held on January 28 after one worship service at 9:30, which will be followed by brunch. At the meeting, we will share more details about the plans for Foundation 135 with a presentation by Thornton Tomasetti who are the structural engineers hired to evaluate the church building.

We reviewed the Outreach committee contributions.

People from the Department of Health and Human Services visited the space for the proposed Guiding RAY school and were pleased with our facility. We are working with the town to get approval for the program. The vestry adopted by-laws for the school.

The Bishop will visit on March 10, 2024.

## 23rd Annual Saint Mary's Advent Giving Tree

The spirit of giving continues to thrive at Saint Mary's! We are overwhelmed by your continued generosity for children in need this time of year. You managed to select the perfect gifts to fill each angel tag. Every single gift request was received. EVERY SINGLE ONE!

You helped to put smiles on the faces of over 30 children from Woodfords Family Services and the Salvation Army.



Thank you for your continued support!



Look at the gifts we delivered! →

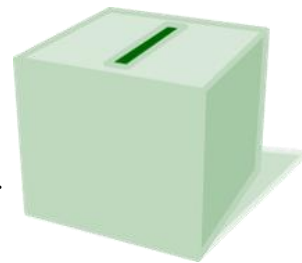
**CELEBRATE**

**HONOR**

**SERVE**

## Nominating Committee

Each year, the Nominating Committee is composed of the retiring Vestry members and sometimes a parishioner-at-large. This year we were pleased to have Tom LaPlante serving as chair of the committee; he was joined by Pat Peard and Rudy Israel. Each parishioner suggested for nomination 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 slate of nominees for election at the 2024 Annual Meeting on Sunday, January 28. We are most grateful to those others willing to serve as well!



Sr. Warden: Steve Conley

Jr. Warden: Tom LaPlante

Vestry (3-year terms): Melissa Kane, Valerie Kyros, and Pat Peard

2024 Diocesan Convention Delegates: Bonny Rodden, Mary Ann McLean, Lynne Shepherd, and Nadine Timberlake, with Fred Webber as an alternate. Brief biographical information on the Vestry nominees is provided below.

### Steve Conley, *Senior Warden*

Steve Conley has lived in Falmouth for 23 years and was formerly a communicant of Holy Martyr's in Falmouth. In 2011, he met Michele Duvall who has attended S. Mary's for over 14 years with her daughters Kayla and Amber. Steve began attending S. Mary's with them shortly after they met, and he received confirmation into the Episcopal Church by Bishop Thomas in 2019. Steve and Michele were married by Bishop Brown at Saint Mary's on January 9, 2022. Steve has a degree in Economics from the University of Maine and has worked in the health insurance industry for 30 years. He has worked for the last 17 years with Harvard Pilgrim healthcare as an account manager and new business sales representative for large groups. Steve is the proud father to 3 sons, Patrick, Ryan and Griffin and lucky step-father to Kayla and Amber. In his spare time, Steve enjoys running and has completed 35 marathons and ultra marathons, including the last 14 consecutive Boston Marathons.



### Tom LaPlante, *Junior Warden*

Tom is a life-long Mainer, growing up in Auburn. He was raised Catholic and was received into the Episcopal Church in 2003 when his oldest two sons were confirmed. Tom has filled many leadership roles at Saint Mary's and can be counted on to assist on many outdoor and indoor projects, but you'll probably know him best as the chief usher on Sunday mornings.

Tom is an IT Manager at LL Bean and has worked there for nearly 27 years. Outside of work, he loves to golf, travel, and hang out with his dog, Penny. He lives in Falmouth with his wife Jessica; they have three grown sons.

### Melissa Kane, *Vestry Member*

Melissa has been a member of the Church of S. Mary the Virgin for almost thirty years. She and her husband, Jim Kane, raised their three children (Jamie, Michael and Jennifer) at S. Mary's, and it has been a big part of their lives. Melissa was raised in the Congregational Church, and Jim was raised a Catholic; together they found their religious and spiritual home at S. Mary's. Melissa previously served on the Vestry and has been a part of many different guilds and committees over the years, including altar flowers, hospitality, religious education, kneelers, kitchen redesign.

Melissa looks forward to joining the Vestry and re-engaging in the life of the parish. Outside of S. Mary's, Melissa retired from CIEE (Council on International Educational Exchange) two years ago; and she finds great joy in gardening, cooking, floral arranging and spending time with family, especially the most recent addition, her first grandchild, Everly. Melissa currently volunteers at the Flower Box at Maine Medical Center and S. Elizabeth's Essentials Pantry and participates in S. Mary's Garden Club.



### Valerie Kyros, Vestry Member

Valerie is a long-time member of Saint Mary's since moving to Maine in 1996. She's been an active member, helping to found of our annual Sparkles fair. She is currently a member of the Kneeler Guild.

Valerie grew up in the Washington, DC area and is a graduate of Mount Vernon College with a BA in Business Management. She has owned several businesses in Maine, including an interior design business, a retail store in downtown Portland, and a bed and breakfast in Falmouth. She is the mother of two grown children and has one grandchild; all live locally in the Portland area.

Valerie is currently a member of The Maine Golf Development Committee raising money for the First Tee of Maine and their learning center in Freeport. She is a former board member of The Children's Museum of Maine. She has an active history with fundraising events with both organizations. She is an avid golfer and loves to needlepoint, cook & bake, and entertain friends.



### Patricia Peard, Vestry Member

Pat is a retired attorney who practiced at Bernstein Shur in Portland for thirty years. She was a litigator and was practice Group Leader for the Labor and Employment Group and founded and chaired the Education Law practice. Her clients included the University of Maine System, the University of New England, Bates College, College of the Atlantic and the Maine College of Art. She also represented thirteen private secondary schools and the Maine Association of Independent Schools. She was also fortunate to have represented the Episcopal Bishop, Chilton Knudsen, in a lawsuit for the Church. Finally, I was honored to serve on the firm's Board of Directors for 20 years.



Another important part of her life in Maine was using her legal skills in court cases and in leadership in referenda campaigns to help secure equal rights for LGBTQ+ individuals and families of Maine. She continues to pursue these issues in retirement. She grew up in Baltimore, Maryland and was baptized and confirmed in the Presbyterian Church. She was received in the Episcopal Church by Bishop Brown at Saint Mary's in November 2019.

She and her wife, Alice Brock, have lived in the Portland area since 1983. We thank everyone for our warm welcome to the church and look forward to continuing to be of service at Saint Mary's.

## Calling all books

# Saint Mary's BOOK SALE

## Saturday, MARCH 16, 2024 9-12 noon

- ◆ Donate books
- ◆ Help sort books
- ◆ Lead a section

Have any questions? Please email  
Vanessa Record at [recordvanessa@gmail.com](mailto:recordvanessa@gmail.com)  
*No encyclopedias, magazines or textbooks, please.*

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

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

BE STILL is a quiet time between services for meditation and reflection on poetry, prose and scripture, sometimes music or art, all of which focuses on a theme that changes with the season. Here is a sampling of readings from the last month on the themes of "Creation" and "Hope." Join us from 9:15 - 10am live in the Chapel or via Zoom on Sunday Morning! This is a wonderful way to conclude or prepare for your Sunday worship service. All are welcome! (To receive the Zoom link and/or readings for each week, contact Jennifer Gregg at [jenniferannregg@gmail.com](mailto:jenniferannregg@gmail.com).)

If there are a "chosen few"  
then I am not one of them,  
if an "elect," well then  
I have not been elected.  
I am one who is knocking  
at the door. I am one whose foot  
is on the bottom rung.  
But I know that Heaven's  
bottom rung is Heaven  
though the ladder is standing  
on the earth where I work  
by day and at night sleep  
with my head upon a stone.  
~ Wendell Berry

To the one who limps, who is a poor dancer,  
who hesitates at the escalator,  
who smacks their elbow on doorjambs: Praise.

To you who never get the jokes,  
who have failed at love, who feel odd in every group,  
to you who hate to introduce yourself, be honor and glory.  
You who have dropped the whole casserole of your life  
splat on the floor, who believe you have nothing to say,  
whose handshake is limp as old celery, blessed are you.  
Losers and misfits and three-legged dogs, praised be you  
who try anyway, for you have the courage to be  
what we fear, and free of shine or polish, gleam  
with the radiance of the One whose glory is not divided,  
making us brave to attempt that most holy and amazing feat:  
to be ourselves ~ Steve Garnaas-Holmes

### *Crossings, xxxi*

Not an avenue and not a bower.  
For a quarter mile or so, where the country road  
Is running straight across North Antrim bog,  
Tall old fir trees line it on both sides.  
Scotch firs, that is. Calligraphic shocks  
Bushed and tufted in prevailing winds.  
You drive into a meaning made of trees.  
Or not exactly trees. It is a sense  
Of running through and under without let,  
Of glimpse and dapple. A life all trace and skim  
The car has vanished out of. A fanned nape  
Sensitive to the millionth of a flicker.  
~Seamus Heaney (1939-2013)

*This is no time for a child to be born,  
With the earth betrayed by war & hate  
And a comet slashing the sky to warn  
That time runs out & the sun burns late.*

*That was no time for a child to be born,  
In a land in the crushing grip of Rome;  
Honor & truth were trampled to scorn—  
Yet here did the Savior make His home.*

*When is the time for love to be born?  
The inn is full on the planet earth,  
And by a comet the sky is torn —  
Yet Love still takes the risk of birth.  
~ Madeleine L'Engle, "The Risk of Birth"*

### **A Blessing Prayer in Difficult Times**

May you know tender shelter and healing blessing when you are called to stand in the place of pain.  
May the places of darkness within you be surprised by light.  
May you be granted the wisdom to avoid false resistance and when suffering knocks on the door of  
your life, may you be able to glimpse its hidden gift. May you be able to see the fruits of suffering.  
May memory bless and shelter you with the hard-earned light of past turmoil,  
to remind you that you have survived before, And though the darkness is now deep,  
You will soon see approaching light. May this give you confidence and trust.  
May a window of light always surprise you.  
May the grace of transfiguration heal your wounds.  
~ John O'Donohue

# 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)

**Merci**

Many thanks to Merle Marie Troeger for inspiring us with a meditative Quiet Morning filled with art, poetry, and music, plus reflective time to take in the beauty of Advent and the importance of being still. Thanks to John Bennett for the cello performance and Judith Brooks for her contribution.

Huge thanks to Maureen and John Hale for coordinating the Angel Tree and to the legions of parishioners who shopped for the families!

PLEASE be MINDFUL of our KNEELERS:

The beautiful works of art that grace our sanctuary are for kneeling in prayer, they are not footstools or stepstools. This is especially true during the winter months when our shoes drag in dirt, sand and salt. These elements can work their way into the wool fibers and ruin the stitches.

Your Kneeler Guild thanks you for helping to care for them.

**THANKS!**

Kudos to the INCREDIBLE sparkles team led by Mary Sullivan. What a day!

Thanks to Emily Rodgers for directing our Christmas Pageant, a lovely gift to all of us! Thank you to those who jumped in to help with all manner of tasks.

**Yay!**

To the staff, ushers, choir members, lectors, eucharistic ministers, flower guild and altar guild members for making Advent and Christmas so special.

Thank you, Mel Roland, for your work with Guiding RAY! You and Meg make a great team!

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

## Worship Server Schedule

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

Date	8am Usher	8am EM	10:15 Usher	10:15 Lector	10:15 EM	Aco-lytes	Altar Flowers	Coffee Hour
Dec 31 SCmas 1	Len T	Al A	Alice B Pat P	Len Verey	Stan E	~	CMas	Webbers
Jan 7 Epiph 1	Larry R x	Lad T	Joyce & Len	Dawn Y	Chris M Steve C	x		Caven
Jan 14 Epiph 2	Rayle & Ed	Becky P	x x	Becky P	Becky P Jeff H	x		Open
Jan 21 Epiph 3	Len T x	Lee VD	Dawn Y Noah Y	Polly P-S	Betsy PS Joyce V	x		Open
Jan 28 Epiph 4	Annual Meeting	ONE Worship at 9:30	x x	Nadine T	Andrea MY Joyce V	x		Open

## 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:** Tuesdays at 10:30 AM In the Guild Room and [on Facebook Live](#)

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



## SOME IMPORTANT DATES IN SAINT MARY'S PARISH FAMILY Happy January Birthdays to:



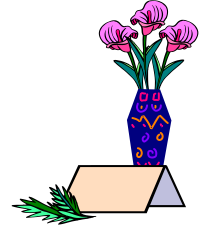
1	Margaret Fast	9	Jamie Kane		
3	Hilary Isacke	11	Sarah Amato		
4	Dave Stimpson	11	Penny Daborn		
4	Fred Webber	12	Drew Cheney		
5	Bobby Brouillette	14	Wyatt Hourihan	24	Kaynara Filipe
5	Kayla Hourihan	15	Pat Murray	25	Harry Duvall
6	Katharine Echavarri	17	Neil Kiely	26	Lynne Shepherd
6	Liam Keefer	18	Bernie Echavarri	26	Fritz Shinkman
6	Maddison Poole Alvarez	18	Brownlow Parks-Stamm	26	Will Smithwick
6	Noelle Unfricht	20	Claire Shannon	27	Joan Dow
7	Johanna Kearins	20	Jill Malony	29	Michael Wing
7	Helena McMonagle	22	Kathy Edwards	30	Ellie Asherman
7	Gus Shinkman	22	Andrea Gauvreau	31	Patrick Diamond

***We'd love to include good wishes on your birthday and anniversary. If we don't yet have the dates, please update your information in Realm, our online parish database. Thanks!***

## Happy January Anniversary wishes to:



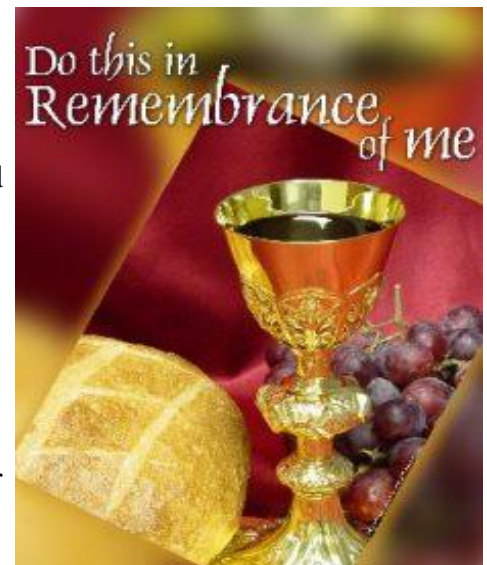
8 Michele Duvall & Steve Conley



## **WANTED! Eucharistic Ministers**

In the Church's tradition, everyone who gathers for worship has a role to play. No one is left out! But some roles require special training and preparation. Saint Mary's needs more laypersons to serve as Eucharistic Ministers (Chalice Bearers) and as Lectors (Scripture Readers). The training and preparation are minimal, but the personal and spiritual rewards are great! To clearly read the Word of God to the people of God, and to serve the Blood of Christ to the people of Christ, is to play a part in sharing the grace of God with hungry and thirsty souls. What a privilege!

At our 8:00 Eucharist, one person typically serves in both roles, while at 10:15 they are usually two separate persons. If the Holy Spirit may be tugging at your heart to offer this ministry occasionally at Saint Mary's, please be in touch with Fr Nathan or Deacon Matthew. We will plan either individual or group training, depending on the response.










# January 2024

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31 Christmas 1</b> <b>8 Quiet Eucharist</b> <b>10:15 Choral Eucharist</b> 7 12-step meeting	<b>1/1 Office closed</b> 	<b>1/2</b> 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	<b>1/3</b> 9 - 1 Weavers 12 Noonday Prayer 4-8 Horizon Voices 6 ORI	<b>1/4</b> <b>12 Healing Eucharist</b> 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>1/5</b> <i>Office closed</i>	<b>1/6 The Epiphany</b>
<b>7 Baptism of Our Lord</b> <b>8 Quiet Eucharist</b> 9:15 Formation / 10 GR <b>10:15 Advent Lessons &amp; Carols</b> 7 12-step meeting	<b>8</b> 9 Staff meeting 10-1 Garden Club 4-6 Horizon Voice 5 Be Still	<b>9</b> 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 3 CARE meeting 4 FLUKES rehearsal 6/7 12-step in Aud & GR	<b>10</b> 12 Noonday Prayer 4-8 Horizon Voices	<b>11</b> <b>12 Healing Eucharist</b> <b>12-5 Blood Drive</b> 3 Merton Group 5:30 Sacred Ground 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>12</b> <i>Office closed</i>  <b>5-7 Souper Supper</b>	<b>13</b> <b>2-6 safeTalk</b> Suicide Prevention Workshop
<b>14 Epiphany 2</b> <b>8 Quiet Eucharist</b> <b>9:15 Formation / 10 GR</b> <b>10:15 Choral Eucharist</b> 4 Immerse Bible ZOOM mtg 4-6:30 OC rehearsal 7 12-step meeting	<b>15</b> <i>Office closed</i> <b>MLK Day</b> 5 Be Still 6 PCC rehearsal	<b>16</b> <b>8:30-11 St. Elizabeth's</b> 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal 6/7 12-step in Aud & GR	<b>17</b> 12 Noonday Prayer 4-8 Horizon Voices <b>6 Vestry meeting</b>	<b>18</b> <b>12 Healing Eucharist</b> 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>19</b> <i>Office closed</i>	<b>20</b> 
<b>21 Epiphany 3</b> <b>8 Quiet Eucharist</b> <b>9:15 Formation / 10 GR</b> <b>10:15 Choral Eucharist</b> 4 Immerse Bible ZOOM mtg 4-6:30 OC rehearsal 7 12-step meeting	<b>22</b> 12 Noonday Prayer 3 CARE meeting 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	<b>23</b> 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	<b>24</b> 12 Pray where you are 12 Noonday Prayer 4-8 Horizon Voices	<b>25</b> <b>12 Healing Eucharist</b> 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>26</b> <i>Office closed</i>  <b>5-7 Souper Supper</b>	<b>27</b>
<b>28 Epiphany 4</b> <i>Annual Meeting</i> <b>9:15 Choral Eucharist</b> <b>10:30 Brunch</b> <b>11 Annual Meeting</b> 4 Immerse Bible ZOOM mtg 4-6:30 OC rehearsal 7 12-step meeting	<b>29</b> 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	<b>30</b> 9 Art Group 10 Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	<b>31</b> 12 Noonday Prayer 4-8 Horizon Voices	<b>2/1</b> <b>12 Healing Eucharist</b> 3 Merton Group 6 AIAnon in GR 6:30 SMChoir rehearsal	<b>2/2</b> <i>Office closed</i>  <b>9-2 Blood Drive</b>	<b>2/3</b> <b>9-2 Vestry Retreat</b>



## THE EPISCOPAL CHURCH OF SAINT MARY

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

### SUNDAY WORSHIP

8:00 - *Quiet Eucharist*  
9:15 - *Formation hour*  
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](mailto:nathanferrell@smary.org)

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

James Kennerley, *Music Minister*  
[james@smary.org](mailto:james@smary.org)

Meg Hurdman, *Family Minister*  
[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 Feb AVE: Jan 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)