



THE EPISCOPAL CHURCH
OF SAINT MARY

AVE
Monthly Newsletter

“LOVE AND GRATITUDE AND PEACE GROW TOGETHER



The Rev. Nathan W. Ferrell

Abba Isaiah said, “Love is conversation with God in unbroken thanksgiving. God rejoices in thanksgiving, because it is a sign of peace” (Apophthegmata Patrum Systematic 17.9).

The Messiah teaches us that the most important thing of all is to love the Lord our God with all our heart, soul and mind (Matthew 22.37). But how exactly are we to do this? How do we love our Creator who is invisible and beyond human comprehension? The best way to make this happen, as Abba Isaiah explains above, is to intentionally develop a continual dialogue of gratitude. Depending on your surroundings, this can take place in the silence of your thoughts, or it can be out loud. For most of us, it requires regular effort to give thanks for the unending flow of experiences in our lives. Doing this forces us to focus on what is working and what is going well, rather than dwelling on the few things

in the moment that are not working or not proceeding as we would like. We get to choose which set of realities will be our focus, and the outcome of this choice has lasting implications for every aspect of our lives. You may remember that the Messiah immediately added a corollary to the command to love the Lord our God. In an unexpected move, he quickly added that we must love our neighbor as we love ourselves, and that these two commands are inextricably linked. It should not be surprising then that a carefully developed gratitude practice has a similar effect on our ability to love our neighbors. If we choose to focus on the good done by those around us, rather than dwelling on the few mistakes that each person inevitably makes, and if we are careful to express our gratitude for those things that are done well, our relationships with others are sure to become healthier. Love is the natural fruit of gratitude.

In our society, November is a time dedicated to Thanksgiving. This makes it an excellent time to work on our practice of gratitude. We all know that human society is a mess, and there are a multitude of problems in the world. But the fact remains that 95% of everything in our lives works the way it is supposed to. We can and should work to fix the broken things, but let us never lose sight of the unending goodness all around us. Expressing gratitude to God and to others is a sure and simple path to love and peace. This means that growing in gratitude will by itself solve some of the painful problems of our world, if more people will stop complaining and start doing it! So let's show the world how it's done, and demonstrate the beauty of a life of unbroken thanksgiving. May it always be so!

Nathan W. Ferrell +

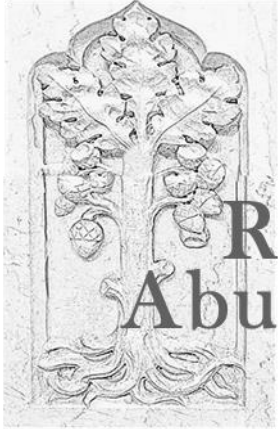


Sunday 26 November, 9 – 12

Advent Wreath Making Workshop

Gather in the Auditorium to make an Advent wreath for your home or to share with a loved one. Supplies have been pre-ordered and experienced guides will be on hand to assist you in making your own custom design. Advent begins on December 3, so make the time to be prepared for this special season.

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

Saint Mary's root system is our mission to celebrate and serve Christ in all people. We learn together how to do this by attending Sunday services, participating in one of the many formation programs, serving the greater community through outreach programs and simply spending time with each other. But how does this all relate to our pledge campaign? Parishioner support ensures we have the infrastructure to support our mission.

In the last few weeks, you should have received a pledge packet that explains in greater detail the campaign. Take time to review the packet and reach out with any questions you might have. And remember, pledges come in all sizes and are all celebrated. Thank you to all who have already made their pledge decisions and sent them confidentially to Beth Shaw, Parish Manager,

admin@smary.org.

If you've misplaced it, you'll find the pledge form in the parish house and [linked here](#).

A word of thanks from our bishop...

Dear Friends,

Last month you welcomed the Bishop of Vermont, and this month you're welcoming the Bishop of the Armed Forces and Federal Ministries. Thank you!

When Bishop MacVean-Brown and I were planning her time in Maine, I wanted her to visit a congregation where I knew she would be warmly welcomed AND where she would witness a community who is clear about identity and mission. It took only a few seconds for me to say, "I think the best place is St. Mary's in Falmouth."

During her drive back to Burlington, after she'd been with you, she and I chatted on the phone. She was over the moon for all that you did to welcome her and her husband, Philip. She also made me laugh when she said, "you didn't tell me the rector looks and sounds like Woody Harrelson." (She's right!) Thank you.

Later this month (on November 26), you will welcome Father Ferrell's other bishop, the Right Reverend Ann Ritonia, the newly-consecrated Bishop of the Armed Forces and Federal Ministries (see photo). Nathan and his family will be out of town that Sunday, but Bishop Ritonia is very glad to be among you.

Both of these women are courageous and focused servants of the Gospel. They are blessed to preach and preside at one of Maine's healthiest parishes. In turn, I pray that you will give thanks to God for their ministry among you.

In Christ,

Bishop Thomas J. Brown



Diocese of Maine Annual Convention Business Session

Saturday 11 November, 9 - 12 noon

Open to all via ZOOM. Find the link [HERE](#).



Music Ministry

by James Kennerley

Sacred music series part 1: Why music?

“The joy of music is that it can go beyond words... Music can express what there is in the soul.”

Why is music so central to the Christian faith and particularly to celebration of the sacred mysteries? It is a question I am frequently asked, and I thought that a series on sacred music in its many and various forms would be both entertaining and edifying. Picture this: the organist plays an impressive postlude following the closing hymn. The congregation remains in the pews, intense in concentration, only to break it with rapturous applause as the final strains of the echo fade away into the ornate stonework.

What causes this music to have such a powerful emotional response? The answer is not found in the virtuosity of the performer, the impressive sounds of the organ that has the power to shake the building to the ground, or the beautiful music that was in all probability penned by a celebrated but long-dead composer.

The power, my friends, lies in the context in which the music is played. Sacred music is not a performance but an offering, and one that only makes sense—and has any real impact—when given in full deference to the liturgical celebration. As noted by French twentieth-century organist, composer, and sacred musician Olivier Messiaen in the opening quotation, music captivates the soul and elevates it beyond where even words can go.

Music is the universal language, formed before speech and shared by all of God’s creatures. The fowl of the air, the fish of the sea, the beasts of the field—all of these communicate with song of some kind or another. For humans, singing is prehistoric and certainly predates our ability to speak to one another. There is no culture on earth, no matter how remote, that does not incorporate song into its daily life. In

recent decades, numerous scientific studies have documented the extraordinarily positive effects that music—and particularly singing—can have on our sense of community and particularly on our mental health.

Jesus’ experience of worship at the temple and at home would have been marked by singing, as recounted by the prophetic texts and particularly the Psalms of David. Saint Paul, in his letter to the Colossians, famously encourages believers to “sing psalms and hymns and spiritual songs with thankfulness in your hearts to God.”

It makes sense, then, that music was integral to early Christian worship. It lends at once a sense of beauty, joy, and solemnity, immediately reminding us that we are in a special juncture in time and space. The spoken word is elevated both literally - in that it becomes louder and more intelligible- and also figuratively, when it appears more remarkable and therefore more noteworthy to the listener. We only have to think of certain parts of the Mass to realize how music plays an inseparable role: the Gloria in excelsis (Glory to God in the highest), Sanctus (Holy, holy, holy), the Psalms, and the Great Thanksgiving (“The Lord be with you”) are all marked out from the other liturgical texts by their being sung.

The best sacred music draws us together, whether as listeners or participants, towards the divine praise of almighty God, and the Episcopal Church proudly boasts an extraordinarily rich and varied treasury. I look forward to exploring music for Advent and Christmas in the next installment.

James

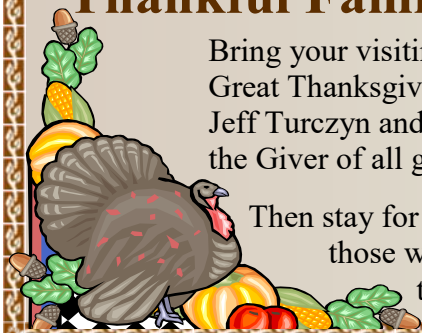


James Kennerley,
Music Minister

Thanksgiving Eve Wednesday 22 November at 6 PM Thankful Family Eucharist and Celebratory Tree Lighting

Bring your visiting family and friends to sing songs of thanksgiving and to celebrate the Great Thanksgiving before our national feast begins. Led by the husband-wife duo of Fr Jeff Turczyn and Kathleen Scott, all are encouraged to gather in recognition of GOD as the Giver of all good gifts.

Then stay for the lighting of our Kyros Advent tree and hear the names read of those we remember and celebrate. Share the names of your loved ones with the parish office by email or inserted form on page 19.



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, 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.14 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: 9:15 - 10 AM

November 5 & 12: *How To Survive Your In-laws During The Holidays*

Two sessions to discuss challenging relationships and the best strategies to succeed in them, drawing on wisdom from the Desert Elders. Come to share your stories and to learn from the saints, both past and present.

November 19: *What is St. Elizabeth’s Jubilee Center?*

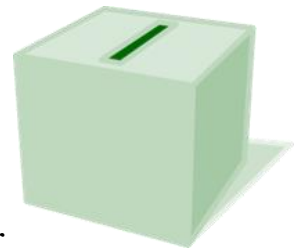
Meet with St. E’s Executive Director, Sarah Coburn Borgeson, to learn about this vital ministry of area parishes.

November 26: *Advent Wreathmaking Workshop*

Join the fun in preparing for Advent. Make a wreath for your home or to share with a loved one.

Nominating Committee

The Nominating Committee has accepted many nominations of parishioners to serve as Sr. and Jr. Warden, members of the 2023 Vestry, and delegates to the 2023 Diocesan Convention. Thank you to all who participated in this process by nominating parishioners to fill these positions. Nominations closed as of October 31, and the committee has begun their review. Thank you! With any questions or comments, please feel free to contact any member of the Nomination Committee: [Tom LaPlante, chair](#), Pat Peard, or Rudy Israel



CELEBRATE



HONOR



SERVE

Outreach Ministry - All Ages Serving Near and Far

Last Sunday Offering Saint Mary's Monthly MISSION FOCUS



Our November Focus is:

St. Elizabeth's
— Essentials Pantry —

St. Elizabeth's Jubilee Center is sponsored by eight Episcopal churches in the greater Portland area. We partner with local schools, other faith communities, and local businesses and community groups to serve the people of Portland.

St. Elizabeth's is a low-barrier pantry serving non-food essentials to all those in need, including new Mainers and Mainers whose families have been here for generations.

A Jubilee Ministry is a ministry of joint discipleship in Christ with poor and oppressed people, wherever they are found, to meet basic human needs and to build a just society.

Every Tuesday at no charge, we provide basic, daily essentials to those living in need that cannot be purchased with SNAP funds.

On the **1st Tuesdays of each month**, we distribute **infant diapers** through our collaboration with the [Jewish Community Alliance of Southern Maine's diaper bank](#).

On the **2nd Tuesday**, we distribute **bed and table linens**.

On the **3rd Tuesday**, we distribute **kitchenwares**. (Saint Mary's week!)

On the **4th Tuesday**, we distribute **oral health care products**.

St. E's connects people with resources in the community for housing, furniture, language acquisition, job search assistance, and other social needs. On average we serve nearly 285 individuals each week. St. Elizabeth's derives its name from St. Elizabeth of Hungary (1207-1231 A.D.) who committed her life to serving the poor and the sick. The Center began its ministry in 2001 and was housed in several different locations before finding a home at St. Luke's Cathedral in 2007.

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.



The Pantry lost a significant financial support resource when the Lewiston tragedy cancelled the Community Supper. Please consider making a special donation to support our Food Pantry.

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 or Jennifer Gregg, jenniferanngregg@gmail.com



Outreach Ministry - All Ages Serving Near and Far



St. Elizabeth's
— Essentials Pantry —

The annual “Winter Coat Drive” is here!

The full icy blast of the winter weather is coming soon.

2023 Winter Coat, Boot & Hat Drive

St. Alban's Episcopal Church has kick-started the season for St. E's by collecting 80 coats so far in October! All eight of the supporting Episcopal churches are involved in this Drive; Saint Mary's has delivered 58 coats in October, and several other people have discussed their plans to contribute also. To date St. E's has been able to distribute 143 coats!



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;**
- ◆ **ADULT sized, warm winter Gloves: leather or fabric;**
- ◆ **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 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.

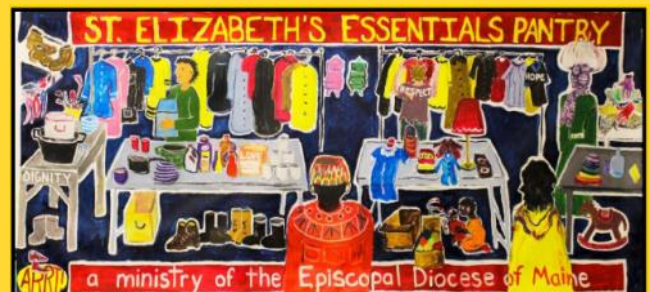
There are several other ways you can help. In addition to volunteering your time and/or helping to keep our collection box full with needed items, critically-needed monetary donations can be made by mailing a check to: St. Elizabeth's Jubilee Center, PO Box 4036, Portland, ME 04101 or by making a payment online - see www.stelizabethsmaine.org/give. 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.



Family Friendly Benefit Concert For St. Elizabeth's Essentials Pantry & Jubilee Center

Saturday,
November 18, 4pm
at Trinity Episcopal Church,
580 Forest Ave, Portland
CLICK for more information



Outreach Ministry - All Ages Serving Near and Far

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 9 by emailing Fr Nathan at nathanferrell@smary.org. There is a fee of \$30 which covers the cost of your materials.



**American
Red Cross**

Together, we can save a life

Critical Need Blood Donations **Friday 24 November, 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.

Souper Supper: 2nd & 4th Fridays

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

*November Soups: Nov 10: Minestrone
Nov 24: 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!

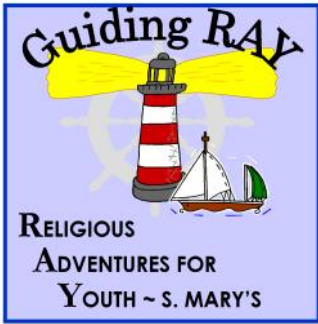
Medium to robust coffees: Casco Bay and Rebel Blend

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 September the children learned the Bible is like a library...a collection of books including history, prophecy, and poems. The Old Testament is the story of God's Chosen People (the Jews). We learned the Bible also teaches us lessons about what is right and what is wrong. There are many examples of good behavior to follow and bad behavior to avoid. We learned the New Testament teaches us about Jesus and to spread the Gospel (the Good News).

In October we talked about Creation, and how human beings are created in God's image. I asked the children, "Does this mean (physically) we look like God?" Their immediate answer was "no." The children understood the image of God means His essential nature. And because human beings are created in God's image, every person deserves to be treated with compassion, dignity, and respect.

In November we will be teaching about God's Covenant with Noah. In December we will cover the Christmas story through the eyes of Matthew & Luke. I have a map of the Holy Land that identifies the places where Jesus, the most famous Jew in the world, taught his followers about light in a dark world. He was referred to as "Rabbi," which means "teacher." The children enjoy locating the holy places where Jesus walked, talked, fed the hungry, healed the sick, and performed miracles.

In 2016, I had the privilege of visiting the Holy Land. We toured sites holy to Jews, Christians, and Muslims. The Israeli government protects these sites so they can be visited by people of all faiths from around the world. (Israel hosts about 3 million pilgrims and tourists every year.) We had an Israeli guide for most of the trip, but also a Palestinian was our guide in Bethlehem. In addition to the city of Jerusalem (the old city is divided into four quarters: Jewish, Christian, Muslim and Armenian), we visited cities that are predominately Jewish (Tel Aviv) and primarily Arab (Nazareth). We traveled through the West Bank (Judea & Samaria), south to the Dead Sea and north to the Galilee, and we walked where Jesus walked.

Unfortunately, this fragile status-quo erupted in violence on Saturday, October 7. Horrific acts of torture, rape, murder, and mutilation were carried out against our Jewish brothers and sisters by Hamas terrorists. To quote Thomas Brown, Bishop of Maine, "We condemn Hamas's heinous attack against Israel and innocent civilians. We pray for an end to this senseless and inhumane violence. We pray for leaders throughout the world to work together so there is peace between Israel and Palestine." I would only add that while we pray for peace, we cannot be silent in the face of evil.

God has given us free will, so every person has the capacity to do good or to do evil. But how can we recognize evil? A fundamental Christian principle, often called the golden rule, is to treat others the way we want to be treated. Does this mean simply avoiding what is evil? Or does it mean striving for the presence of good...to love one another as Christ loved us?

With humility,
Meg



**Miss Meg and her husband,
Charlie, standing at the
Sea of Galilee**



**Three Palestinian boys flashing smiles and
peace signs, in the ancient city of Hebron
(located in the West Bank)**

November Guiding RAY Special Events

November Schedule:

- Nov. 5 All Saints Sunday at 10: Meet James Kennerley Pageant Music Director
- Nov. 12 (Veteran’s Day Weekend)
- Nov. 19, 10 am Visitor from St. Elizabeth’s Essentials Pantry – Bring socks to donate.
- Nov. 26, 9 - 12: Advent Wreath Making (Thanksgiving Weekend) - This is a family activity. Make a wreath between the two services. Bring a baked good, fresh fruit or something else to share.

November Lesson: Noah & the Ark: Sign of the Rainbow

- The Flood (Genesis 6 & 7)
- Receding Waters and Noah’s Offering (Genesis 8)
- God’s Covenant with Noah (Genesis 9)



Guiding RAY Advent and Pageant Schedule

It is with great joy that we announce the Pageant Director for 2023 will be Emily Rodgers!

Sunday, November 19 - Sign up to be in the pageant! Let Miss Emily (Emily Rodgers) or Miss Mel (Melissa Roland) know if your children will be available and note the important dates below.

Sunday, December 3 – First Sunday in Advent - Pageant Parts Assigned

Sunday, December 10 – Second Sunday in Advent - Costume Fitting

Sunday, December 17 at 11:30 am – Pageant Dress Rehearsal in Church Building

Entire cast should meet in the Parish House undercroft. All children need to be at the dress rehearsal.

Sunday, December 17 – Third Sunday in Advent – Bell Choir and Practice Christmas Songs

Sunday, December 24 at 10:15 am - Fourth Sunday in Advent/Christmas Pageant

Entire cast should meet in the Parish House undercroft promptly at 9:15 in costume and ready to perform! (No Guiding RAY classes – All children in church.)

Important Pageant Contacts:

- § Director: Emily Rodgers 207-233-3578
emilymayrogers@gmail.com
- § Music Director: James Kennerley 203-570-0837
james@smary.org
- § Guiding RAY #2: Melissa Roland 904-333-1520;
mmroland@comcast.net



YOUTH SERVICE CORPS: NOVEMBER Gathering on 11/19

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 gather Community Service hours!*

Gather at Noon at Trinity Church (580 Forest Ave) to help pack thousands of shelf stable meals which will be given to the Good Shepherd Food Bank to help fight hunger here in Maine. Pizza and beverages will be available for all.



This work is being done in cooperation with the Outreach Program ([Home - The Outreach Program](#)). Text Fr Peter Swarr to register and FMI: 413-388-8387

Vestry Highlights from the Wardens

by Janet Bowne

The Vestry met on Wednesday, October 20, 2023. Father Nathan began the meeting with a teaching moment focusing on Saint Luke. Luke was not one of the original apostles. He was a physician and often depicted with an ox and is the patron saint of physicians and healers. The ox represents the burden carried by medical people to save us from diseases and injuries.

Building and Grounds:

Thornton Tomasetti, a consulting engineering firm, has begun the work to map the issues with the tower masonry. It will take some time to complete the mapping. Knowles Industrial Services Corp is slated to do the work needed.

The B & G team has selected a new plow company that will result in a savings for us of over \$4000 from the previous contract.



Janet Bowne, Sr. Warden



Steve Conley, Jr. Warden

We are having a Campus Clean-Up Day on 11/12. We can all attend church in our work clothes. The project list includes both indoor and outdoor activities, and of course, good food will be a reward for all the hard work! We thanked the B/G team for their devotion to keeping our buildings and grounds in excellent shape.

Financial Review

Peter Guyton, treasurer, reported that our projected budget surplus is dwindling, but we hope to end the year on budget.

We are moving short-term funds out of Bank of America to an interest-bearing account at Harpswell that will allow funds not needed immediately to earn interest. We have quick access to the funds when they are needed but the interest rate will provide extra income.

Peter also presented a preliminary budget for 2024. As with past budget presentations, the Vestry understood that most of our budget is made up of fixed costs like utilities, salaries, insurance etc. We also have seen a trend of parishioners offering generous support but not pledging, meaning that the Vestry doesn't know what our biggest revenue line will generate. To avoid a deficit, we either add more revenue or cut expenses, which are largely fixed. The goal is to have a final budget for vote at the Vestry's December meeting. We thanked Peter for all his work on our financial matters.

The Nominating Committee will stop taking nominations at the end of October and will begin reviews in November.

Stewardship

Janet Bowne reported that Stewardship packets have gone out to the parish. Our pledge goal is \$300,000. We will have messaging throughout November and December. We have such a generous parish, but people, especially younger members, often don't pledge. They prefer to give as they feel called to do so. As a result we don't have a good picture of what to expect from giving, which hampers our ability to plan financially.

We will need to raise money for the various projects related to capital work on the tower and rectory. The campaign will be tied to the 135th anniversary of the church. We are working on names and potential donors. We are also seeking grants, but many of the most lucrative grants are federally based and require a designation of historic significance which can severely restrict our ability to do repairs that are sustainable.

ByLaw Change

We approved a bylaw change that changes the language of our auditing. Rather than electing an auditor, we have changed the language to appointing an auditor annually.

Rector's Report

Nathan and Pat Peard will follow up with the town of Falmouth to clarify the steps with the town so work with the state can begin regarding a future day care.

Common Ground discussion/dinners started before the pandemic but were put on hold. Nathan would like to restart these in February 2024.

Thank you to all of the vestry for sharing the guidance and vision for Saint Mary's!

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. 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.

Sign up sheets are located outside the Guild Room.

To find out how to host, contact Robin Webber, Coffee Hour Coordinator



ANNUAL COMMUNITY SUPPER



Due to the tragic events in Lewiston, the Community Supper put on by the faith communities of Falmouth was cancelled for 2023. The importance of community was not totally lost, however, in that leading up to the event, 188 people had volunteered to work together and provide and/or cook turkeys and squash and apple crisp, wait on tables, roll out the rolls, dish out the dessert, and clean up the kitchen, among other jobs.

In addition, many families fostered community by inviting neighbors over to eat together and share hope. In several cases the families had not even met their neighbors! At the last minute Saint Mary's even changed the menu for their free Friday "Souper Supper" and instead served Community Supper food, including turkey, gravy, cranberry sauce, and peas.

Those wishing to contribute to the ongoing efforts of the Falmouth Food Pantry (the beneficiary of Community Supper free-will donations) may give monetary gifts in three ways:

Venmo: @FalmouthFoodPantry2

PayPal: <https://www.paypal.com/fundraiser/charity/1807575>

Mail: Send checks made out to "Falmouth Food Pantry" to
Falmouth Town Hall, 271 Falmouth Road, Falmouth, ME 04105



Autumn Clean-Up: Sunday 12 November, 9 AM - 1 PM

Wear your work clothes to church! Bring your rakes, gloves, And cleaning rags and accessories!

The project lists are for indoor and outdoor activities. We need "all hands on deck" to work together to clean up our campus and inside spaces too before winter. Coffee, drinks and snacks provided.

Questions?

Hugh Smith, hughsails@icloud.com

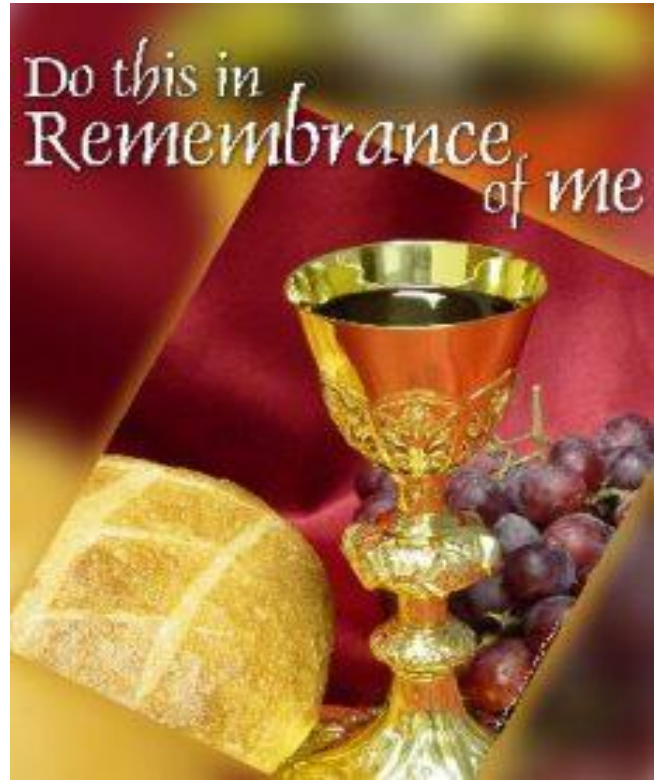
or Fred Webber, webberonsebago@msn.com



WANTED! Eucharistic Ministers and Lectors

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.



Our Upcoming Sunday Lectionary

November 5: All Saint's: 1 Thessalonians 2:9-13; Psalm 34:1-10,22; Matthew 5:1-12

November 12: Pentecost 24: Amos 5:18-24; Psalm 78:1-7; Matthew 25:1-13

November 19: Pentecost 25: 1 Thessalonians 4:1-8; Psalm 123; Matthew 25:14-30

November 23: Thanksgiving Eve: 1 Thessalonians 5:13b-24; Psalm 65; Luke 17:11-19

November 26: Christ the King: 1 Thessalonians 5:1-11; Psalm 100; Matthew 25:31-46

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

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



SAINT MARY'S SPARKLES CHRISTMAS FAIR DECEMBER 2, 2023

2023 Sparkles Christmas Fair is almost here! 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, jewelry. We don't accept clothing, books, furniture, sports equipment, and badly soiled or ripped items. **Donations will be accepted ONLY on the following dates and times: 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. Sign up sheets will be available at coffee hour on November 5.

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 Donation Drop Off Dates-

Saturdays, November 4 and 11, 9-12

Sunday, November 5: Sparkles Coffee Hour-
sign up to help a little or a lot!

Sunday, November 12: 9 & 11:30 AM

Join us to assemble Friendship Soup seasonings & bags



Advent Quiet Morning: SAT 16 December Getting Directions to the Kingdom of Heaven

Before starting out on a trip to somewhere new, you have to get directions, right? Do I go north, south, east or west? Take a car, train, ship? Book a flight? How long will it take? Is this a group endeavor, or should I go on my own? What shall I pack? Most importantly, will it be worth the trouble?

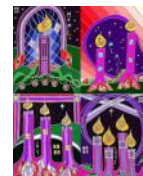
Maybe I should just stay home?

At our Quiet Morning, we'll contemplate this central image of our faith. Jesus speaks frequently about the “kingdom of heaven” and tells several parables about it. But references to it are sprinkled throughout the Bible. And perhaps you've had your own experiences of the Kingdom. Maybe you have a favorite poem on the subject (bring it with you) or piece of music that transports you there (play it for us). We'll cover as much territory as we can in a journey of about three hours.

9:00 meet in departure lounge (Father James Chapel) for music, artwork and introductions

9:30 -12:30 adventures on the way to the Kingdom of Heaven

12:30 leave taking



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.)

We are all musicians in a great human orchestra, and it is now time to play the Save the World Symphony. You are not required to play a solo, but you are required to know what instrument you hold, and play it as well as you can. You are required to find your place in the score. What we love we must protect. That is what love means. From the right to know and the duty to inquire flows the obligation to act. ~ Sandra Steingraber

Morning walk,
in my head more than the woods,
troubling about my old knees,
this chilly day, self-doubts, chores.
Standing by the brook, brooding.
An oak tree lets go an acorn.
Ploop.

Here. This. Just this.

This moment is enough.

I am enough.

Attend.

This body, this day, given.

My doubts, my worries, unreal.

All of that is elsewhere.

But right here:

Ploop.

I am beloved,

life, the huge of it, magnificent,



and I a member, here,
right *ploop* here.

Keep listening
for the call.

~ Steve Garnass-Holmes

May you know yourself to be a miraculous co-creator with God of the wonders and beauty of creation. And may your work, if only a tiny fraction of it, be a source of joy, pride, and dignity. For in that moment, you will discover what it means to share in the divine life of God.

~ Br. James Koester

We must seek to unite—in all aspects of our lives—with one another and with the creatures of the earth. Such union calls us out of isolated existences into community. We must slow down, discover our essential relatedness, be patient and compassionate toward all living creatures, and realize that it is a shared planet with finite resources. We are called to see and love in solidarity with all creation. Only in this way can the earth enjoy justice and peace which means right, loving relations with the natural world of God's good creation.

Compassion requires a depth of soul, a connectedness of soul to earth, an earthiness of person to person, and a flow of love from heart to heart.

~ Ilia Delio

i thank You God for most this amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which is yes

(i who have died am alive again today, and this is the sun's birthday; this is the birth day of life and of love and wings:and of the gay great happening illimitably earth)

how should tasting touching hearing seeing breathing any—lifted from the no of all nothing—human merely being doubt unimaginable You?

(now the ears of my ears awake and now the eyes of my eyes are opened). e e cummings



CELEBRATE

HONOR

SERVE



ST MARY SCHOLA

presents

A Neapolitan Christmas

**TICKETS
AVAILABLE AT
stmaryschola.org**

**CHRISTIAN
CLOUGH
guest director**

Friday, Dec. 15 at 7:30 at

The Episcopal Church of Saint Mary, Falmouth

and Saturday, Dec 16 at 4pm at St. Luke's Cathedral, Portland

There will be a preconcert talk 30 minutes prior to each performance.



**TUESDAY
MORNING**

Tuesday Morning Art Group

INSPIRATIONS



RECEPTION: THURSDAY, NOV 2, 2023, 4-7PM

ST MARY'S CHURCH 43 FORESIDE RD, FALMOUTH, ME 04105

Vlicki Curry. Jessica LaPlante. Mary Longley. Roberta March. Peggy Murray. Jean McQuaid. Ellen O'Donnell. Judy O'Donnell. Sheila Sewall. Michelle Stuckey. Ashley Trabue. Cheslye Ventimiglia. Gil Wilcox. Tish Whipple.

Welcome Bruno Mbongo

We are pleased to announce that we have hired Bruno's start-up company to clean the church and parish house following Roy's retirement from Saint Mary's at the end of last month.

Bruno and his wife come from the Democratic Republic of Congo and have been in the United States about ten years.

Bruno also works at St. Luke's, St. Elizabeth's and St. Peter's. Please welcome Bruno when you see him in about on the SM campus.



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

Thank you to the usher teams for being welcoming to all!

Thank you to the Sparkles Spirit Crew for a wonderful evening:

- ◆ Kathy Galen, Jana Burke, Jan Mordarski, Onnie Hastings
- ◆ Steve, Ryan and Griffin Conley and Michele Duval, William and Harrison Rana
- ◆ Valerie Kyros and Melissa Kane
- ◆ Meg Hurdman, Jane Tholen and Lee Parker
- ◆ Jessica & Tom LaPlante and Garry Bowne
- ◆ Cooks: Mary Sullivan, Barbara Bell, Susan Conway, Onnie Hastings, Jan Mordarski, Kathy Galen, Carla Birt, Jana Burke, Mary Ann McLean, and Robin Webber
- ◆ Kathleen Scott for providing musical accompaniment for the evening.

T
H
A
N
K
S!

Kudos to the water stop team for the Maine Marathon: Mary Sullivan, Mary Anne McLean, Betsy Mead, Sharon Pederson, The Ritchie Family and Oliver Ramsey.

Yay!

Thank you to all who brought in cereal to help the Guiding RAY students supply the Falmouth Food Pantry.

Thank you to the Buildings and Grounds team for getting our buildings ready for winter and for installing the bench and bike rack! Well done!

Thank you to the vestry greeters for helping newcomers find their way around our campus!



I want to extend a heartfelt thank you to St Mary's for welcoming our Tai Chi practice to your meditation garden this summer. We have enjoyed the ever-changing beauty of the blossoms and fall berries, along with the activity of wildlife & birdsong. And on more than one occasion, we shared chuckles as we moved through the posture called "patting the dog." The pups in the rectory yard seemed to wag and woof on cue!

Thank you again on behalf of the individuals who participated this season!

Christina Bouchard



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

Date	8am Usher	8am EM	10:15 Usher	10:15 Lector	10:15 EM	Acolytes	Altar Flowers	Coffee Hour
Nov 5 Pentecost 23	Baer C AIA	Lee Dernehl	Tom L Len V	Joyce V	Joyce V	open	Onnie	Sparkles
Nov 12 Pentecost 24	Len T x	Becky P	Alice B Pat P	Chris M	Chris M Steve C	open	Lynne	Webbers
Nov 19 Pentecost 25	Baer C x	Len T	Dawn Y Noah Y	Ginny S	Jeff H Andrea MH	Charlotte Harrison William R	Thanks	St. Elizabeth's
Nov 22 -6pm Thanksgiving	x	Stan E Linda E	6pm 6pm lector	~	~	open	Thanks	~
Nov 26 Christ the King	Len T x	Greg U	x x	Linda E	Stan E Joyce V	open	Thanks	Guiding RAY

Some important dates in our Saint Mary's parish family



Happy November Birthdays to:



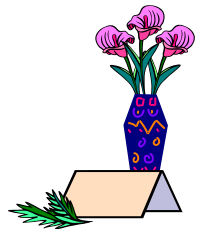
- | | | | | | |
|---|----------------------|----|-----------------|----|------------------|
| 1 | Julietta Smithwick | 8 | Lee Dernehl | | |
| 3 | Avery Buchanan | 8 | Barbara Murray | | |
| 3 | Jay Hurdman | 9 | Judith Brooks | | |
| 3 | Caroline Kyros | 9 | Sophia Kelly | | |
| 3 | Benjamin Otte | 10 | Eloise Fulton | | |
| 4 | Eric Stevenson | 11 | Barb Skop | 22 | Sophia McMonagle |
| 4 | Margaret Jean Taylor | 12 | Brooke Bazarian | 24 | Lauren Lamberson |
| 5 | George Barrett | 13 | Phoebe Harris | 24 | Hugh Smith |
| 6 | Boone Guyton | 13 | Jim Liddell | 25 | Sophia Draeger |
| 6 | Felicity Record | 19 | William Record | 25 | Suzanne Farnham |
| 6 | Kim Vincent | 21 | Maura Fitch | 26 | Ally Hurdman |
| 7 | Megan Akers | 21 | Ben Russell | 26 | Chris Smithwick |
| 7 | Hunter LaFond | 21 | Joyce Verey | 28 | Natalie Unfricht |
| | | 22 | Angus Ferrell | 30 | Jennifer Curran |

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 November Anniversary wishes to:



- | | |
|----|-----------------------|
| 10 | Kelly & Michael Ianno |
| 27 | Gibson & Blake Wilkes |



WELCOME TO OUR NEWLY BAPTIZED:

Baptisms on Sunday, October 15, 2023

George Arnold Fitton *born on August 24, 2022*
Son of Jason and Megan Fitton

Agatha Matilda Catherine Kennerley *born on August 10, 2023*
Daughter of James & Emily Kennerley and sister of Noah Kennerley






Lucas Fox Coburn *born on October 27, 2021*
Son of Seth & Helen Coburn and brother of Ian Coburn



November 2023

The Episcopal Church of Saint Mary



Sun	Mon	Tue	Wed	Thu	Fri	Sat
10/29 Pentecost 22 <i>Newcomers Welcome</i> 8 Quiet Eucharist 9:15 Formation Hour 10:15 Guiding RAY classes 10:15 Choral Eucharist 11:30 Trunk or Treat 7-12-step meeting	10/30 9 Staff meeting 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	10/31  9 ² -12 ² Art Group 10 ² Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR	11/1 All Saints Day 9 Mainly Weavers 12 Noonday Prayer 4 ² -7 ² Horizon Voices 6 ORI meeting	11/2 All Souls 12 Healing Eucharist 3 Merton Group 5-7 Tues Art Group Opening Reception 6 AIAnon in GR 6:30 SMChoir rehearsal	11/3 Office closed 	11/4 9-12 Sparkles Drop-off
5 All Saints Sunday 8 Quiet Eucharist 9:15 Formation Hour 10:15 Guiding RAY classes 10:15 Choral Eucharist 4-6:30 OC rehearsal 7 12-step meeting	6 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	7 ELECTOR DAY 9 ² -12 ² Art Group 10 ² Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal 6/7 12-step in Aud & GR 7 Schola in Sanctuary	8 12 Noonday Prayer 4 ² -7 ² Horizon Voices	9 12 Healing Eucharist 3 Merton Group 5:30 Sacred Ground 6 AIAnon in GR 6:30 SMChoir rehearsal	10 Office closed  5-7 Souper Supper	11 Veterans Day 9-12 Dio Business Convention 2-6 safeTALK Suicide prevention
12 Pentecost 24 <i>Autumn Cleanup Day</i> 8 Quiet Eucharist 9 Friendship Soup assembly 9:15 Formation Hour 10:15 Guiding RAY classes 10:15 Choral Eucharist 3-6 HV rehearsal 4-6:30 OC rehearsal 7 12-step meeting	13 9 Staff meeting 9-1 Garden Club 12 Noonday Prayer 3 CARE meeting 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	14 9 ² -12 ² Art Group 10 ² Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal 6/7 12-step in Aud & GR 7 Schola rehearsal—Sanct.	15 8-5 Garden Club Wrkshp 12 Noonday Prayer 4 ² -7 ² Horizon Voices 6 Vestry meeting	16 12 Healing Eucharist 3 Merton Group 6 AIAnon in GR 5:30 Fal Colonial Village	17 Office closed	18 9-12 Sparkles Drop-off
19 Pentecost 25 St. Elizabeth's Visit 8 Quiet Eucharist 9:15 Formation Hour 10:15 Guiding RAY classes 10:15 Choral Eucharist 3-6:30 rehearsals 7 12-step meeting	20 12 Noonday Prayer 3 CARE team 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	21 8:30-11 St. Elizabeth's 9 ² -12 ² Art Group 10 ² Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & G 7 Schola rehearsal—Sanct.	22 12 Noonday Prayer 6 Thanksgiving Eve Eucharist 7 Tree Lighting	23 Office closed 	24 Office closed 5-7 Souper Supper 	25 9-2 Blood Drive
26 Christ the King Sunday with Bishop Ann Ritonia 8 Quiet Eucharist 9 Advent Wreath Making workshop—open to all 10 Guiding RAY classes	27 9 Staff meeting 12 Noonday Prayer 4-6 Horizon Voice 5 Be Still 6 PCC rehearsal	28 9 ² -12 ² Art Group 10 ² Wisdom Seekers 12 Noonday Prayer 4 FLUKES rehearsal in Aud 6/7 12-step in Aud & GR 7 Schola rehearsal—Sanct.	29 12 Noonday Prayer 4 ² -7 ² Horizon Voices <i>Sparkles set-up in Auditorium & Guild Room</i>	30 ST. ANDREW 12 Healing Eucharist 3 Merton Group 5 Outreach meeting 6 AIAnon in GR 6:30 SMChoir rehearsal	12/1 Office closed	12/2 Sparkles Fair 9-1



SPARKLES' MEMORIALS CELEBRATIONS AND THANKSGIVINGS

Gather together on November 22 at 6pm to thank the Lord for our many blessings and the people who have made a mark on our lives as we light the Kyros Memorial and Celebration Tree honoring the memories of our departed loved ones and the blessings of our friends and family members.

Send the names of those you would like to celebrate with a blessing or memorial, complete this form and send the form, via email, hand delivery or place in the offering plate, to the Parish Office by **Monday, November 20 to have the name included in the celebration leaflet.**

In Memory of (please print):

1. _____
2. _____
3. _____
4. _____
5. _____

In Celebration of and Thanksgiving for (please print):

1. _____
2. _____
3. _____
4. _____
5. _____

Your Name: _____

Address: _____

Phone: _____



THE EPISCOPAL CHURCH OF SAINT MARY

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

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

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

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

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

OFFICE HOURS

MON - THU, 9 - 4

Copy deadline for Dec. AVE: Nov 17

YOUR 2023 VESTRY

Nathan Ferrell, Rector, 207-310-0268, nathanferrell@smarty.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

Rudy Israel, 917-923-9444, rfisrael@aol.com

Tom LaPlante, 272-5621, laplante@maine.rr.com

Chris Martin, 814-758-2949, foodservicechris@yahoo.com

Patrick Murray, 228-5558, patrickmurray1948@gmail.com

Pat Peard, 781-3710, peardpatricia@gmail.com

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

Ben Russell, 883-6544, blr@maine.rr.com