



"Striving to be disciples, in the Way of Jesus, by loving, serving and healing in the Name of God"

FROM THE RECTOR NOVEMBER 2023

WORSHIP SERVICES

**Sundays 8 & 10 AM
Holy Eucharist**

10 AM service on YouTube

**Wednesdays 8 AM
Healing Eucharist**

**Thursdays 11:30 AM
Centering Prayer**

SPECIAL EVENTS

**Nov. 5- ALL SAINTS DAY
Bring a Friend to Church
& Newcomers' Café**

**Nov. 11- Holiday Fair
9 AM - 3 PM**

Nelson Hall & March Room

**Nov. 15- Takeaway Meal/
Paper Pantry**

1-3 p.m.

Nelson Hall

**Nov. 18- Coffee with God
10 AM**

Kimber Chapel

**Nov. 19- Ingathering Day
& Indigenous
People's Month
Luncheon**

11:15 AM - 1 PM

Nelson Hall

**Nov. 23- Thanksgiving
Day Eucharist**

10 AM

Several years ago, my husband declared that we need a calendar reminder saying, "There are no weekends in November, just leaves and Thanksgiving." November is a busy time. Squirrels are fixing up their nests and stashing their winter supplies. Birds are flying South. Humans are prepping gardens for winter, draining irrigation systems, taking down window screens, moving boats to storage, preparing for company at Thanksgiving, the list goes on.



I want to encourage you to breathe. ... Stop for a moment to feel the breath enter your body. Listen for the pulse of your heart. ... Feel your heart receive the air from your lungs and carry it throughout your body to nourish every cell. ... Give thanks for the mystery of life that dwells in every cell of your body. ... None of us can fully understand the mystery that gives us this moment - this consciousness - this life.

We truly are *Rooted in the Abundance* of God. Recall how trees, plants, and flowers find abundance by digging their roots deep into the soil. Our soil is the extravagant goodness of God, who gives us life and breath, neighbors and friends, and a sense of gratitude and love we feel bound to share. At St. David's, we do not give in order to receive some benefit. We give because of the love we have experienced - love that nourishes us and urges us to transform God's goodness into work, service, and joy in a world that needs us.

As you fill out your pledge card for 2024, notice that one side is about your financial promise for the year, your wealth. The other side is dedicated to how you feel God is calling you to share your wisdom and your works. Wisdom is about unlocking creativity as we grow in God's mission and collaborate with other people, institutions, and churches to serve more of our neighbors. Our works bring us opportunities to roll up our sleeves, to volunteer for service, to pitch in.

As you pray about your commitment to St. David's for 2024, please tap into God's nourishing and life-giving breath. Feel the mystery of God's gift of life, given to you at this moment in this place. Listen for what your heart is calling you to do in this community. You may discover, when you are *Rooted in Abundance*, that giving is not just one more thing on a to-do list, but as life-giving as the breath that gives life to us all.

Thank you for being part of God's abundant goodness at St. David's.

**St. David's Episcopal Church, 205 Old Main
South Yarmouth, MA 02664-4529, Telephone 508-394-4222**

WARDEN'S WINDOW - JUST THANKFUL!

This is supposed to be a short message from your Wardens each month, but as I look at the list of things I want to communicate to the parishioners I could take a full page; I won't!

First of all I want to thank each and every one of you who supported our "Gift Card" drive to help complete the Building Upgrade Project. When Marsha Fredericks shared this past Sunday she mentioned sharing in abundance. You folks who gave to this drive certainly are examples of this. St. David's is blessed.



We have the 2023 Holiday Fair coming up on Saturday, November 11 from 9-3; another opportunity for us to share our gifts of time and talent.

St. David's is, once again, going to be one of the "stops" for the Annual Cookie Stroll." St. David's choir will be caroling in the back of the church Dec. 9 from 11 AM to 1 PM. Please come join us and sing a carol, or two!

Last, but certainly not least, I want to welcome Katie Bearse as she has agreed to fill a vacant position on our Vestry. Katie is an enthusiastic, knowledgeable, dedicated member of St. David's and will be a fine addition.

Faithfully, Donald R. Blackwell

VESTRY HIGHLIGHTS FROM OCTOBER 21ST MEETING

- ◆ The Vestry welcomed Katie Bearse, who will fill a current vacancy and run for a three-year term at the annual meeting in January. One more short time position is vacant.
- ◆ Money pledged but not received continues to keep our budget in a deficit.
- ◆ A motion was passed to close the Mutual Aid Network Fund (created during the Covid shutdown) and to transfer the \$580 balance into the Rector's Discretionary Fund.
- ◆ Parishioners continue to support DYECH, food pantry, TakeAway Meal and Paper Pantry programs financially and with their time.
- ◆ The window company measured the windows but ordered incorrectly so the ones that have been delivered are being exchanged for ones that are the correct size. It has been suggested that the two curbs near the cigarette disposal near Nelson Hall need to be replaced\ removed as they have been tripped over.
- ◆ Bring a Friend to Church Sunday will be November 5, All Saints Day.
- ◆ On Saturday, December 16 (during Advent), we will host another Seniors' Lunch.
- ◆ Since Christmas Eve is a Sunday this year, there will be an 8 o'clock service and the 10 o'clock service will be our Paper Bag Pageant. The Christmas Eve service will be at 7.
- ◆ Our Annual Meeting will be January 28, 2024.
- ◆ Bishop Carol Gallagher's visit has been re-scheduled for April 14, 2024.
- ◆ This year's pledge notices have been mailed. The theme is Rooted in Abundance.
- ◆ The Vestry continued discussing our outreach mission and will continue to evaluate the needs of our community at the present time and in the future, and consider ways to help address these needs. For example, the response to the recent fellowship dinner was very positive. (The dinner costs were covered by donations left in the baskets on the tables.)

Submitted by Janis Rennie for the Vestry

PRAY FOR OUR MILITARY FAMILY

MSGT Allen Bachand, Jr. USAF
LCPL Tyler Baker, USMC
CAPT Carolyn Bockrath, US Army
SGT Michael Bremer, USAF
QM1 Spencer Calvin
SGT Christopher Carlson, USAF
LCPL Preston W. Hatch, USMC
SGT Daron Hogan, USMC
SGT Connor Grace-Linnehan, US Army
LCPL Christopher Metner, USMC



SGT 1C James N. Miller, USANG
LT Erika Papenfuss, USN Nurse Corps
SGT Donovan Ramsay, USMC
PFC Andrew Scherbarth
Jonathan Spahr, USN
CAPT Noah W. Taylor, US Army
LT Kyle Treacy, USN

Endue them with courage and loyalty, and grant that they may serve without reproach; through Jesus Christ our Lord, Amen.

ST. DAVID'S PRAYER LIST - Charlie Adams, Kathryn Anschutz, Richard Banks, Debra Barclay, Margaret Barros, Dorothy Carpinteri, Joe Gora, Barbara Hall, Mark Halvorsen, Victoria Hunt, Linda Johnston, Jessica Johnston, Mackenzie Johnston, Elizabeth Keffer, Raymond, Maryann, Brian & Bellamy Korn, Kathleen Martin-Estus, Sarah Maynard, Sally Michael, Alice & Jerrold Miles, Cameron Monpoya, Sean Parent, Mark Riendeau; Anne Smaglia, Lenore Tagan, Bill Veazie, Barbara Waas, Sally Walker, Greer, Little Freddie, and Brittany; and all those who mourn the loss of a loved one, especially the Bates, Hastings, Hurley, Jordan, and Taber families.

PRAYER CARDS

Prayer Cards are in the pews and on the table at the back of the church. After filling one in, please put it in the Prayer Box on the back table. The cards are picked up regularly and the requests, which are kept confidential, are passed on to the Prayer Group members. If you would like to become a "PRAYER", please contact Elizabeth Rixham at 508-385-7450 or at rixhamb@hotmail.com. Thank You.



DYECHE CARING CARDS - Is it really November?? I know it is, but it is hard to believe!!! My one request to everyone is that you don't go to a grocery store, fast food restaurant, or any of the other places we have cards for, without paying with a card you have purchased from DYECHE. This is the busiest shopping time of the year and we all will be spending extra money over the next two months. DYECHE makes a minimum of 5 per cent on every card we sell. That 5 per cent adds up and we in turn give it to HAC to help them carry out their good work. Imagine being homeless over the holidays??? We don't want that to happen to anyone, thus the push for you to purchase cards from us. If we sell \$1,5000 on a Sunday, with a minimum of 5 per cent going to HAC, that gives them \$75.00 to help someone with a bill and keep them in their home. You know this is a "win win" situation. You have prepaid for your groceries, etc. and by doing so have helped a client of Housing Assistance Corporation remain in their home. Check out our inventory, we have to have some cards you can use for yourselves or for a gift. Claire Tyner, Sec., DYECHE



THRIFT SHOP

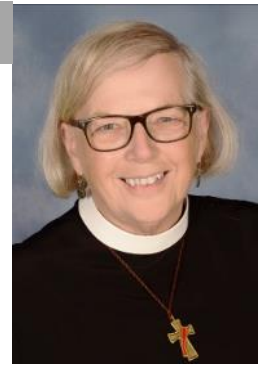
Open Thursdays and Saturdays 10 a.m. - 2 p.m.



ANNEX SALE - NOVEMBER 11 -- in conjunction with the Holiday Fair (March Room) - Grandma's Attic/All things Christmas - Santa's, Angels, Snowmen, Nativities, Lights, Holiday Clothing, Shoes and Purses

Please Note - there are no Annex Sales in December and January - the shop will be closed November 23 and 25; and December 21 - January 4.

No donations accepted when the shop is closed. Thank you.



"Spirituality involves our innate ability to connect - to connect to others, to our environment, to the transcendent mystery and to our true, deepest self." That definition comes from the Rev. Dr. John K. Graham, president emeritus of the Institute for Spirituality and Health, an organization I belatedly discovered last week during my vacation here in Houston.

Founded in 1955, the Institute pursues a mission "to enhance well-being by exploring the relationship between spirituality and health. We advance this mission by engaging in education, research, and direct service programs, guided by the recognition that humans are spiritual beings and that healthcare should reflect this reality. We are independent, interfaith, and not tied to a particular ideology or health system." (<https://www.spiritualityandhealth.org>)

The Rev. Dr. John K. Graham, MD, PhD, DMin, who served from 2010-2022 as president and CEO of this Institute, brought a unique background to this endeavor. In 1990 he left a 20-year medical practice in otolaryngology and plastic & reconstructive surgery to respond to God's call to the Episcopal priesthood. Following his 1994 ordination, he served Episcopal parishes in Austin and Houston. After retiring from active ministry, he completed a two-year fellowship in psychotherapy, then joined the Institute. After retiring from the Institute, in 2023 he earned his third doctorate, a PhD in Mind-Body Medicine with specialization in Psychophysiology.

This sounds like a fellow who subscribes to my favorite definition of reTIREment: putting new TIRES on your vehicle as you move on along life's journey. I hope I get to meet him. In 2003, the Rev. Dr. Graham published a book, *Graham Crackers and Milk: Food for the Heart and Soul*. In his first chapter, he observes:

"God's love is unconditional, but our ability to remain steadfast and manifest Jesus' love to others is conditional. How can I do that? How can I show Jesus' love to others? ...by putting ourselves aside long enough to hear what the other person is saying, long enough to recognize their need, long enough to hear their hurt and feel their pain. Then and only then can we begin to learn to love." (p14).

Learning to love is a crucial element of our Oct/Nov initiative at St. David's in Collaborative Myth-Busting. There's still time to participate. Join the 11/19 lunch, even if you don't crack or finish one of the suggested books. Listening with one another is good practice for your spirituality & health - and mine!

A handwritten signature in black ink that reads "The Rev. Maribye +".

Our Spiritual Formation Committee at St. David's invites EVERYONE to join in a parish-wide initiative to LEARN the facts that BUST these damaging MYTHS about indigenous peoples. YOU are invited to:

1. Choose one of three books to read on your own over the coming weeks.

This Land is Their Land: The Wampanoag Indians, Plymouth Colony, and the Troubled History of Thanksgiving by David J. Silverman (2019, Bloomsbury Publishing);

The Land is Not Empty: Following Jesus in Dismantling the Doctrine of Discovery by Sarah Augustine (2021, Herald Press);

The Gatherings: Reimagining Indigenous-Settler Relations, by Shirley Hager and Mawopiyane (2022, University of Toronto Press, imprint: Aevo UPT).

2. Suggest other related readings on our flip chart in the Common Room.

3. Attend our "Collaborative Myth-Busting Lunch" Sunday, Nov 19, 11:15am-1pm in Nelson Hall.

The Committee will host round table discussions. ALL perspectives are welcome and encouraged!

FOOD BASKET REPORT - With one week to go, our total for October was 346 items for The Hands of Hope Food Pantry. The current WISH LIST is: Pasta; Pasta Sauce; Chef-Boyardee; Soup; Kids' Snacks; Cereal; Mayo; Ketchup; Baked Beans; Salad Dressing; Canned Pineapple or Peaches; Brownie or Cake Mix; Cookies and Crackers; Tea; Coffee; Hamburger Helper; Stove Top Stuffing; Tuna; Spam and Canned Meats. Lots of choices! You may leave your contributions on the pew at the back of the church. Thank you everyone who enables St. David's to respond to the needs of The Food Pantry! Elizabeth Rixham, 508-385-7450

MESSAGE FROM THE MUSIC DIRECTOR . . .



In late December of 2008 I started a nearly five-year run at the Congregational Church of Mansfield, Massachusetts. Ted Newcomb was the pastor at the time. I was immediately taken with his enthusiasm, particularly as he described an unusual series he created called "Worship With a Twist." Ted explained that they held summer Sunday services in the downstairs parish hall which was significantly cooler than the sanctuary. Given a transition in organists and a lack of instruments in the hall, Ted would book folk and jazz musicians to work the service around their musical and spiritual gifts.

The next part of the story especially intrigued me. Ted said that after the upcoming summer of 2019, he would expand Worship With a Twist into a one Sunday per month offering!

As summer drew closer I began by securing the folk talents who had previously appeared, while engaging jazz and Celtic artists as well. It was so powerful to hear them share their spiritual journeys as they overcame substance abuse, depression and other challenges. Basically the sermon consisted of Ted and/or me interviewing the guests. Keep in mind that this was the United Church of Christ which governs most of the Congregational churches in New England, and is not as liturgically based as our denomination.

Now I'll back up and explain Ted's primary rationale for this series. When he first came to Mansfield his was one of three churches that alternatively hosted Sunday ecumenical services every summer. It was a classic example of, "so few come to church during the summer, why not simply take turns and get them all together?" Ted didn't buy into that and instead gave people reason to come every week. And they did.

After a couple of years I decided to take the act on the road and pitched it to UCC churches as an evening alternative. We had a large stable of acts by then and they were grateful for the special one-shot services. Federated Hyannis, Old South Union in South Weymouth, and the UCC church near Tufts University were among our frequent supporters.

Fast forward to 2023 as St. David's announced three Saturday evening services featuring Bluegrass, jazz and Celtic respectively. I was so thrilled to put my "booking agent" hat back on and round up special talent. It was especially gratifying to learn that Christina Nordstrom -- whose folk group I had engaged with Worship With a Twist -- was available for the Bluegrass service. Christina worked hard at the liturgical setting I gave her and sang it liked she owned it.

We will continue to welcome guest artists to enhance our worship. If you know of someone you would like to recommend, please let me know.

John K. Read

FAITH COMMUNITIES ENVIRONMENTAL NETWORK (FCEN)

Saint David's and South Yarmouth Quakers Hosting a Special Event

Do you wonder how to cut your energy use and are you perplexed by the many incentives and rebates now available to save on equipment and your energy costs?

Come to our **Energy Cafe** here in Nelson Hall on January 7 after the 10 AM service. Over refreshments and sandwiches, you will learn about the new incentives now available, whether you own or rent. Discover new technologies to help reduce your energy use, and you will be able to sign up for a Home Energy Assessment - recommended every two years. Hope to see you all there!

Lyn Solomon FCEN Representative for St David's



YOU ARE INVITED TO 2 HEALING WALKS

1. Thursday, November 9, 1:00- 3:00 pm White Cedar Swamp in Orleans

[Hosea's Swamp Walk Recap - Orleans Conservation Trust](#)

2. Thursday, December 14, 1:00-3:00m Barnstable Land Trust- Fuller Farm

<https://blt.org/fuller-farm>

Please email Susan Starkey, starkey.susan@gmail.com for directions on where to meet and what to bring.



Blood Drive at St. David's - November 7, 11 AM - 5:30 PM, Nelson Hall

The Red Cross Blood national supply has fallen by about 25% since early August. Right now, blood product support distributions to hospitals are outpacing the number of blood donations coming in.

So please consider donating this month. Register for an appointment at www.RedCrossBlood.org
Thank you! Becky Alden

TAKEAWAY MEAL/PAPER PANTRY REPORT FOR OCTOBER 2023

On October, 2023, we held Takeaway Meal number 80. There was an increase in the total of meals served and personal hygiene products distributed. We are blessed to be able to provide for the needy of Cape Cod and are thankful for the support we have received over the years from St. David's and the organizations and people of Cape Cod. We planned for 240 meals and served 247. Thank you to all who made sure that we had plenty of homemade/style brownies and cookies! People were also glad to get containers of the chicken and pasta left over from the Silent Auction/Dinner event.

This month, we changed the system for picking up the chickens at BJ's. In the past, we picked up the total number of chickens on the Monday before the event. After having some chickens spoil in the heat in September, we are now picking up 35 chickens to be cut up into halves or quarters and on Wednesday, picking up another 25 to be left whole for families of four. This procedure worked well and BJ's said the change was better for them. We had to use some of the backup inventory of canned goods this month and will be planning on 260 meals per month going forward.

In addition, the attendees took home bags of personal hygiene items for themselves and family members. Items distributed included 100 bars of personal soap, 60 tubes of toothpaste, 60 bottles of shampoo, 100 rolls of paper towels and 160 rolls of toilet paper. With SNAP benefits being reduced, these items will be even more important to the attendees. Donations are always welcome as are volunteers to help assemble these bags at 12:30 on the Tuesday before the event. The meals and personal care items go out in approximately 125 bags and went to 82 family units of various sizes. The Fishermen's Alliance provided several cases of seafood stew and chowder. Stop and Shop provided many loaves of bread. Covid test kits were given out free of charge. The Public Health Nurse was present to speak with the attendees and offer flu shots.

We have received financial donations from parishioners, The Cape and Islands Deanery, The United Way, The Hunger Food Network (also supports The Paper Pantry), The Episcopal City Mission, and a friend of St. David's. We received several gift cards from The Major Crisis Relief Fund to purchase food items from Stop and Shop. We recently received a grant from The Aid to The Homeless Fund and John B Tew Family Fund of The Cape Cod Foundation. The Retired Men's Club of Cape Cod and The Yarmouth Rotary also donated funds. The Family Pantry in Harwich regularly donates food items, We give special thanks to the Special Ministries Committee of St. David's for their ongoing financial support of the program.

Paper bags were generously provided by the members of St. David's. PLEASE NOTE: Donations of large brown paper bags are being accepted again! Members and friends of the parish packaged and distributed all items.

An announcement about the programs was placed in The Cape Cod Times and sent to the COA's in surrounding communities. An announcement was also placed on the Yarmouth Chamber of Commerce outdoor sign.

The next meal will be on Wednesday, November 15th. Helpers are needed to prepare and pack food on Tuesday and Wednesday mornings, starting at 9:00 AM and to distribute meals Wednesday afternoon, starting at 12:45 PM. Once again, we need cookies and brownies (NO NUTS), preferably home baked/style. Items from the grocery store are also welcome. Please note they should be dropped by 9:00 AM Tuesday morning in either Nelson Hall or The Common Room.

"Thank You" again, to everyone who makes this event happen! If you have questions, please contact Richard or Kathleen Banks, Meredith Krueger or Chris Morassi.



2023 HOLIDAY FAIR

SATURDAY, NOVEMBER 11TH, 9 A.M. - 3 P.M.

Sign up in the Common Room to volunteer for setup, cleanup and sales!
Please bring in your contributions by Friday, Nov. 10!

Baked Goodies (see Nora);

Handmade Crafts (see Tammy Blackwell, Jean and Ken Blake);

Holiday Decorations - Christmas Wreaths, Fall Wreaths, Spring Wreaths

Raffle Baskets

Local artist Ben J. McLaughlin, www.ben.n.ink.capecod.com will sell some of his pen and ink art work—including Christmas Cards.

Thank you!! Robin Ward and Kent Steinnagel



Is your Spiritual gas tank running on Empty?

Refill your soul at the
[Episcopal Cursillo Weekend](http://www.masscursillo.org)
Nov. 16-19, 2023
at LaSalette Shrine, Attleboro
<https://masscursillo.org/events.html>



Register to walk or run the 5k on Nov. 25, or donate in memory of a beautiful and loving Ezra Baker School second grader who passed away suddenly on November, 27, 1990. Proceeds support CALMER CHOICE programs in our schools.

Deanery Assembly Report from Sept 28, 2023

Respectfully submitted by Robin Ward

- This Assembly was held via Zoom due to Covid outbreaks.
- The minutes for the March 23rd were approved.
- We welcomed newly elected leaders: Clergy Co-convener, 3 yr, The Rev Max Wolff, St Paul's Nantucket; Lay Diocesan Council Rep. 3 yr, Connie Melahoures, Christ Church Plymouth; Secretary 1 yr, Dicky Allison, Church of the Messiah, Woods Hole; Treasurer 1 yr, Jean Taft, Church of the Messiah, Woods Hole; and Technical Liaison 1 yr, Helen Gordon, Church of the Messiah, Woods Hole. The following people are continuing their terms, Dean (appointed by the Bishop), The Rev. Dean Bernier, Church of the Good Shepherd, Wareham; Clergy Diocesan Council Rep. The Rev Donna Foughty, Christ Church, Harwich; and Lay Co-Convener, Celia Calhoun, Church of the Holy Spirit, Orleans.
- The next Assemblies are scheduled; Jan 25, 2024 via Zoom; April 11, 2024 via Zoom; and May 30th, Hybrid either at the Church of the Holy Spirit in Orleans or St Paul's in Nantucket.
- The Rev. Brian Raiche, was welcomed as the new of St Mary's of the Harbor, Provincetown. His institution will be on Friday, Nov 3rd at 6:00 pm.
- A Mission Grant from the Diocese was awarded to The Church of the Holy Spirit in Orleans for their summer program, Food 4 Kids. The Mission Initiatives committee was impressed by their program.
- Convention is on the 27th and 28th of October.
- Cape and Islands Cape-wide Confirmations will be held April 13th at Church of the Holy Spirit, Orleans.

*****SPECIAL MINISTRIES*****

The Special Ministries Committee will meet on November 18 at 9 am in the March Room. Please let Linda Halvorsen know if you will NOT be able to attend.

Coffee with God
November 18th
10:00 - 11:30 am

Join us in the Kimber Chapel for coffee and conversation about our spiritual journeys.



SOCKS FOR TOTS
OCT. 15th - DEC. 3rd



Jean Blake will be collecting socks for kids - newborn to children's size 12 for the ABC Baby Center in Hyannis. Your donations will help keep many little feet warm this winter. Please look for the box in the Common Room labeled **SOCKS FOR TOTS**. Thank you.

KUDOS on October 14th SILENT AUCTION



Thank you to all who donated baskets, came to dinner and participated in the Silent Auction!
We raised over \$2,300 for the ministries of St. David's.



ST. DAVID'S EPISCOPAL CHURCH
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office@stdavids4222.comcastbiz.net
Office Hours: Mon-Thu 9:00am-1pm,
Website: www.stdavidscapecod.org

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