



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

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

Newcomer's Cafe

Sun., Feb. 4, 9 AM
March Room

Coffee with God

Sat., Feb. 10, 10 AM
Kimber Chapel

Valentine Cookie Sale

Sat., Feb. 10, 10 AM - 2 PM
Common Room

**Mardi Gras Potluck
Luncheon**

Sun., Feb. 11, 11:30 AM
Nelson Hall

Ash Wednesday

February 14th
8 AM Holy Eucharist with
Imposition of Ashes
6 PM Choral Eucharist with
Imposition of Ashes

**Takeaway Meal/Paper
Pantry**

Wed., Feb. 21, 1-3 PM
Nelson Hall

FROM THE RECTOR FEBRUARY 2024

Delight in the Lord, and he will give you the desire of your heart. Ps. 37:4

Winter in New England is an exercise of sensory deprivation, grey sky, grey trees, grey water, grey clothes, grey moods. Occasionally, friends return from a Caribbean Island or other points South and remind us that there are still butterflies and birdsongs in the world. If we can just hold on till Spring, when the earth and our souls will again be renewed. But right now, we crave warmth and growth, fresh air and colors and smells. Our souls need beauty to keep us alive, and it is easy to despair.



My husband and I recently had an odd conversation at a B&B. Our host seemed consumed by a negative view toward people, governance, and commerce. She touted a theory that a small number of people have influence over our food, our minds, and our collective will. She seemed to delight in finding evidence to substantiate her despairing world view, and was caught in a cycle, seeing and hearing only what she wanted to see and hear. I was reminded what a gift it is to have a life of prayer, to start and end each day drinking in God's loving-kindness.

I wondered if this woman's view might be different, if she shifted from the imbalance of her negative inputs toward a greater number of positive ones. Psalm 37 reminds us that we will not fill our hearts by delighting in ourselves. When we *delight in the Lord*, we discover that the deepest desires of our hearts - for love, hope, and connection can be fulfilled. This is where the season of Lent fits into our spiritual formation.

Please do not think of Lent as a time to *add* to your sensory deprivation. Use this time to "shift the balance" of what you take into your mind and heart. Turn off the steady stream of bad news for a while. Take a walk outside or sit in silence. Open the Bible or your prayer book. *Delight in the Lord*, the source of love, life, and joy. Add beauty. Take a trip to Cape Cod Museum of Art. Go to a concert or a pub with live music. Check out a beach or pond you have never been to. Find connection. Join our Wednesday Spiritual Practices brown bag, Thursday Centering Prayer brown bag, or Friday Stations of the Cross suppers. Join our Messy Church crew to prep for March 23.

Use the 40 days of Lent to practice finding little bits of joy and prepare yourself for the overwhelming JOY that is offered to us in Easter.

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

WARDEN'S WINDOW

I am looking forward to my term as co-Warden along with Judy Lundsten. We have had some preliminary discussions and have met with Rev. Andi on plans for the ensuing year. We are certainly blessed to have such a caring, accepting, loving, and passionate Parish family, and I have no doubt that we will have your full support as we endeavor to fulfill the many duties that come with the Office of Warden.

One area of concern for St. David's is of course the budget deficit. The Vestry spent many hours over numerous meetings to present a budget that was manageable with as little deficit as possible. So what can we do to help reduce this deficit? One suggestion would be to more vigorously support our various fund raising programs with our time, talent, and treasure; the Valentine Cookie Sale, the Thrift Shop, the Food Trucks without a Truck, the Holiday Fair and the Cookie Stroll. If we can successfully grow these programs, then it stands to reason that the income will grow.

In closing, I would just like to say that I consider it an honor to be your Warden and will strive to do my best for this wonderful God-given Parish.

Yours in Christ, Jim Logan



VESTRY HIGHLIGHTS FROM JANUARY 13th MEETING

- ◆ Parishioners continue to support DYECH, Food Pantry, TakeAway Meal and Paper Pantry programs financially and with their time. The programs have grown during the past year.
- ◆ The January 7th Energy Cafe regarding free energy audits was a huge success for the 32 parishioners who attended and for those providing the information.
- ◆ A motion was passed to accept the proposed budget for 2024. It will be presented at the Annual Meeting.
- ◆ An organizational meeting for Holiday on Old Main Street is scheduled for Thursday, January 18 at 2:25 in the March Room. The fair will be held November 9, during the long Veterans' Day weekend.
- ◆ The Vestry discussed the current locking of the Sanctuary and will consider what should be done to keep our church open and safe.
- ◆ Enough people have signed up so we will offer another cohort of On Sacred Ground, but there is still room for more participants!
- ◆ Marilyn announced that she will retire June 30th and this news was met with mixed emotions.
- ◆ Our Annual Meeting is January 28 (one service at 9 am).
- ◆ The Vestry Retreat is scheduled for February 17, 8am-2pm, at Bass River Yacht Club.

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 - Kathryn Anschutz; Alex Baker; Ellie Baker; Jeffrey Baker; Tyler Baker;



Kathleen and Richard Banks; Debra Barclay; John & Judy Black; Kara Black, Dorothy Carpinteri; Mary Carney; Kerry Clair; Sandra Cole; Savannah Curro, Karen Ferguson; Joseph Gora; Barbara Hall; Mark Halvorsen; Bonnie Harrelson; Heather; Bill Heins; Savannah Heins; Barbara Henderson; Linda Johnston; Mariella; Ward & Linda Kaiser; Nikki Kay; Phyllis MacKinnon; Billy Mahlock; Kathleen Martin-Estus; Sally Michael; Matthew Neal; Betty Norton; Sunny O'Neill; Shirley Peterson; Steve Purdy; Anthony Rhodes; Monica Schmidt; Jack Senesac; Sue Shaw; Henry and Patricia Skerry; Jessica Smille; Ray St. Germaine, Lenore Tagan; Barbara Waas; Sally Walker; Erin Walsh; Barbara Wenberg; Alan, Austin, Ernie, Danielle, Marina, Nancy, Stephanie, Emily, Lisa, Sheila, Brian K. and the Barcroft, Black, Blackwell, Cacioppo, Doane, Eldridge, Gibson, Hankinson, Hunt, Khachadorian, Lohman, McGrath, Murray, Richardson, Saccocia, Scott, Taylor, Tyner, Vigliano and Ward families who mourn the loss of a loved one.

FOOD BASKET REPORT - With one week to go, our total for January was 332 items for The Hands of Hope Food Pantry! The current WISH LIST is: SOUP, SOUP, SOUP; Spaghetti; Spaghetti Sauce; Cereal; Mayo; Ketchup; Vegetable Oil; Canned Corn; Boxed Mashed Potatoes; Juice Boxes and Kids' Snacks; Canned Pineapple; Brownie, Cake or Corn Muffin Mix; Hamburger Helper; Tuna; Spam; Beef Stew; Canned Chicken. 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.



DYECHE CARING CARDS - Well, we got through January and February is a short month. The days are getting a little longer and we have some better weather coming. (Don't put the snow shovels away yet!). We all must think of the folks who have lost their housing due to the fact they did not make a payment or two on rent, or a car repair so they can get to work and earn the funds to pay their bills! Some folks could be your neighbors and are just in need of a little assistance. Please continue to use any of our Caring Cards when you go to the grocery store, a fast-food restaurant (i.e. MacDonald's, Burger King, Subway, Papa Gino's, Wendy's, D'Angelo's or the 99 to mention a few). Please stop by the DYECHE table after both services and pick up a few cards for your use and you will know that a percentage of the sales will go to Housing Assistance Corporation. Questions.....just ask me. Claire Tyner, Sec., DYECHE

Coming UP! LENTEN FRIDAYS- Stations of the Cross -5pm

SIGN UP NOW! to LEAD PRAYERS &/or BRING SOUP!

For 6 Fridays in Lent (2/16, 2/23, 3/1, 3/8, 3/15, 3/22) at 5pm, we'll gather in the Sanctuary or outdoors (weather permitting) to walk and pray through the Stations, then stay afterwards for soup, reflection and fellowship. ALL are WELCOME to attend; no sign up necessary.

We do need:

SIX people (or teams) who'll sign up to LEAD the Stations prayers
(Liturgy is provided) one week.

SIX people (or teams) who'll bring the SOUP (of your favorite recipe!) one week.

PLEASE SIGN UP to LEAD &/or to BRING SOUP for a Lenten Friday on the clipboard sheet in the Common Room.



Thank you, Rev. Marilyn

NEWS FROM THE DEACON - *Switching Seasons*

Throughout January and for another two weeks we celebrate the season of Epiphany, the eye- and heart-opening "AHA!" season, as I like to think of it. During Epiphany season we recall the first AHA! manifestation of Jesus to Gentiles, the three wise men. We honor the early AHA! manifestations of Jesus' divinity, with the dove descending at His baptism in the Jordan and with His first miracle at the Cana wedding. We revisit His first calls to discipleship. We celebrate that Jesus calls us to follow, still, today.



Soon we'll shift liturgical and reverential gears and embark upon the season of Lent. This year Lent begins on Valentine's Day, which may seem incongruous. Give up chocolate on the biggest chocolate celebration of the year? That's a tough one! It reminds me of pangs I felt as a pre-teen, on the mile-long walk home on city sidewalks with my beloved Aunt Mam, my godmother, after our church's Wednesday night Lenten services. I'm her eldest niece. The younger kids weren't invited. We'd stop halfway for something warm to drink - not hot cocoa, since I'd dutifully given up chocolate for Lent - at the only open place, an ice cream parlor. They also made chocolates. As Lent progressed, their shelves became crammed with sweet aroma stuff for sale: huge Easter bunnies, fancy Easter eggs. Torture. It took years for me to learn that giving up chocolate isn't the only way - or even the preferred way - to observe Lent.

In the Feb/Mar 2024 issue of Sojourners, Rosa Marie Berger, a senior editor at Sojourners, writes: "Lent is a penitential season, an invitation to bear [and bare!] our souls, to take our layered defense systems offline, to give God consent to look deeply within us. 'Penance' is the action we take to acknowledge and repair harm. While it's important to act to repair the harms that we know we've caused in our relationships and communities, the Christian tradition also recognizes that we are all part of sinful systems.

"Every institutional sin or social injustice has roots in individual choices, in each one's conscience. This doesn't mean that we take responsibility for everything (hubris) - but we do track down and repair our part in the supply chain (humility). ...'Principalities and powers' ... tempt us to despair by constantly advertising that we have no moral agency and are complicit in harms we cannot repair. Why not just give up? whisper the powers.

"The traditional Lenten acts of penance are prayer, fasting, and giving aid to those who are poor. The genius here is in restoring our moral agency ... so that we can summon the courage to stay on the Way of the Cross."

This year our Episcopal Church offers a series "Life Transformed: The Way of Love in Lent," found [HERE](http://episcopalchurch.org/life-transformed) (episcopalchurch.org/life-transformed) to add to your individual Lenten learning and meditation. The series has 8 brief videos with the Rev. Dr. Hillary Raining, rector of St. Christopher's Episcopal Church in Gladwyne PA. The Introductory video is followed by 7 that tie our Easter Vigil scripture readings to the 7 practices of the Way of Love: Rest, Turn, Learn, Pray, Worship, Bless, Go. At the same website, you can find the series in a single Quiet Day format, if you prefer to binge it, as I plan to do on February 14, 2024, the last day of my vacay in TX.



THE WAY OF LOVE
Practices for Jesus-Centered Life

Switching seasons into Lent on Valentine's Day is not incongruous after all. Both are steeped in LOVE.

The Rev. Maribye +

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.



MESSAGE FROM THE MUSIC DIRECTOR . . .



Last April Rev. Ernest Ryden, a retired Lutheran pastor and longtime member of First Lutheran Church in West Barnstable, died after a long illness. To say Ernest was a person of many interests would be a gross understatement. Of course with these interests came a plethora of books, recordings, tools, musical instruments and other treasures his surviving spouse Lois was left to donate. Knowing my interest in hymnody and denominational history, Lois generously offered me as many books as I wanted. I thus took about a dozen books, many of which bore signatures from authors and personal notes to Ernest. Lutheran though he was, his collection represented a cross-section of Christian denominations.

One such volume was of particular interest to me -- the Companion to the 1940 Episcopal Hymnal. Part One contains Historical Essays of Texts and Tunes. Here we learn the exhaustive history of so many time honored hymns, as well as stanzas long since forgotten. Here are some examples of the latter:

Hark! The Glad Sound! The Saviour Comes!

He comes from the thick films of vice to clear the mental ray
And on the eyeballs of the blind to pour celestial day

Angels, From the Realms of Glory

Sinners, wrung with true repentance, doomed for guilt to endless pains
Justice now revokes the sentence, mercy calls you, break your chains

Hail The Day That Sees Him Rise

There the pompous triumph waits
Lift your heads, eternal gates
Wide unfold the radiant scene
Take the King of Glory in

Part Two presents Biographies of Authors, Composers, Translators, and Arrangers. More on this section next time.

John K. Read



STOP & SHOP BLOOMIN' 4 GOOD PROGRAM

We are so excited to let you know **St. David's Episcopal Church Paper Pantry and Takeaway Meal** has been selected again by the Store Leadership Team as a **Stop & Shop Bloomin' 4 Good Program Nonprofit Partner!** St. David's TakeAway Meal/Paper Pantry Program will receive \$1 for each specially marked \$10.99 Bloomin' 4 Good

bouquet sold during the month of **February 2024** at 474 Station Avenue, South Yarmouth. What a great time to remember your Valentine with flowers and help out a great cause too!! Thank you, Richard Banks



2024 Holiday Fair

Everyone NEEDS to mark their calendars for the 2024 St. David's Holiday Fair on Old Main, which will be NOVEMBER 9th!!!! WE all NEED to STEP UP! So, when you're out and about shopping, look for sales and purchase anything and everything that has to do with Christmas; think about anything and everything that can be put in a raffle basket, buy craft items, etc., etc.

If any of you can think of some different craft items to sell, let's have a Craft Workshop. Please contact me via email or phone (RWARD722@aol.com, (508-737-2322). Thank you, Robin Ward (and her worker 'birds')



Takeaway Meal/Paper Pantry Report - On January 17, 2024, we held Takeaway Meal number 83. The total number of people who received meals and personal hygiene products was 219, which is down from last month. A factor may have been the extremely cold weather. We had planned for 300 meals. The leftover chicken and mashed potatoes were frozen and will be served at the next meal as well as items such as Goldfish and store bought cookies. Perishables were left for the attendees of the self-help program held that night in Nelson Hall. Everyone received home baked brownies provided by members of St. David's and cookies, which were leftover from the South Yarmouth Librarian Association's Annual Cookie Stroll.

The fruit was provided by a member of St. David's. Their monthly donation over the years has been a major help in controlling our costs. In addition, the attendees took home bags of personal hygiene items for themselves and family members. Items distributed included 180 bars of personal soap, 95 tubes of toothpaste, 95 bottles of shampoo (even months) 180 rolls of paper towels and 275 rolls of toilet paper, Kleenex tissues (even months. With SNAP benefits being reduced, these items will be even more important to the attendees. Donations are always welcome and can be left in the Common Room anytime. Volunteers are welcome to help assemble these bags at 12:30 on the Tuesday before the event. The Cape Cod Commercial Fishermen's Alliance provided containers of fish stew which we distributed. The Public Health Nurse was there to speak with the attendees and the Barnstable County Nutritionist was available to provide information and to help distribute samples of nutritious carrot soup. Covid test kits were given out free of charge. Flower Angels provided flower arrangements. 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. We also received donations from some of the attendees. 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 COAs in surrounding communities. An announcement was also placed on the Yarmouth Chamber of Commerce outdoor sign. The next meal will be on Wednesday, February 21st. 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. As always, we need COOKIES and especially BROWNIES (NO NUTS), preferably home baked/style. 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 helps make this event happen. We couldn't do it without you! If you have questions, please contact Richard or Kathleen Banks, Meredith Krueger or Chris Morassi.

BREAD MAKERS WANTED



As part of the Greeters ministry we like to give out a small loaf of home made bread to guests, visitors, first timers, etc. If you like to make small loaves of bread we would greatly appreciate your setting aside a few for this ministry. You can bake any kind of bread just do not include nuts in the recipe. Please use a disposable loaf pan as we cannot guarantee that your pans would be returned. Simply place the wrapped loaves in the freezer compartment of the

refrigerator in the Common Room with a note indicating what the loaf is and that it is for the Greeters. We will then place the loaves in bags with a welcoming message on the outside. Thank you. Contact Richard and Kathleen Banks with any questions you might have.



Blood Drive at St. David's - February 6, 12- 4:30 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

VALENTINE COOKIE SALE, FEBRUARY 10, 2024, 10:00 AM - 2:00 PM

Our Valentine Cookie sale will be held in the Common Room on Saturday, February 10, 2024, 10:00 AM - 2:00 PM. Please consider baking cookies for this fundraiser for St. David's. You can drop your cookies off in the Common Room Friday afternoon from 3:00-5:00 pm.



PLEASE LABEL YOUR COOKIES WITH THE TYPE OF COOKIE AND WHETHER IT HAS NUTS

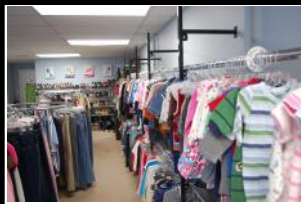
The cookies will be sold by the box or bag. You fill your own box or bag with the cookies you choose.

COOKIE BOXES ARE \$12.00 each and COOKIE BAGS ARE \$5.00 each

***PLEASE CONSIDER SUPPORTING THIS GREAT FUNDRAISER
SPREAD THE WORD TO FAMILY AND FRIENDS!***

NOW IS THE TIME TO BAKE BAKE BAKE ALL YOUR FAVORITE COOKIES!!

Thank you, The Cookie Committee



THRIFT SHOP - Another new year, another new Annex Sale schedule! Our basement storage space is full to overflowing with wonderful items that we just don't have space for in the shop on a regular basis. If you have items to donate that fit the category, please drop them at the shop 2 weeks prior to the sale. That gives us time to process and price.

MARCH 2 (NH) Crafts, fabrics, yarn, repurpose, frames, Antiques and Oddities

MARCH 30 (NH) (Not a mistake -- travel plans interfere) Books, Media, Jewelry, Puzzles, Games

APRIL -- TO BE HELD ON MARCH 30

MAY 4 (NH) Dishes, place settings, serving pieces, glasses, table linens, flatware

JUNE 1 -- (outside, weather permitting) Plants (preferably YOUR cape cod perennials) garden and house, all things gardening, -- tools, books, pots, outdoor furniture

Also, the shop very often is given BRAND NEW, STILL IN THE BOX ITEMS. We have put these items aside. They are available to any member of the parish, at no cost, for inclusion in your holiday fair raffle basket. Come see us when the shop is open. Thank you! Marsha Fredericks



COMMUNITY BOOK DRIVE

Sponsored by the MLK Action Team of the Nauset Interfaith Association



This year's Community Book Drive is benefitting the third grade classroom libraries of the Dennis-Yarmouth Regional School District, home of the fastest-growing Black, Indigenous, People Of Color (BIPOC) student population on Cape Cod. Let's support our schools by donating new books featuring children from a variety of cultures and ethnicities.

Participating book vendors are: Belonging Books <http://www.belongingbookscapecod.com>, Below the Brine, Harwichport; Brewster Bookstore, Brewster; Sea Howl, Orleans; and Where the Sidewalk Ends, Chatham. Or with a donation, we can buy the books for you! Please see Becky Alden for more information.

Coffee with God
February 10th
10:00 - 11:30 am



Join us in the Kimber Chapel for coffee and conversation about our spiritual journeys. Please bring your own coffee.

Rev. Andi Taylor, Rector

ST. DAVID'S MEN'S GROUP MEETING

Thursday, Feb. 22, 6:30 PM, Common Room



Mardi Gras

Potluck Luncheon

Sunday, February 11th
11:30 Nelson Hall



Enjoy food, fellowship, games and music from New Orleans.

Please bring the following:

Last names A - M -- Salad

Last names N - Z -- Main Dish



Mass Poor People's & Low Wage Workers' Assembly,
March 2, 11:00 am, Boston Common

ST. DAVID'S EPISCOPAL CHURCH
205 Old Main Street
South Yarmouth, MA 02664-4529



(508) 394-4222
office@stdavids4222.comcastbiz.net
Office Hours: Mon-Thu 9:00am-1pm,
Website: www.stdavidscapecod.org

PLEASE
PLACE
STAMP
HERE



Follow us on 
at St. David's Episcopal So. Yarmouth