



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

**FROM THE RECTOR ..... JANUARY 2024**

**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., Jan. 7th, 9 AM  
March Room

**Energy Café**

Sun., Jan. 7th, 11:30 AM  
Nelson Hall

**Sacred Ground Inquirer's  
Session**

Sun., Jan. 7th, 1 PM  
March Room

**Red Cross Course on  
International**

**Humanitarian Law**

Sun., Jan. 21st, 11:30 AM

**Annual Parish  
Meeting**

Sun., Jan. 28th  
9 AM Service Only  
(no 8 or 10  
service)

*Glory to God whose power, working in us, can do infinitely more than we can ask or imagine. Ephesians 3:20*



At our December 20 Paper Pantry and Takeaway Meal, we were surprised to serve nearly 300 people. Even with viruses keeping some workers home, the cooking, packing, and distributing teams pulled off their greatest feat yet.

We gave out food, toiletries, winter coats, and gift cards. Kudos to God's power working through so many to do infinitely more than we could imagine. Several clients shared their gratitude for the abundance of kindness they continue to find from the St. David's community.

As we begin 2024, I would like to ask for your support in taking on a new way to serve our local community. With the vestry's encouragement, I would like to introduce the idea of monthly gatherings called Messy Church. This idea sprouted in England as a way to invite, welcome and connect with people and families who may not have a connection with a Sunday morning worship community. From the website [messychurchusa.org](http://messychurchusa.org).

At Messy Church, all ages meet together to learn about Christ through games, crafts and activities, music, and storytelling from the Bible. A foundational ingredient of Messy Church is to gather around a table for a snack or meal and build relationships with each other, God, and the world.

I will be working with our Spiritual Formation Committee to pull together teams for welcoming, crafting, storytelling, music, and meal prep, as we develop our own rhythm of Messy Church at St. David's. This is a great way to gather cross generations and enjoy one another's company. When God's power is working in us we can certainly do more than was otherwise imaginable.

I look forward to sharing more about this at our Annual Meeting at 9:00 am on January 28. See you all then!

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

## **WARDEN'S WINDOW**

The fact that my term as a warden here at St. David's has come to an end is difficult to wrap my head around. The time has flown by. I love that we, as a church community, are such a giving group of people, as I believe you all are. The more you get involved in St. David's parish life, the more you learn about the many aspects of giving/outreach that take place. The good Lord has definitely blessed us!

That being said, I want to share a concern. Our main building that houses the church, the Common Room, the March Room and the Preschool needs upgrading. We set out to do this in three phases. The first two phases are nearly complete, thanks to a number of folks who contributed with one of the "Gift Cards," and the Pond Fund. Phase two shingling and window replacement should be completed soon. We now have Phase three of shingling and window replacement to do in order to finish the entire upgrade project.

While my active solicitation for funds for this much needed project have stopped, the receiving of contributions has not. Any amount, large or small, will be greatly appreciated. If you haven't given a gift in Memory of a loved one, in Honor of someone, or a straight out gift to St. David's, please pray about doing so. You can do this by sending a check to the church office or dropping one in the offering plate with a note on the "Memo" line- "Building Upgrade Project."

Thank you. And may I say, it has been an honor to serve as one of your Wardens.

Faithfully, *Donald R. Blackwell*, Warden



## **VESTRY HIGHLIGHTS FROM DECEMBER 16th MEETING**

- ◆ Our current budget continues in a deficit. Rev. Andi, the budget committee and the Vestry continue to study what can be done to propose a workable budget for 2024.
- ◆ Parishioners continue to support DYECH, Food Pantry, Takeaway Meal and Paper Pantry programs financially and with their time.
- ◆ A motion was passed to use up to \$9,000 from non-operating funds to replace the two red doors in the Common Room with new doors with panic hardware.
- ◆ Parishioners will have an opportunity to sign up for free energy audits after the 10 o'clock service on January 7 at our Energy Café.
- ◆ We will sponsor a 2nd and 3rd grade girls team for Youth Recreational Basketball.
- ◆ The following motion was passed to conform to tax law: The Rev. Andrea S. Taylor shall receive a salary of \$51,500 and a housing allowance of \$38,900 for the year 2024. The housing allowance shall be so designated in the official church records.
- ◆ The Vestry endorses the concept of Messy Church as an alternative to Sunday School.
- ◆ Andi will be away from December 27 to January 2nd.
- ◆ Annual Reports are due January 10, and 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** - Fr. David Angelica; 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; 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; Lenore Tagan; Barbara Waas; Sally Walker; Erin Walsh; Barbara Wenberg; Austin, Ernie, Danielle, Marina, 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 two weeks to go, our total for December was 361 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.



**DYECH CARING CARDS** - Where has this year gone? It certainly went fast. I wish you all a Very Happy New Year. One that will bring us all good health, good fun and to continue helping our "neighbors" remain in their homes. We all know that the \$100 card we have purchased for a grocery store doesn't go too far these days. I have noticed more and more folks are purchasing \$200 worth of cards just to keep up with their usual weekly list. We are fortunate to be able to pay the additional amount, but what about the folks who can't do that! HAC depends on DYECH and other such organizations around the Cape, to donate to their Homeless Prevention Program. HAC doesn't give the money directly to a client but will take care of paying whatever bill needs to be taken care of. Anything we can do to help folks remain in their homes is more than appreciated. Let's start the new year off by making sure you have a grocery card in your wallet before you go shopping. Remember that 5 per cent of the face value goes to HAC. I would like to see some new folks purchasing cards. You will be amazed at how good you will feel knowing you are helping some folks out. Thank you, Claire Tyner, Sec., DYECH

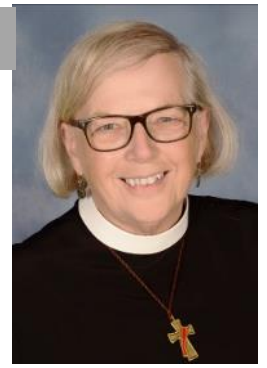
## COMMUNITY BOOK DRIVE

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.belongingbookscapcod.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.



As we enter this most recent LEAP YEAR, it would be wonderful to anticipate that only GOOD things will happen in the coming months: I will keep my latest list of resolutions. You and I and all our family and friends will enjoy the very best of health and well-being. Swords and guns here and around the world will all turn into plowshares. Justice will prevail for all people. So will civility and generosity.

Yet, all around us, close to home and far off, is plenty of evidence that 2024 might not be much of a LEAP forward after all. News of wars, atrocities, epidemics, natural disasters, injustices, incivilities, addictions and greed continues to barrage us. When so much is going wrong, and there seems to be so little we can do to make a difference, it's tempting to just check out, to go numb. An essay: "That Numbness You're Feeling? There's a Word for It." by Adam Grant on New Year's Day in The New York Times caught my eye. (If you subscribe, it's here: <https://www.nytimes.com/2024/01/01/opinion/israel-war-empathy-pain.html>)

"A common conclusion is that people just don't care. But inaction isn't caused by apathy. It can also be the product of empathy... hurting for others while feeling unable to help. ... Early researchers labelled it 'compassion fatigue' and described it as the 'cost of caring.' But two neuroscientists, Dr. Olga Klimecki and Dr. Tania Singer [both of Germany] discovered that 'compassion fatigue' is a misnomer. Caring itself is not costly. What drains people is not merely witnessing others' pain but feeling incapable of alleviating it. ...

"Although they're often used interchangeably, empathy and compassion aren't the same. Empathy absorbs others' emotions as your own: 'I'm hurting for you.' Compassion focuses your action on their emotions: 'I see that you're hurting, and I'm here for you.' ...

"The research team taught their participants to respond with compassion rather than empathy - focusing not on sharing others' pain [which lit up participants' own neural networks of pain] but on noticing others' feelings and offering comfort. A different neural network lit up, one associated with affiliation and social connection. This is why a growing body of evidence suggests that compassion is healthier for you and kinder to others than empathy: When you see others in pain, instead of causing you to get overloaded and retreat, compassion motivates you to reach out and help. ...

"Your small gesture of kindness won't end the crisis in the Middle East, but it can help someone else. And that can give you the strength to help more." It always energizes me to discover areas where modern research catches up with and confirms biblical teachings. What better commitment can we make in 2024 than this one?

"So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it." (Colossians 3:12-14, The Message).

### **START A NEW ADVENTURE: EXPLORE THE SACRED GROUND SERIES**

There is hope – there is a way - and we have begun. That's exactly how I felt when my series of Sacred Ground sessions ended last Fall. Beginnings are exciting whether they mark the start of a new year (hello 2024!), reading a much anticipated new book, watching a thought provoking TV series or going on an adventure. Participating in a Sacred Ground series encompasses all these and a great deal more.

- Do you enjoy history? Just wait, in Sacred Ground you will be able to see aspects of American history that you probably didn't learn in school.
- Do you enjoy learning more about people? Sacred Ground readings and videos introduce you to families and individuals who will stay with you long after you've read the page or ended the video.
- Do you want to learn more about yourself? In surprising, sometimes humorous and often thought provoking ways, Sacred Ground conversations are warm and comfortable places in which to explore your own ideas and feelings.

Now, I see that a new Sacred Ground Dialogue Circle is forming here at St. David's. You might be surprised to discover what you find if you choose to participate. Planning is underway for post-Sacred Ground action as we join others as part of Beloved Community (learn more about that in the Sacred Ground series). I hope you will join us.

Submitted by Diane Growitz

## MESSAGE FROM THE MUSIC DIRECTOR . . .



As a music director, I find feast days to be especially enriched by the presence of certain hymns. For me Advent would not be complete without "Come, Thou Long Expected Jesus" or "Lo! He Comes With Clouds Descending." Both are given to a variety of hymn tunes, but for the latter I stick to the soaring "Helmsley" which is the only tune allowed for it in the United Kingdom! Then on Christmas I especially favor "Hark! The Herald Angels Sing." Easter brings us "Jesus Christ is Risen Today," albeit with the final verse borrowed from "Christ the Lord is Risen Today." Ascension Day is punctuated by the glorious "Hail the Day That Sees Him Rise." Finally on Christ the King Sunday, we "Rejoice! the Lord is King."

We can thank one hymn writer for these treasures: Charles Wesley (18 December 1707 – 29 March 1788). He and his elder brother, fellow Anglican pastor John Wesley, formed the Methodist movement within the Anglican church and its subsequent offshoot into its own denomination. While John was the organizational leader of Methodism, Charles imbued the movement with the words to no fewer than 8,989 hymns. Outside of feast day selections, the Wesley selections we most regularly use are "Love Divine, All Loves Excelling," "O For a Thousand Tongues to Sing," "Ye Servants of God, Your Master Proclaim," and "Jesus, Lover of My Soul." In later years renowned Congregational pastor Henry Ward Beecher -- a man not usually given to modesty -- unabashedly declared, "I would rather have written that hymn of Wesley's, 'Jesus, Lover of My Soul,' than to have the fame of all the kings that ever sat on the earth."

John Wesley also held his brother's hymnological acumen in high esteem for the most part. However, he sometimes considered Charles a bit of a cornball. Here is the first of several verses Charles wrote for a funeral hymn:

*Ah, lovely appearance of death! What sight upon earth is so fair?  
Not all the gay pageants that breathe can with a dead body compare.  
With solemn delight I survey the corpse when the spirit is fled,  
In love with the beautiful clay, and longing to lie in its stead.*

If you want me to set this to a tune for an upcoming event, just say the word.

As time passed, John Wesley was delighted to see the Methodist church continue to take hold. Charles, however, was Anglican to the core and ultimately embraced the tradition with which they were both raised. Denominational orientation notwithstanding, Charles Wesley wrote hymns befitting every conceivable church occasion. No other hymnist was nearly as prolific as Charles Wesley -- nor as widely varied in theological subject matter. It can well be argued that he was the finest hymn writer of all time. Indeed, Charles Wesley was a man for all seasons.

*John K. Read*

**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.



## 2024 Holiday Fair

I know, I know, we just finished having our 2023 Holiday Fair in November, we have just celebrated our Lord's birth, and we are now ringing in the New Year! 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 this January, take advantage of the post-holiday sales and purchase anything and everything that has to do with Christmas; purchase or re-gift anything and everything that can be put in a raffle basket, buy craft items, etc., etc. (If you were lucky enough to have raw oysters for the holidays, please clean and save the shells for some crafting.)

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')

## **"International Humanitarian Law: Even War Has Rules"**

**Sunday, January 21st at 11:30 to 1pm.**

When you watched the hostage exchange in Israel last month, and saw those white sedans with "International Committee of the Red Cross" on the side and those white flags, did you wonder how or why they were there? We will be looking for some of the answers to those questions, plus others you may have during a one-hour course presented by the American Red Cross, Massachusetts Region. We will meet in Nelson Hall, present the course from 11:30 to 12:30, and then share conversation over a light lunch of soup and bread.

The course "International Humanitarian Law: Even War Has Rules" will provide a concise overview of the historical inception and present-day view of the International Red Cross Red Crescent Movement including the American Red Cross. An outline of the development of International Humanitarian Law (sometimes called the "Law of War") from pre-modern times through the Geneva Conventions and Additional Protocols that were made after World War II is part of the course.

Our instructor, Craig Smith, will be presenting the course virtually. He is a retired attorney who, following graduation from Harvard Law School in 1981, worked for six years as a criminal defense attorney with the Massachusetts Committee for Public Counsel Services and then for the balance of his career as Clerk Magistrate of the Juvenile Court in Worcester, MA. He is currently an International Humanitarian Law Instructor where he teaches the one hour course to policy makers, students, and partner agencies (like us at St. David's).

This invitation comes to you from the Wednesday Morning Book Group.



### **Blood Drive at St. David's - January 9th, 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](http://www.RedCrossBlood.org)

Thank you! Becky Alden



### **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.



**GIRL SCOUT TROUP 67940  
COOKIE SALE**  
**Sunday, January 28th,  
8:30 - 11 AM, Common Room**  
Preorder forms will be available .  
Watch the weekly bulletin for more  
information.

**Coffee with God  
January 13th  
10:00 - 11:30 am**

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

Please bring your own



### **ST. DAVID'S MEN'S GROUP MEETING**

Thursday, January 25th at  
6:30 p.m., Common Room

## **TAKEAWAY MEAL/PAPER PANTRY REPORT FOR DECEMBER**

On December 20, 2023, we held Takeaway Meal number 82. Again, there was an increase in the total of meals served and personal hygiene products distributed. The mix of people attending is amazing: young and old, singles and families, empty nesters and large families, people of color and white. Some walk to the event while others come by bike, bus or by car (alone or with others). One person arrives in their motorized wheelchair! 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, different organizations and the people of Cape Cod.

We planned for 260 meals and we served 294. We served turkey, cranberry sauce, mashed potatoes, corn, bread, snack pack, cookies, brownies, and an orange. Thanks to the South Yarmouth Librarian Association's Annual Cookie Stroll, we had received a lot of leftover home baked cookies. We were able to accommodate all attendees, as we had purchased extra chickens and had canned goods in reserve. 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.

The Cape Cod Times Needy Fund generously donated Stop and Shop gift cards in denominations of \$20, \$25, and \$30. The cards were distributed to all attendees based on their family size. Over two hundred coats and many hats, scarves and gloves were collected from St. David's members and the staff at Cape Cod Orthopaedics and Sports Medicine Specialists of Cape Cod. All were distributed.

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 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 and chowder 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 the samples of nutritious items to serve at Christmas.

Stop and Shop provided many loaves of bread which were distributed. Every attendee received at least one loaf. Covid test kits were given out free of charge.

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 Club 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 COAs in surrounding communities. An announcement was also placed on the Yarmouth Chamber of Commerce outdoor sign.

The next meal will be on Wednesday, January 17th, only two and a half weeks away! 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 especially BROWNIES (NO NUTS), preferably home baked style. Please note they should be dropped off 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.

## **ST. DAVID'S THRIFT SHOP REOPENS THURSDAY, JANUARY 4TH**

Regular Hours, Thursday and Saturday, 10 a.m. - 2 p.m.

Next Annex Sale, Saturday, March 2nd, Nelson Hall





Faith Communities  
Environmental Network

# Join Us for the *Energy Café*

*Sunday, January 7, 11:30 a.m.*

*(After the 10 am Service) in Nelson Hall*

**Protect the Planet!** Wonder what YOU can do? Make your home as energy efficient as possible.

**Let's talk budget!** Learn about NEW no cost/low-cost items, rebates, incentives and zero percent loans for you.

**Let's talk comfort!** Learn about NEW technologies to add comfort to your home.

Free Refreshments  
ALL ARE WELCOME!!

## ST. DAVID'S EPISCOPAL CHURCH

205 Old Main Street  
South Yarmouth, MA 02664-4529



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

PLEASE  
PLACE  
STAMP  
HERE



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at St. David's Episcopal So. Yarmouth