



THE BANNER

SUMMER 2022

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THE JOY OF LEISURE

Ahhh ... let's all take a collective breath. The JOY of leisure - what could be better? Those moments when you put all the lists of to-do's aside, and let your mind and body connect with family, friends, and passions, unfettered by expectation. Summer is here, and there is no better time to breathe, relax, enjoy. In this issue, our contributors celebrate leisure and explore what leisure means to them.

We also introduce something very special. By way of background, I am the person who will sit in a corner with family photo albums wanting to know the backstories of each and every image. Imagine my excitement to talk with Paul Gentile, who is StB's archivist. Together we are excited to bring into each issue of the Banner, images curated from StB's dusty attic. These photos, we hope, will deepen your appreciation of StB's history.

And while this issue celebrates leisure, Summer at StB's will be anything but leisurely as the list of goings-on is extensive. Spend a minute or two scrolling the events on page 10 and 11. And more importantly, mark your calendars and let's plan to enjoy time together. Breathe in, breathe out ... enjoy!

Beth Bullock-McGrail, Editor

Saint Barnabas's Episcopal Church
Across from the Village Green
Falmouth, Massachusetts 02540
508.548.3863 www.stbfalmouth.org
office@stbfalmouth.org



Just Do It

by The Rev. W. (Will) H. Mebane, Jr.

The Book of Common Prayer

O God - in the course of this busy life, give us times of refreshment and peace, and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. Amen.

"Will, have you ever just done NOTHING?!?" That was the question put to me by the bishop overseeing my ordination process. His words to me were like someone speaking a foreign language. "Of course not," I thought to myself. "Who does that?!?" That was the beginning of one of the most transformative moments in my life.

The bishop said he would not ordain me because he was concerned that I "was a train wreck waiting to happen." OUCH! He explained that my not appreciating the importance of leisure time would make me ineffective and dangerous as a priest. After all, the bishop said, "Even Jesus Christ took breaks!"

It was while praying Morning Prayer from The Book of Common Prayer that I was introduced to prayer #32 "For the Good Use of Leisure" (page 825). The prayer helped the guilt I used to feel from taking time off from work begin to disappear. Instead, I began to look for and appreciate the joy that retreats from the "hustle and bustle" of life bring. Such breaks are necessary for our emotional, spiritual, and physical health.

Making time for leisure still doesn't come easy to me. This may sound strange but I really have to work at taking time to, as my former bishop said, "do nothing." That's why I am so grateful to our current wise bishops for recommending that parishes - clergy, staff, and lay ministers - shutdown for what they called a two-week "COVID Respite." It was hard to do it but I kept going back to that prayer "For the Good Use of Leisure" to help me unplug without feeling overwhelmed with guilt. In the end, I felt rejuvenated and like a new person. Even my back pain disappeared for about 10 days.

Maybe that prayer will be of benefit if you also struggle with taking leisure time. As the ad campaign says, "Just Do It!" You will be glad you did.

Joyfully,
Will+



"The gospel of work is thin gruel, an ethically empty solution to meet our essential need for belonging and meaning. And it is starving us as individuals and communities." - Carolyn Chen

The Joy in Being Free

by Phoebe Office



"Yay...school is out," could be heard reverberating all over in late June. As much as I loved school (I was one of those nerds who did), I still reveled in the sound of the last bell before summer. The days of leisure lay ahead; I could take joy in being free.

For me, there weren't planned vacations or sleep-away camps, but there were friends with whom to hang out; the playground; town pool; hours in the library; ice cream trucks, and more...until high school and college when I had to work. Marriage and children quickly followed after college...that's what we did in the sixties. At this time in my life, joy in leisure came in those stolen moments or what is called "casual leisure." Casual leisure for me was made up of short-lived activities and usually brought immediate gratification or joy. As a wife and mother of four, casual leisure meant a night out at a restaurant, a class to take (now education could provide leisure), a shopping trip, a girls' night out, hanging out at the beach or being on vacation with the family (sometimes leisure) or even taking a shower without interruption! In those years, I worked as a teacher and soon began another education journey that would eventually lead me to become a psychotherapist. For me, there was joy in the peacefulness of scholarly research and talking with colleagues about my passions. This was what I defined as serious leisure; leisure that is meaningful and challenging and provides opportunities for growth. It added another dimension to my roles as wife, mother, daughter and friend. Casual leisure, nevertheless, still held its place with precious quiet moments or what I joyfully call "Phoebe time," as well as coming to Woods Hole in the summers, cultural activities and time for physical and/or emotional satisfactions.



As I passed midlife and entered my "senior years," my joy in leisure continued to change and grow. While I chose not to retire (I'm still practicing in my private psychotherapy practice, which brings me joy), I wanted more of a balance between work and the rest of my life. So how do I find joy in leisure now? My casual leisure comprises more time hanging out with Jerry, my spouse, trying different restaurants, going to movies, taking trips, or just binge-watching a new series....I mean, who doesn't love Jamie in Outlander! In addition, I relish time with my children, my fifteen grandchildren and two great grandchildren (especially since I can give them back to their parents), as well as time engaging in activities with my friends such as art class, bridge, book club, yoga, Tai Chi or my fun lunch group.

In considering my serious leisure, I find that I crave more alone time and more time for reflection. Like you, I reflect on my past, my present purpose, and what the future holds not just for me but for my family, my community, my country and the world. Other meaningful reflections, however, involve Saint Barnabas's and my spiritual life, which includes prayer. What a blessing to know that I am not alone because I have the Saint Barnabas community as well as our Lord. Attending service, where I shed outer responsibilities, brings a sense of peace, love and freedom. As we say, I experience, discover, practice and spread joy in Jesus, others, and myself. This brings me joy in my leisure.



Joyful Times - Working and Interacting

An Update from the Episcopal Church Women Ministry (ECW)

By Lynn Morse

It seems that the formal Episcopal Church Women Ministry of Saint Barnabas's Church has been on an extended vacation! We had a little flurry of activity during the preparation and on the day of the Christmas Fair, but besides that, it's been a quiet time due to the ongoing threat of COVID. Mind you, that's not to say that individual members or groups have not been actively going about the business of the church! Funerals, memorial services, and receptions have been held, the Altar Guild and Flower Guild continue on, Vestry meetings are held, A Place at the Table lunch program was started, Meal Train meals for those members who require some assistance have been made, and the list goes on and on. While these activities are not listed as "ECW events", it is the women (and men) of the church who are getting these things accomplished! Well done!

I am supposed to be writing about finding joy in leisure activities and here I am talking about work! Oh well. Working and interacting with other church members offers some joyful times together!

ECW has received 2 essays from graduating seniors who have participated in the life and activities of St. Barnabas's. At the recent Sunday, June 5th service, we awarded both Spencer Duncan, son of Heather and Bob Grey, and George Hammond, son of Johanna and Jeramie Hammond with ECW scholarships. Both boys are very deserving candidates and both will be pursuing further education in the fall.

As we have in the past few years we will be supporting the Falmouth Service Center in their Fresh Start Program which provides backpacks and school supplies for needy children in the area. Starting the week after Strawberry Festival and continuing through the end of June, we will be collecting backpacks and monetary donations to support this worthy cause. There will be bins in the office and outside on Sundays to collect the backpacks. Donations can be given to the office or to me. Checks may be made out to the Falmouth Service Center with "Fresh Start" put in the notation line. Thank you in advance for your continued support.



George Hammond
ECW Scholarship Recipient
2022



Spencer Duncan
ECW Scholarship Recipient
2022

It's Time

by Martha Warner Ross



I have thought of renewal as a return, a nesting down into a comfortable, warm place where I can think quietly and carefully about things.

I have thought of it as a time and place where I am safe, with few demands on my life to distract me from reading and learning from the ideas of others; a place where I may get closer to my God for clarity of mind, and singleness of heart.

My hope has been that after a time of renewal I will feel rested, and clearer about what is important, more certain of where my energies need to be directed. My hope was to be ready again to battle the routines of life, the demands of moral and ethical responsibilities, the physical realities of exhaustion, and the acceptance of knees that want me to rest, not run.

But if James Baldwin is right, and I think he is, true renewal involves real change.

"I speak of change not on the surface but in the depths --- change in the sense of renewal," Baldwin writes in *The Fire Next Time*. "But renewal becomes impossible if one supposes things to be constant that are not ---- safety, for example, or money, or power."

He tells us that it is our responsibility not to just rest and refresh, trusting and celebrating the constants of life: birth, struggle, death and love. But to apprehend the nature of change, to be able and willing to change. To deeply renew.

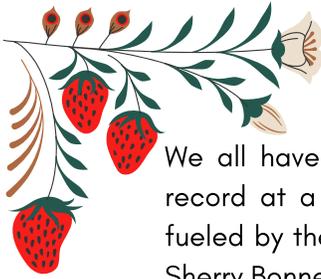
I am encouraged at St. Barnabas's and by the work of many conscious people in Falmouth and around our country, to renew our souls and lives through the difficult work of change: the reconciliation and a true belief in the truth that all humans are created equally, and equal, as the children of God.

Renewal for me has emerged from that quiet safe place of contemplation to a place where I gather strength and clarity to be part of action and change, to lead and follow those who would eradicate hatred and racism in our country, and to rise up and be counted as agents of systemic and personal change.

I am renewed by the call to action by The Nu Church Nation Project founder, Kirk Franklin, when he asks us to be part of The Nu Nation: "A generation of believers that are tired of keeping silent..... refusing to stand behind the walls of religion, to seek after the truth that is only found in the mind of God and not the opinions of man."

This is real renewal to me.

Let us take a jackhammer to that old, hard tectonic plate of racism and hate. Let us do it as renewed children of God, together. God knows, it's time.



Preserving Precious History

by Paul Gentile and the StB's Archiving Team

We all have leisure passions that lead us to joy. For Paul Gentile, preserving history, one record at a time is just that. StB's archiving work formally began in 2020 and continues, fueled by the work of a small and dedicated crew of seven (Richard Stone, Sally Colacicco, Sherry Bonner, Monica Quinn, Cynthia Pina, Faith Kolodziejcki and Mary Jane Edgar).

There are so many reasons why preserving the church records and photos should be done, and in future issues we will continue to unfold the story of StB's through images. But this issue celebrates leisure, so let us celebrate StB's moments of leisure. We retrieved photos that bring to life the ongoing story of the Strawberry Festival, a 70-year tradition that will be happening just days from now. As you reflect on days past, make plans to join us and become a part of the continuing unfolding of StB's history.



Nancy Schroeder
Strawberry Festival Queen
 1953





Preserving Precious History

StB's Strawberry Festival



"History is a symphony of echoes heard and unheard. It is a poem with events as verses."

- Charles Angoff"

Rethinking Work and Leisure

By Kathy Mulligan



Lately, life feels busier than ever. I often feel like I am racing on a treadmill that is approaching dangerous speeds. On this treadmill, I find myself failing to notice and appreciate the present moment. I fall into the mindless trap of working simply as a means to a highly anticipated end – the exquisite leisure of a weekend, summer vacation, or, most glorious of all, retirement.

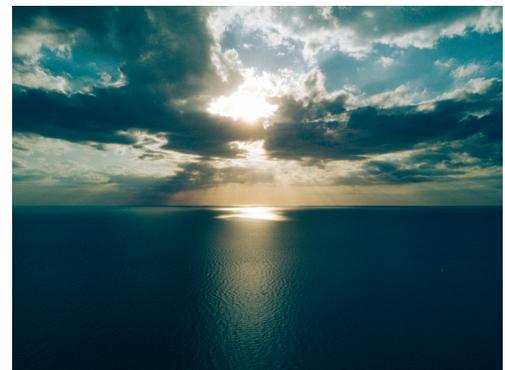
God cannot want us to wish our lives away. Many philosophical and religious traditions exhort us to give thanks for and be present in the moment. Psalm 118 invites us to pray, "This is the day that the Lord has made. We will rejoice and be glad in it." The Vietnamese Buddhist teacher, Thich Nhat Hanh said, "We are very good at preparing to live, but not very good at living. We know how to sacrifice ten years for a diploma, and we are willing to work very hard to get a job, a car, a house, and so on. But we have difficulty remembering that we are alive in the present moment, the only moment there is for us to be alive. Every breath we take, every step we make, can be filled with peace, joy, and serenity. We need only to be awake, alive in the present moment." Eckhart Tolle, author of *The Power of Now* says, "Most people treat the present moment as if it were an obstacle that they need to overcome. Since the present moment is Life itself, it is an insane way to live."

Why do we eagerly dispatch the treasure of the present moment, dreaming instead of the intangible prize of some presumably better future? We cherish the prospect of leisure time because it holds the promise of peace and rest. We hope it will feed and renew us spiritually, enlivening our soul. But the truth is that any moment can be used this way.

If I adopt a spirit of joy and ease, any task in life that is commonly regarded as drudgery can be reframed as leisure. Consider yard work. To some, yard work is a dreaded chore; to others, it is a soul-feeding pastime. Or think of preparing evening supper. It can be an irritating burden or a creative meditation. I can regard my responsibility of teaching middle schoolers each day as a distressing tribulation or as God's blessing of a meaningful purpose in life.

May God guide me to find the joy in everything I do. When I feel burdened by work or perceive a task as undesirable, may God awaken me to the gift of the present moment. Jesus said, "Peace I leave with you; my peace I give you." We seek leisure because it holds the promise of peace and rest, but we need look no further than to God, who is ready to revive our souls at any moment.

EVERY BREATH WE TAKE, EVERY
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Joy In Mudville

by David Forsberg



My leisure has always revolved around sports. Growing up I was what's known as a "gym rat." When I wasn't at school or sleeping, I was on a basketball court shooting and dribbling. And when I wasn't on a court, I was on a field hitting and throwing. Playing joyfully.

Play was more spontaneous in those days. Kids got together, chose sides, and played until they got kicked out of the gym or it was too dark to see the ball. We didn't play with fancy leather balls or three-hundred-dollar metal bats. The balls were rubber, bald from overuse, and the bats were wood, often held together by screws because they had broken. Kids playing games. Pure joy.

As I got older the spontaneous games became more organized and more competitive. But for me the joy remained. I loved the challenge of competition. The thrill of wins and the lessons of losses. I played three sports in high school and tried to do the same in college until freshman grades suggested I should spend more time in the library. So, I focused on soccer. In the Army, my athletic background rescued me from a combat unit to be assigned as Special Services Officer for the Panama Command. I got to see firsthand the joy that sports and recreation can bring to soldiers and their families. Play was a respite from the stresses of military life.

Our home in Worcester became the neighborhood recreation center. We hung a basketball hoop on the garage, painted a key and foul line on the driveway, and installed lights for night games. The backyard had a pitcher's mound and bases cut into the lawn, which took a pretty bad beating. But Ann and I got more joy watching our boys at play with their friends than we got watching grass grow. And the boys quickly learned how to fix broken windows. Kids playing games. Pure joy.

In 1989 my joy suffered a setback. I was still holding my own athletically. Running every day, playing competitive tennis, and still beating (or at least beating up on) my sons on the basketball court. That is, until I tried to hit an overhead shot from the baseline during a tennis tournament. Not a good idea. I turned my ankle and fell on my hip. A week later I was walking with a cane and a month later I had a new right hip and arthritis everywhere else. There was no joy (leisure or otherwise) in Mudville. I was angry. But I was also stubborn. So, I tried a comeback. It failed miserably, leaving me even more angry.

Then I had an epiphany. Our youngest son, Dana, was playing professional baseball and between games had stopped home for a visit. While we were talking, the doorbell rang. When I opened the door a young neighborhood girl said, "Hi Mr. Forsberg. Can Dana come out and play?" He could and he did. Watching my son play catch with the young girl melted my anger. I remembered how many kids had played and found joy on our driveway and in our backyard and I began my joy recovery plan.

If I could no longer run, I would walk. If I could no longer play, I would coach. If I could no longer compete, I would watch. And cheer. Leisure is a gift and there is something sacred about play and the way it brings people together. Even God rested (played perhaps) on the seventh day. If we follow that example there can be JOY. Even in Mudville.



Summer @ StB's



Naomi Westwater
Thursday, June 30th at 6pm



Pauli Murray Film & Discussion
Friday, July 1st at 7pm

Summer Music Series

Saturday, July 16 @ 7p
The Choir of Christ's College, Cambridge
Held in the Saint Barnabas's Sanctuary
Tickets: \$25
**(To purchase tickets: www.stbfalmouth.org,
Tickets go on sale June 15)**



Christ's College Chapel Choir commits to singing weekly services in the College Chapel during Full Term, and makes a vital contribution to college life by singing at feasts, weddings, annual Christmas and Passiontide services and alumni events. Christ's College Chapel Choir undertakes a substantial international tour each summer and this summer, Saint Barnabas's will be a stop on their three-week tour to the East Coast of the United States.

Summer @ StB's

Monday - Friday, June 18-22: Helping Hands Summer Camp

9a to 12p each day/ Register online at www.stbfalmouth.org
 The StB's Helping Hand Summer Camp will be held on the campus of Saint Barnabas's and will be spreading encouragement and joy to the town of Falmouth through their talents and crafts and they will work together to create art for all to see. This camp is open for all children ages 4 through 12. Our camp is free and all are welcome!



Other Family Activities

4th of July Bike Decoration Station: Monday, July 4th @ 3pm

Lobster on the Lawn

Monday evenings: July 18, 25 & August 1, 8 @ 4:30pm

A beloved summer tradition continues! This year marks 70 years of serving Lobster on the Lawn, one of Falmouth's most popular events.

Come enjoy a fresh lobster roll (lovingly created with a special Saint Barnabas's recipe) along with chips, a homemade dessert and bottled water—plus the fellowship of villagers and visitors. And this year we are adding live music for all ages in partnership with Summer @ StB's. Come eat, come dance, come celebrate – joyfully!

LOBSTER ON THE LAWN



Lobster on the Lawn Series:

Monday, July 18, 4:30p: Dawna Hammers

With over 35 years of experience performing and teaching throughout New England, Dawna has touched and inspired thousands of people of all ages and walks of life. Dawna's voice is earthy and ethereal and her piano is rhythmic and melodic. Dawna's sound is fresh and uniquely her own yet many compare her to Joni Mitchell, Carol King, Sarah McLachlan and Norah Jones. Dawna mainly plays ballads, bossa's and blues, however is also very versatile in folk, soft rock, classic rock and children's music as well.



Lobster on the Lawn Series:

Monday, August 1, 4:30p: Anna Vaus

Raised in Southern California and rooted in Country music, Anna Vaus blends her West Coast cool with refreshing hooks and unmistakably relatable lyrics. Her "honest girl pop country," is simultaneously personal and universal. She has performed at Ole Red and the Grand Ole Opry and opened for major country artists such as Lee Ann Womack, Jon Pardi, Old Dominion, Hunter Hayes, and Willie Nelson.





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P.O. Box 203
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J O Y

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