

The Church of the Messiah's
Good News
October 30, 2022

Welcome to the Church of the Messiah
We are delighted to have you worshipping with us.



"I want to know, have you ever seen the rain?
I want to know, have you ever seen the rain
Comin' down on a sunny day?"

John Fogerty, 'Have You Ever Seen the Rain' lyrics
© Concord Music Publishing LLC

*The flowers on the altar are given to the Glory of God
in memory and celebration for the life of
Albert. A. T. (Bert) Wickersham, Jr.
by his family.*

Church of the Messiah
Mission Statement

The Church of the Messiah is an inclusive and welcoming community

- *Committed to serving God by serving neighbors near and far;*
 - *Affirming the dignity of every human being;*
 - *Believing we are called to be stewards of creation.*
- adopted by the Vestry of the Church of the Messiah on February 10, 2015.*

ALL ARE WELCOME: A Word from the Bridge Priest and the Wardens

As an Episcopal parish, our intention is to welcome any and all who come into our midst whether physically or virtually. We are delighted to have you here. Welcome!

PARISH PRAYER LIST

Our prayers are asked for those who suffer from racial profiling, addiction, anxiety, abuse, dementia, cancer, emotional distress, are suffering from or ministering to those with COVID-19 here and around the world. We pray for all who are unemployed or homeless. We pray for those who are victims of natural disasters and changes in the earth's climate. Along with so many around the world, we pray for the people of Ukraine as they continue to suffer from Russia's invasion. Finally, we pray for all who serve in the diplomatic corps and in the armed and peacekeeping forces.

In our parish prayer list, we continue to pray for Charlie, Miyoko, Helen, Dicky, Bobby, Lydia, David, Nancy, Ralph, Warfield, Bill and Frank.

Dear Parishioners,

This past week of dreary weather, heavy rain, and fog that rolled in and did not roll out til days end, felt a little more like November or March. I am not sure how many hours of actual sunlight we got, but it certainly seemed low. I needed to remind myself that after a parched Summer, the ground and water table continued to need rain, and that this was a good thing. The weather has oft been used as a metaphor for our emotional life. We feel "under the weather," "gloomy," "sunny," etc. As we know, how we respond to the weather has both to do with our physiological response – think of the impact of a lack of sunlight induced Vitamin D on our serotonin levels in the brain, and conscious response – which may span from "Oh no, I cannot do what I planned because it is raining," to "Oh Mum, can I go outside in the rain, pleeease?"

For those struggling with conditions like depression, bipolar disorder, anxiety disorders, and addictions, we know that 'being under the weather' goes well beyond a fluctuating mood to something that continues to impact our ability to function in multiple areas of our lives, in ways that doesn't correlate with what is happening for others. It is like the fog has rolled out for everyone else, but you cannot see clearly yet and it is still limiting your vision, or the rain is coming down on what seems like a sunny day for others. This makes your world feel different, and also impacts the world of those around you. Of course, the reality is we do not always know what challenges and crises others are facing. Mental illness, like physical illness is no respecter of persons and may have multiple causes or catalysts, ranging from genetic predisposition and/or neurochemical imbalance, to experiences of stress and distress, grief, and trauma. Shaming and blaming around Mental illness are not only unhelpful, but also exacerbate the problem. However, fostering accountability for self-care is helpful, taking action to be as healthy as we can be. Interestingly enough, it is often this time of year that children and adolescents' admissions for Mental Health crises peak, whereas for adults February is often the highest point.

Like physical illness, the approach we take to Mental Illness is best when it take a whole person approach, attending to the biological components, which often includes medication, psychological, which may include talk therapy, cognitive behavioral therapy or other modalities, the social which may include support groups or building a small cohort of really good friends you can be yourself with, and spiritual

practices, such as prayer, meditation, journaling, pastoral care, and justice action for others. I have been moved to hear from a number of you, who are impacted by a mental health challenge or a family member or caregiver of someone who is, what helps you cope, and what gives you a possibility of thriving at least at some points in the week. Whether we are struggling with such an illness or not, it is helpful to ask, what am I doing to keep myself healthy?

What helps me cope on a long-term basis?

How do I take care of the tough stuff when it is hard to cope?

What can I do, with the help of others, that might help me be even healthier?

These are questions for both those impacted by a Mental Illness and those who care for them. The benefit of taking a whole person approach to our Mental Health is due to the fact that we are not compartmentalized in textbook way, and that when we strengthen other parts of our lives and selves, there is a benefit on the whole. Having a spiritual crisis? – a walk in nature may be restorative. Struggling physically – a conversation with another can sometimes alleviate the pain. Feeling lonely? - take some intentional alone time looking at the stars or touching a tree. There is no specific prescription, but just like finding the right medication, we all need to find what works for us. I love the stories of Jesus in community. I also love the stories where Jesus says to his friends, ‘Go on ahead, give me some alone time, I’m going up the mountain to pray.’ We see Christ struggling with his own ‘inner demons’ and also caring for those struggling with their own mental health challenges.

As we move toward a season where we will be getting less daylight, and possibly more dreary days, where end of year challenges arise, I encourage you to continue to care for yourself, and to reach out when you cannot. I pray that each day you can find **something to be grateful for**, something you can do to **brighten the day for others**, and find **something that reminds you that God is there** in darkness and light.

Peace

Storm+

Bridge Priest

REMINDER: DAYLIGHT SAVING TIME ENDS & CLOCKS FALL BACK AN HOUR 11.06.22

NEWS FROM THE WARDENS

Thanks to all of you who have submitted feedback to the Wardens on the letter we sent out last week regarding our financial situation. The feedback has been very thoughtful and we are grateful for all of it. The Vestry will be reviewing all of the feedback at our next meeting on November 14th.

FALL CLEAN-UP

Please join us on Sunday November 6th, after the 10:00 service for the Church of Messiah Fall Clean-up.

For the outside: We will be working on raking leaves, cutting back perennials, weeding beds and dead-heading old hydrangea blooms.

There is inside work to be done in the Church as well: polishing wood, dusting and tidying up the sacristy. Wear your work clothes to Church and bring pruners, rakes and trowels. A few extra tarps and shovels would also be useful.

For inside work we will provide rags and cleaning supplies. Bring a small vacuum or shop vac if you would like to help with vacuuming.

Work should take us until about 12:30 when we will serve a lite lunch of soup, salad, bread and dessert upstairs in the PCC. Questions? contact Paul Graney graneypaul@gmail.com, Arden Edwards ardenedwards353@gmail.com (for inside work) and Terry Soares mtscapecod@gmail.com. Hope to see you there!

ALTERNATIVE GIFT MARKET 2022

So many of us have been looking forward to a live Alternative Gift Market, and here it is. On November 12 and 13 from 11-3, we will again be at St. Barnabas with our six other faith community friends to raise money for twenty fully vetted charities.

One hundred percent of the money raised goes to the ten local and ten national and global organizations. This is possible because all of our expenses are covered by the support of our parishes.

Instead of sending more chocolates or holiday plants, please consider visiting us to learn about these important causes and give a gift that can better the world.



**Give the world a
gift of hope . . .**

**Shop for family and friends,
Donate to a worthy cause!**

2022 ALTERNATIVE GIFT MARKET

**Saturday, Nov. 12 and Sunday, Nov. 13
Saint Barnabas Church Hall, 11 - 3
91 Main Street, Falmouth**

***Browse at Fair Trade tables and 20 local,
national & global charitable organizations***

ONLINE shopping Nov.14–20

VISIT www.alternativegiftmarketcapecod.org

Sponsored by: Church of the Messiah of Woods Hole, Falmouth Jewish Congregation, First Congregational Church of Falmouth, John Wesley United Methodist Church, Saint Barnabas Episcopal Church, Unitarian Universalist Fellowship of Falmouth, Waquoit Congregational Church

ENVIRONMENTAL COMMITTEE NEWS

A continuing issue of Environmental Concern from 350 Cape Cod

Dear Friends,

We have another opportunity to make our voices heard on the **proposed Multipurpose Machine Gun Range at JBCC** -- before the much-anticipated EPA water study is released, probably at the end of the year. Please submit a comment this week to the EMC to keep our voices top of mind:

What: Environmental Management Commission (EMC) meeting

When: Thursday, October 27, at 1:30 p.m.

Where: Building 1805, West Outer Road, Camp Edwards on Joint Base Cape Cod in Bourne.

No matter how laudable the JBCC's environmental stewardship program may be, **the project poses unacceptable risk to our water, climate, fragile ecosystem and local community**. Please urge the EMC to reject this ill-conceived plan. For details about the project go to [350Cape's website](#). Information about the EMC is available [here](#).

Background info:

What Is the Machine Gun Range at JBCC?

Massachusetts Army National Guard wants to build an 8-lane multipurpose machine gun range atop the 15,000 acre *Upper Cape Water Supply Reserve*, a protected conservation area within Camp Edwards, Joint Base Cape Cod (JBCC).

If built the \$11.5 million, taxpayer-funded range would:

- Sit atop the sole source aquifer which provides clean, safe drinking water to residents of and visitors to Bourne, Sandwich, Mashpee and Falmouth.
- Clear cut 170 acres of mature trees
- Disturb 199 acres of state-owned conservation land
- Create a 5,000+ acre "Surface Danger Zone" where discharged bullets, grenades and other ammunition would land.

What is at risk?

- Cape Cod's fragile ecosystem and a very limited water supply, derived from a single source aquifer;
- The release of 17K metric tons of carbon into the air due to the tree cutting, and decimation of their future carbon storage value (300 metric tons)—a critical tool to fight climate change. Also potentially lost: the trees' natural water and soil filtration services which ensure a healthy ecosystem and cleaner air.
- Displacement or destruction of forest and animal species, at least 37 of which are state-listed as vulnerable;
- The health of nearby residents. Noise from the gun range would reach homes (as late as 2 a.m.) an elementary school, Barnstable County Prison, and a cemetery. The elderly and children will be affected most. In its Environmental Assessment (EA) (that it conducted on itself), the Army National Guard found "no significant impacts" and "no significant controversy" from the proposed firing range. But the study is insufficient for the potential impacts, and the public was largely unaware of the proposal until recently.

What you can do:

Prepare a two-minute comment on why you oppose the plan, and deliver it on 10/27.

For background information on the gun range project, go to [350CapeCod's website](#).

if you cannot attend please send your comment to the EMC at:

env-mgmt@mass.gov.

For further information about the EMC, please contact Leonard Pinaud, EMC Environmental Officer, at 508-946-2871.

Thank you for taking action!



SEARCH COMMITTEE UPDATE

Thank you to everyone who has returned their surveys distributed by the Search Committee. The information gathered in the surveys will be used to help us discern what the Church of Messiah will be looking for in a new rector.

The Search committee members contact information is listed below:

- Julia Alling Co-chair 978-257-6331 allingjulia@gmail.com
- Frank Gormley Co-chair 808-291-7018 fxgormley@gmail.com
- Mary Fran Buckley 508-540-0948 maryfran55@earthlink.net
- Debbie Dougherty 774-487-0570 ddough1999@gmail.com
- Jim Galloway 434-249-8629 jng@virginia.edu
- Denise Jay 240-515-1512 djaycc58@gmail.com
- Terry Soares 508-566-5442 mtscapcod@gmail.com
- John Vose 508-548-8251 johntvose@gmail.com
- Steve Wagner 508-548-0971 spcawagner@comcast.net

Thank you for your thoughts and input as we continue the search process.

WOODS HOLE INSIGHT MEDITATION COMMUNITY

The Woods Hole Insight Meditation Community meets every Monday from 3 – 4 PM. The format includes 10 minutes of introductions, 30 minutes of sitting with brief instructions, a 10-minute break for questions and a closing 10 Loving Kindness meditation. Our leaders include people who are experienced meditators and have done some teaching. Due to COVID, the group has been meeting online and recently introduced an in-person masked option. Further information can be found on our website:

www.woodsholeinsightmeditationcommunity.com.

FINANCIAL OFFERINGS AND DONATIONS TO THE CEMETERY MAY ALSO BE MADE ONLINE

Contributions may be made **online** through Vanco Payment Solutions. These can be scheduled on a weekly, monthly, quarterly, semiannual or annual basis. If you wish to donate now, please go to the church website: www.churchofthemessiahwoodshole.org and click on the *Donate* tab on the upper right of the Home page and follow the top link.

Donations to the Cemetery Annual Appeal and Perpetual Care Fund may also be made online, via PayPal. Click on the *Donate* tab and follow the bottom link to PayPal. Please indicate if you wish to donate to the Annual Appeal or the Perpetual Care Fund.

We also have the capacity to receive stock transfers. For further information on any of the above, please call the church office at 508-548-2145 and leave a voice mail.



Please like us on [Facebook](#)

October 2022 - December 2022

November 2022							December 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	6	7	8	9	10	11	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 30 8:30am Holy Eucharist (In-person) 10:00am Holy Eucharist (In-person & Virtual)	31 Halloween (United States) 10:00am - 2:00 PM Office Open	Nov 1 10:00am - 2:00 PM Office Open	2 10:00am - 2:00 PM Office Open 6:00pm Choir Rehearsal 7:00pm Handchime	3 10:00am - 2:00 PM Office Open	4 Veteran's Day (United States)	5 11:00am - 3:00 pm Alternative Gift Market (St. Barnabas)
6 8:30am Holy Eucharist (In-person) 10:00am Holy Eucharist 11:30am Fall Clean-up	7 10:00am - 2:00 PM Office Open	8 10:00am - 2:00 PM Office Open 11:00am WHWC 5:00pm Search Comm.	9 10:00am - 2:00 PM Office Open 6:00pm Choir Rehearsal 7:00pm Handchime	10 10:00am - 2:00 PM Office Open	11 Veteran's Day (United States)	12 11:00am - 3:00 pm Alternative Gift Market (St. Barnabas)
13 8:30am Holy Eucharist (In-person) 10:00am Holy Eucharist 11:00am - 3:00 pm	14 Veteran's Day (Office Closed) 5:00pm Vestry mtg. (WH Room)	15 10:00am - 2:00 PM Office Open 11:00am WHWC BOD Mtg.	16 10:00am - 2:00 PM Office Open 6:00pm Choir Rehearsal 7:00pm Handchime	17 10:00am - 2:00 PM Office Open	18	19
20 8:30am Holy Eucharist (In-person) 10:00am Holy Eucharist 3:00pm Courante	21 10:00am - 2:00 PM Office Open	22 10:00am - 2:00 PM Office Open 5:00pm Search Comm.	23 10:00am - 2:00 PM Office Open 6:00pm Choir Rehearsal 7:00pm Handchime	24 10:00am THANKSGIVING DAY (Office Closed)	25	26
27	28	29 Nancy on Vacation (11.22-12.01.2022) 10:00am - 2:00 PM Office Open	30 Nancy on Vacation (11.22-12.01.2022) 10:00am - 2:00 PM Office Open 6:00pm Choir Rehearsal 7:00pm Handchime	Dec 1	2	3
4 8:30am Holy Eucharist (In-person) 10:00am Holy Eucharist (In-person & Virtual)	5 10:00am - 2:00 PM Office Open	6 10:00am - 2:00 PM Office Open 5:00pm Search Comm. Mtg.	7 10:00am - 2:00 PM Office Open 6:00pm Choir Rehearsal 7:00pm Handchime	8 10:00am - 2:00 PM Office Open	9	10

Church of the Messiah

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2022 Vestry

The Rev. Dr. Storm Swain	<i>Bridge Priest</i>
Peg Nicholson	<i>Warden</i>
Michael Kasparian	<i>Warden</i>
Winifred Dick	<i>Clerk</i>
John Holden	<i>Treasurer</i>

Charles Mann	2023	Patti Dibella	2023
Susan Morse	2024	Rachael Rhude	2024
Denise Jay	2025	Paul Graney	2025

Deanery Representatives

Dicky Allison	Diocesan, Deanery Representative
Helen Gordon	Diocesan, Deanery Representative
Jean Taft	Deanery Representative, Convention alternate

Staff

The Rev. Dr. Storm Swain	<i>Bridge Priest</i>
Brittany Lord	<i>Music Director, Organist</i>
Nancy McDonald	<i>Parish Administrator</i>
Jennifer Kelly	<i>Bookkeeper & Financial Recorder</i>
Bruce Bagley	<i>Church Sexton</i>
Doug Amon	<i>Cemetery Sexton</i>

Rev. Dr. Storm Swain

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