

# THE MESSENGER

News from our church community

February 2026

Lent is not meant to be dour or joyless; rather, it is spacious. It gives us room to notice what is life-giving, what has grown tired or cluttered, and where God may be gently calling us toward renewal.  
-Fr. Michael

All are welcome here.



## GREETINGS FROM FR. MICHAEL

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### WEEKEND SERVICES

SATURDAY  
5:00 PM

SUNDAY  
8:00 AM & 10:00 AM

SUNDAY 10 AM  
LIVE-STREAM

Beloved of God,

As February unfolds, we find ourselves standing on the threshold of Lent which begins with Ash Wednesday, on Feb. 18. It is that inward-looking and grace-filled season that invites us to slow down, pay attention, and tell the truth about our lives before God.

Lent is not meant to be dour or joyless; rather, it is spacious. It gives us room to notice what is life-giving, what has grown tired or cluttered, and where God may be gently calling us toward renewal.

This sense of renewal is very much at the heart of our Spring programs theme, which will guide our worship, formation, and shared life in the months ahead. Spring always carries with it a promise of new growth, but growth takes intention. Together this season, we'll be exploring practices that help us deepen our faith, strengthen our community, and align our lives more fully with the hope God sets before us.

*Continued on page 2*



**GREETINGS FROM  
FR. MICHAEL,** *continued*

Read further about our Spring offerings. I hope you'll find an invitation that speaks to you.

February also brings an important moment in the life of our parish: our Annual Meeting, to be held on Sunday, Feb. 15. On that day, we will gather for one service only, at 9:00 a.m., followed immediately by the Annual Meeting, and then a parish-wide brunch in Walden Hall.

The Annual Meeting is a chance to reflect on where we've been, to celebrate the many ways God has been at work among us, and to look ahead with honesty and hope to what lies before us. Your presence matters—this is one of the ways we practice being the Body of Christ together.

As we enter Lent, begin our spring journey, and gather as a parish to pray, reflect, and eat together, my hope is that you will experience once again the quiet, steady grace of belonging—to God and to one another.

With gratitude and hope,

## SPRING OFFERINGS AT ST. MARY'S

### Stations of the Cross

**Fridays | Feb. 20, 27, Mar. 6, 13, 20, 27  
12:00 PM | Church**

### Lenten Lunch Series

**Wednesday, Feb. 25, Mar. 4, 11, 18, 25  
11:30 AM | Walden Hall**

Lent Through the Way of Love: Weekly Reflections Exploring the Episcopal Church's Way of Love practices, paired with shared meals and discussion facilitated by Fr. Michael.

### Contemplative Prayer Class

**Sundays, March 8, 15, 22**

**11:30 AM | St. James Room**

An introduction to contemplative Christian practices, providing participants with simple, sustainable ways to incorporate silence, attention, and awareness into daily life. RSVP your interest to [info@stmarysbarnstable.org](mailto:info@stmarysbarnstable.org).

### Lunch 'N Learn Series

**Tuesday, April 7, 14, 21, 28**

**11:30 AM | Walden Conference Room**

Benedictine Way of Life Book Group: A multi-week study introducing the Benedictine tradition, focusing on stability, prayer, work, and community as pathways to spiritual renewal.

## 2025 Annual Meeting February 15, 2026 | 10 AM

There will be ONE worship service at 9:00 a.m., followed by the meeting at 10:00 a.m. in the church. Join us for a luncheon at 11:00 a.m. in Walden Hall.



## Slate of Nominees 2026

The following slate of nominees will be voted on during the Annual Meeting on Sunday, February 15, 2026.

### Officers: Term ending 2027

Senior Warden: Keith Harris  
Junior Warden: Jane Martin  
Clerk: Suzanne Brock  
Treasurer: Lallie Lloyd

### Cape Cod Council of Churches Representatives

Beth Hearn  
Frankie Stahlhut

### Members: Term ending 2028

Dick Cryan  
Stephen Whitmore  
Arlene Antonicelli

### Diocesan Convention / Cape Cod Deanery Representatives

David Knauer  
Judy Knauer

### Members: Term ending 2027

Sue Davy  
Jean Fahey  
Louise Koch

### Members: Term ending 2026

Tom Moon  
Sarah Nixon  
Jean Larivee

## Vestry Notes From January Meeting

Submitted by Marian Ferguson, Sr. Warden

Votes were taken to approve the November and December minutes, the slate for the new vestry, and the 2026 budget.

The vestry reviewed the 2025 year-end financial report. The pledging shortfall was significant. We also noted shortfalls in contributions, and fundraising; expenses were under budget.

As we considered the 2026 budget, we examined the continued pledge shortfall, but noted operating costs were only up 2%. We will need to increase pledging and events income or increase the draw from endowment income. The 2026 budget reflects both: increased pledging expectations and an increased draw on endowment. We will review the budget in June to see if we have an adequate increase in income to alter the draw on endowment.

[Read November Meeting Minutes](#)

[Read December Meeting Minutes](#)

### PASTORAL EMERGENCY?

Call our Confidential Pastoral  
Care Line  
508-318-6646

### NEED SPACE?

To schedule meeting space at the church, please email [Kathleen Macdonald](#) in the parish office for approval.

## Be My Valentine Cards for Veterans



You can make a Veteran feel honored and remembered this Valentine's Day by buying or making a card from our St. Mary's family (please sign cards with either your name, from St. Mary's or From Your Friends at St. Mary's). Cards will be distributed at the Veterans' Pantry on Thursday, Feb. 12. Cards may be dropped in the labeled boxes in the back of the church, sunroom or in the parish office by Feb. 8. If you have questions, contact [Judy Walden Scarafile](#).



Photo by Margarida Afonso on Unsplash

## Knit, Stitch and Chat Thursdays Starting Feb . 5

The "Knit, Stitch and Chat Group" group will meet on the first Thursday of each month from 1:00 - 3:00 pm in the Library. Bring a project you're working on and join us for light conversation and the opportunity to get to know fellow parishioners a little better! Our first gathering will be Thursday, Feb. 5, 2026.

Questions? Contact Betsy Harrison at [bwharris2009@gmail.com](mailto:bwharris2009@gmail.com).

## Emmaus Way Series Jazz Vespers Continues



The first Jazz Vespers was a popular offering and included several wonderful musical selections. Thanks to Mijin Choi, Music Minister, for securing musicians and choosing selections for the new format.

The Emmaus Way services will continue to be held on the third Saturday of each month.

Please note that there is no communion during the service itself. However, for those who wish to receive, communion from the reserved sacrament will be offered in the Lady Chapel from 4:30–4:50 pm, prior to the service. Jazz Vespers begins at 5:00 pm.

### 2026 LENTEN MEDITATIONS HOLY HABITS

EPISCOPAL RELIEF & DEVELOPMENT | SISTER MONICA CLARE

Episcopal Relief & Development is honored to announce that Sister Monica Clare, a Sister of the Community of St. John Baptist and beloved TikTok personality, is the author of its **2026 Lenten Meditations**.

These daily reflections, running Ash Wednesday through Easter, offer an invitation to rediscover—or deepen—**Holy Habits** of prayer, worship and engagement with Scripture. They provide a path to a life rooted in relationship with God, giving it shape, meaning and direction.



[CLICK HERE](#) to subscribe to receive daily meditations or scan the QR code.



Episcopal  
Relief & Development  
Working Together for Lasting Change



Date Change!

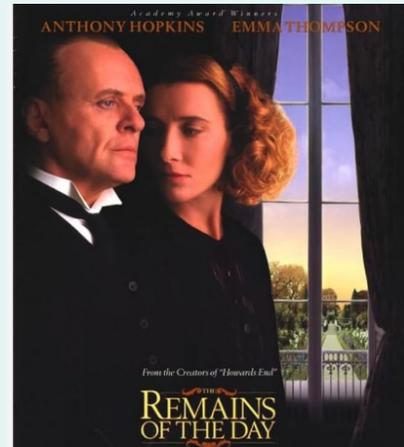


## Movie Theology

### Monthly Feature

February 1 | 2:00 PM | Walden Hall

## The Remains of the Day



[Watch Trailer](#)

Due to snowy weather, Movie Theology's presentation of *The Remains of the Day* will be shown on Sunday, Feb. 1 at 2 p.m. Bring your favorite beverage and a comfy seat cushion, if you would like. We will provide the popcorn!

### Upcoming shows!

February - *Romeo and Juliet*

March - *The Quiet Man*

April - *NO MOVIE PRESENTED*

May - *Doubt*

June - *My Cousin Vinny*

# Member Highlight

## Meet Keith & Cathy Harris

**Q. How long have you been members of the church, and how did you choose St. Mary's as your faith community?**

**A:** Cathy is a cradle Episcopalian, baptized by her grandfather, and although Keith was raised Presbyterian, we chose to be married in the Episcopal church where both feel most at home with its liturgy and mission. After moving to Centerville four years ago, we tried the Episcopal church nearest to us, but were underwhelmed.

The next week we came to St. Mary's, and it was a world of difference! The congregation was warm, welcoming, and full of life, with us as well as with one another. St. Mary's now feels like home and family.

**Q: You have already been involved in many activities at St. Mary's. Share your super power skills with us.**

**A:** Keith: My skills have come from a background in naval electronics, and working as an instructor in the power grid industry. I also try my hand at woodworking and general handyman work.

Cathy: I have communication skills that I used writing for newspapers and working in Special Ed (autism).

We agree that we have no super powers, but what we're both proudest of are the skills we've learned as being parents, grandparents and teachers - patience and humor.



**Q: Which church season or holiday is your favorite and why?**

**A:** We agree that Advent is our favorite church season, and Christmas is our favorite holiday. We love the sense of anticipation, hope and peace during Advent. And we each have such happy memories of family Christmases. We've been married for 13 years, so we have many, many separate Christmas memories. But what we have in common is our joy of preparing for, and celebrating Christmas with each of our large, extended wonderful families.

**Q: You are invited to a potluck, what are you bringing?**

**A:** Keith: Grilled shrimp!

Cathy: I'm a terrible cook, so I normally decide I can do the least damage with wine, fruit and cheese!

**Q: What brings you joy?**

**A:** Keith: I enjoy family gatherings!

Cathy: I love playing in the ocean with grandkids and their boogie boards, and laughing long and hard with dear old friends. Together we enjoy kayaking, bicycling, shore walking and traveling.



## Listen Up!

### Music Has Fascinating Powers to Heal

*By: Bill O'Neill, Cape Cod Health News*

*This health article is a recommendation from St. Mary's Pastoral Care Team.*

There was no such thing as an MRI when English playwright William Congreve (1670-1729) came up with the phrase "Music hath charms to soothe a savage breast."

But modern studies have shown that he was right. Among other benefits, music can relieve anxiety and stress. It's downright soothing.

"So much research has shown that music can calm your brain activity," said Mathew Pulicken, MD, a hospitalist neurologist at Cape Cod Hospital in Hyannis.

A 2020 study by the Global Council of Brain Health found that "adults who engage in music-making and listening are more likely to self-report their overall health, brain health, and cognitive function as excellent or very good."

[Read the entire article](#)



Salisbury Cathedral from the Meadows  
by John Constable

## New! Lunch n' Learn

### How Heaven Came to Earth - The Story of England's Gothic Cathedrals

**Sundays, Feb. 1, 8, 15, 22 | 11:30 AM**  
**Walden Hall**

Note: The session on Sunday, Feb. 15 will start at **12:30 pm**, following the Annual Meeting Luncheon.

Join Charles Calhoun for a special series exploring the history, architecture, and meaning of gothic cathedrals, designed for those participating in the England's Cathedrals Tour in April (but all are warmly invited to attend!) Readings and materials will be provided.

At the first session, we'll exam how it was possible for such huge structures to be built (and paid for) in a pre-industrial society and why they appeared in so many medieval cities, including our tour sites.

Subsequent sessions will explore why cathedrals were so important in medieval Christianity, what became of them in the Reformation and Civil Wars, and how the Gothic style was "rediscovered" in 19th-century Great Britain and North America. Seats are limited. Please RSVP to [info@stmarysbarnstable.org](mailto:info@stmarysbarnstable.org)



## February Birthdays

Happy Birthday to all St. Mary's February babies! If we have missed yours, please reach out and let us know.

Christian Bearse, Feb. 5  
Miles Bearse, Feb. 5  
Stephanie Ierardi, Feb. 5  
Frederick Walters, Feb. 6  
Karen Scichilone, Feb. 7  
Tom Waltner, Feb. 7  
Robert Norton, Feb. 8  
Richard McMahon, Feb. 10  
June Howes, Feb. 11  
Betsey Edwards, Feb. 12

Julie Lytle, Feb. 14  
Clyde Lennon, Feb. 16  
Linda Stackhouse, Feb. 17  
Gregory Leiter, Feb. 17  
Susan Norton, Feb. 18  
Alyssa LaPine, Feb. 22  
Annda Flynn, Feb. 22  
John Monacci, Feb. 26  
Pamela Gordon, Feb. 27



**ST. MARY'S**  
EPISCOPAL CHURCH  
— BARNSTABLE —

### Staff

**The Rev. Michael J. Horvath, Rector**  
Dr. Mijin Choi, Music Minister  
Julienne Remie, Parish Administrator  
Kathleen Macdonald, Office Assistant  
Lynda Anello, Communications Director  
Lisa Nurse, Financial Coordinator  
Janis Umschlag, Thrift Shop Manager  
Glenn Lungarini, Facilities Coordinator



[stmarysbarnstable.org](http://stmarysbarnstable.org)

**Pastoral Emergency?**  
**Call our Confidential**  
**Pastoral Care Line**  
**508-318-6646**

### St. Mary's Vestry

#### Officers

Marian Ferguson, Sr. Warden (2026)  
Arlene Antonicelli, Jr. Warden (2026)  
Wes Blair, Treasurer (2026)  
Lallie Lloyd, Clerk (2026)

#### Members

Emory Anderson (2026)  
Jean Fahey (2026)  
Jane Martin (2026)  
Keith Harris (2027)  
Sarah Nixon (2027)  
Judy Quinn (2027)  
Sue Davy (2028)