



Greetings!

Here's what's happening @ StB's!

WORSHIP @ StB's



Twenty Second Sunday after Pentecost

Sunday, November 9, 2025

8:00 am – Holy Eucharist Rite I

10:00 am – Holy Eucharist Rite II

followed by Social Hour in the Parish House

[*Click here for Live Streaming*](#)

Faithful Reflections

With the crisis surrounding administration of our national Supplemental Nutrition Assistance Program (SNAP), our local Place at the Table guest count and anxiety definitely increased this week. There is no good time for food insecurity, but it becomes even more challenging as winter and the holidays approach.

If you are moved to respond to this local reality, I invite you to purchase a Stop & Shop gift card in any amount to subsidize our increased food costs. You can bring the gift card to the office, or you can place it in the Sunday offering plate. All gift cards will be given to our weekly shoppers (not directly to guests) as they purchase the extra food needed each week. We will receive these gift cards with gratitude throughout the holiday season.

Thanks for your generosity on behalf of the guests we serve.

--David



IN OUR PARISH

WANTED: STOP & SHOP CARDS

A Place at the Table is in need of Stop & Shop Cards to purchase supplies for the community lunch. This is an easy way to support this vital ministry to the community of Falmouth! The cards will be collected at the office or you can place in the offering plate on Sundays.



Christmas Fair Update

SATURDAY, DECEMBER 6, 2025 @ 9AM
GREAT HALL

A **Special Christmas Tree** is set up in the Narthex of the Church adorned with tags of suggested ideas for themes for Gift Baskets for the Christmas Fair which is being held on Saturday, Dec. 6th. Please take a tag with a suggested theme and purchase items related to that theme or use your own ideas. Bring your theme items in a bag with the tag and approximate value and put them on the table marked Gift Baskets located on the stage in the Parish Hall beginning Nov. 13th and by Monday, December 1st. For more information contact LinnsWilson@gmail.com or #774-361-6239.

Christmas Fair posters are available in the narthex for you to pick up and hang in town.

How Can You Help??

SHARE YOUR TIME!

- Volunteer to work at one of the tables!
- Help with set-up in the Hall on Thursday 12/4 at 1pm or clean-up after the fair at 2pm
- Help assemble gift baskets in the Hall on Wed. 12/3 at 10am
- Distribute Fair posters – found in the Church Narthex and outside parish office in the Parish Center

SHARE YOUR TALENT!

- Attend a craft workshop at the home of Mary Beth Gale, 9 Oyster Shell Lane, East Falmouth (11/13 and 11/19 from 9:30am–11:30am)
- Decorate wreaths at the home of Joan Handy, 23 Payamps Rd., Mashpee (date TBD)
- Bake for the bake sale table!! Donations accepted on Friday 12/5 from 12–4 and pre-fair on 12/6. More info to follow!

SHARE YOUR TREASURE!

Donations can be left on the stage in the Great Hall beginning Thursday, Nov. 13th.

- Christmas Treasures is gratefully accepting any new or “slightly used” Christmas items or décor, collectibles, puzzles, glassware, or other Christmas treasures suitable for gift giving.
- Purchase items for themed gift baskets (suggestions found in the Narthex hanging on a Christmas tree)
- Baskets are needed as well
- Please indicate the theme of donation and the approximate value (try to keep it between \$25–\$50)
- Donate socks, underwear, hats, mittens, scarves for the Christmas tree outside the Great Hall. These donations will be shared with the patrons of **A Place at the Table**.
- Donations of homemade knit or crafted items and jewelry/accessories are gladly accepted!
- Take part in the **RAFFLE!** There are specialty items that you don’t want to miss out on!! You need not be present to win!
- Come to the fair and **BUY!**

Moving Forward through Faithful Giving Dinner



11/11 – Ken McGrail
11/13 – Susan Schmidt
11/13 – Alan McCoy
11/13 – EllenBordieri

Happy Anniversary

EVENTS @ STB'S

[Click here to Visit our Calendar](#)

SAINT BARNABAS'S EPISCOPAL CHURCH

WEDNESDAYSTUDY GROUP

SYNOPTIC GOSPELS: COMMON & DIVERGENT WITNESS

WEDNESDAYS @ 10AM
PARISH HOUSE

Mark, Matthew and Luke form the so-called Synoptic Gospels (syn-opsis = to be seen together), providing a much different witness to Jesus than that of John and Paul. All three contain vignettes from Jesus' earthly ministry (Matthew and Luke include a few childhood stories) that lead to the crescendo of Jesus' death and resurrection. Because they are so similar, it becomes all the more intriguing to explore where they diverge.

WWW.STBFALMOUTH.ORG

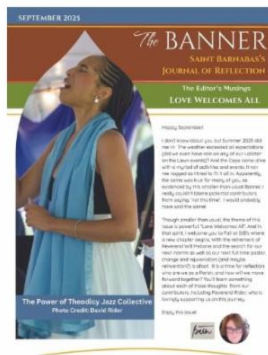
[Click here for Study Notes](#)

SUNDAY FORUMS @ STB'S

Sunday, November 9 @ 9am
New Archbishop of Canterbury

We have a new Archbishop! [Sarah Mullaly](#), current Bishop of London, will become the first woman to serve in a role that goes back to Henry VIII's establishment of the Church of England. Our Sunday Forum explores the Anglican Communion today, the Episcopal Church's place within it, and possible directions under its new spiritual leadership. Join us for coffee and conversation!

Sunday, November 16 @ 9am
The Banner



An open dialogue guided by Rev. Rider and Beth Bullock-McGrail. We welcome your thoughts and ideas as The Banner belongs to all of us. And we want it to be a part of the re-envisioned future of StB's. Coffee will be served as well as home-made muffins!



SAINT BARNABAS'S CHURCH

CELTIC VESPERS



SUNDAY, NOVEMBER 9 @ 5PM

A CANDLELIGHT SERVICE OF
MUSIC & PRAYER

Music featuring;

Nancy Hurrell, harp

Deborah Gemma, organ and piano,

Saint Barnabas's Choir



Saint Barnabas's Episcopal Church

Across from the Village Green

91 Main Street

Falmouth, MA

508-548-3863

www.stbfalmouth.org

Choir for a Day

CHOIR for a DAY is coming soon! You are invited to come and experience the fun of singing in a group. The one rehearsal is next Thursday, November 13th at 7pm in the church; we will sing on Sunday, November 16th. No need for choir robes or sitting up front. All are welcome, no experience necessary, bring a friend! For more information, or to sign up, contact our Director of Music, Deb Gemma, in person or email music@stbfalmouth.org.



Social Justice Ministry

Wednesday, November 19,
6pm–7pm in the Parish House

We will be discussing ways to continue to help our local our immigrant community facing fear and deportations, and the local scientific community facing attacks on science and DEI initiatives. In addition, we will discuss which book, chapter, or film to discuss at our December meeting. Please join us. All are welcome!



Sunday, November 30, 2025

Every month there are 5 Sundays we will collect new packages of underwear, socks, and t-shirts for the guests of A Place at the Table. The undies will be given to the Duffy Health Van and Aids of Cape Cod Van who will be sure they get out to people who need them. Tubs will be available in the Church & Parish Center lobby.

SAINT BARNABAS'S EPISCOPAL CHURCH



Christmas Fair

SATURDAY, DECEMBER 6, 2024
9AM - 2 PM

BAKED GOODS, JEWELRY, GIFT BASKETS, WREATHS &
CENTERPIECES, CHRISTMAS TREASURES, KNIT ITEMS,
CHRISTMAS CRAFTS, QUILTED PIECES, AND RAFFLE

LIGHT LUNCH AT THE CANDY CANE CAFE FROM 11-2
VISIT WITH SANTA AND HIS ELF FROM 10-12
ORGAN MUSIC IN THE CHURCH FROM 10-1

ACCEPTING DONATIONS OF NEW SOCKS, UNDERWEAR, HATS
AND MITTENS FOR THE GUESTS OF A PLACE AT THE TABLE

91 MAIN STREET - ACROSS FROM THE VILLAGE GREEN - FALMOUTH
WWW.STBFALMOUTH.ORG



COMMUNITY NEWS & EVENTS



FALMOUTH
SERVICE CENTER
more than a food pantry

The Falmouth Service Center is preparing for extra households in Falmouth needing their assistance. Normally, this time of year they see a large increase in the number of households needing assistance with the loss of seasonal work or cuts in hours. This year is more challenging with the federal shutdown and the expected loss of SNAP funds next week.

Last week was their busiest week since February 2025 as they assisted 603 households from across the Cape and distributed 17,000 pounds of food. Approximately 70% of the households come from Falmouth.

They are anticipating that this week and next will be exceptionally busy and have attached their general information flyer so that you can share it with your constituents.

For Falmouth families the following is available:

- Families can pick up food weekly from us ([click here for this week's list attached.](#) Our grocery list changes weekly.)
<https://www.falmouthservicecenter.org/food-pantry-at-fsc>
- Falmouth residents can apply for financial help once every 18 months. We can help with rent/mortgage; utilities; and car insurance/car payments.
<https://www.falmouthservicecenter.org/financial-assistance>
- Our new FSC Community Closet is open to our food pantry clients and has clothing for the family, household items, shoes, bedding, etc. all at no cost.
- We are currently signing up families for our Turkey Basket program. We have already enrolled 538 Barnstable County households and have room for about 70 more in the program. We are providing an additional 320 baskets for our military families on JBCC.
- Falmouth & Mashpee client families can enroll in our Children's Holiday Program which provides a brand new coat, hat, and mittens for children aged 0-10 plus a gift card so their parents can shop for them. Additionally, for children aged 11-17, the parents receive a gift card for them. That enrollment ends mid November.



DO YOU NEED ASSISTANCE?

We're Here to Help You

Any household in need from any zip code may pick up food at our pantry.

Food Distribution Hours

Tuesday,
Thursday &
Friday
10 am - noon

Wednesday
3:30 - 5:30 pm

Client Choice Food Program

Select what you need from our weekly "grocery list". Our volunteers pack your selections.

Financial Assistance

Falmouth residents struggling to pay their basic needs may be eligible for financial assistance.

Need to Ask a Question?

If you have a question or need resources, please call us at 508-548-2794.

Visit our website for more information on all services and programs.

falmouthservicecenter.org



**FALMOUTH
SERVICE CENTER**
more than a food pantry





Grocery donations will be accepted in the bins in the Church and Parish Center Lobby.



Autumn Qi Gong at St. Barnabas Church with Margie Mitchell

Tuesdays at 3:30 pm
November 4, 11, 25 and December 2, 9, 16
6 week session \$60 Drop-in rate is \$15
Veterans \$5

Donation-based class to benefit
the Falmouth Service Center.
Sunday, November 23rd at 1:00 pm

QI GONG is an ancient Chinese movement practice
enhancing the spirit, mind, body connection with
gentle movements. Each class consists of breathwork,
meditation, stretching, balances and learning to
"go with the flow."

More information at www.capechigong.com.

Register and direct questions to
mmitchellswimming@gmail.com



To help you stay protected, here are some *essential steps to recognize and avoid phishing attempts*.

1. Verify the Sender

Always double-check the sender's email address. When viewing the email address, pay close attention to what appears after the @ sign. If it looks suspicious or unfamiliar, proceed with

caution. **2. Watch for Red Flags**

Be wary of poor grammar, urgent requests, unexpected attachments, or links.

3. Hover Over Links

Before clicking, hover your mouse over any link to preview the URL. If it doesn't match the sender's domain or looks odd, don't click.

4. Never Share Sensitive Info via Email

We will never ask for passwords, Social Security numbers, or banking details through email.

5. Confirm Requests Through Trusted Channels

If an email asks you to take action—like transferring funds or updating account information—verify it by calling the sender directly.

6. Report Suspicious Emails

If you're unsure about an email, trust your instincts. Reach out to the sender directly for verification.

Parish Office Hours

Tuesday – Friday, 10am – 3pm

Church Phone: 508-548-3863

Website: www.stbfalmouth.org

Elaine Bruno, Finance Administrator (elaine@stbfalmouth.org)

Doug Fantarella, Sexton/Property Manager (doug@stbfalmouth.org)

Deborah Gemma, Director of Music/Organist (music@stbfalmouth.org)

David Hinds, Assistant Sexton

The Rev. Everett (Perry) Perine, Associate Priest (perry@stbfalmouth.org)

The Rev. David M. Rider, Interim Priest (david@stbfalmouth.org)

Becky Vaus, Parish Administrator (becky@stbfalmouth.org)

Location: 91 Main Street, Falmouth, MA 02540

Mailing: PO Box 203, Falmouth, MA 02541

To continue your financial support,
please mail your pledge contributions and offerings to:

Saint Barnabas's Episcopal Church

P. O. Box 203

Falmouth, MA 02541

To make an online contribution, please click on [DONATE NOW](#).

[Donate Now](#)

The clergy are available for routine and emergency pastoral care. Rev. David may be contacted via e-mail at; David@stbfalmouth.org through the Church Office (508-548-3863) or on his personal mobile phone 917-288-0187. Hospitals and other care facilities do not notify us. So, we rely on your family or you to let us know when you are in need of pastoral care.

Please contact [Becky Vaus](#) in the Parish Office, 508-548-3863 to request care for yourself or another. She can also place your name on the list of people who receive prayers during our worship services and/or give your name to a group of people who will pray for you confidentially.



Saint Barnabas's Episcopal Church | 91 Main Street | Falmouth, MA 02540 US

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