



Greetings!

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

WORSHIP @ StB's



All Saints Sunday with Baptismal Renewal
Twenty First Sunday after Pentecost

Sunday, November 2, 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

On Wednesday, a group of parishioners met to explore potential topics for our new Wednesday morning study group. After considering a dozen scenarios, we decided on the following themes, all on Wednesdays from 10:00–12:00 noon:

November 5, 12, and 19: The Gospel of Mathew, which will serve as the anchor for our Sunday worship lessons beginning in Advent. Expect more drama than Luke.

November 26: No Class – Thanksgiving week.

December 3, 10 and 17: Advent Infancy Narratives in Matthew and Luke to explore the two chapters in each gospel that give us the entire biblical witness for Christmas. Spoiler alert: it's not just about childbirth.

December 24 and 31: No Class – Christmas Eve and New Year's Eve.

January 7 – February 18: The Roman and Protestant Roots of Anglicanism unpacks the historic, spiritual and cultural cauldron that created our tradition from the Protestant Reformation through today's contemporary witness. Discover how our tradition became the synthesizer of clashing doctrines, forging the middle way in a conflicted world.

By Monday noon prior to each session, I will post background notes to outline the upcoming class theme. Whether you attend the class or not, I invite you to read the notes to join the extended discussions. Each Thursday e-news will keep you posted on the upcoming topics. Our sessions are open to the entire community, so it's the perfect opportunity to invite a friend to StB's.

On a related note, this Sunday, November 2, begins our 9:00 Sunday Forum in the parish house. We will host a similar organizational meeting to brainstorm themes, after which the first topic will begin on November 9. With an extra hour of sleep, coffee and tea await you.

Aside from a few off days around Thanksgiving and Christmas, our Sunday and Wednesday mornings now anchor our spirited conversation and spiritual growth. Please join us whenever you can!

--David



MUSIC NOTES

J.S. Bach's "Toccatina and Fugue in D Minor" is one of the most familiar pieces in the organ repertoire. With its dramatic opening and somber minor mode, it has become associated with Halloween; notice how many times you hear the opening motif used in advertising this month! A *toccatina* is a free-style, virtuosic piece for keyboard, characterized with many fast passages for the fingers, and in the case of the organ, the feet! A *fugue* is an imitative, contrapuntal piece, which takes a short melody or "subject" and weaves it throughout the piece at various pitches and with increasing complexity. Since the whole piece is a bit longer than a usual postlude, I will play the Toccata as the postlude on Sunday, October 26th, and the Fugue on November 2nd. I hope you enjoy this intersection of a Baroque musical masterpiece with pop culture!



Photo by Nathan Dumlao on Unsplash

A Note from the Property Ministry

The Property Ministry, along with office staff, parishioners, Vestry Wardens and Rev. Rider, are formulating a major renewal and beautification of our campus grounds. This is due to severe overgrowth of trees and shrubbery, resulting in blocked windows, building deterioration, campus security concerns and issues with invasive and neglected plantings. A multi-phase plan is being developed to be implemented over the next several months:

- removal of overgrown and building blocking plants, especially and most dramatically around the Great Hall and Chapel garden.
- reshaping and severe pruning of shrubbery and removal of invasive species.
- tree canopy cutback away from building roofs and reshaping of our large trees.

Until further notice no additional plants or trees are to be planted on the property without review by the Property Ministry.



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!



11/2 – Nina Asgeirsson
11/3 – Callie Connor
11/4 – Arthur Jones
11/7 – Barbara Gaffron
11/7 – Sherry Bonner



11/8 – Dan & Rhaenel Stone

EVENTS @ STB'S

[Click here to Visit our Calendar](#)

SAINT BARNABAS'S EPISCOPAL CHURCH

WEDNESDAY STUDY GROUP

WEDNESDAYS @ 10AM
PARISH HOUSE

Join us for spirited conversation among curious women and men who attend. Parishioners and community residents are equally welcome, so invite a friend. We will end each meeting with noonday prayers.

STARTING OCTOBER 29

WWW.STBFALMOUTH.ORG



MOVING FORWARD through FAITHFUL GIVING DINNER

SATURDAY, NOVEMBER 1 @ 5PM
GREAT HALL

MENU:

APPLE CIDER BAR
CHARCUTERIE TRAY
BEEF STEW
AUTUMN SALAD
SOURDOUGH BREAD
APPLE CRISP W VANILLA ICE CREAM

Hosted by the
Stewardship Ministry

[Click here to list us know you are attending!](#)

SUNDAY FORUMS @ STB'S

Sunday, November 2 @ 9am

Brainstorm Session

Parish House

A brainstorming session to kick off the new Sunday Forums! Join us to let us know what you are interesting in discussing or would like more information about. What would you like to share with us?

Sunday, November 9 @ 9am

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

YOU ARE INVITED to join Choir for a Day. Whether you have previously sung in a choir or school chorus, or if your experience is limited to singing "Happy Birthday," this is your chance to sing in a friendly setting to prepare an anthem for our 10:00 am service on November 16th. There is JUST ONE rehearsal, Thursday, November 13th from 7:00-8:00 pm. No need for choir robes or sitting up front, just come forward for the offertory. Advance sign up appreciated but not required; contact Deb Gemma in person or at music@stbfalmouth.org.



COMMUNITY NEWS & EVENTS



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





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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