

# SOUNDINGS

Saint  
Christopher's  
Episcopal  
Church



Spring 2024

## A Time of Transition



**The Rev.  
Libby Catania**  
*Transitional Priest*

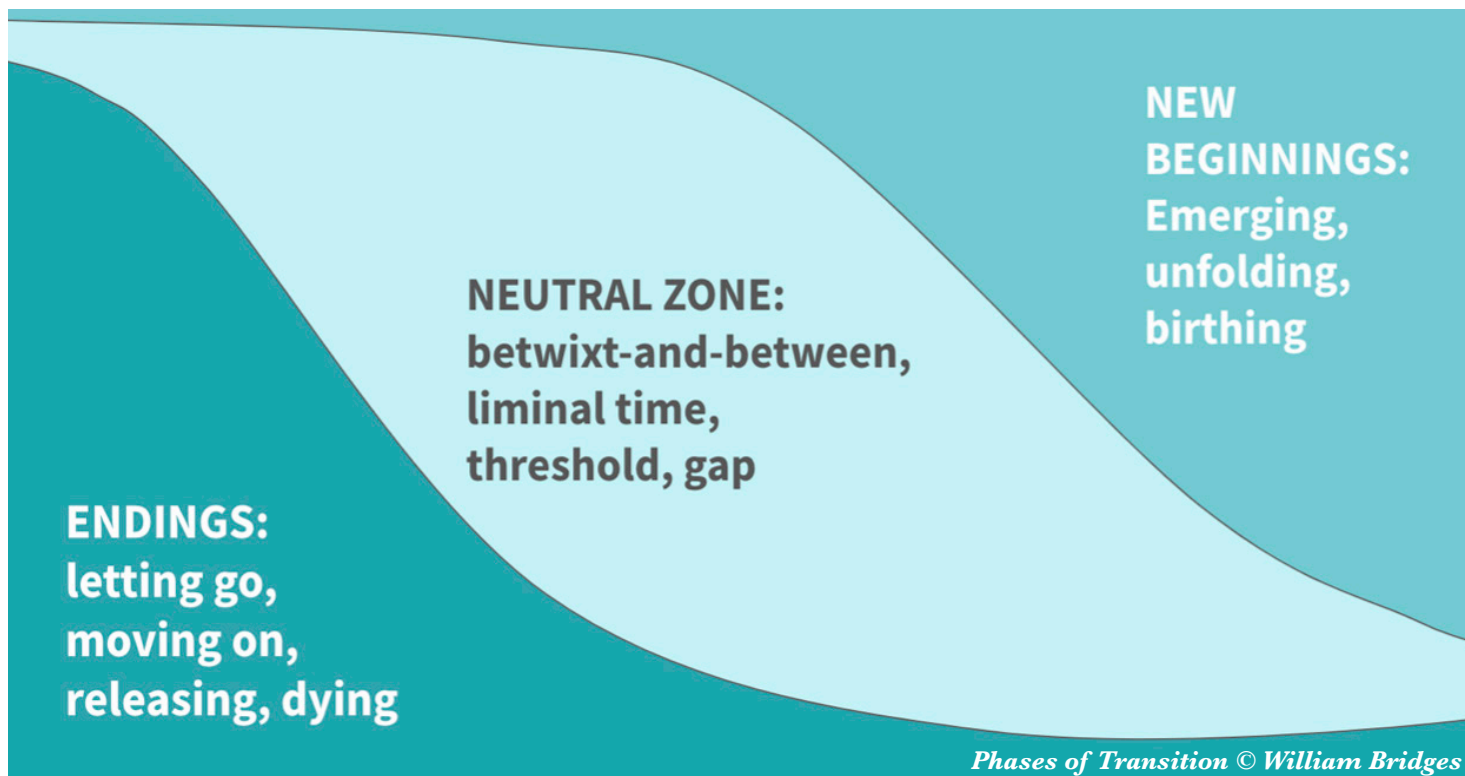
I love sitting by the sea and watching the changes that unfold before me. As the wind and light play on the water, it seems that there is something new to experience with every passing minute. In the garden, change seems to occur at a slower pace. While fallen leaves still blow in the winter wind, a few intrepid buds are appearing on some of the trees. Recently, changes to the landscape happened quite dramatically as we watched a storm surge flood roads and erode shorelines. In a matter of hours, huge chunks of earth fell into the sea and the landscape has a new shape...until the next storm.

In creation, God patterned change to be an ever-present reality, and the same is true in our lives. In some seasons of our lives, the changes that come feel gentle and expected. At other times, we face more dramatic shifts in our lives and our communities. After these significant changes, we enter times of transition as we adjust to the change.



William and Susan Bridges have written extensively about the processes of change and transition. They identify three aspects to living in transition: endings, the neutral zone, and new beginnings. On the next page is an illustration that they offer to visualize this transition process:

## *A Time of Transition, continued*



It's important to note that this is not a linear process, where you begin at the left and slowly work your way to the right...although for some people, this may be an accurate description of your experience. Depending on the day, you may be acutely feeling the ending that came with the change. On other days, you may feel "betwixt and between" as the neutral zone can be full of many emotions including uncertainty, anxiety, anticipation, and excitement. And in other times, you may be full of hope and joy at the new beginnings that are emerging.

At St. Christopher's, we are living in this time between rectors and you each may feel the waves of transition washing through you in different ways. Some people may be in the process of letting go and grieving, whereas others may be experiencing more of the creativity of the liminal time in the neutral zone, perhaps even seeing new beginnings. Liturgically, the time of Lent supports us during these liminal months as we are invited to times of self-examination and recommitment to the heart of our lives as followers of Jesus.

As we move into the last four weeks of winter and draw closer to Holy Week, I hope that you will allow the gifts of God's creation to support you in whatever ways your spirit is experiencing transition. And as the invitations of the resurrection begin to peek over the horizon, I pray that you will feel the warmth of new life in your lives and ease the potential discomforts of this time of transition.

In the words of St Therese of Lisieux (slightly adapted):

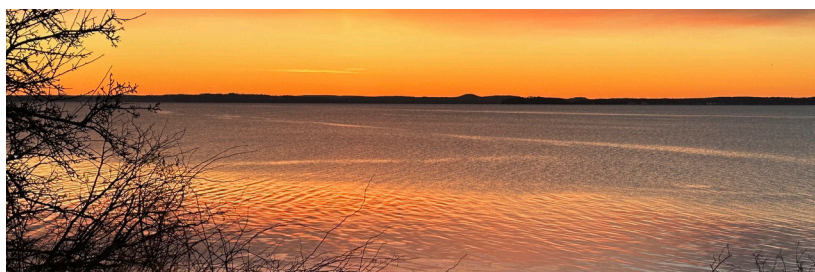
May there be peace within you today.

May you trust that you are exactly where you are meant to be.

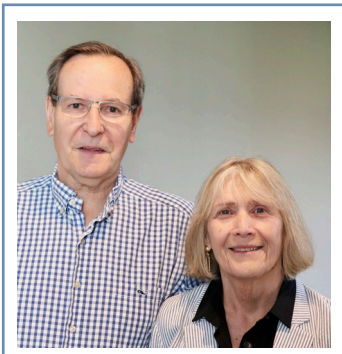
May you use the gifts that you've received,

And pass on the love that's been given to you.

May you always be confident knowing that you are a beloved child of God.



## The Rev. Prince and Relhetta Wreh to Visit



**Peter & Linda Hughes**  
*Co-Chairs,  
Together With Africans*

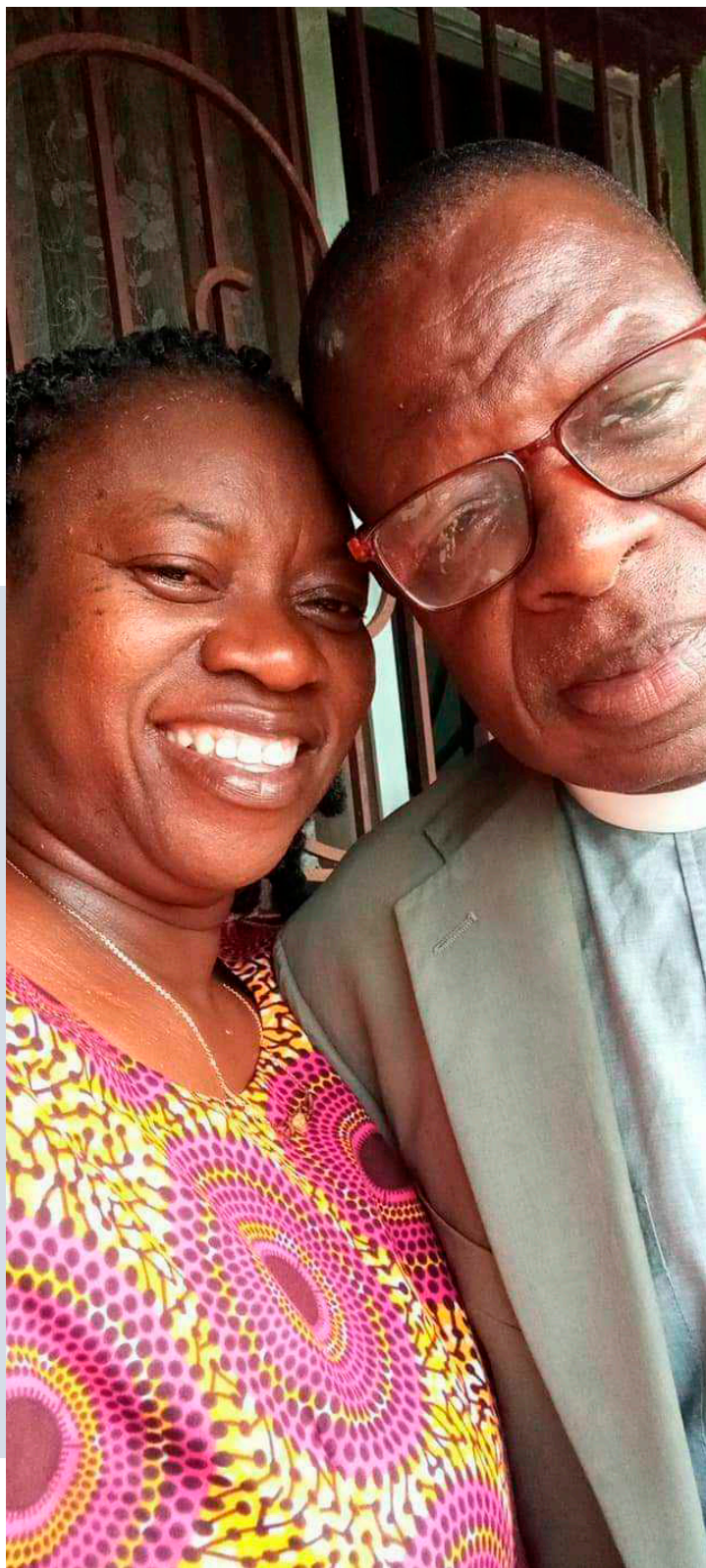
The Together With Africans (TWA) committee is pleased to announce that the Rev. Prince & Relhetta Wreh from Goll Farm School, Liberia, West Africa will arrive on Thursday, March 7. The committee is developing a comprehensive schedule of events to

keep the Wrehs actively engaged through March 26. There will be many opportunities to meet and greet these incredibly dedicated individuals. The lives of many Liberian students have and continue to be positively influenced by Goll Farm School.

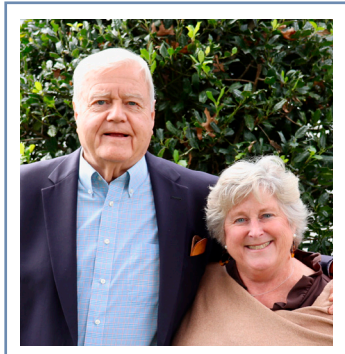
The schedule of events includes:

- Wednesday, March 13 at 6:15 p.m. Presentation for the Rotary Club of Chatham (400 East; 1421 Orleans Road (Rt 39); East Harwich). Contact Barb Gibson at [barbgibson53@comcast.net](mailto:barbgibson53@comcast.net) to register to attend this dinner meeting.
- Saturday, March 16 at 11 a.m. Presentation at the Harwich Cultural Center Cafeteria (204 Sisson Rd., across from the Police Station). The Wrehs will discuss "Educating Students in Liberia, West Africa."
- Sunday, March 17, 8 a.m. and 10 a.m. Prince will preach at the morning liturgies. The TWA committee will host the coffee hour during which Prince and Relhetta will discuss the challenges and opportunities of Goll Farm School.

We look forward to a productive visit. Thank you for your continuing support of Goll Farm School.



## 2024 Annual Giving Campaign



**John Sargent and  
Pam Hufnagel**  
*Chairs, Annual  
Giving Campaign*

People give for different reasons. Some give to the church because proportional giving (remember the word tithing?) is part of their spiritual discipline. Others give because they want to advance the church as a community institution. Still other people give

with an eye towards achieving specific outcomes such as starting a program. We hope that we met you where you are and invited you to make a financial commitment from a place of gratitude and devotion about what St. Christopher's means to you.

We are deeply grateful for those who participated in this year's campaign. As we move into this time of transition after Rector McGurk's

retirement, we felt it was important to focus on participation to create a stronger and more sustainable pledge base. We hoped to incent those members that do not contribute to the campaign, to reconsider, and to unify in support of St. Christopher's future. It is God's church; it is our church.



Led by the energy and support of the vestry, staff, and clergy, we surpassed the goal of \$530,000 with the generosity of 175 households. Last year, we had 179 households participate.

We celebrate with you that St. Christopher's is rich in fellowship, service and worship opportunities. We are grateful for the opportunity to lead this effort for the last two years along with our dear friend, Mary Cavanaugh, who left this earth September 11, 2023.

## Meet the Rev. Meg Ingalls

The Wardens wish to introduce you to our incoming interim priest, The Rev. Margaret Eileen Fowler (Meg) Ingalls. She will begin her service on May 1. The Rev. Libby Catania's last Sunday serving as Transitional Priest will be April 28.

Meg has been a priest for over 30 years, coming out of the Diocese of East Carolina and serving in the Dioceses of Virginia, Central Florida, Washington, and Massachusetts. She recently served as interim rector at St. John the Evangelist in Hingham, Mass., St. Paul's in Newburyport, Mass., and Christ Church in Rockville, Md.

Meg earned her M.Div. and A.B.D. from Virginia Seminary, and a C.P.E. from Walter Reed Hospital in Washington, D.C.

Prior to her ordained ministry, Meg spent her career as a teacher, serving the University of Maryland European Division, Lamar University in Texas, Campbell University in North Carolina and other universities on an ad hoc basis. She spent 3 years teaching in Georgia public schools.

She and her husband, Brad (also a retired Episcopal priest), have two children and several grandchildren.



## Uncommon Thrift Forms an Advisory Board



**Louise Montross**  
*Manager,  
Uncommon Thrift*

An Uncommon Thrift Advisory Board was formed recently. Members include myself, Finance Committee member Suzanne Boas, Vestry member Pam Hufnagel, Outreach Fund Committee member Martha Higgins, Uncommon Thrift volunteer Patrice Milley, and Kim

Roderiques, a member-at-large from the local retail community (The Trading Company). We think this board will provide guidance for the shop as we plan for a smooth succession of leadership in the years to come.

The shop just completed a very successful year contributing significantly to the operating budget and outreach programs of St. Christopher's. Going forward, however, we will face annual rent increases, so we need to look for ways to grow our business and insure a sustainable operating model for the future.

**Volunteers (L-R) Anne Read, Lisa Buchanan, Louise Montross, and Ginger Plexico pose with a customer, Marina Brock (center)**

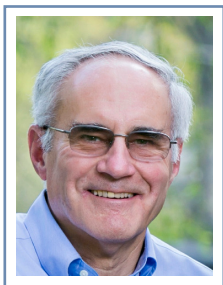
As we move forward into 2024, there are four goals necessary to achieving this:

1. We must maintain a sufficient level of high-quality donations, both drop-off donations and house clean-outs following estate sales.
2. We need to improve the visibility and awareness of our shop through increased signage and marketing.
3. We must expand the roles and responsibilities of volunteers to ensure management continuity. We have begun this process by designating day managers for the Shop; these volunteers will be responsible for operations in the Shop Thursday through Saturday.
4. We should expand online and outside sales using eBay, Facebook Marketplace, Eldred's and other such outlets.

Uncommon Thrift is a very special thrift shop with many devoted volunteers, donors, and customers. We look forward to another successful year with your continued support, for which we thank you!



# Planned Giving to the Endowment During One's Lifetime



**Rob Boas**  
*Chair, Planned  
Giving Committee*

When most of us hear the term “planned giving” in relation to St. Christopher’s, we tend to think of **bequests**, which are gifts to the church made through one’s will and which do not take effect until after our death. The fact is, however, that there are several other ways to make planned gifts that will add to the

church’s endowment **during our lifetimes.**

For example, those of us who have Individual Retirement Accounts (“IRAs”) and are over the age of 72 are familiar with so-called “required minimum distributions” (“RMDs”), which are amounts that the tax laws require us to take out of our IRAs every year. These amounts are added to our taxable income and are therefore subject to federal and state income taxes. One can avoid taxes on the RMDs, however, by donating them (in any amount up to \$100,000

per year) to qualified charitable organizations such as St. Christopher’s.

It is also possible to make outright gifts to the church’s endowment during one’s lifetime. Examples of this are donations of cash, real estate, appreciated property (e.g. stocks), and tangible personal property, such as artwork or cars. Recently, two of our current parishioners made very generous donations to St. Christopher’s with the specific intent to have the funds added to our endowment.

The importance of the endowment to the future of our church cannot be overstated. Moneys in the endowment are professionally invested and prudently managed and generate income that is critically important to the financial stability of St. Christopher’s.

Members of the Planned Giving Committee, who can provide more information about legacy giving, are Rob Boas, Jim Bast, Peggy Davis, Errol James, Jill Macdonald, and David Smith.





508-945-2832

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

**The Rev. Libby Catania,**  
Ph.D.  
*Transitional Priest*

**Judith Felton**  
*Pastoral Associate*

**Maury A. Castro**  
*Organist & Choirmaster;*  
*Communications Director*

**Bridgette Renaud**  
*Parish Administrator/*  
*Assistant Treasurer*

**Ali Crockett**  
*Facilities Manager*

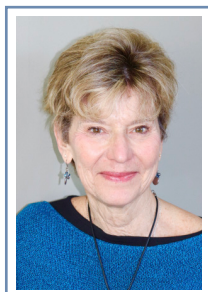
**Scott Goodwin**  
*Treasurer*

**Sandra Bowden**  
*Curator, The Gallery*

**Peter & Linda Hughes**  
*Managers, Food Pantry*

**Louise Montross**  
*Manager,*  
*Uncommon Thrift*

## What Is Giving You Life?



**Judith Felton**  
*Pastoral*  
*Associate*

In reading one of my Lenten devotions, the following was suggested: tune into yourself. And then, the questions: What is weighing you down? What is giving you life?

I realized this was an invitation to go inward and consider those parts of my life that disconnect or reunite me with God.

Rather than take a moment to look at myself, however, I asked my husband: "What is weighing you down? What is giving you life?" After disclosing what weighs him down, he disclosed that this weight is also what gives him life. That is, the challenges that burden him are also hidden gifts. That is, the flip side of pain is, perhaps, a new vision, a new perspective, a hidden prayer.

His response (of which I was quite surprised) got me thinking about the darkness and light that graces every moment of our daily lives. I reflected on the moments of my days and the ways in

which I could lift pain up to light and visualize what might be life affirming about what hurts. And, if the light isn't apparent immediately, what can I intentionally do to feel a life affirming moment?

In the dailyness of life, how does one get closer to that which is life affirming? Perhaps a list of mini life giving moments could be a starting point; so I made one: hearing my husband laugh; being in the presence of my children and grandchildren; observing the delight on my husband's face when a moment of joy hits him; worship; a good walk; a good swim; dressing the table for guests; a new pair of shoes; prayer; popcorn; friends; going to the movies; listening to Maury play the organ; and so many other blessings. The list was long. It beckoned me where to turn when I need the light. It reminded me that God is in the midst of everything, cradling our joys and sorrows.

As we journey toward spring, take a moment and make a list of all that is life affirming for you.

## Parish Statistic

### Death

Sandra Price  
December 7, 2023

**Church e-mail list:** If you are not on the church email list and would like to be, please subscribe yourself at the bottom of the homepage of the church website, [stchristopherschatham.org](http://stchristopherschatham.org), or email Maury A. Castro at [mcastro@stchristopherschatham.org](mailto:mcastro@stchristopherschatham.org). By adding your address to the list, you will receive the Midweek Message, Sunday livestream links, and periodic messages.



625 Main Street  
Chatham, Massachusetts 02633

**Spring 2024**

Non-Profit Organization

**U.S. POSTAGE**

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## Holy Week & Easter Liturgies

### **Palm/Passion Sunday**

Sunday, March 24, 8 a.m. & 10 a.m.  
(with Procession of Palms; live streamed)

### **Liturgy for Maundy Thursday & Stripping of the Altar**

Thursday, March 28, 6 p.m. (live streamed)  
(5 p.m. Mediterranean potluck supper)

### **Stations of the Cross**

Friday, March 29, 12 noon (live streamed)  
(The sanctuary will be open until 3 p.m.  
for private prayer and meditation)

### **Festal Choral Eucharist for Easter Sunday**

Sunday, March 31, 9 a.m. (live streamed) and 11 a.m.



*For more information, visit [stchristopherschatham.org](http://stchristopherschatham.org)*