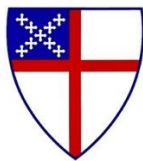


St. Mary Magdalene Newsletter

October 2026



"Learn character from trees, values from roots, and change from leaves."

— Tasneern Harneed

A Season of Pause and Wonder

Dear friends,

Even as someone who loves the heat and humidity, I do have to admit that fall is a season of great beauty and peace. October seems softer, the light outside is changing, the sky is getting a little more interesting in the morning with new colors and shapes. It feels like a time pause, utter a deep sigh and say, "Ahhhh."

In our parish this month we will celebrate the Feast Day of St. Francis Oct. 4th with a creation care service and a blessing of the pets. On the same day we will start the fall Bible study titled "The I AM Statements of Jesus." We will honor Tim Burgess, have a parish potluck and greet each other on Sundays throughout the month as we tiptoe toward winter.

We have so much to learn from God's creation, as the quote above by poet Harneed reminds us, I wonder what creation will teach us this season? Living amongst "the pines" here in Moore County, I wonder what we learn from them (outside of the need to invest in a good leaf blower! LOL). The natural world brings such mystery and joy, like the flowers that came up all around my yard this year that I didn't plant, the ones who joyously blew around the yard finding a little patch of dirt to rest in over the winter until finally woken up by spring. Some of the prettiest places in my yard are the ones I didn't try and create.

I'd like to think that creation has taught me to expect miracles, take great faith in the fact that spring will come every year, and if we can pause long enough, we notice that God continues to heal us through creation. Whether it's the butterfly out our window, the dog at our feet or the pumpkin seeds that are just soooo good, God continues to whisper, "I am here." Through creation we can be made well of body, mind and spirit.

So, what *are* the trees teaching you this year? What have you learned from your roots? What change might be underway that, with God's presence, will feel a little easier?

On Oct. 4th we will sing hymn 412 whose chorus resounds: "God has done marvelous things, I too will praise him with a new song." What's your new song this creation season?

Peace and blessings,

Rev. Colette

Fall/Halloween Outreach



St.MM parishioners will again gather Halloween treats for the residents of Seven Lakes Assisted Living and Memory Care. Members are asked to donate bags of individually wrapped candy and place them in the Halloween collection box in the Narthex. Sugar free candy is also appreciated. Our outreach committee will make treat bags for the residents. Please bring all candy in by October 25th. Thank you!

Fall Parish Bible Study Series

"Exploring the I AM Statements of Jesus"

Throughout the gospels Jesus uses the phrases "I Am" ... *I am the bread of life, I am the Good Shepherd, etc.* Come explore these statements and learn about their connection to Old Testament texts. A four-part series, 11:45 – 12:45 pm

Oct. 4 (Start at 11:30 to make Pet Blessing that day), Oct. 18, Nov. 1 and Nov. 15

Please bring a snack or lunch for yourself if you need to eat during the conversation.

Bishop Visits Parish

On September 20th, the parish welcomed Diocesan Bishop Sam Rodman for a celebration of new ministry and special coffee hour.

Bishop Sam was inspired by the authentic spirit of the parish and obvious care for one another that is a cornerstone of our parish life. He shared that smaller parishes like ours outnumber large parishes now across the Episcopal Church and that the Diocese has created a new ministry committee that will focus on supporting smaller churches. The Bishop and Rev. Colette enjoyed the time reconnecting as they have been colleagues for over 20 years dating back to when both were in the Diocese of Massachusetts. Lloyd provided a beautiful cake in celebration of the Bishop's recently announced retirement in 2028. *(Thank you to Robie and Laura for pictures.)*



As Bette calls us: "A Band of Happy Pilgrims"!





Creation Care Sunday and Blessing of the Pets!

Sunday October 4, 2026

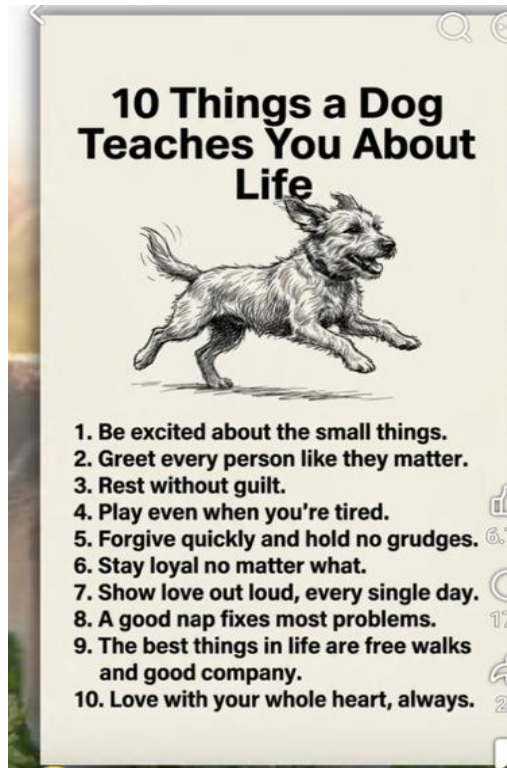
Creation Care Church Service 10:00

Blessing of Pets 1:00 PM SLLA Main Clubhouse, 118 Firetree Lane, West End



- Join in the fun as we celebrate “Creation Care Sunday” giving thanks for our pets, blessing them for good health and happy lives.
- We will also remember those animals who have passed away. Bring a photo of your pet if you wish.
- If your pet prefers privacy, drive up and we will come to your car.
- You are invited to bring a donation for the **Moore County Animal Shelter**: canned cat food, cat & dog toys, hand sanitizer, gently used blankets, paper towels

And a lesson from our furry friends:



Parish Fall Picnic

The St. Mary Magdalene annual potluck fundraiser will take place **October 16, at 5:00 PM** in the Longleaf pavilion in Seven Lakes North. This annual event raises money to support the outreach projects of the parish, bearing witness and love to the community. Please plan to come.

If assistance with parking or mobility is a concern, please see Rev. Colette.

Memorial Service for Tim Burgess

The Burgess family invites the parish to celebrate the life of their dad, **Tim Burgess**.

Wednesday **October 14, 2026** - 10:00 am Burial Rite & Holy Eucharist

11:00 am time of fellowship

1:00 pm Interment, Emmanuel Church Southern Pines Memorial Garden

Parishioners participate in Rise Against Hunger

Last month, 10 parishioners participated in the annual Seven Lakes' "Rise Against Hunger" event. This international feeding organization serves 41 countries around the world, including the U.S.

In our time together on September 19th, 33,000 meals were prepared and packaged which will provide 153 school children in Zambia lunch for a year. The packages are a mix of rice, PVT (protein), dried vegetables and a vitamin package. The combination is simply boiled in water for 20 minutes and becomes a healthy meal for six people. Where "Rise Against Hunger" works in the world, malnutrition rates drop significantly. St. MM not only proved people power, but raised \$925 from within the parish to donate to the effort. If you'd like to read about the organization visit their website at www.riseagainsthunger.org.



Being A "Dementia Friendly" parish

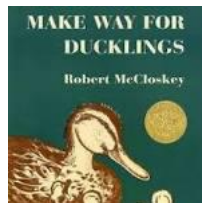
Last spring, many of you participated in my informational program about dementia. You'll remember my involvement in the Engaged Brains Project here in Moore County over the past few years, which has evolved into the "Still Us Foundation." Prior to moving to NC in 2018, I was spending a great deal of time working in dementia care and helping clergy and congregations develop skills in caring for this population.

I'd like to continue to help our parish understand dementia and be able to say that we are a "Dementia Friendly Congregation." Therefore, over the next few newsletters, I'm going to share with you some new handouts that I will be using in 2027 when I launch a new training in the diocese to help other congregations and clergy with dementia care. I hope it will help all of us feel more confident about journeying together.

In November, I also hope to host a screening of the movie “Alive Inside” at our parish for the greater Seven Lakes community. The movie is a very uplifting documentary about the power of music in the lives of those living with dementia.

Please see the attachment to this newsletter that offers my tips on “communicating” with those with dementia. In upcoming handouts we will learn about: activities, how to provide “spiritual” care, early signs and symptoms, resources, and more. My book on this topic, “Do This Remembering Me: Spiritual Care for Those With Alzheimer’s and Dementia” is available on Amazon or at Church Publishing (www.churchpublishing.org).

A real life “Make Way for Ducklings” scene



If you’ve ever read the “Make Way for Ducklings” children’s book by Robert McCloskey you’d have loved this scene recently on a Sunday morning. Like the duck family trying to make its way around the Boston Common, this gaggle of geese was making its way around our front yard. I tried to shuffle them along and get them out of the road but they weren’t being very cooperative. Fortunately, there wasn’t much traffic and they all eventually wandered off.

Now some trivia: who can name the eight ducklings from the book? See answers at the end of this newsletter.

Poetry/Prayer Corner *Submitted by Phyllis Olson*

SMILING

Smiling is infectious
you catch it like the flu.
When someone smiled at me today
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled, I realized
I'd passed it on to him.

I thought about that smile
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic quick,
And get the world infected!

Author unknown

(NOTE: *Parishioners are invited to submit their favorite prayer or poems to share with the parish.*)

OCTOBER CALENDAR OF EVENTS

October 4: *Creation Care Sunday and Blessing of the Pets, 1:00 pm SSLA Main Clubhouse*

October 13 & 27 – *Healing & Intercessory Prayer, 11:00 am*

October 19 - *Worship service Seven Lakes Memory Care 11:00 am.*

October 28 - *Next Vestry Meeting: Wed. 5:30 pm. All Are Welcome!*

October 27– *Articles for September Newsletter are due. CONTACT Colette, Phyllis, or Sherol*

Outreach Reminder:

7 Sparrows has changed its donation request. They recently partnered with a food service company who will be providing food items now, so here's what we can continue to collect:

Paper towels, laundry soap (sensitive skin), diapers, and baby wipes

A bin is provided in the Narthex.



OCTOBER BIRTHDAYS! HAPPY BIRTHDAY TO:

1 – Lydia Camp
5 – Jack Douglas
6 - Jane Hanham
13 – Tally Bandy

"We turn not older with years, but newer every day." – Emily Dickinson



Happy Anniversary to Jim and Laura Douglas Oct. 10th!

St. Mary Magdalene Episcopal Church

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The Rev. Colette Bachand, Vicar

Newsletter Editors: Phyllis Olson and Sherol Grigerick / September guest editor, Rev. Colette

Duckling answers:

There were eight ducklings in [Make Way for Ducklings](#). Their rhyming names are:

- Jack
- Kack
- Lack
- Mack
- Nack
- Ouack
- Pack
- Quack



See you soon!