



CAPE COD and
the ISLANDS CHAPTER
AMERICAN GUILD of ORGANISTS

January 2024

Dear Colleagues,

The new year is typically a time when we resolve to make changes in our habits and in our lives in the never-ending quest for perfection. But I've been reading [Love for imperfect things: How to accept yourself in a world striving for perfection](#), by Haemin Sunim, previewing it for a gift for my adult children. Sunim, a Buddhist monk, wrote powerfully about slowing down in his last book [The things you can see only when you slow down](#). I was hoping to find wisdom in this new book I could share with my kids, who feel pressure to strive for perfection at work.

My kids and their fellow Millennials are under so much pressure to achieve perfection in their work, and once they do - the goal line is moved even further away - or new goals are added - it's so unhealthy. My hope for them is that they embrace life as it comes to them each day, especially in its imperfection. Sunim steps into the breach with stories and short quotes which can be read in a quick minute or digested that day to help slowly gain perspective on the busyness of our lives and the toll it takes. I highly recommend this writer to help us open our arms to what comes each day. He has wisdom for living a rich, full life of imperfection.

With the hustle of the holidays past, there is still time to register for our biggest social event of the year, our annual [Potluck and Yankee Swap](#). Please notify Capeago@gmail.com right away if you can, but if you're reading this and it's January 5th, please just read the flyer, bring an apoeitizer, salad or dessert, and a \$10 gift for the Yankee Swap and come. Mark Lawlor, Charlene Higbe and Maggie Bossi will cook for you - a treat not to be missed! St. Mary's Episcopal Church, 3055 Main Street, Barnstable. 5pm. If you need a ride, please call Cheryl Duerr 617-852-3533. We hope to see you there!

Please notify your choirs and congregations about our [Hymn Sing](#) coming up on February 11 at Corpus Christi in East Sandwich. Convivial fellowship afterward in their Fellowship Hall. Last year this was a very successful event. Please feel free to print the flyer below and share it with your church and choir members.

I wish you a wonderful, eventful and imperfect 2024- full of all that our Cape Cod and the Islands AGO can offer.

Cheryl



AGO DINNER
&
YANKEE SWAP



Friday January 5, 2024 5:00pm St. Mary's -- Barnstable

Dinner Menu

Members provide salads, desserts and beverages. RSVP with what you are bringing before December 27 (see below)

Choice of Entrees

prepared by Mark and Betsy Lawlor, Charlene Higbee, and Maggie Bossi

Entrée number 1

Angel hair pasta with shrimp, scallops and asparagus tips in a light alfredo sauce

or

Entrée number 2

Roasted Chicken thigh in a mushroom cream sauce

Served with mashed potatoes and grilled asparagus

RSVP by Dec 27

[*Capeago@gmail.com*](mailto:Capeago@gmail.com)

Include name, # in party, entrees desired and dish you will bring.

YANKEE SWAP -- bring a wrapped gift of no more than \$8 (or re-gift) to swap and reswap



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FEBRUARY 11, 2024 3PM

FREE EVENT | REFRESHMENTS SERVED

CORPUS CHRISTI CHURCH
324 QUAKER MEETINGHOUSE RD,
EAST SANDWICH, MA 02537

Come and join voices with other choirs to celebrate the great tradition of hymnody from multicultural sources.

Celebrate the unity of music!

For more info: paula.jwumc@gmail.com



Upcoming Regional and National Events

2024 National AGO Convention

June 30th to July 4th, 2024

San Francisco, CA

[Click here for more information.](#)

Guidelines for Submitting Material to the Newsletter

All articles or flyers must be submitted in PDF form as you would like them to appear in the Newsletter.

The ability to advertise our musical events to our colleagues is one of the privileges of membership in the AGO.

All articles about Guild events must be in PDF format.

Articles and flyers must be submitted by the 15th of the previous month to capeago@gmail.com. Please make a note of this email address.

Thank you

Cape Cod and the Islands AGO 2023-2024 Program

Mark your calendars for these chapter events!

October 7 (Saturday) 32nd annual Nantucket Organ Crawl Members and significant others receive \$20 discount off group ferry cost.

November 4 (Saturday) Speed Workshops
St. Peter's Episcopal Church Osterville

January 5 (Friday), 2024 Potluck and Yankee Swap
St. Mary's Barnstable

February 11 (Sunday) Hymn Sing - Alleluia!
Corpus Christi, Sandwich

April 28 (Sunday) Organ Plus
Dennis Union, Dennis

June 2, (Sunday) Fun annual gathering and meeting
June 9, (Rain) location and activity TBD

Summer Stay tuned for summer 2024 events
and further details of these events.

Your 2023-2024 Chapter board is working very hard to bring you exciting programming for the coming year.

Please watch your email for the Chapter Newsletter and further information on these events.

If you would like to help with any of the above events, please contact Cheryl Duerr cduerr@holyredeemerchatham.org or Richard Bunbury rbunbury@me.com

Cape and Islands Chapter Board 2023-2024 Officers

Dean Cheryl Duerr cduerr@holyredeemerchatham.org
Sub-Dean Richard Bunbury rbunbury@me.com
Secretary Charlene Higbe cthighbe@aol.com
Treasurer Gary Mazzola garymazzo@aol.com

Members-at-large

Joe Hammer joehammer01@att.net

Paula King pmhking@verizon.net
Mark Lawlor mlawlor@usa.net
Jeff Mereschuk jeffmereschuk@comcast.net
Maggie Ribb maggie.ribb@gmail.com
Registrar Chris Babcockchrishbabcock@aol.com

American Guild of Organists Homepage: agohq.org

This communication is sent on the 1st of the month, or shortly thereafter. Please submit events by the 20th of the month to be included in the following month's email. Send announcements with complete information in the text of an email, including relevant website links, to Cheryl Duerr, dean and Brittany Lord, newsletter editor, at capeago@gmail.com.

**Local and regional events are received and included in our communications as a member benefit for AGO members only.*

Visit our Website