

The St. Barnabas' Reporter



Noticing and Welcoming the Spirit

Dear Friends,

Pentecost isn't just an opportunity to wear one's most audacious color – to weigh in on an ongoing debate about whether coral, garnet, vermilion, or another hue is the best expression of those lowest wavelengths on the visible electromagnetic spectrum. Pentecost is a birthday party for the church, one of the three principal feasts of the liturgical year. (There was a long stretch of time in England when Whitsunday was a bigger deal than Christmas!) This is our opportunity to celebrate the gift of the Spirit, the Power from on high that showed up the midst of the disciples after the incarnate Word had Risen from death. The promise is that we have been gifted with the same Spirit that animated our Savior. The church is still inspired by the Spirit that is working in surprising and transformational ways. And we are still living into the fulfillment of the word from God that was promised in the second chapter of the book of Joel: "I will pour out my Spirit upon all flesh, and your children shall prophesy, and your youths shall see visions, and your elders shall dream dreams."

The metaphor of fire for the Holy Spirit reminds us that the power of compassion is still expressing itself through cultures and languages that are continually changing, as our circumstances and opportunities also continue to change. The Spirit works in surprising and transformational ways that are simultaneously consistent, and also, ever new.

So, are you ready for God to do something new in your life? Is the Spirit inviting you into a new rhythm of life, a new way to practice and embody your faith and humanity? No one else can live your life for you. God is waiting for you to notice the miraculous in the midst of all the mundane. God is asking if you are ready to fully rely on God for your life, for your well-being, and for your meaningful service in this world. It is a daunting consideration, but it can also be an inspiring one: that in the midst of whatever stress or pain or uncertainty we may be feeling, God is right here with us, as close as our every breath, seeking to bring forth good.

One of the concluding prayers for Rite II Evening Prayer draws on the concluding words of the letter to the Ephesians: "Glory to God whose power, working in us, can do infinitely more than we can ask or imagine." (BCP p. 126) The Spirit is more creative and wise than we can possibly comprehend.

(continued next page)

The Rev. John Bolin Shellito
Rector

SPECIAL POINTS OF INTEREST

- *PLADaTeS*
- *20s/30s Group*
- *Happy 90th!*
- *30 Hour Famine*
- *Why We Go on Mission Trips*
- *Introduction to Dream-Share Groups this Summer*
- *Egg Hunt/Easter Photos*
- *Parish Life Photos*
- *J2A Yard Sale*

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**St. Barnabas'
Episcopal Church**

4801 Ravensworth Road
Annandale, VA 22003
703-941-2922

Parish Staff

The Rev. John Bolin Shellito
Rector

David Palmer
Music Minister

Catherine Dubas
Parish Administrator

Maria Bottlick
Bookkeeper

James Harris, *Sexton*

Delilah Stearns, *Nursery*

Randolph Jones
2023 ASYP Tutor Coordinator

Vestry & Parish Officers

Ellen Riddle
Senior Warden

Larry Stark
Mark Patterson
Co-Junior Wardens

PJ Kennedy
Treasurer

John Westerlund
Assistant Treasurer

Ann Sayles
Register

Sam Batten

Michael Dugger

Beth Harper

Leigh Kennedy

Norma Ricketts

Jeff Schaefer

—
Catherine Dubas
Newsletter Editor

Sunday

Worship Schedule

8 a.m. Holy Eucharist

10:15 a.m. Holy Eucharist

Noticing and Welcoming the Spirit (continued from p. 1)

This is why I am so appreciative of the prayer for those who are dear to us, on p. 831 of the BCP: because God is the ultimate Creator of good.

Almighty God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come, knowing that thou art doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen.

When I imagine Carolyn Lilienthal's enjoyment of God's presence, along with the other faithful individuals whom we love but see no longer, I am thankful for the imagery offered by one of the "Additional Prayers" found on page 503 of the BCP: the joys of Heaven are like God's ways here on earth, in that they are both far better than we can possibly imagine or comprehend in our limited humanity.

Almighty God, with whom still live the spirits of those who die in the Lord, and with whom the souls of the faithful are in joy and felicity: We give you heartfelt thanks for the good examples of all your servants, who, having finished their course in faith, now find rest and refreshment. May we, with all who have died in the true faith of your holy Name, have perfect fulfillment and bliss in your eternal and everlasting glory; through Jesus Christ our Lord. Amen.

Blessings,
+John

Vestry Liaisons

Pastoral Care - Mark Patterson

Worship - Leigh Kennedy

Children & Youth - Michael Dugger

Communications & Welcome - Jeff Schaefer

Social Justice/Adult Christian Education/Outreach - Beth Harper

Finance - Norma Ricketts

Building & Grounds - Larry Stark, Mark Patterson, and Sam Batten

St. Barnabas' Mission:

**Serving our community, the world, and each other
through the love of Jesus Christ**

A Note from David Palmer

by David Palmer, Music Minister

At the time I'm writing this, we are in the final weeks of Lent, and the Adult, Youth, and Cherub choirs are all preparing anthems for Easter that talk about Christ rising again. There is no resurrection without a death, and even the little ones are singing, "On the cross, he died for me." If I had worried about teaching the children a song about dying, I should have remembered that, every Sunday, our communion service is a vivid reminder of the sacrificial death of the Lamb, Jesus.

As a society, a church family, and individuals, we have had our share of death recently. Our nation has just had another school shooting. St. Barnabas' has had to say goodbye to Carolyn Lilienthal. One of my best friends recently called to say that she expects to die in the next 1 to 3 months. There's never a perfect way to process our grief at these times, but musicians have certainly tried to find ways.

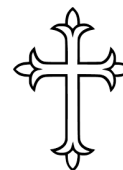
In past ages, composers might write a requiem – a mass for the dead – either on commission or to express their own grief. Mozart was writing his celebrated requiem at the time of his death; his widow suggested that Mozart came to believe that he was writing the requiem for his own funeral. Johannes Brahms composed his *Requiem* between 1865, the year of his mother's death, and 1868. Unlike the many Latin requiems composed before it, Brahms wrote his in German. Gabriel Fauré declared that his *Requiem* "wasn't written for anything – for pleasure, if I may call it that!" He also wrote that the work is dominated "by a very human feeling of faith in eternal rest." Maurice Duruflé began writing his *Latin Requiem* during the German occupation of France.

Some requiems have been written more recently. John Rutter's *Requiem* was first performed in 1985. Andrew Lloyd Webber's *Requiem* was first performed several months before in 1985. Both were written in memory of the composers' fathers. Andy and Jessica Riddle sang the *Pie Jesu* from Lloyd Webber's *Requiem* at Carolyn Lilienthal's funeral. Igor Stravinsky wrote his *Requiem Canticles* in 1966, and the work was performed five years later at the composer's funeral.

The requiem that has made the biggest impact on me is Benjamin Britten's *War Requiem*. Commissioned for the consecration of a new Cathedral in Coventry, England, the old one having been bombed during World War II, the *War Requiem* was premiered in 1962. Britten was a gifted composer, in my opinion; you might enjoy hearing his *Ceremony of Carols* at Christmastime, if you haven't heard it already. The *War Requiem* is dark and powerful, weaving poems by Wilfred Owen into the traditional Latin text. Owen wrote nearly all of his poems between 1917 and 1918; he was killed in World War I, in November of 1918. Britten selected poems that are full of references to scripture, including the story of Abraham and Isaac. By placing these poems in the portions of the Mass, Britten

(continued on p. 4)

In Memoriam



**Carolyn Elizabeth
Lilienthal**

March 3, 2023
Vienna, Virginia

*Rest eternal grant to
your servant, O Lord;
and let light perpetual
shine upon her.
May her soul, and the
souls of all the departed,
through the mercy of
God, rest in peace.
Amen.*

BCP p. 503

A Celebration of Life



Lynda Ann Woodle
Saturday, June 3, 2023
at 11:00 a.m.

With burial in the
Memorial Garden
to follow.



May

John Bolin Shellito
 Hugh Agnew
 Larry Stark
 Blair MacKenzie
 Adam Schaefer
 Barbara Miller
 Paradise Paul
 Malia Conteh
 Meagan
 Morrison-Crabbill
 Betty Jo Fortune
 Mark Patterson
 Kathleen Stark
 Sean Moore
 Paulina Kanu
 Margaret Donnelly

June

Tom Lyles
 Andy Riddle
 Joshua Dugger
 Garrett Patterson
 Katherine Greer
 Todd McKeever
 Jeff Schaefer
 Kendall Schottler
 John Lowrey
 Jessica Riddle
 Diana Greer
 Peyton Mokaves
 Luke Lilienthal

A Note (continued from p. 3)

allowed them to comment on or lend meaning to the sacred texts, as in the *Agnus Dei* (Latin for “Lamb of God”):

The scribes on all the people shove
 and bawl allegiance to the state,
 But they who love the greater love
 lay down their life; they do not hate.

St. Barnabas' Adult Choir will sing Britten's *Agnus Dei* on April 30, Good Shepherd Sunday. I hope to see you then.

St. Barnabas' PLAyDaTeS

Join other families with young children at St. Barnabas' for monthly-ish meetups at playgrounds, parks, kids' concerts--you name it. Activities are targeted at preschool and early elementary aged kids, but all ages are welcome. To get involved, contact Haley Bolin Shellito or the Parish Office.

St. Barnabas' 20s/30s Group

If you are in your 20s or 30s (in mind, body, or spirit!) and are interested in getting together for an occasional brunch, happy hour, or other event with the St. Barnabas' community, contact Haley Bolin Shellito or the Parish Office to be added to the 20s/30s email distribution list.

Happy 90th!!

Larry Stark will be 90 this May! To celebrate the event, the Stark Family is hosting Coffee Hour after church on Sunday, May 7th. We hope to see you all there to help us wish "Happy Birthday" to Larry.

~ Kathleen, Alyce, Laura, Jon, Shannon, and Michael Stark

ACCA News -Annandale Christian Community for Action

Rebuilding Together – Thanks to volunteers who – by the time you read this article – will have helped at the Rebuilding Together National Rebuilding Day on April 29th. The project is one of two sponsored by ACCA this year. The team includes volunteers from St. Barnabas', Annandale United Methodist Church, and other ACCA churches. As of mid-April, expected St. Barnabas' volunteers include the Rev. John Bolin Shellito, Scott Cannon, Dave Wright, Behn Ayala, and Camille Mittelholtz, as well as our project leader, Ken Mittelholtz. We will be working on a group home owned and operated by Hartwood Foundation, which develops and operates residential service programs for persons with intellectual and developmental disabilities. Our work will be outside and includes installing pavers, repairing a pergola, rebuilding wood planter boxes, fence repair, and exterior painting.

ACCA has sponsored Rebuilding Together (formerly Christmas in April) home repair projects since 1990, and St. Barnabas' has co-sponsored projects since 1994. Patti Klein, the Executive Director of Rebuilding Together-Arlington-Fairfax-Falls Church, recently joined the ACCA monthly Board of Directors meeting, thanking ACCA and participating churches for our support and updating Board members on the program. About 75 percent of Rebuilding Together-AFF's work is done through its Rebuilding Together Express program, which completes safety repairs. If you know of a homeowner of limited means who needs help with home repairs and safety and energy improvements, contact Ken or Camille for details on how the homeowner can apply for help .

Furniture Ministry – Thanks to our St. Barnabas' volunteers who delivered furniture to needy households and picked up donated furniture. Team members included the Rev. John Bolin Shellito, Scott Cannon, and Camille & Ken Mittelholtz. In March, the Furniture Ministry program gave furniture to nine households (29 people). Our next day to volunteer is Saturday, July 8th.

Child Development Center – The ACCA CDC provides quality early education and childcare to 200 infants, toddlers, and preschool children. About 60 of the children have special needs. In April, the ACCA Board elected two individuals to the CDC Board of Directors.

Family Emergency Assistance and Food Pantry – ACCA helped 28 households in March with urgently needed assistance in paying rent or utilities. This number is somewhat fewer than the number of families in late 2022 and early 2023, when needs were extremely high. The ACCA Food Pantry continues to have high demand for urgent help with groceries and hygiene products. In March, volunteers delivered food to 139 households. Volunteer drivers are needed to deliver food .

For more information on ACCA programs or to volunteer, please contact Ken or Camille Mittelholtz or the Parish Office.



Men's Group

The Men's Group meets for breakfast on the first Saturday of each month. We will meet on May 6th and June 3rd at 8:00 a.m. at the Juke Box Diner, located at 7039 Columbia Pike, Annandale. All men of the parish and their guests are welcome to attend. For more information please contact the Parish Office.

Reporter Deadline, Office Hours, and Schedule

The deadline for the July/August 2023 combined issue of *The St. Barnabas' Reporter* is **Thursday, June 15**. Please submit announcements and/or photos to the Parish Office at stbarnabaschurch@outlook.com. Hard copies of announcements and/or photos are welcome, as well.

Regular Office hours are Monday through Thursday from 9:00 a.m. to 4:00 p.m.; the Parish Administrator works remotely on Fridays.

Of note:

- The Parish Office will be closed on Monday, May 29th in observance of Memorial Day, and on Monday, June 19th for Juneteenth.
- John+'s schedule: Monday is set aside for sermon preparation; Friday typically is his day off.

As always, please call ahead to schedule any in-person meetings with John+, David, or Catherine.

Update Your Preferences

Please help us keep our database up to date by notifying the Parish Office if your contact information changes or if you would like any changes to how you receive parish communications. You can call the office at 703-941-2922 or email stbarnabaschurch@outlook.com.

In the Presence of God

We pray for God's strength and healing for ... Behn Ayala, Bernard Blair, Jean Anne Braddon, Charles Camp, Cricket Camp, Margot Donnelly, Rotha Frye, Preston George, Lee Gibbs, James Harris, Roger Hefferan, Sharon Jones, Alusine Kanu, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Cindy McLaughlin, Barbara Miller, Jack Miller, Helen Mosher, Shirley Newman, Beth Phillips, Grace Rampersaud, Norma Ricketts, Barbara Rigden, Ann Sayles, Frank Spink, Kathleen Stark, Larry Stark, Karen Steidel, Mareea Wilson, Dana Wiseman, Dave Wright, and Mary Yeaman.

For the Church ... the Archbishop of Canterbury, Justin Welby; our Presiding Bishop, the Most Rev. Michael Bruce Curry; our Diocesan Bishop, the Rt. Rev. E. Mark Stevenson; our Assistant Bishop, the Rt. Rev. Gayle Elizabeth Harris (beginning April 1, 2023); and our Visiting Bishop, the Rt. Rev. Dabney Smith (April through June); and their families. For our Rector, the Rev. John Bolin Shellito, and his family; for Cindy McLaughlin (in discernment); for our Vestry, Wardens, and staff; and for the work and ministry of the Rev. Noel Josue Rodriguez Santos and his parish of San Juan Bautista in Palma Soriano, Cuba.

30 Hour Famine

From Friday, March 24th through Saturday, March 25th, the Youth Group participated in the 30 Hour Famine at St. Barnabas'. For those who may not be familiar with it, the 30 Hour Famine is a program created by World Vision which helps youth experience a day and a half of going without food to raise funds for the hungry, as well as to raise awareness of hunger worldwide and in our own communities. St. Barnabas' youth fasted for 30 hours, from 12 p.m. Friday to 6 p.m. Saturday, consuming only juice and water. During our fast, we participated in activities and games based on world hunger. One game that was a big hit was a game we played Friday night called "Deadliest Predator." The game is like "tag" in the dark, but to win you have to collect three survival items that were hidden around the Richardson Room and in the hallway. The teams loved it!

The next morning, we discussed hunger in Fairfax County, then split into teams for a grocery shopping activity. Each team had \$20 to feed a family of four for a day, including breakfast, lunch, and dinner, taking nutrition, portion size, and price all into account. We found that teams often left healthier items behind, opting for cheaper, less nutritious items, and that store brands are just as good as name brands. After the shopping we donated all of what we bought to the ACCA food pantry and stocked the shelves. We donated 154 lbs. of food! Finally, we went disc golfing to push through those final hours of hunger. We finished our famine in the nave in front of the altar with a final reflection, compline, and communion together, and then followed with a meal to break our fast!

Thank you so much to all who helped with the weekend, especially Dawn Schaefer, Mark Patterson, Ellen Riddle, Reverend John, and Jean from ACCA. And THANK YOU to everyone who has submitted their water bottle full of spare change that will be donated to World Vision. We had such a fun time with the youth and thank everyone at St. Barnabas' for your support throughout the weekend!

~ Jessica and Andy Riddle

Top row:
Shopping for a day's worth of meals, and stocking the shelves at ACCA



Bottom row:
Disc golf,
Compline



Why We Go on Mission Trips

by Len LeRoy

At breakfast on Day 6 of my recent mission trip with Friends of the Episcopal Church, a fellow team member who had been working with the pre-school told me that she would like to buy a duffle bag full of school supplies and send it down to Cuba with me on my next trip, which I was already planning.

I was going to Palma Soriano to meet with the priest there to discuss that future trip. My taxi wasn't coming until around 10:00 a.m., so I stopped into the pre-school classroom to talk with the director while the kids were outside. The director, Iliya, knew that I had a cold and she asked me how I was. I told her that I was a bit better and she asked if I would like some tea; I accepted. (When you're helping others, it's important to let them help you. Not to mention, I appreciated the offer!)

Her "tea" was about 6 ounces of boiling water poured over a few mint leaves that she had gathered. She gave me half of her tea. I asked Iliya how she was doing: *Agotada*. Exhausted. Her bicycle brakes had broken that morning on the way to work. I've done a good bit of work on my own bikes over the years, so I asked to look at it. A cable had broken on the rear brake. This cable has a special fitting at the end and one cannot just jury-rig a fix. The part would be difficult to find in Cuba. I looked over the bike and saw that the knobby wheel was worn smooth and the rubber was cracking. It would not last much longer. The bike seat was held together by two bands of duct tape. And it was a child's bike with the seat extended really high. It just wasn't much of a bike.

My team member (the one who had told me that that she wanted to send the duffle bag of supplies on my upcoming trip) was sitting with the kids, and I did not want to disturb her. Instead, I looked for the trip leader and told him about the bike. I also mentioned that I had noticed one in the window of a nearby store for \$280. Shortly after that my taxi arrived and I went off to my meeting.

When I returned from my meeting, there was a brand new bike sitting in the courtyard. The team had taken up a collection, arranged with the rector's wife to convert our U.S. currency into something that would work with the store's restrictions, and bought a bike. Iliya's husband, who is a helper at the church, assembled the bike. I am told that when Iliya saw it, she was overwhelmed and said that she had heart palpitations.

This is why I go on mission trips.

► **May 2023 Schedule of Participants – St. Barnabas’ Episcopal Church ◀**

If you cannot serve as assigned, please find a replacement and notify the Altar Guild Chair / Team Captain / Parish Office. Thank you.

Church Office: 703-941-2922 email: stbarnabaschurch@outlook.com

The 10:15 a.m. service will continue to be livestreamed each week. Please check your email or the parish website for the link.

DATE	ACOLYTE	READINGS	LECTOR	CHALICIST	USHER	10:15 AM COFFEE HOUR	OPENER / VESTRY-CLOSER
May 7 4 Easter 8:00 am 10:15 am	McLaughlin Joshua D Sebastian G Benjamin G Michael D	Acts 7:55-60 Psalm 31:1-5, 15-16 1 Peter 2:2-10	C Camp M Dugger G Sinclair	M Patterson M Dugger	TBD TBD	Starks	Vestry: Harper Opener: Patterson Flower Guild: Radway Flower Delivery: Riddle
May 14 6 Easter 8:00 am 10:15 am	M Patterson Paulina K Francine C Cindy M	Acts 17:22-31 Psalm 66:7-18 1 Peter 3:13-22	T McKeever B Harper K Stark	C McLaughlin E Riddle	TBD TBD	Peytons	Vestry: L Kennedy Opener: Newling Flower Guild: Donnelly Flower Delivery: Fortune
May 21 Ascension Sunday 8:00 am 10:15 am	M Dugger Jordan K Leah W Jackson M Mark P	Acts 1:1-11 Psalm 93 (only two readings)	L Mellon C Mittelholtz H Agnew	M Patterson G Sinclair	TBD TBD	Greers	Vestry: Patterson Opener: Patterson Flower Guild: Merchant Flower Delivery: Agnew
May 28 Day of Pentecost 8:00 am <i>indoor service</i> 10:15 am <i>outdoor service</i>	C McLaughlin Paulina K Mark P Michael D Xochi T	Numbers 11:24-30 Psalm 104:25-35, 37 Acts 2:1-12	C McLaughlin D Wright M Patterson	C McLaughlin M Dugger	TBD TBD	Glaesers	Vestry: Ricketts Opener: Newling Flower Guild: Radway Flower Delivery: Riddle
June 4 Trinity Sunday 8:00 am 10:15 am	TBD TBD	Genesis 1:1-2, 4a Psalm 8 2 Corinthians 13:11-13	C Camp G Sinclair M Dugger	M Patterson G Sinclair	W Williams TBD	Merchant & Godly Play Class	Vestry: Riddle Opener: Williams Flower Guild: Newling Flower Delivery: Fortune

Counter Schedule

DATE	TEAM
May 7	3
May 14	4
May 21	5
May 28	1
Jun 4	2

Altar Guild Schedule

DATES	CAPTAIN
May 6-12	J Leatherwood
May 13-19	G Robbins
May 20-26	M Yeaman
May 27-Jun 2	J Leatherwood
Jun 3-9	G Robbins

► June 2023 Schedule of Participants – St. Barnabas' Episcopal Church ◀

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DATE	ACOLYTE	READINGS	LECTOR	CHALICIST	USHER	10:15 AM COFFEE HOUR	OPENER / VESTRY-CLOSER
June 4 Trinity Sunday 8:00 am 10:15 am	TBD TBD	Genesis 1:1-2: 4a Psalm 8 2 Corinthians 13:11-13	C Camp G Sinclair M Dugger	M Patterson G Sinclair	W Williams TBD	Merchant & Godly Play Class	Vestry: Riddle Opener: Williams Flower Guild: Newling Flower Delivery: Fortune
June 11 St. Barnabas Sunday 8:00 am <i>outdoor</i> service 10:15 am <i>indoor</i> service	TBD TBD	Isaiah 42:5-12 Psalm 112 Acts 11:19-30; 13:1-3	T McKeever E Riddle B Harper	C McLaughlin E Riddle	TBD TBD	St. Barnabas Day	Vestry: J Schaefer Opener: Patterson Flower Guild: Merchant Flower Delivery: Agnew
June 18 3 Pentecost 8:00 am 10:15 am	TBD TBD	Genesis 18:1 – 21:7 Psalm 116:1, 10-17 Romans 5:1-8	L Mellon H Agnew C Mittelholz	M Patterson M Dugger	TBD TBD	B Harper & M Newling	Vestry: Stark Opener: Newling Flower Guild: Wiseman Flower Delivery: Riddle
June 25 4 Pentecost 8:00 am 10:15 am	TBD TBD	Genesis 21:8-21 Psalm 86:1-10, 16-17 Romans 6:1b-11	M Patterson K Stark D Wright	C McLaughlin G Sinclair	TBD TBD	M Bottlick	Vestry: Batten Opener: Patterson Flower Guild: Radway Flower Delivery: Fortune
July 2 5 Pentecost 8:00 am 10:15 am	TBD TBD	Genesis 22:1-14 Psalm 13 Romans 6:12-23	C Camp M Dugger D Schaefer	M Patterson E Riddle	W Williams TBD	C & K Mittelholz	Vestry: Dugger Opener: Williams Flower Guild: Newling Flower Delivery: Agnew

Counter Schedule

DATE	TEAM	
Jun 4	2	Crutchley, Newling, Riddle
Jun 11	3	Hammerschlag, K Mittelholz, Stark
Jun 18	4	Harper, C Mittelholz, PJ Kennedy
Jun 25	5	Batten, Dugger, J Schaefer
Jul 2	1	Patterson, Ricketts, TBD

Altar Guild Schedule

DATES	CAPTAIN	
Jun 3-9	G Robbins	B Ayala, B Fortune
Jun 10-16	M Newling	M Bottlick, J Leatherwood
Jun 17-23	S Yeaman	S Jones, C McLaughlin
Jun 24-30	J Leatherwood	B Ayala, M Newling
Jul 1-7	TBD	TBD

Introduction to Dream-Share Groups this Summer

Are you curious about your dreams? Most people are. In many communities throughout the world, people meet regularly to discuss dreams and their possible meanings. Sometimes these dream groups are one of the activities of a Jung society; sometimes they are offered at a church. They can be a means for understanding oneself and one's relationships but are not intrusive; the limits of each participant's comfort zone are respected. Some find the numinous aspect of dreams to be a grace-filled adjunct to their spiritual journey. The group adheres to the norms of circles of trust as laid out by Parker Palmer, and no participant is required to share a dream. Its approach to dream-sharing involves the listeners imagining the dream as if it were their own; the dreamer listens to these projections for possible insights and is free to reject anything that doesn't click. This is the method encouraged by Montague Ullman, Robert Haden, Jeremy Taylor, and others. While many find these supportive groups to be a means to greater wholeness, they are not an appropriate substitute for the services of a mental health professional.

David Palmer is offering a 10-week introduction to dream groups this summer on Wednesday evenings, 6:30-8:30, in the Rite 13 classroom. Each meeting consists of a check-in, some discussion of readings (Jeremy Taylor's *The Wisdom of Your Dreams*), a moment of centering, and dream sharing and discussion. Attendees of the group needn't be members of St. Barnabas' or any church, but should be 18 or older. If there is sufficient interest (a viable dream group needs at least 4 people) once the introduction is over, a regular, monthly meeting with shared leadership could be held on-line. Please contact David Palmer (stbarnabasmusic@outlook.com) for more information.

Egg Hunt Preparations and the Easter Altar



Parish Life

Hypothermia Shelter ▪ February 26 through March 4



Game Night ▪ Saturday, March 18

Game Night was a blast! We had board games, trains, yummy snacks, pizza, and dessert, and, of course, “candy” Bingo with great prizes.

Thanks to all who came and especially to my co-host, Theresa Merchant, my boys and nephews, and the Glaeser Family who helped set-up (Rosio is a magician with streamers!) and brought the trains. And many thanks to the impromptu clean-up crew. Together it was done in snap!

‘Till next time,
Simone Dugger



J2A Yard Sale ▪ Saturday, June 17, 2023



Coming soon! St. Barnabas Yard Sale, Saturday, June 17, 2023, 8AM to 1PM

Our last yard sale of 2019 was a huge success and a great fundraiser! Our J2A class (a big group!) are asking for your support as they raise funds for their future Pilgrimage. Your donations to the upcoming yard sale will be much appreciated!

What, when and where?

Please bring your items to St. Barnabas' **between June 1 and June 14, 2023**. Items can be stored in the last classroom by the exit of the Education Wing.

Acceptable items include:

Household items, Kitchenware, Games/Toys, Small Appliances, Children's clothing, Accessories, Electronics, Small furnishings (mirrors, end tables, lamps, chairs, decor, plant stands), Sporting goods, Bikes, and Musical instruments.

How can you help us even more?

Please price your items in advance. We will have a pricing guide and pricing stickers available for you in the Richardson Room and hanging on the classroom door.

What happens with the unsold items?

Any remaining items will be donated to **Purple Heart**, who will pick up leftovers at 3 p.m. – hence the specifics regarding the donations: **Items not accepted by the Purple Heart are large furniture items (beds, couches, dining sets, etc.), TVs of any kind, large appliances, grills, etc. . . .**

**** If you donate large items, please deliver them the day of the yard sale and be prepared to pick them up the same day if not sold.**

We greatly appreciate your help! If you would like assistance with transporting your items to the church, please reach out to anyone on the Youth Committee. For more information, please contact Simone Dugger, Katie Westerlund, or the Parish Office.

Thanks and More Thanks...

- For John Westerlund and Ken Mittelholtz who recently updated the Parish Office computer.
- For all those who assisted with Carolyn Lilienthal's Celebration of Life.
- For Carolyn Lilienthal, and her legacy of welcome.
- For the Women of St. Barnabas'.
- For all those who assisted with Easter celebrations and the Holy Week services.
- For the Altar Guild.
- For the Flower Guild.
- For the Youth and Adults who assisted with the Passion Play on Palm Sunday.
- For the Cherub Choir.
- For the Youth Choir and Musicians.
- For the Adult Choir and Musicians.
- For the Building & Grounds Committee and all those who have helped with our Parish Workdays.
- For the Finance Committee.
- For the Youth Committee.
- For the Adult Christian Education Committee.
- For Dr. David Palmer, his faith, and his musicianship.
- For Catherine Dubas, her faith, and her administration.
- For Ms. Delilah Stearns, and her care for all those in the Nursery.
- For James Harris, and his care for our building as our Sexton.
- For Maria Bottlick and her excellent care in bookkeeping for the parish.
- For Randolph Jones, and his care for the intellectual life of the ASYP students.
- For Dan McGuire, community, ASYP Volunteer, who not only has been a faithful mentor to the ASYP students, but also has helped with outdoor clean-up at St. Barnabas'.

Prayer for Communications

Holy Spirit, you blessed the first disciples with the power to spread God's love throughout the world. Give us a new power to proclaim your work through our unique gifts and through the channels of clear communications. Bless all who use their talents in the field of communications, guide those who send out the message and those who receive it, so that all people may come to know your truth and be renewed by your love. We ask this through Jesus Christ, Our Lord. Amen.

Source: Ellen Riddle, adapted from <https://c4wr.org/communicators-prayer/>

KIDS COLORING PAGE





ST. BARNABAS'
EPISCOPAL CHURCH

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We're on the Web!

www.st-barnabaschurch.org

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Change Service Requested

MAD HATTER'S TEA ▪ SATURDAY, MAY 13, 2023

2-4 PM IN THE RICHARDSON ROOM ▪ HATS OPTIONAL BUT ENCOURAGED!

CHILDREN 6 YEARS AND OLDER WELCOME

SUGGESTED DONATION \$20 PER PERSON; CHILDREN \$5

PENTECOST ▪ SUNDAY, MAY 28, 2023

8 AM INDOOR EUCHARIST SERVICE

10:15 AM OUTDOOR WORSHIP SERVICE, WEATHER PERMITTING

ST. BARNABAS' DAY ▪ SUNDAY, JUNE 11, 2023

8 AM OUTDOOR MORNING PRAYER SERVICE, WEATHER PERMITTING

10:15 AM INDOOR EUCHARIST SERVICE

ALL ARE INVITED TO BRING A (NUT-FREE) SIDE DISH OR OTHER
CELEBRATORY FOOD ITEM TO SHARE AS A PART OF OUR FESTIVITIES

AFTER OUR 10:15 AM SERVICE, INCLUDING SUNDAY SUNDAES