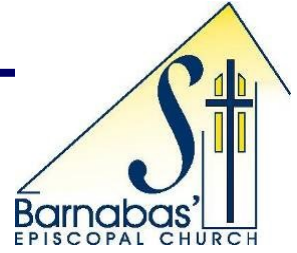


# The St. Barnabas' Reporter



## On Bears and Honey

Dear St. Barnabas' Family,

My children have reintroduced me to Christopher Robin and the wide variety of stratagems Pooh employed in his efforts to obtain some honey.

In between the adventures and misadventures, many undertaken in the hopes of helping a friend or two, Pooh seems to be perennially returning to the prospect of future honey. Perhaps he enjoys the chase after the honey more than the actual honey itself. Perhaps he and the bees are sublimating their creativity into a kind of competitive gamesmanship.

While I don't usually think of Pooh's efforts as stealing honey from the bees, the recent increase in the number of suburban beekeepers does have me considering what kinds of alternative options Pooh and the bees might have, in terms of how they relate to one another and in terms of the kind of rapport they are able to build together. The bees certainly have experience working productively together—I still remember a friend telling me of the effort that a beehive undertakes in order to keep warm together through a long cold winter: part of the strategy involves the bees staying as close as possible together, and a second part of the strategy involves a rotation of bees taking turns bearing the brunt of the coldest outer extremes of the hive. How much easier might the winter be for the bees if Pooh and Christopher Robin had the time, courage, and compassion to build some insulated bee boxes, in order to help shelter the bees from the whistling winter wind?

I wonder if another analogy of cooperation beyond our species might be helpful. I hold these truths as self-evident, that the trees on our church grounds provide shelter that keeps St. Barnabas' cooler in the summertime, and also a bit warmer around the winter solstice, by providing shade in the summer, and by helping to slow the harsh blasts of the winter wind—both of which might otherwise make life more difficult for us. However, some of our trees are also suffering from invasive vines—and, while the vines might seem cute at first, if they continue to grow they will eventually overwhelm their host trees and cause their demise.

A wise Christian once pointed out to me that human sin can operate in our lives in ways that are similar those invasive vines. And many of you may be aware that St. Barnabas' is in the process of applying for a small matching grant

*(continued next page)*

The Rev. John Bolin Shellito  
Rector

### SPECIAL POINTS OF INTEREST

- *Parish Workday*
- *Stewardship Campaign 2024— Rooted in Abundance*
- *ASYP Note of Gratitude*
- *Celebration of New Ministry Between St. Barnabas and The Rev. John Bolin Shellito*
- *Coffee Hour Hosts*
- *Celebrating Our Community of Saints*
- *In Gratitude*

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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

***On Bears and Honey...*** (continued from p. 1)

from the Audubon Society here in Fairfax County, in order to assist us with the identification and removal of some of the invasive vines on our church grounds which are threatening our trees. Many thank to Molly Newling and the whole Building & Grounds Committee for helping us to explore how our parish can implement this work together.

I'm thankful for the grace and peace given to us, in all our prayers and actions, for healing, justice, and freedom. Although we can only imagine what kind of collaboration Pooh and those bees could have undertaken had they been able, we can trust that our cooperation here at St. Barnabas' is by the grace of God.

It was actually a wise St. Barnabasian who first shared the poem "Vespers," by A. A. Milne with me; this is the same author who first imagined and wrote of Winnie the Pooh. This month I'll let their concluding words be mine as well: "Hush! Hush! Whisper who dares! / Christopher Robin is saying his prayers."

Blessings,  
John+

**Celebrating Marea Wilson's 95th Birthday!**

*Look with favor, we pray, on your servant as she begins another year.  
Grant that she may grow in wisdom and grace, and strengthen her trust  
in your goodness all the days of her life; through Jesus Christ our Lord. Amen.*

BCP p. 830

**A Prayer Attributed to St. Francis**

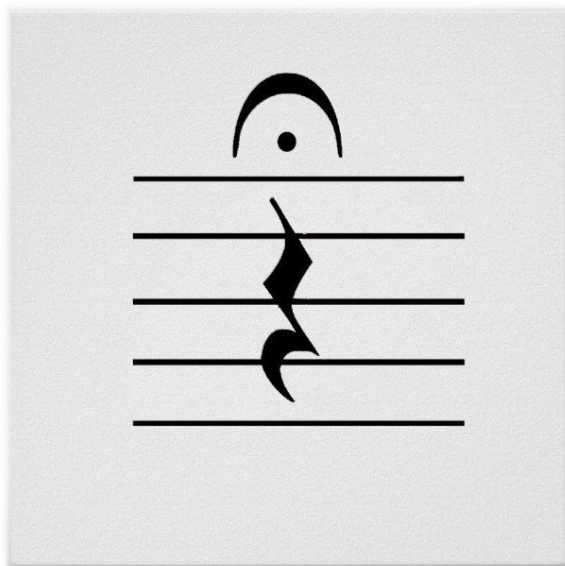
*Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen. BCP p. 833*

## A Note from David Palmer

by David Palmer, Music Minister

A Note from David Palmer this month is a quarter rest with a fermata on it.

*Stay tuned!*



## Building & Grounds Committee ■ Parish Workday



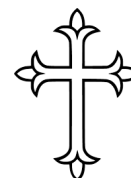
The Building & Grounds Committee and Junior Wardens plan a Parish Workday for Sunday, October 22 following the 10:15 a.m. service.

We will focus on fall clean-up and sprucing up grounds before our Celebration of New Ministry. Please plan to join us – dress for work and bring gloves, rakes, and other gardening tools.

- Camille Mittelholtz

**St. Barnabas' Mission:**  
Serving our community, the world, and each other  
through the love of Jesus Christ

## In Memoriam



**Virginia Deloris  
Dugger**

September 13, 2023  
Woodbridge, Virginia

\*\*\*

**Carolyn Martin  
McWright**

September 20, 2023  
Fairfax, Virginia

\*\*\*

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

BCP p. 503



## October

Christopher Greer  
 Timothy Greer  
 Fiona Agnew  
 Mary Riggs  
 Carolyn Horn  
 Aliyah Phillips  
 Aaron Moore  
 Cyrus Elliott  
 James Moya-Hayden  
 Erin Testa-Lowrey  
 Doug Merchant  
 Ellen Riddle  
 Haley Bolin Shellito  
 Frank Spink  
 Jack Verstandig  
 Megumi McKeever  
 Barbara Rigden  
 Camille Mittelholtz  
 Dick Crutchley  
 Janice Carroll  
 Mareea Wilson  
 Scott Verstandig

*Look with favor, we  
 pray, on your servants as  
 they begin another year.  
 Grant that they may grow  
 in wisdom and grace,  
 and strengthen their trust  
 in your goodness all the  
 days of their lives;  
 through Jesus Christ  
 our Lord. Amen.*

BCEP p. 830

## Annandale Christian Community for Action (ACCA)



**CROP Walk** - The Annandale CROP Hunger Walk will be October 14th at Lake Accotink Park. Please plan to walk with the St. Barnabas' team or support a walker. Registration starts at 8 a.m. near the Lake Accotink Park marina. We also need volunteers on October 14 to help register walkers and serve refreshments. To walk or to make a donation, please contact Camille or see <https://events.crophungerwalk.org/2023/team/st-barnabas-episcopal-2>. CROP Hunger Walks raise funds for Church World Service, which works in other countries and in the U.S. to fund hunger and disaster relief, as well as refugee assistance and resettlement. CWS also funds sustainable development projects like drilling wells and teaching farming skills. ACCA receives part of the funds raised by the Annandale Walk to help with our local efforts to fight hunger and poverty.

**Furniture Ministry** - St. Barnabas' next turn to volunteer for the Furniture Ministry will be October 7th from 8:00 a.m. until about 11:00 a.m. We welcome volunteers. The ACCA warehouse is located at Annandale United Methodist Church, 6935 Columbia Pike, Annandale.

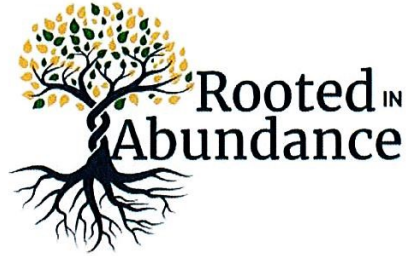
**Emergency Assistance** - ACCA continued to help families with payments toward overdue rent and utilities. The Food Pantry volunteers delivered urgently needed food and hygiene supplies to households - 91 deliveries in July and 104 in August. The pantry needs drivers to deliver food - usually Tuesday through Friday afternoons.

**Child Development Center** - The CDC provides quality care and development to infants and preschool children. The Center continues to serve a high number of children with special needs.

**Transportation** - The joint ACCA-Shepherd's Center effort continues to need volunteer drivers to take people to medical appointments and weekend shopping.

**Neighbor to Neighbor** - The Interfaith Center for Dialogue sponsored a picnic and school supply distribution for Afghan refugee families assisted by ACCA's program. Meetings of ACCA's Neighbor-to-Neighbor program will resume in the fall.

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



*They shall be like a tree planted by water, sending out its roots  
by the stream. It shall not fear when heat comes, and  
its leaves shall stay green; in the year of drought  
it is not anxious, and it does not cease to bear fruit.*

Jeremiah 17:8

Dear St. Barnabas' Church Family,

The theme of our 2024 annual pledge campaign this year is "Rooted in Abundance." We are like a mighty forest comprised of ancient trunks and sprightly saplings, each of us contributing our gifts to a world that needs us. The ministry we bring to our neighbors, the impact we have on our community, the ways that week after week we come together to celebrate our faith and praise God -- St. Barnabas' is a tremendous forest, rooted in abundance, and we thank God for this!

Over the next few weeks during worship, you will hear Ministry Moments about how our forest provides for God's creation and people. Some of the ministries that have been possible due to your generosity include FACETS, ACCA, Caritas, Education for Ministry, Adult and Youth Christian Education Programs, the Annandale Safe Youth Project, our Music Ministry, the Altar Guild, Flower Guild, Flower Delivery, and our support for our sister church Iglesia Episcopal San Juan Batista in Cuba.

This year, we need your pledge more than ever to continue to share our blessings! Please join me and all vestry members at St. Barnabas' with your 2024 annual pledge. Your generosity during this year is essential to the St. Barnabas' community in which we live. God has given us all that we need, and it is a great joy and privilege to give back!

As you make your pledge for 2024, we ask that you prayerfully consider how you can continue to meet the needs of the community through St. Barnabas' Episcopal Church by offering your time, talent, and treasure.

In Christ's Name,

Your Stewardship Committee

Behn Ayala (Chair), Grace Robbins (Co-Chair), Maria Bottlick, Cricket Camp, Maria Macfarlane and Ellen Riddle.

St. Barnabas' Episcopal Church  
The Rev. John Bolin Shellito, Rector  
4801 Ravensworth Road, Annandale, VA 22003 • ph: 703-941-2922  
[www.st-barnabaschurch.org](http://www.st-barnabaschurch.org) • [stbarnabaschurch@outlook.com](mailto:stbarnabaschurch@outlook.com)

## Women of St. Barnabas' (WOSB)

The Women of St. Barnabas' are planning the Holly Jolly Christmas Bazaar, which will be on Saturday November 18th from 10 a.m. - 2 p.m. All are invited to join in planning and making crafts with the Barnabees' craft group, which meets Tuesday mornings at 10 a.m. (the WOSB business meeting is the first Tuesday of the month). We invite all in the congregation to give crafts to sell at the bazaar. We will also appreciate donations of baked goods and preserves for sale at the Bazaar and soups for the lunch.

Thirteen members participated in the WOSB Soup & Salad Lunch on September 16th. All who were able to come enjoyed the fellowship and delicious food. We agreed that WOSB will give additional funds to the Rector's Discretionary Fund, the St. Barnabas' FACETS fund, and Episcopal Relief & Development.

Fiona Agnew has agreed to serve as interim Secretary of WOSB for Nancy MacLachlan

- Camille Mittelholtz



## ASYP Note of Gratitude

On behalf of all the children benefiting from the back-to-school supplies, we want to thank St. Barnabas community members who donated the many school supplies.

Students who could otherwise not afford such supplies will now have those items for their use at the beginning of the school year, it was wonderful to see the smiles and appreciation shown by all the children when they received those beautiful supplies, your generosity is greatly appreciated and we are grateful for your support. Again, we sincerely appreciate your donation and thank you for showing your love and concern to the children in our community.

We are excited to continue working with you so we can make a positive impact in our community.

Sincerely,  
 Katherine Guzman  
 Program Coordinator, *Anndale Safe Youth Project*  
 Literacy Coordinator, *Stronger2 Health*

Right: Katherine Guzman





BY THE GRACE OF GOD AND CONSENT OF THE PEOPLE,  
ST. BARNABAS' EPISCOPAL CHURCH  
INVITES YOUR PRAYERS AND PRESENCE FOR

**THE RENEWAL OF MINISTRY WITH THE  
WELCOMING OF THE REV. JOHN BOLIN SHELLITO AS  
RECTOR**

THE VERY REV. SUSAN HARTZELL,  
DEAN OF THE SOUTH FAIRFAX REGION, PRESIDING

THE REV. DR. J. LEE HILL,  
CANON FOR RACIAL JUSTICE AND HEALING, PREACHING

*Saturday, October 28, 2023  
10:15 o'clock in the morning*

*St. Barnabas' Episcopal Church  
4801 Ravensworth Road  
Annandale, VA 22003*

*Reception to follow*

CLERGY: RED STOLES

## Coffee Hour Hosts Needed

Since spring 2022, a small group of St. Barnabas' members have hosted Coffee Hour after the 10:15 a.m. service. The Coffee Hours have been a welcome part of resuming our in-person worship. Unfortunately, many of the volunteers who hosted before our online-only worship began in 2020 are no longer able to host. New Coffee Hour Hosts are needed to serve, either on a scheduled basis or for special occasions. Duties include setting up the cups and supplies, making coffee and other beverages, and cleaning up. If you would like to help, please contact Camille Mittelholtz or the Parish Office.

## Men's Group ▪ October 7

The Men's Group meets for breakfast and fellowship on the first Saturday of each month. Our next meeting will be on October 7th 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.

## In the Presence of God

*We pray for God's strength and healing for ...* Bernard Blair, Jean Anne Braddon, Charles Camp, Cricket Camp, Margot Donnelly, Rotha Frye, Preston George, Joan Gibbs, Lee Gibbs, James Harris, Roger Hefferan, Gertrude Jones, Sharon Jones, Alusine Kanu, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Cindy McLaughlin, Carolyn McWright, Helen Mosher, Shirley Newman, Beth Phillips, Grace Rampersaud, Norma Ricketts, Barbara Rigden, Ann Sayles, Trisha Serven, Frank Spink, Kathleen Stark, Karen Steidel, Mareea Wilson, Dana Wiseman, 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 and our Assistant Bishop, the Rt. Rev. Gayle Elizabeth Harris; our Visiting Bishops: The Rt. Rev. Dabney Smith, The Rt. Rev. Susan Ellyn Goff, The Rt. Rev. Ted Gulick, and The Rt. Rev. David Jones; and for 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 our sister parish of San Juan Bautista in Palma Soriano, Cuba.

## Reporter Deadline, Office Hours, and Schedule

The deadline for the November 2023 issue of *The St. Barnabas' Reporter* is **Sunday, October 15**. Please submit announcements and/or photos to the Parish Office at [stbarnabaschurch@outlook.com](mailto: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.

Of note, the Parish Office will be closed on Monday, October 9 in observance of Indigenous Peoples' Day.

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



## Celebrating Our Community of Saints

by Kathleen Stark

The "Celebrating Our Community of Saints" art exhibit at St. Michael's Episcopal Church in Arlington opened on September 13<sup>th</sup> and will be up until October 13<sup>th</sup>. The exhibit gives artists' views both of Saints of ages past and those living today.

There will be an Artists' Reception on Sunday, October 8<sup>th</sup> at 4:00 p.m. in St Michael's parish hall. I hope to see some of my friends there. St. Michael's is located at 1132 North Ivanhoe Street in Arlington. If you can't make it to the show, you also can view it online at [Community of Saints: Artworks | St. Michael's Episcopal Church \(stmichaelsarlington.org\)](http://Community of Saints: Artworks | St. Michael's Episcopal Church (stmichaelsarlington.org)).

My painting, *A Contemporary St. Barnabas*, shows a modern-day St. Barnabas who is following the saint's example today. It also has references to the original St. Barnabas and old icons.



## In Loving Memory and In Gratitude

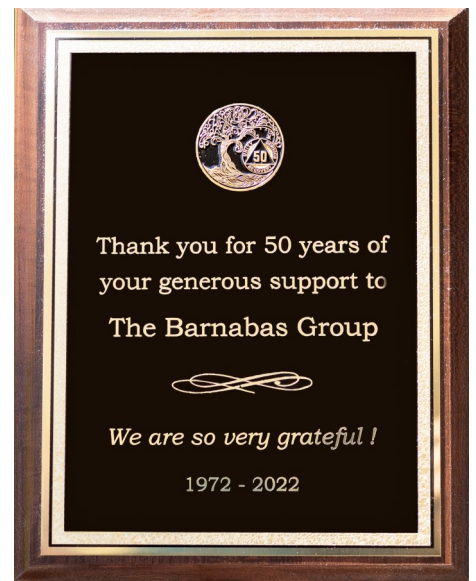


Left:

“In loving memory of St. Barnabas’ parishioner Phyllis McKoy (Feb. 28, 1955 – Jan. 7, 2021), who worked tirelessly with the Virginia Department of Historical Resources to install this marker honoring her brother, Michael E. McAllister, PFC, U.S. Army, and others who perished.”

Right:

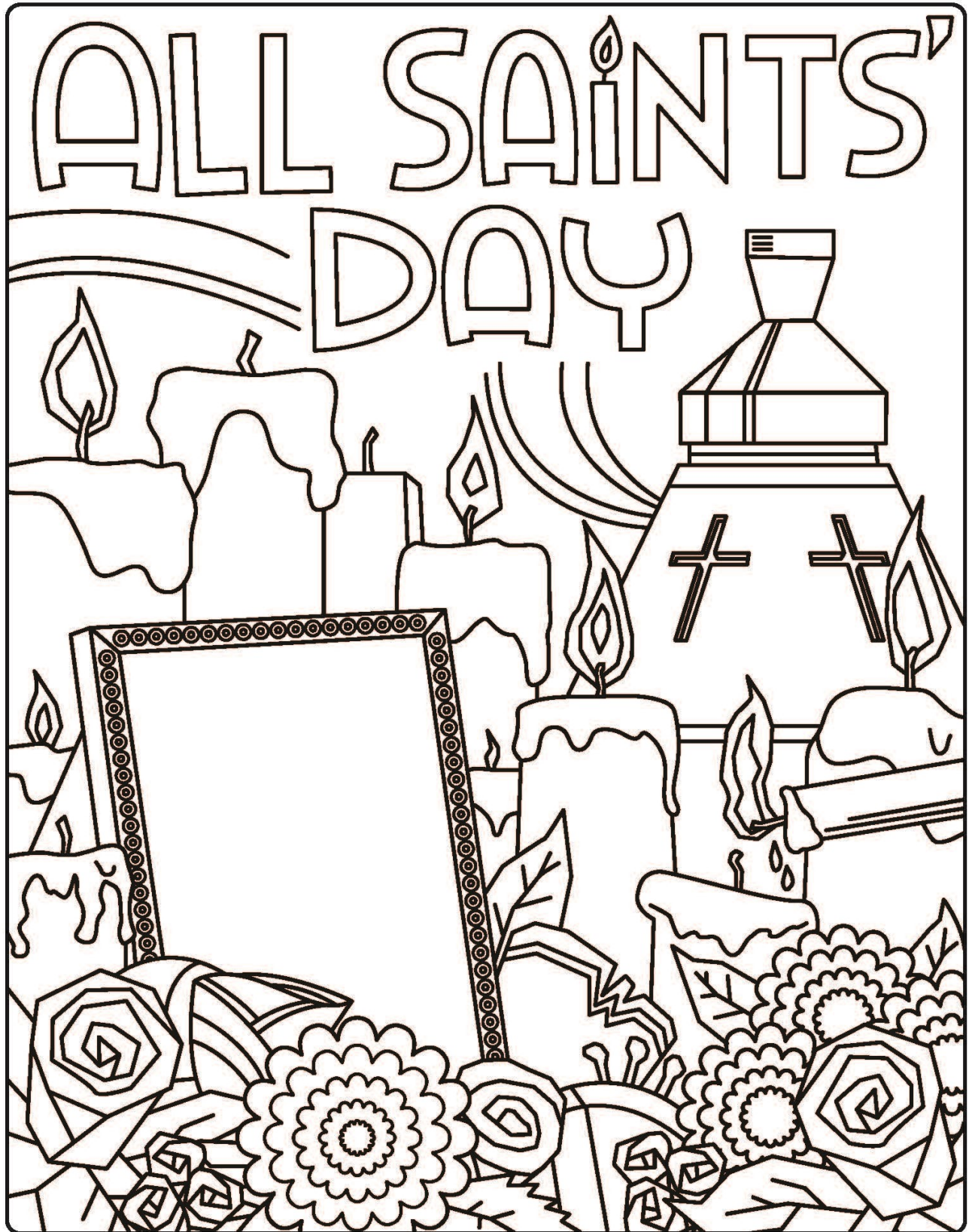
Plaque honoring 50 years of hosting the Barnabas Group (1972-2022)



## Thanks and More Thanks...

- For the Sunday School Teachers.
- For the Godly Play Teachers.
- For the Children's Chapel, those participating, and all those leading and assisting.
- For Delilah Stearns' leadership in the Nursery.
- For all those learning in EfM.
- For Beth and Len's leadership in EfM.
- For the Altar Guild.
- For the Flower Guild and who deliver Sunday altar flowers.
- For the Stewardship Committee.
- For the Finance Committee.
- For the Building & Grounds Committee.
- For Dr. David Palmer and the Music Ministry.
- For the Caritas Ministry.
- For the Prayer Chain and Prayer List.
- For Leigh's leadership with the Youth Choir.
- For all those leading and assisting with our Cuba Mission partnership.
- For Nathan Harpine's presence among us as our Seminarian.
- For the Vestry and the leadership of the Vestry Officers.
- For James Harris and his ministry.
- For the strength of St. Barnabas' Church.
- For Ken Mittelholtz and his refurbishing of the black wooden bench near the main entrance.
- For the privilege of more than 51 years of hosting Alcoholics Anonymous.
- For Grace Robbins and Jack Miller, as well as a high school neighbor, all of whom have volunteered to assist with the ASYP after-school program as tutors.
- For Cricket Camp and her inspired United Thank Offering letters.
- For Marcel Lisi's ministry, keeping the list of and praying for family and friends of St. Barnabas' over the past three years.
- For the Women of St. Barnabas'—for the lovely luncheon on September 17th and their hosting of the funeral reception for the family and friends of Virginia Dugger.
- For the life and ministry of Phyllis McKoy, and her commitment to remembering the airplane crash where her young brother Michael lost his life.

KIDS COLORING PAGE





ST. BARNABAS'  
EPISCOPAL CHURCH

4801 Ravensworth Road  
Annandale, VA 22003

Phone: 703-941-2922  
E-mail:  
stbarnabaschurch@outlook.com

**We're on the Web!**

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**Change Service Requested**

National Acolyte Festival ▪ Saturday, October 7<sup>th</sup>

✦ ✦ ✦ ✦

St. Francis Sunday ▪ October 8<sup>th</sup>

10:15 a.m. Outdoor Holy Eucharist with Blessing of the Animals  
(weather permitting)

✦ ✦ ✦ ✦

UTO Ingathering ▪ October 15<sup>th</sup>

✦ ✦ ✦ ✦

2024 Stewardship Campaign Kick-Off ▪ Sunday, October 22<sup>nd</sup>

✦ ✦ ✦ ✦

Celebration of New Ministry ▪ Saturday, October 28<sup>th</sup> at 10:15 a.m.  
Festive Reception to Follow

✦ ✦ ✦ ✦

Trunk 'n' Treat ▪ Sunday, October 29<sup>th</sup> at 4:00 p.m.