

December 2023/January 2024

The St. Barnabas' Reporter



Preparing for the Birth of Love, With the Cosmic Mary

Dear St. Barnabasians,

In the course of Margaret Parker's powerful presentation, we had the chance to appreciate different artistic renditions of Mary across history, including more than one that are currently installed at the Virginia Theological Seminary campus, and created by Margaret Parker herself. It occurred to me that just as we can appreciate the cosmic Christ, present everywhere that the Word of truth is spoken, artists have also translated the Madonna and Child into countless diverse cultures and contexts, perhaps helping us to recognize the "Cosmic Mary" wherever in the world compassion and care are exercised.

One of Margaret Parker's paintings depicted Mary and the Child as a Black family in the context of the great migration, coming out of the rural south in the middle of the last century. The piece felt to me like a symbol of the American South as a birthplace for so much of the uniquely diverse religiosity of our nation- a gracious gift if there ever were one.

I also felt particularly inspired by Henry Ossawa Tanner's depiction of the Annunciation, where the angel Gabriel is rendered as a single ethereal beam of light. The light shines on a young Mary as she gathers the covers around her. Considering the painting, I tried to imagine what the artist's life might've been like as he was growing up and coming of age, as a Black man in the late 1800s. During that time, the economy went through countless heart-wrenching gyrations. The nation was convulsed by divisions. And, that was the context in which Tanner gifted us with the conception of the angel Gabriel, as a beam of sunlight, beyond our comprehension, and beyond our control. Compassion endures, undeterred by the pain of this world.

Our entry into Advent is an opportunity to prepare once again with Mary, who I imagine could have been feeling overwhelmed and afraid at times during that first Advent season. Considering Mary's preparations brings us more deeply into our own preparation, for the birth of God's powerful compassion into our lives once again. Christmas is about appreciating what eternal kindness does when it is born into our midst. And we give thanks for that kindness through the coldest nights of the year.

With deep gratitude,
John+

The Rev. John Bolin Shellito
Rector

SPECIAL POINTS OF INTEREST

- *Parish Ski Trip*
- *A Note of Thanks - Mareea Wilson*
- *Parish Workday*
- *What's a Box of Mac & Cheese Without Milk?*
- *Renewal of Ministry*
- *Baptism & Breakups*
- *Prayer Over Pledge Cards*
- *Prayer Over Food for the Food Bank*

INSIDE THIS ISSUE:

ACCA and Heritage Food Site	6
In the Presence of God	8
Kids' Page	15
Men's Group	8
A Note from David Palmer	3
Thanks and More Thanks	11
Vestry Highlights	12
WOSB	2

**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

Women of St. Barnabas'

Thank you to everyone who supported the WOSB Christmas Bazaar by shopping, crafting, making sweet treats, making or serving lunch, volunteering, or participating in the raffle. Proceeds from the Bazaar allow us to fund programs at St. Barnabas', charities such as Episcopal Relief and Development, and Virginia organizations like GraceInside.

We invite you to our next business meeting on Tuesday, December 5th at 10:00 a.m. in the Richardson Room. We will discuss funding various ministries and charities, and will be making plans for our annual New Year's Brunch. Please mark your calendars now for the brunch on Saturday, January 13th at 10:00 a.m. in the Richardson Room.

For questions please contact Mary Yeaman, President; Janet George, Vice President, or Camille Mittelholtz, Treasurer.

St. Barnabas' 2024 Ski Trip



Plan now to join the St. Barnabas' group at Canaan Valley Resort near Davis, West Virginia for winter fun and fellowship for skiers/snowboarders and non-skiers. Our package includes lodging Friday through Sunday nights; breakfasts Saturday, Sunday, and Monday; and dinners Saturday and Sunday. We receive group rates on lift tickets Saturday through Monday and ski/snowboard rentals, and discounts on tubing.

Please contact Ken or Camille Mittelholtz or the Parish office if you wish to attend or have any questions.

Vestry Liaisons

Pastoral Care - Mark Patterson ▪ Worship - Leigh Kennedy
Children & Youth - Michael Dugger ▪ Finance - Norma Ricketts
Communications & Welcome - Jeff Schaefer
Social Justice/Adult Christian Education/Outreach - Beth Harper
Building & Grounds - Larry Stark, Mark Patterson, and Sam Batten

A Note from David Palmer

**“While shepherds washed their socks by night
all seated ‘round the tub...”**

by David Palmer, Music Minister

You are a Palestinian, herding sheep in the countryside outside of Bethlehem. You are poor, just making enough to feed your family, providing that wolves or thieves or disease don't cull your flock. You are dependent on the flock's well-being, so, when a sheep gets lost, you go to retrieve it. Hopefully, you have someone who can stay with the flock while you're gone. When you find your sheep, the easiest way to carry it back is to sling it over your neck. (I invite you to listen to Handel's *He Shall Feed His Flock*.) Sheep do not bathe regularly, nor do you have access to water beyond what you need to drink, so you acquire an aroma. When you go to market, the townsfolk wrinkle their noses at you; some of them cast insults and cruel jokes at you.

One night, you are huddled under a blanket, trying to get some sleep while you guard your flock, when there is a bright light in the sky. Is it an angel? The boy in Stephen Spielberg's *Empire of the Sun* thought that the light in the sky was an angel. It turned out to be a flash from Hiroshima. (Listen to my song, “David Palmer Andante: Angels” on YouTube.)

As I write this, lights in the sky over Palestine are most likely missiles, but how much they need an angel, how much we all need an angel, startling everyone on every side out of our unconsciousness, reminding us of the ancient call to “seek peace and pursue it.” (Psalm 34) Isaiah foretold that the messiah would be Prince of Peace, and the message of the angel to the shepherds was, “Fear not... tidings of great joy... on earth peace....” Really? Peace on earth? Stevie Wonder recorded a song in 1966 (*Someday at Christmas*) whose lyrics include the aspiration,

“Someday at Christmas there'll be no wars
When we have learned what Christmas is for
When we have found what life's really worth
There'll be peace on earth.”

The song goes on to say, “Maybe not in time for you and me,” a reality check.

You know the rest of the story of the Christmas shepherds, how they left their flocks, followed the star, and found the Messiah in a stable. I imagine that the odors of the stable were a kind of grace for them: they meant that the long-expected savior had come to be with people in all their earthiness and that the shepherds could confidently enter to behold this marvel. I invite you to celebrate Jesus' humble birth at our Christmas Eve 5:00 p.m.

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**Nicholas
of Myra**

Bishop, c. 342

December 6



Grant, Almighty God,
that your church
may be so inspired
by the example of
your servant
Nicholas of Myra,
that it may
never cease to work
for the welfare
of children,
the safety of sailors,
the relief of the poor,
and the help
of those tossed
by tempests
of doubt or grief;
through Jesus Christ
our Lord, who lives
and reigns with you
and the Holy Spirit,
one God,
now and for ever.
Amen.



December

Michelle Paul
Ciaran Jackson
Bernard Blair
Val Nelson
Dave Wright
Ginger Braddon
Lorrie Scattergood
Beth Campbell
Anderson Schottler
Cindy McLaughlin
Alusine Kanu
Colin Agnew
Connie Gribbin

January

Bob Gribbin
Ken Mittelholtz
Elise Batten
Darcy Elliott
Lisa Verstandig
Ronan Jackson
Peter Badger
Leigh Kennedy
Blue Kennedy
Jordan Kennedy
Leah Westerlund
Jacob Dugger
Maggie Bottlick
Tim Greer
Grace Robbins

A Note *(continued from p. 3)*

service and 4:30 p.m. choral prelude when the music ministry will offer special selections and lead us in familiar carols, and our youngest choir members, the Cherub Choir, will sing about the shepherds' story.

A Note of Thanks

A heartfelt thank-you to my St. Barnabas' family for your well wishes and loads of lovely cards, calls, and emails, as well as the FaceTime call from Shrine Mont for my recent birthday celebration. I had a lovely weekend and felt very loved!

Mareea Wilson



Building & Grounds Committee ▪ Parish Workday

Our next workday is planned for **Sunday, December 3rd** following the 10:15 a.m. service. We will focus on leaf raking and grounds clean-up. The rain date is Saturday, December 9th beginning at 9:00 a.m.

For more information, please contact Camille or Ken Mittelholtz or Mark Patterson.



What's a Box of Mac & Cheese Without Milk?

by Theresa Merchant

And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Matthew 25:40

Someone recently shared with me that they spoke to people getting food at a food bank and here are some things they learned from those in need:

- Many individuals donate Kraft Mac & Cheese in a box. However, it's tastier with milk, which can be hard to get from food banks.
- Boxed milk is a treasure, as it can be used for cooking as well as for kids' cereal.
- Everyone donates pasta sauce and spaghetti noodles. If you do so, please purchase pasta sauce in a plastic jar. (Some food banks don't accept glass jars.)
- Canned veggies and soup that require a can opener can be a frustration; please look for cans with a pop top.
- Oil is a luxury but needed for Rice a-Roni, which is regularly donated.
- Spices or salt and pepper would be a real Christmas gift.
- Tea bags and coffee make a caring gift.
- Sugar and flour are great, as is Mesaca.
- Hamburger Helper goes nowhere without ground beef (or another protein).
- Peanut butter and jelly are regularly donated, but not enough sandwich bread.
- Cake mix and frosting makes it possible to make a child's birthday cake.
- Dishwashing detergent is very expensive and is always appreciated.
- Feminine hygiene products are a luxury and women will cry over that.
- Everyone loves Stove Top Stuffing.
- Toilet tissue and paper towels are deeply appreciated.

Supporting your food pantry with a financial donation can help cover the cost of these perishable items: fresh produce, fresh meat, butter/margarine, and eggs, as well as sandwich bread.

In all the years I have donated food for the Holidays, I bought what I thought those who depended on the food bank needed, but I never thought to actually ask them what they needed. If you are helping a family this Christmas or if you donate to a food bank throughout the year (such as ACCA or the Heritage), maybe this can help you tailor your gift more. It helped me. Thank you!

Annandale Christian Community for Action (ACCA)



CROP Hunger Walk - Thanks to our St. Barnabas' team of walkers and volunteers: Beth Campbell, the Bolin Shellito family, Diana Greer, Jocelyn & Steve Leatherwood, Teresa Merchant, Delilah & Owen Stearns, Bob & Connie Gribbin, Grace Robbins, Elsa Cannon, and Camille & Ken Mittelholtz. As of mid-November, the Annandale CROP Walk had raised \$9,667, of which St. Barnabas' raised \$2,334 in checks/cash and \$1,446 online. CROP Hunger Walks raise funds for Church World Service, which funds hunger and disaster relief, refugee assistance, and sustainable development in other countries and the U.S. ACCA receives part of the funds raised by the Annandale Walk.

Challenge Campaign - ACCA's major fund-raising project is under way now through January 31, 2024. Donations support ACCA's programs, including emergency rent and food assistance to neighbors in need and the Child Development Center. ACCA's goal is to raise \$175,000 through the campaign. To donate, you can make a check payable to ACCA (please note Challenge Campaign in the memo line) and mail it to 7200 Columbia Pike, Annandale VA 22003 or give it to Camille. You can donate to ACCA online via [SpurLocal](#) or PayPal. You can also designate ACCA in a check payable to St. Barnabas' or give through Realm.

Workplace Giving - If you give through a workplace giving campaign, please consider designating ACCA to receive your donation. The designation numbers for ACCA are: United Way Workplace Campaigns: #8058 and Combined Federal Campaign: #58934.

Family Emergency and Pantry - Requests for ACCA assistance continued to be high in October. ACCA paid a portion of rent or utility bills for 29 households and delivered groceries to 118 households. Fairfax County refers most clients to ACCA; families seeking assistance usually are facing crises because of no employment or reduced employment or the major medical issues of a family member.

Furniture - Our next turn to help the ACCA Furniture Ministry will be January 27, 2024 from 8:00 to 11:00 a.m. Volunteers deliver donated furniture to needy families and pick up donations. We meet at the warehouse, located on the grounds of Annandale United Methodist Church, 6935 Columbia Pike. ACCA needs donations of mattresses, sheets and blankets (twin, full, and queen), chests of drawers, sofas, kitchen/dining tables and chairs, and end/coffee tables.

Transportation - In October, the ACCA-Shepherd Center transportation program gave 42 rides to medical and other appointments. Volunteer drivers are needed. In each of the last several months, 8-10 ride requests were not filled due to a shortage of drivers.

Neighbor to Neighbor - ACCA's program for Afghan refugee families resumed English classes for adults and mentoring for children and hosted a November program on financial issues.

To volunteer or for more information about ACCA, please contact Ken or Camille Mittelholtz.

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

The Renewal of Ministry with the Welcoming of the Rev. John Bolin Shellito as Rector October 28, 2023



The Rev. Dr. J. Lee Hill, Jr., The Rev. John Bolin Shellito, and The Very Rev. Susan Hartzell, Dean, South Fairfax Region



Above: The Rev. Dr. J. Lee Hill, Jr.
Canon for Racial Justice and Healing,
Diocese of Virginia, Guest Preacher



Deep gratitude for all who made
this such a special day, especially
our Wardens, Vestry, Dean, Canon,
J2A, and Reception Hosts.

John+

Clockwise from far left: John+, Susan+,
and Nathan Harpine; John+ with the
aspergillum; Presentation to John+'s
family; Presentation from the J2A Class



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 ▪ December 2

The Men's Group meets for breakfast and fellowship on the first Saturday of each month. Our next meeting will be on December 2nd 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, Charlie Flaherty, Bob Frye, 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, Helen Mosher, Shirley Newman, Beth Phillips, Anne Radway, 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 February 2024 issue of *The St. Barnabas' Reporter* is **Monday, January 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.

Please note: the Parish Office will be closed from Monday, December 25 through Monday, January 1. Regular office hours resume on Tuesday, January 2. In addition, the office will be closed on Monday, January 15 for the Martin Luther King Day holiday. As always, please call ahead to schedule any in-person meetings with John+, David, or Catherine.

Baptism and Breakups

Revelation and Religious Symbolism in Taylor Swift's "Clean"

by Sarah Gates

When I was fourteen, not unlike many fourteen-year-olds, I had an intense and unrequited crush (let's call him Crush). To make matters worse, Crush made out with one of my closest friends (let's call her Friend), and I found out. That freshman year, Friend and I had unwisely shared Hotmail login passwords with each other. Throughout the spring, I'd grown suspicious that something was going on between Friend and Crush, and I found the receipts. I confronted (very nice) Friend about it; she changed her Hotmail password, and we didn't speak too much more of the matter (at least not until Christian summer camp that year when I cried and asked for her forgiveness in front of a bunch of teenagers).

At one turning point that year (prior to summer camp), I tricked my eyeballs into accepting contact lenses. I had become so stubborn about not wearing glasses, yet remained unable to put a contact lens in my eye without full-body shuddering, that I had adapted by crouching in the front of the classroom whenever I needed to copy notes off the whiteboard. Not wanting to rip my eyeballs out while also being able to see was a real upgrade.

Having mastered contact lens insertion, I finally had a way to see things, and a way to see them without wearing glasses. One afternoon, I sat at my best friend's desk (different friend), having thoughts about the song "I Can See Clearly Now" and laughing to myself about the double-meaning: I could actually finally SEE, but I could also see, and feel, the futility of this particular crush.

That afternoon, the clouds (literally) opened, dumping rain drops as big as pebbles onto Mississippi soil and tarmac. My friend wanted to dance in that rain. I wasn't so sure, so I watched through the window as she did her rain-dancing thing. But she was having such a good time that I thought I'd give it a try as well. Initially apprehensive, I soon began to move just a little bit here, a little bit there, eventually kicking and punching and flailing about like a twister in the sun. It felt *very good*, a *very good*-ness that had become so foreign to me that I'd almost forgotten it existed.

Trauma often presents in the body as a frozenness (i.e., a freeze response); any kind of movement, even barely perceptible movement, can help the body transition out of the trauma response into something new. Move a finger, move a nostril, twitch a thumb, do whatever you have to do. In addition to triggering a physiological change, standing (and eventually dancing) under the rain may have reminded me of happier times in my childhood: times when I'd stood under the even more impressive Louisiana rain in my grandparents' courtyard, or the time I riskily stood under a waterfall, feeling the flow of buckets and buckets. In other words, it reminded me of times when I'd felt a little lighter, more carefree, and certainly unburdened by unrequited crushes (who made out with your friend).

Taylor Swift's song "Clean," (on the recently re-released *1989*) expresses a similar experience of lightness following a break from a love interest (in her case, Harry Styles). In a 2015 interview, Swift articulated the inspiration for the song:

... it hit me that I'd been in the same city as him for two weeks and I hadn't thought about it. When it did hit me, it was like, Oh, I hope he's doing well. And nothing else ... A heartbroken person is unlike any other person. Their time

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Baptism and Breakups *(continued from previous page)*

moves at a completely different pace than ours ... Nothing distracts you from it. Then time passes ... and then all of a sudden one day you're in London and you realize you've been in the same place as your ex for two weeks and you're fine. And you hope he's fine. The first thought that came to my mind was, **I'm finally clean** [emphasis added].

Swift arguably has a talent for cutting straight through BS to the heart of the matter. In her essay comparing Taylor Swift and Bruce Springsteen, Clare Coffey suggests that both artists succeed in connecting with such a wide cross-section of the population because they focus on big, basic feelings experienced by many (basic?) people — most especially, the “wonder and drama and danger of love.”

“Clean” is no exception in its directness. Swift sings:

*Hung my head as I lost the war
And the sky turned black like a perfect storm*

Rain came pouring down

When I was drowning, that's when I could finally breathe

And by morning

Gone was any trace of you, I think I am **finally clean**

“Is she talking about baptism?” I wondered, upon my first listen. The lyrics evoke at least one Biblical passage:

I will sprinkle **clean water** [emphasis added] upon you, and you shall be clean from all your uncleanness, and from all your idols I will cleanse you. A new heart I will give you, and a **new spirit** [emphasis added] I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you ... (Ez 36: 25-27).

At the same time, the notion of requiring “cleanness” after a breakup reminds me of urges I feel to shower after a traumatic or even unpleasant event. “I feel gross, I need to shower,” goes the thought. This is not an uncommon OCD-related urge. I recall, as a child, when my OCD was the most active, struggling to shower because I knew the task would be so overwhelming; I needed to get SO clean, and that kind of shower can take ages. For some individuals with OCD, cleanliness (washing hands, showering, or other behaviors) and cleaning can be directly related to moralism. For example, “I need to shower in order to literally wash off the guilt.”

That spring, I felt so much shame (long-held, unrequited crush) and so much guilt (reading Friend's emails), that the notion of “getting clean” was extremely appealing, and probably another reason why that rain felt so damn good (although remnants of guilt lingered: I still felt compelled towards confession, another OCD-typical urge, at Christian summer camp). I don't think it would be a stretch to say that, on that spring day in 2003, the rain, at least metaphorically speaking, baptized me. At least, at least: all I can tell you is that I felt somehow different. To frame it in a silly way, I had become a cool girl with excellent vision who had a lot fewer feelings about a certain boy. (Crush was really not that good-looking or interesting anyway.) To frame it in a serious way, through that **clean water**, I had become a **new spirit**, released from both a hard guilt and a heavy depression. And what was there to be ashamed of? The feeling seemed suddenly less relevant. I also remember that day as the first time that year that I felt happy, an emotion that had always seemed dangerously volatile to me (and often still does). But I accepted it in that moment.

Indeed, there is something sneaky and ultimately delightfully surprising about the kind of revelation that Swift describes in “Clean,” and the revelation I experienced on that spring day. This kind of revelation happens not in a full

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Baptism and Breakups *(continued from previous page)*

stop, but in pieces, and sometimes so gradually that you may not realize it's even happening — but, before you know it, you see the rigid indentations on the tree, or feel the loud, clean rain, and suddenly, the world is new. That day, the surprises met me like a string of lights, pointing me elsewhere. My rain-dancing behavior struck me as a surprise, but also my feelings and thoughts, namely that I could let go of the idea of Crush, and that myself could feel things other than “dead.”

I like to imagine that underneath the surface — in dreams, in showers, between stepping stones and doorways — perhaps God is at work, cleaning things up, pushing away piles of dust and clumps of dirt, making way for newer identities and thoughts, no shower required.

Thanks and More Thanks...

- For the Women of St. Barnabas', and their wonderful Christmas Bazaar, as well as for their generosity in supporting numerous other community events and activities, including funeral receptions.
- For Ellen Riddle's leadership in organizing the Renewal of Ministry service as Senior Warden; for Michael Dugger and his leadership as Master of Ceremonies during the service; for Grace Robbins's generous leadership in organizing the reception; and for all who supported our shared Renewal of Ministry that day, including the Very Rev. Susan Hartzell, Dean, South Fairfax Region, and the Rev. Dr. J. Lee Hill, Canon for Racial Justice and Healing in the Diocese of Virginia.
- For Behn Ayala's leadership of our 2024 Stewardship Campaign, and for the Stewardship Committee.
- For Ellen Riddle, Norma Ricketts, and Larry Stark, and for their three years of generous Vestry service.
- For our Cherub Choir, Youth Choir, and Adult Choir; and for Dr. David Palmer's leadership.
- For our continuing staff and their prayerful efforts: Catherine Dubas, Parish Administrator; Dr. David Palmer, Music Minister; James Harris, Sexton; and Maria Bottlick, Bookkeeper.
- For Delilah Stearns, and her more than seven years of faithful service in the Nursery.
- For our Altar Guild and Flower Guild; and for all those who help beautify our Sanctuary for worship.
- For our Cindy McLaughlin and her generosity in stepping up as Lector & Chalice Scheduler, to fulfill the role George Sinclair held for many decades.
- For Tim Greer, and his generosity in being willing to step up as Usher Scheduler (and co-Coordinator, with Larry Stark)
- For our Seminarian Nathan Harpine, and his leadership of our *Young Adult Confirmation Class*, in consultation with Dawn Schaefer and Mark Patterson, our J2A teachers.
- For Ken Mittelholtz and his willingness to arrive early in the morning to assist with completion of this year's Fire Marshal inspection.
- For the Office Volunteers who keep the office open when our Parish Administrator is away.
- For Wayne Bottlick and Dave Wright's help with numerous parish mailings.

Prayer Over Pledge Cards

Gracious and loving God, you give us all that is good and true and beautiful and life-giving. These cards represent our sweat, they represent our lives, they represent our dreams. The pledges which we write on these cards are but tokens of the awesome gifts that you have given to us, and they are returned to you in thanksgiving for all we have received, for all we have been inspired to be, and for all we are still challenged to become, in this place.

May we give out of the first fruits of all we have been given and not simply what is left over, so that we may live in deeper gratitude for your gracious gifts to us. May our gifts back to you be sacred and holy—inspired by your miraculous incarnation in the midst of our earthiness. As these offerings are presented to you, week by week, give us grateful hearts to recognize that you are the one who is transforming us at the Table for your glory, so that our very selves may be living sacrifices to you, our Creator, our Redeemer, and our Inspirer. Amen.

Adapted from a prayer by the Rt. Rev. Greg Rickel, printed in Faces of Faith: A Steward's Book of Prayers

Prayer Over Food for the Food Bank

Blessed Jesus, in feeding those that we and the world often consider the least of your siblings we know we feed you, and we are helped to recognize that they are not the least, but equals in the kingdom of God: Accept the gift of this food which represents the fruit of our labors, and bless it with your presence, that those who eat it will be nourished in spirit as well as in body and recognize that they are loved and cared for by you; who lives and reigns with the Holy Spirit, one God, now and forever. Amen.

Adapted from a prayer by the Rt. Rev. Greg Rickel, printed in Faces of Faith: A Steward's Book of Prayers

Vestry Highlights - September 20, 2023

- The Vestry approved the parish's pledge to the diocese.
- Stewardship discussion focused on how we offer not only our financial support, but the support of our time and talent.
- The Land Acknowledgement Committee has completed its background research. A draft statement will be presented to the Vestry at the October meeting.
- Invasive species work is progressing; next Parish Workday is September 24th.
- The upcoming *Renewal of Ministry with the Welcoming of a New Rector* service (Saturday, October 28th) planning is well underway.
- The draft 2024 Budget process will begin with the Finance Committee meeting in October.
- Planning is underway to work on outstanding audits.
- The Treasurer will provide updates to ministry leads on the remaining balance in each fund for the year.
- Our seminarian, Nathan Harpine, will lead a Confirmation class.
- An outdoor service is planned for St. Francis Sunday (October 8th).
- The Parish Annual Meeting will be November 19th between services (9:15 a.m.).

► **December 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
December 3 1 Advent 8:00 am 10:15 am	TBD TBD	Isaiah 64:1-9 Psalm 80:1-7, 16-18 1 Corinthians 1:3-9	C McLaughlin C McLaughlin M Dugger	C McLaughlin M Dugger	Williams TBD	Radway and Donnelly	Vestry: Ricketts Opener: Williams <i>No altar flowers in Advent</i>
December 10 2 Advent 8:00 am 10:15 am	TBD TBD	Isaiah 40:1-11 Psalm 85:1-2, 8-13 2 Peter 3:8-15a	M Patterson C Mittelholtz E Riddle	C McLaughlin E Riddle	TBD TBD	Campbell and Crutchley	Vestry: Riddle Opener: Newling
December 17 3 Advent 8:00 am 10:15 am	TBD TBD	Isaiah 61:1-4, 8-11 Canticle 15 1 Thessalonians 5:16-24	T McKeever M Newling D Schaefer	M Patterson B Harper	TBD TBD	Harper and Newling	Vestry: J Schaefer Opener: Patterson
December 24 4 Advent 9:00 am <i>Combined service</i>	TBD TBD	2 Samuel 7:1-11, 16 Psalm 89:1-4, 19-26 Romans 16:25-27	M Patterson	C McLaughlin	TBD TBD	Mittelholtz	Vestry: Stark Opener: Newling
December 24 Christmas Eve 5:00 pm Holy Eucharist 9:00 pm Zoom Compline	TBD TBD	Isaiah 9:2-7 Psalm 96 Titus 2:11-14	C McLaughlin M Dugger	M Patterson	TBD TBD	No Coffee Hour	Vestry: Stark
December 25 Christmas Day 10:15 am Holy Eucharist	TBD TBD	Isaiah 52:7-10 Psalm 98 Hebrews 1:1-4	C McLaughlin	M Patterson	TBD TBD	No Coffee Hour	Vestry: Batten Opener: Patterson
December 31 1 Christmas New Year's Eve No 8 am service this day 10:15 am	TBD TBD	10:15 am service of Lessons & Carols	M Dugger E Riddle	E Riddle	TBD TBD	No Coffee Hour	Vestry: Batten Opener: Patterson

Counter Schedule

DATE	TEAM
Dec 3	3 Hamerschlag, K Mittelholtz, Stark
Dec 10	4 Harper, C Mittelholtz, PJ Kennedy
Dec 17	5 Batten, Dugger, J Schaefer
Dec 24	1 Patterson, Ricketts, TBD
Xmas Eve/Day	- Patterson, PJ Kennedy
Dec 31	2 Newling, Riddle, TBD

Altar Guild Schedule

DATES	CAPTAIN
Dec 2-8	Newling
Dec 9-15	Yeaman
Dec 16-22	Newling
Dec 23-29	See special schedule
Dec 30-Jan 5	Leatherwood
	Wright, Yeaman

As of 10/09/2023

► January 2024 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
January 7 1 Epiphany-Baptism of Our Lord 8:00 am Epiphany Pageant 10:15 am	TBD TBD	8:00 am Genesis 1:1-5 Psalm 29 Acts 19:1-7 <i>10:15 am Pageant</i>	T McKeever M Patterson C McLaughlin	M Dugger B Harper	Williams TBD	Mittelholz	Vestry: M Dugger Opener: Williams Flower Guild: TBD Flower Delivery: TBD
January 14 2 Epiphany 8:00 am 10:15 am	TBD TBD	1 Samuel 3:1-10 Psalm 139:1-5, 12-17 1 Corinthians 6:12-20	M Dugger M Newling D Schaefer	M Patterson C McLaughlin	TBD TBD	Bottick	Vestry: B Harper Opener: Newling Flower Guild: TBD Flower Delivery: TBD
January 21 3 Epiphany 8:00 am 10:15 am	TBD TBD	Jonah 3:1-5, 10 Psalm 62:6-14 1 Corinthians 7:29-31	C McLaughlin L Harris C Mittelholz	C McLaughlin M Dugger	TBD TBD	Greer	Vestry: L Kennedy Opener: Patterson Flower Guild: TBD Flower Delivery: TBD
January 28 4 Epiphany 8:00 am 10:15 am – Youth Sunday	TBD TBD	Deuteronomy 18:15-20 Psalm 111 1 Corinthians 8:1-13	M Patterson Youth Lectors	M Dugger E Riddle	TBD TBD	Merchant and Godly Play Class	Vestry: M Patterson Opener: Newling Flower Guild: TBD Flower Delivery: TBD
February 4 5 Epiphany 8:00 am 10:15 am	TBD TBD	Isaiah 40:21-31 Psalm 147:1-12, 21c 1 Corinthians 9:16-23	M Dugger M Newling M Patterson	M Patterson C McLaughlin	Williams TBD	TBD	Vestry: N Ricketts Opener: Williams Flower Guild: TBD Flower Delivery: TBD

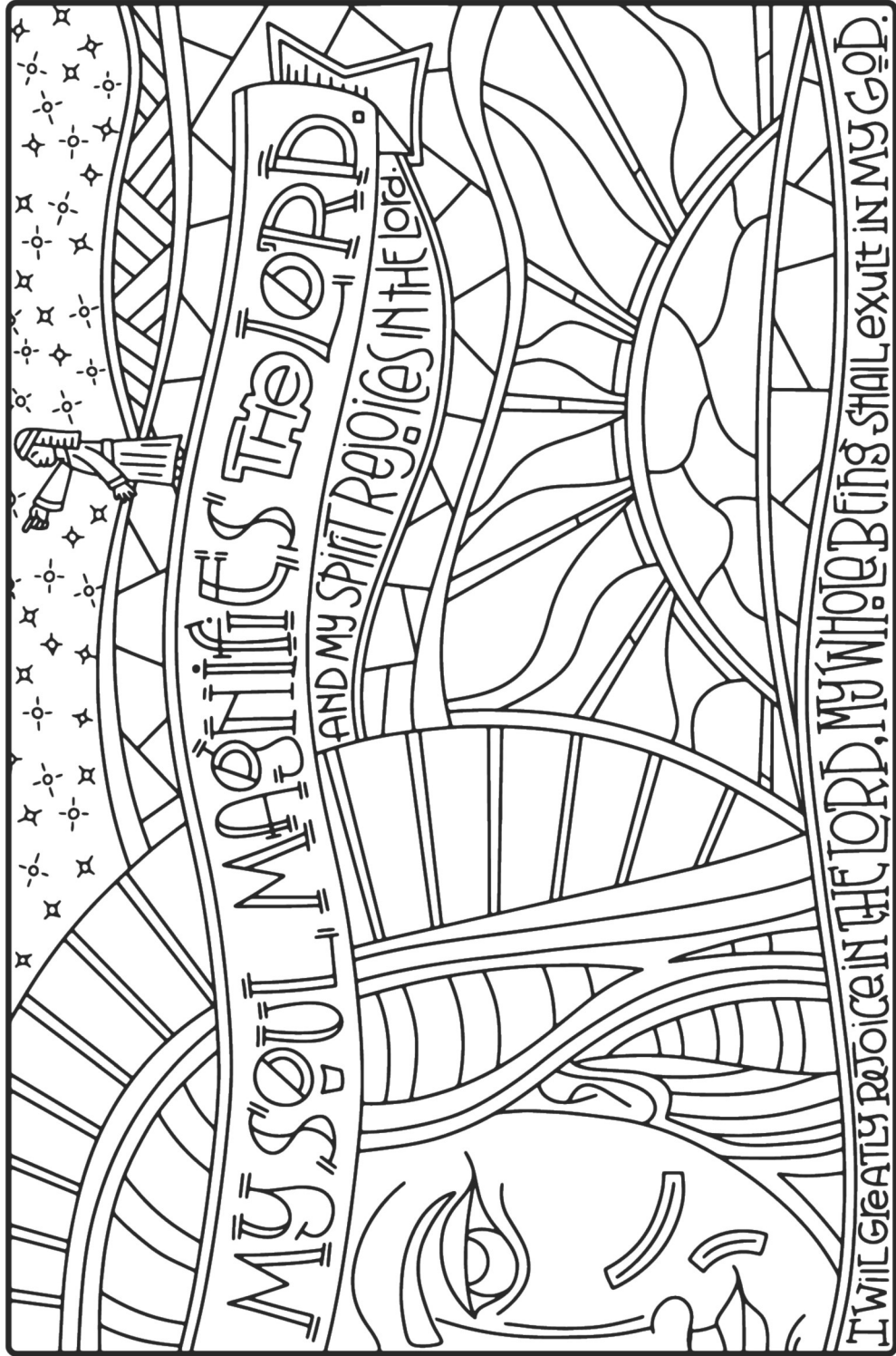
Counter Schedule

DATE	TEAM	
Jan 7	3	Hammerschlag, K Mittelholz, Stark
Jan 14	4	Batten, Dugger, J Schaefer
Jan 21	5	Batten, Dugger, J Schaefer
Jan 28	1	Patterson, Ricketts, TBD
Feb 4	2	TBD

Altar Guild Schedule

DATES	CAPTAIN	
Jan 6-12	Robbins	Bottick, Ayala
Jan 13-19	Newling	Anderson, Jones
Jan 20-26	Leatherwood	Bottick, Ayala
Jan 27-Feb 2	Robbins	Wright, Friend
Feb 3-9	Yeaman	Fortune, Leatherwood

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



Breakfast with Santa
9 a.m.-12 Noon Saturday, December 2nd

Advent Adult Forum Series:
Short Stories by Jesus
December 3, 10, and 17 at 9:15 a.m.

Cookies & Card Making
9 a.m. Saturday, December 9th

Caroling
3 p.m. Sunday, December 10th

Advent 4 Combined Service
9 a.m. Sunday, December 24th

Christmas Eve

4:30 p.m. Choral Prelude
5:00 p.m. Holy Communion
9:00 p.m. Compline via Zoom

Christmas Day

10:15 a.m. Holy Communion

Lessons & Carols

10:15 a.m. December 31st

Epiphany Pageant

10:15 a.m. January 7th

Bishop's Visitation

10:15 a.m. February 4th