

The St. Barnabas' Reporter



The Prayers and Action of Hannah and Samuel

The Rev. John Bolin Shellito
Rector

Dear St. Barnbasians,

Our readings from first and second Samuel this summer are an invitation for us to consider the tensions between government and God, between the military and the Almighty. As our nation prepares to select its next Commander in Chief this fall, Eugene Peterson was the one whose writings reminded me that the books of Samuel are bookended by prayer—1 Samuel essentially begins with Hannah’s prayer for her son, Samuel, and the closing chapters of 2 Samuel include a long prayer of thanksgiving by David (which itself is a reminder that our entire Psalter is attributed to the famously poetic songwriter king). Abraham Lincoln was the one who said, “I remember my mother's prayers and they have always followed me. They have clung to me all my life.” Hannah’s prayers bore fruit in Samuel’s life, and, through him, into the lives of Saul and David. Sojourner Truth said the following about prayer: “Let others say what they will of the efficacy of prayer, I believe in it, and I shall pray. Thank God! Yes, I shall always pray”

I think it is prophetic that the books of first and second Samuel are named for the prophet Samuel, and not for King Saul, or King David. I wonder if this can be a reminder to us of the importance of prayer. President George Washington wrote the following prayer, when our nation was still in its infancy:

I now make it my earnest prayer, that God would have the United States in his holy protection, that he would incline the hearts of the Citizens to cultivate a spirit of subordination and obedience to Government, to entertain a brotherly affection and love for one another, for their fellow citizens of the United States at large, and particularly for their brethren who have served in the Field, and finally, that he would most graciously be pleased to dispose us all, to do Justice, to love mercy, and to demean ourselves with that Charity, humility and pacific temper of mind, which were the Characteristicks of the Devine Author of our blessed Religion, and without an humble imitation of whose example in these things, we can never hope to be a happy Nation. Amen.

Prayer adapted from Washington’s Circular Letter to the States, which he wrote on June 8, 1783 as the commander in chief, at his headquarters in Newburgh, New York. (<https://www.mountvernon.org/the-estate-gardens/the-tombs/george-washingtons-prayer-for-his-country/>)

(continued next page)

SPECIAL POINTS OF INTEREST

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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

James Harris, *Sexton*

Randolph Jones
2024 ASYP Tutor Coordinator

2024 Vestry Members

Mark Patterson
Senior Warden

Leigh Kennedy
Junior Warden

Sam Batten

Michael Dugger

Beth Harper

Linda Hartman

Camille Mittelholtz

Jeff Schaefer

Katie Westerlund

PJ Kennedy
Treasurer

John Westerlund
Assistant Treasurer

Ann Sayles
Register

Molly Newling
Membership Secretary

***Sunday Worship
Schedule***

8 a.m. Holy Eucharist
10:15 a.m. Holy Eucharist

Prayers and Action (continued from p. 1)

As we hear the perhaps familiar stories this summer – of Samuel, Saul, and David – we can consider how each of those individuals were navigating a kingdom that was still in its infancy. We can ask ourselves about the tensions of leadership and what authentic anointing for leadership looks like and involves. Jesus said, “my kingdom is not of this world” when he was embracing humility and powerlessness. David lived for years on the run from Saul, and, even then, he still refused to lay a hand on Saul when given the opportunity: because he saw Saul as God’s own anointed leader. Surely Samuel and David must have known about the brave example of Deborah and the rest of the judges: how they were undaunted by conflict. Still, Jesus prayed that his followers would be one as he is one with the Father. And Jesus called us to pray for our enemies. I believe he did all this for the sake of peace. We can’t be naïve in our efforts for peace, but we can be persistent in prayer and action, as I believe both Samuel and Hannah were persistent in prayer and action.

Peace, and Grace,
John

This Summer: six weeks of Rector leave without pay

Starting June 16th and concluding July 27th, John+ and the Vestry have agreed to an approach to allow for the needs of both families that John+ is a part of. During this time, John will be at St. Barnabas’ most Sundays, but he won’t be in the office during the week or on email so that he can take the lead with parental duties for many of the weeks in which his and Haley’s children are out of school during the summer. During this time, Education for Ministry graduates and others will offer a series of lay reflections in lieu of a formal Sermon. This will hopefully allow us to hear a variety of perspectives on the mystery of God’s presence in our congregation and to continue to engage our faith and service in 2024, in the tradition of Blessed Barnabas

Pastoral Care

For urgent pastoral or prayer concerns, whether for yourself or others, in addition to Caritas, please feel free to contact the Rev. John Bolin Shellito directly at 571-402-2218, or on his cell

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

A Note from David Palmer

David Palmer, Music Minister

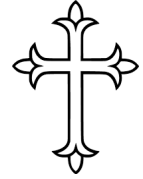
Have you ever heard someone parse a word badly? Preachers do it sometimes (but not ours!). Like (I'm making this up): "Multiplication, containing 'mull,' to think over, 'ti,' a drink with jam and bread, 'pli,' a request, 'cay,' a shortened form of OK, and 'tion,' the result of a verb; therefore, multiplication is the result of mulling over being OK with requesting some tea. I'm going to do that with the word retirement: the action or process of getting tired again. It's bad, I know – kind of the opposite of the actual experience of retirement, a time when one recognizes one's declining energy (and time left on the planet) and withdraws a little or a lot from professional activity.

At the time of writing this article, I recently finished reading a book on retirement by Steve Lopez, L.A. Times columnist and author of *The Soloist*, which was made into a movie. Lopez was facing retirement and, wanting to make an informed decision about what to do and when to do it, interviewed a host of experts and people who had retired. Lopez learned that some people choose to only partly retire or not to retire at all, some retire and regret it, and some are not able to retire because of financial considerations. Social Security and Medicare were meant to help people in the last category, but there are all too many tragic situations where individuals must continue working because of their or a loved one's medical expenses. I learned a lot by reading the book, including that there is some indication that Social Security was partly motivated by the need to get seniors out of the work force to make room for the young.

For those lucky enough to have it, retirement can be like a large-scale sabbath: one works for six decades and then rests on the seventh. That's the theory, anyway; I'm not sure how much I worked in my first decade! I was thinking about this a few weeks ago as I was reading about God's provision of a double portion of quail for the Israelites when it was the sixth day of the week so that they wouldn't have to do the work of hunting on the sabbath. When I was working on my master's degree, my family attended a small, working-class Presbyterian church (Sara and I had recently left Bolivia after years of working for the Anglican church there, and I was alienated by how much money American Episcopalians spent on things like buildings and organs) where there was good preaching but a tendency toward legalism. The latter affected me most as my graduate assistantships, while paying for all of my tuition and giving me a stipend, were not enough to support my young family. So I sought part-time employment which meant that I sometimes had to work on Sundays, and that was a no-no. I never held to this legalistic view of the sabbath, thinking that the principle was one rest day for every seven, and some might not be able to do that. Now, as I contemplate a seventh seventh of life sabbath (as if anyone could know when our seventh seventh is!), I think that my work might not end, but the amount and nature of it might.

(continued on next page)

In Memoriam



**Jean Anne
Braddon**

May 31, 2024
Wilmington, NC

*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

New Address Update



**Shirley
Newman**

Please contact the
Parish Office
for details.



July

Lydia Arana

Randy Jones

Deborah Batten

Laura Westerlund

Nora Verstandig

John Westerlund

David Palmer

Matthew Dugger

Francine Conteh

August

Lita Mellon

Theresa Merchant

Ron Parlow

Alex Bottlick

Hugh Agnew

Gil Baldwin

Jackson Miller

Cricket Camp

Lulu Harris

Liam Ewald

*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. Amen.*

BCP p. 830

A Note *(from p. 3)*

While I still enjoy the pleasure of playing the piano with and for people, my declining energy has made it hard to do the things I did even ten years ago. One of the nicest music gigs I've had in recent years is to play for occasional social gatherings at the assisted living wing of Culpepper Gardens; maybe I'll look for something else like that. And maybe I'll just spend more time watching the squirrels or weeding or fending off the cute rabbits who eat my tomatoes. And maybe, by taking myself out of the work force, I am making room for some wonderful younger person to lead St. Barnabas' into new musical horizons.

Jazz Café with the Dave Palmer Quintet

David Palmer brings a new ensemble to St. Barnabas' for another Saturday afternoon Jazz Café, August 10th from 5-7 p.m. Playing originals, as well as music by Jeff Beck, Yellow Jackets, Weather Report, Steely Dan, and Stevie Wonder, the group features Terry Thompson on sax, Rahul Mukerji on guitar, Eugenio Ibarz on bass, Scott Fitzpatrick on drums, and DP on keys. The event is free and open to the public. In fact, this is a good occasion to bring friends who don't normally come to St. B's. Please consider bringing a tip for the band to offset their expenses.



Baptized into the Household of God

William (Liam) Kauko Ewald

Valencia Isabel Ewald

May 19, 2024

Parents - William (Will) Justin & Marlena Francisca Ewald

Godparents - Jessica Riddle & Andy Riddle

Birthdays

We include a list of birthdays in each issue of the Reporter. Please make sure your information in Realm (our parish database) is up-to-date. Also, please contact the Parish Office if your name is missing and you would like it included.

New Vestry Member Linda Hartman

Hello. I'm Linda Hartman, teacher, Army wife married to Bob for nearly 57 years (you only will see him on Christmas Eve), mom to our dear children Christy (d. 2007), Bobby, and Kate, and Gammy to five splendid grandchildren. We settled into our current home in Burke 38 years ago, and soon after I was offered the job I wasn't looking for with the education staff at Gunston Hall, home of George Mason. For 25 years they never figured out that I would have worked for free. I now meet with a group of individuals who were responsible for a decade-long initiative at Gunston Hall and wish to continue that study of the African American heritage of Mason Neck and the descendants of Mason's slaves.

I'm a new-comer to St. Barnabas', having been in attendance for only a bit more than one year - time enough though to be impressed by the church's ambitious programs of outreach and inreach and genuinely friendly congregation, grateful for the opportunity to renew my baptismal vows, and honored to be a member of the Vestry.



Linda Hartman
Class of 2026

NOVA Symphony Orchestra Summer 2024 Pops Concert Series

Dear fellow parishioners and friends, you are cordially invited to attend the following NOVA Symphony Orchestra Summer 2024 Pops Concert Series concerts:

- Sunday afternoon, July 14, 2024 at Hunter's Crossing in the Green Spring Senior Living Community in Springfield *Admission charged for residents and visitors*
- Wednesday, July 17, 2024 at 7:30 p.m. in Room 118 of the Fine Arts Building on the Alexandria campus of the Northern Virginia Community College *Free indoor concert*
- Sunday, July 21, 2024 at 7:30 p.m. at the Mason District Park Amphitheater in Annandale *Free outdoor concert*

Note: all venues are accessible and have handicapped parking.

Sharon Jones, member of the NOVA Symphony Orchestra for over 20 years



I want to thank everyone on the Caritas Team, and especially Grace Robbins who took me to a doctor's appointment which lasted much longer than I had expected. I really appreciate all the help that both members of Caritas and members of the congregation have done for me, as well as Jonathan. ~ Anne Radway

ACCA News - Annandale Christian Community for Action



ACCA Furniture Ministry – St. Barnabas' is scheduled to volunteer to deliver furniture and pick up donations on Saturday July 13, 8 a.m. until about 11 a.m. Volunteers are needed. The furniture warehouse is on the grounds of Annandale United Methodist Church, 6935 Columbia Pike. The program will not operate in late July and in August and will resume in September.

Rebuilding Together – Thank you to the Rev. John Bolin Shellito, Ken & Camille Mittelholtz, Dave Wright, Scott & Elsa Cannon, Len Leroy, and Molly Newling for their work at the National Rebuilding Day project April 27. ACCA churches repaired two group homes operated by Hartwood Foundation, which develops and operates residential service programs for persons with intellectual and developmental disabilities. Our team also included volunteers from Annandale United Methodist Church, and Lincolnia UMC provided lunch. We designed and built a large platform at the end of the carport for trash can storage to make it easier to take trash out. The team also installed sections of split rail fence along the driveway, power washed the deck and entry siding, painted the siding and a fence, sealed the deck and built stairs from the deck to the back yard. The team for the second ACCA house designed and built a free-standing cover for the patio and raised planter boxes and power-washed the patio. Rebuilding Together-Arlington-Fairfax-Falls Church organizes repairs and safety and energy improvements for lower-income homeowners and nonprofit organizations. If you know a homeowner of limited means who needs help with home repairs, contact Ken for details on how to apply for help.

Family Emergency and Food Pantry Assistance – In May, ACCA assisted 56 people in 17 households with overdue rent or utility payments. In May, ACCA Food Pantry volunteers made 112 deliveries and served 367 people. Thank you to everyone who has donated nonperishable food and/or hygiene products. ACCA expects high demand for food assistance to continue through the summer.

CROP Hunger Walk. - Please save Saturday October 19 for the Annandale CROP Hunger Walk. The walk will be at Lake Accotink Park, with registration beginning at 8 a.m. The walk raises funds for Church World Service hunger relief and poverty-fighting programs around the world and for ACCA.

School Supply Help Needed – ACCA's Neighbor to Neighbor Program, which supports immigrant families from Afghanistan who have settled in our area, is collaborating with the Interfaith Communities for Dialogue to buy backpacks and school supplies for the children. The backpacks will be presented to the children at an ice cream social on August 17. If you would like to support this effort, please write a check payable to Interfaith Communities for Dialogue and send it to Treasurer, Interfaith Communities for Dialogue, P.O. Box 1016, 5242 Port Royal Road, Springfield, VA 22151

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

Heritage Food Site

Thank you to everyone who has donated food for the Heritage Food Site at the Annandale United Methodist Church Heritage Mission Center. The food site distributes several bags of food on Thursday evenings. Donations of nonperishable food are welcome- needs include 12 oz. boxes of cereal, 1-pound boxes of pasta, 20-ounce cans/jars of pasta sauce, and 14-16-oz. cans of vegetables and fruits.

Mad Hatter's Tea Party ▪ Holiday Bazaar November 16, 2024

by Camille Mittelholtz, with photos by Grace Robbins

The Mad Hatter's Tea on May 11 was an enjoyable afternoon of conversation, enjoying delicious treats, and drinking tea. About fifty people attended the tea, including children and youth. Tea ticket sales, donations, and proceeds from the basket raffle raised \$1,000. Prizes were awarded for notable hats. Behn Ayala's hat was recognized as the prettiest; Dee Dee Steidel's was chosen as the most original, and Diana Greer's was selected as the most charming.

Save the date for the WOSB Holiday Bazaar on November 16. Donations of jewelry and crafts will be appreciated. We plan to resume the White Elegants section, and will also feature holiday decorations. Donations of items for the White Elegants table will be appreciated. The Barnabees meet on Tuesday mornings at 10 a.m. to work on crafts.



Children's Paint Day ▪ April 14, 2024

by Kathleen Stark

Here we are creating wonderful paintings during Sunday School in April. It was a fun day of expressing artistic joy and seeing what happens when we artists put paint to canvas.

We will be showing our paintings in the September art exhibit in the St. Barnabas Gallery.

The Children's Paint Day was sponsored by the Art and Music Ministry.



ASYP End of School Year Report: Reflections on this past spring, and the beginning of the Summer Program

We have gained even more new students, so per usual we assess where their math skills are in order to better help them. I am pleased to announce that all the students have improved in their arithmetic skills. Recently, the group made two field trips to Creative Cauldron to practice their acting and improv skills.

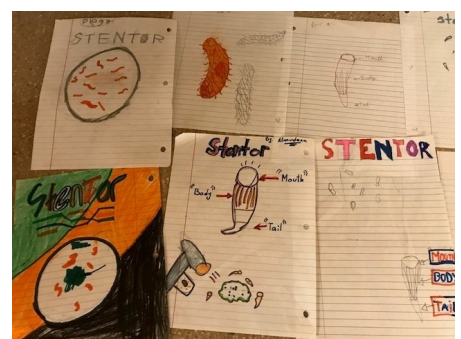
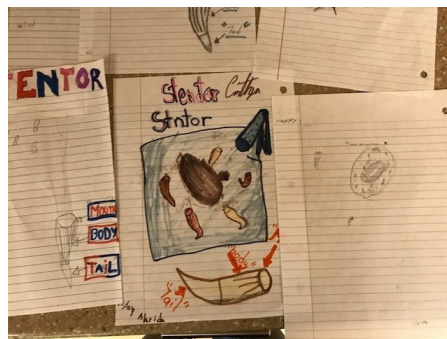
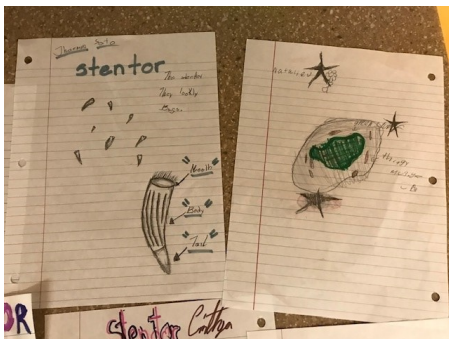
We also held a two-day microbiology camp to explore the microscopic world. On the first day we focused on plants. After reviewing the basic parts of plant cells, we first looked at root cells from a vine at 100X magnification. They got to see tightly-packed cells full of starches. Then we looked at cells from a Virginia mountain mint leaf, zooming in on the spine of the leaf. They could see cells that don't have Chloroplasts and ones that do, giving the latter their deep rich green color. Finally, we looked at pollen grains. At first glance they look like orange specks. However, under a microscope the students were able to see that each grain has a distinct architecture, including "hooks" that allow the grains to attach to pollinators - the same hooks which irritate our mucus membranes and cause allergic reactions.

On the second day we focused on "Animal" cells – well, as close to Animal cells as possible. A single drop of water from the bird bath outside the Richardson Room produced thousands of Stentors. Stentors are single-celled organisms that are not Plant, or Animal, or Fungi. They do have a distinct mouth, body, and tail; move quite dynamically; and are very entertaining to watch. The students made drawings of what they observed (see below), and I am quite impressed with how they turned out. The final treat was observing a young mosquito larva next to the Stentors. Despite being no larger than a third the size of a grain of rice, the mosquito still looked like a behemoth under the microscope next to the Stentors. It served as a nice contrast, seeing a small multicellular organism next to a "large" single-cell organism.

The summer program schedule will again be divided into camps. The order is still being determined, but we will focus on reading, math, music, and science. Music Camp will be led by David Palmer, who always does a fantastic job.

Please feel free to reach out to me if you have any questions or would like to help.

Randy Jones



Summer Reading Recommendations

Each year, we publish parishioners' and friends' Summer Reading Recommendations. This year's list includes some important self-help titles for those with diabetes or with a family member or friend dealing with the disease. Thank you to Wayne Bottlick for his thoughtful and comprehensive list of the best resources for those who want to know more.

Other titles include recommendations for books dealing with issues of racism, sexism, and theology, as well as murder mysteries, history, recently-released titles, and old favorites. We hope you will enjoy reading these Reading Recommendations.

Several years ago, I decided that reading the biographies of the American presidents in order of their administrations would be a good project. Unfortunately, I let myself get bogged down by the early ones because there were so many good books about them. Then I saw an excellent interview on TV with the author of a book about President Truman, The Trials of Harry S. Truman by Jeffrey Frank. I immediately ordered the book from the local library.

The book is what I call a door stopper, i.e. large and heavy, but it doesn't disappoint. I'm now about halfway through the book and, although it does sometimes get down in the weeds, I found the discussions and controversies about dropping the bomb on Japan both fascinating and revelatory about the men involved. I highly recommend the book to anyone interested in this period of our history.

Anne Radway

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As you may know, I've had Type 1 Autoimmune DM (Diabetes Mellitus) since I was eleven years old. From the time I was diagnosed, I've studied the "diabetes" diseases extensively, and in College majored in Biology and Biochemistry. Here are some easily understandable and very informative books that provide excellent guidance on managing ALL THREE types of DM:

Think Like a Pancreas by Gary Scheiner This is the "Type 1 Bible", providing the best information available on day-to-day management of Type 1.

Dr. Bernstein's Diabetes Solution by Richard K. Bernstein This book is excellent for Type 2 Insulin-Resistant DM patients.

Diabetic Athlete's Handbook by Dr. Sheri Colberg This is an EXCELLENT guide on HOW TO BE ACTIVE with any type of DM, which is critically important. Her book is for ALL DM patients - you don't have to be a professional athlete! ;-)

Using Insulin: Everything You Need for Success With Insulin by Walsh, et al This book is focused on insulin use, which is as much an art as a science; it's a critically important skill for all DM patients using insulin.

For folks with one of the Type 3c Pancreatogenic DM diseases, the best resource will best be determined by the status of insulin production level; Bernstein's is appropriate in all cases.

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Summer Reading Recommendations *(continued from previous page)*

Last, a recommendation for a book recommendation for children (typically with Type 1 Autoimmune DM, but any type): Understanding Diabetes by Peter Chase. This book is known as "The Pink Panther" diabetes book - it's geared to kids and their families and is EXCELLENT for newly diagnosed T1s. The median age at diagnosis of T1 is 14 years old; this book is good for younger kids as well - with their parents' guidance, of course.

I've read all of these books, and recommend them regularly to folks in need of guidance in managing their DM. The biochemistry of the human body fascinates me, and I can't help myself!

Wayne Bottlick

-

My mom's favorite book (*Gertrude Jones*) is Portrait of a Lady by Henry James. She also likes Little Dorrit by Charles Dickens. I just finished Murder Your Employer, a mystery by Rupert Holmes. It's hilarious. I also like Deacon King Kong and The Good Lord Bird (2013 National Book Award winner), both by James McBride.

Grace Jones Robbins

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Short Stories by Jesus by Dr. Amy Jill-Levine

Many St. Barnabasians enjoyed this book during Lent (and others heard some of the ideas from this book in our Lenten forum series), but summer is an opportunity to catch up on some reading. This book is packed with practical wisdom on the power of the parables, and offers a fresh vantage point on some of Christ's most enigmatic sayings.

Introduction to The Odyssey by Emily Wilson

Emily Wilson has recently completed a new translation of both The Odyssey and The Iliad, but her *Introduction* to The Odyssey helps put the ancient poem into context, and provides inspiring background on the literary tradition. She summarizes past scholarship on the Odyssey and adds to that history with her own perspective and ideas, including ideas in the realm of gender. She suggests that the Odyssey could have been compiled and transcribed from oral tradition some six centuries (or more) before Christ, around the same time that we estimate the first five books of our Bible were being compiled and transcribed some twelve hundred or so miles east of Athens, in Babylon. The audiobook of the introduction (and translation) is narrated by Claire Danes.

The Cross and the Lynching Tree by James Cone

If you want something to shake up your summer, and you haven't yet read this book, here is a reminder that James Cone will deliver you out of any sense of complacency with regards to our national history with race. Cone delves into Billie Holliday's popularization of the poem and song "Strange Fruit," originally written and composed by Abel Meeropol. Does the song "belong" to Billie, Abel, or James? Can this book be a part of how we "speak the truth in love" regarding our broken and at times racialized past? Can this book be a part of how we "speak the truth in love" regarding our broken and at times racialized present? These are open questions, and as a congregation we are still living into our response.

John Bolin Shellito

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Summer Reading Recommendations *(continued from previous page)*

Lessons in Chemistry, by Bonnie Garmus, is the story of Elizabeth Zott, a chemist, a food lover and a mother in the 1950's. Pushed out of her job by sexist bosses, she creates a cooking show that attracts thousands of viewers (before Julia Child had a clue). Elizabeth is unique in every way, and you will love the dog.

The Trojan war has been over for nearly 10 years, and Odysseus has been away from home for twenty. In Ithaca and House of Odysseus, by Claire North, Penelope must keep the small island kingdom of Ithaca, where all the men are either under 20 or over 60, safe from pirates, suitors want to force her into marriage, and neighbor kings who would like to take it over.

Christian Cooper's Better Living Through Birding: Notes from a Black Man in the Natural World is the memoir of the "Central Park birder." It's for fans of nature, comics, and gay pride.

Fans of British mysteries should try the Ruth Galloway books by Elly Griffiths. The first in the series, Crossing Places, introduces Galloway, a forensic archaeologist at North Norfolk University on the North Sea coast, as she is brought into a police investigation of bones found on the beach. Are they hundreds of years old or the remains of a recently missing child?

Molly Newling

-

I recommend The Color of Water by James McBride, which is the author's tribute to his white, Jewish mother. She raised her twelve black children by herself under the most horrific circumstances after escaping an equally horrific childhood. Every child went on to college, some earning graduate degrees.

Deacon King Kong, also by McBride, gives a picture of life in the Brooklyn Black project, Red Hook, relating how the residents bonded together to overcome their terrible living conditions. The main female character is based on McBride's mother.

Kathleen Stark

-

Books to read aloud with young children:

Officer Buckle and Gloria by Peggy Rathmann ("Safety Tip #101: Always stick with your buddy.")

A Child's Garden of Verses by Robert Louis Stevenson (beautiful imagery and language)

The Country Bunny and the Little Gold Shoes by DuBose Heyward ("Then all of the big white bunnies who lived in fine houses, and the Jack Rabbits with long legs who can run so fast, laughed at the little Cottontail and told her to go back to the country and eat a carrot. But she said, 'Wait and see!'" a magical and beautiful story)

For young readers:

The Wheel on the School by Meindert DeJong (also a terrific audio book)

Beauty, Robin McKinley (a retelling of the story of *Beauty and the Beast*; also lovely to share as a read-aloud)

Parish Retreat (Shrine Mont) September 27-29, 2024

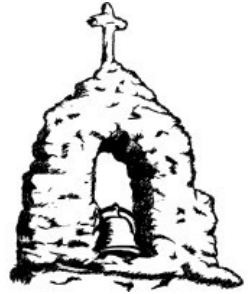
Save the dates of Friday, September 27 through Sunday, September 29 for our annual Parish Retreat, held at our Diocesan Retreat Center, Shrine Mont located in Orkney Springs, Virginia. Our theme this year is “Envisioning Our Future.”

Join us for a special weekend apart from our hectic world. The St. Barnabas’ Parish Retreat offers thought-provoking sessions, uplifting music, great food, beautiful scenery, free time for hiking, shopping, etc.—and, most of all, time to get closer to God and one another.

There are activities for all ages, including worship, fellowship, learning, exploring, music, and a bonfire. You will return refreshed and renewed.

The registration form is included as an insert in the newsletter; copies are available at church and from the Parish Office. You may notice new pricing, as we adjust to recent increased costs. Please speak with the Rector if you have any questions or concerns. We’d love everyone to be able to participate.

For questions on program and schedule details, please contact Ann Sayles or the Parish Office.



EfM Fall Registration

Registration for this fall’s Education for Ministry (EfM) class will open June 30. The deadline for registration is August 1. For more information, contact Beth Harper or the Parish Office.

In the Presence of God

We pray for God’s strength and healing for ... Jonathan Barber, Bernard Blair, Charles Camp, Cricket Camp, Margot Donnelly, Charlie Flaherty, Bob Frye, Rotha Frye, Preston George, Joan Gibbs, Beth Harper, James Harris, Roger Hefferan, James Hughes, Gertrude Jones, Sharon Jones, Alusine Kanu, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Blair MacKenzie, Cindy McLaughlin, Jack Miller, Helen Mosher, Val Nelson, Shirley Newman, Linda Pettit-Waldner, Nancy Peyton, Alice Phillips, Anne Radway, Grace Rampersaud, Norma Ricketts, Ellen Riddle, Barbara Rigden, Mary Riggs, Ann Sayles, Trisha Serven, Frank Spink, Kathleen Stark, Larry Stark, Karen Steidel, Dana Wiseman, Dave Wright, Mary Yeaman.

For the Church ... the Archbishop of Canterbury, Justin Welby; our Presiding Bishop, the Most Rev. Michael Bruce Curry; and our Diocesan Bishops, the Rt. Rev’d Mark E. Stevenson, Bishop; the Rt. Rev’d Gayle Elizabeth Harris, Assistant Bishop; the Rt. Rev’d James Joseph “Bud” Shand and their families. For our Rector, the Rev. John Bolin Shellito, and his family; for our Seminarian, Nathan Harpine; 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 and for the Archdeaconate of Eastern Cuba.

Vestry Updates

January / February / March 2024

- The Annual Parochial Report was submitted to the diocese after input from the Vestry.
- Vestry Liaison Roles assigned:

Pastoral Care	Camille Mittelholtz
Worship & Adult Formation	Jeff Schaeffer
Youth & Children	Michael Dugger
Communication & Welcome	Katie Westerlund
Social Justice & Outreach	Beth Harper
Finance	Sam Batten
Building & Grounds	Leigh Kennedy
- The majority of 2024 pledges were increased compared to 2023 pledges.
- St. Barnabas' will continue our relationship with our sister parish, San Juan Bautista, but will also recognize the needs of the other churches in the Archdeaconate of Eastern Cuba.
- Dr. Kennedy is working with the Building & Grounds Committee to ascertain the repair / maintenance needs of the parish.
- At the Vestry retreat, members discussed their long-range planning ideas and hopes.

Ann Sayles, Register

Reporter Deadline, Office Hours, and Schedule

The deadline for the September 2024 issue of *The St. Barnabas' Reporter* is **Thursday, August 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 in June are Monday through Thursday from 9:00 a.m. to 4:00 p.m.; the Parish Administrator works remotely on Fridays. In July and August, Fridays are a day off for the Parish Administrator; in-office hours remain the same.

OF NOTE: The Parish Office will be closed on Thursday, July 4 in observance of Independence Day.

Update Your Preferences

Please help us keep our database up to date by notifying the Parish Office if your contact information changes: 703-941-2922 or stbarnabaschurch@outlook.com.

Poetic Prayers for Summer

A new story

Author of Salvation, write in us a new story.
Erase the sins of the past and create a new narrative,
one in which we seek Your love and justice in this
world.

Write a new direction for our lives,
away from the busy-ness
and cares of the world for success and stability,
and instead plot us towards ways of living Your
compassion,
care and grace in the world.

Create new opportunities for us, O God,
to explore and live this adventure of life in bold and
daring ways,
in which new insights may unfold for us.

From Rev-o-lution Resources by Rev. Mindi Welton-Mitchell
<http://rev-o-lution.org>, (c) 2023.

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also posted on the Church of Scotland website

(https://www.irenebom.com/prayer_matters/2017/12/29/3-prayers-for-endings-and-beginnings/)

Grant us the fullness of life by living for others,
as You taught us to love our neighbour as ourselves,
but most of all, may our story be about You,
about Your love for us,
and what Your love for us calls us to do.
In the name of Christ,
who writes the new ending and beginning, we pray.
Amen.

Revel in Summer

Dear God,

Let us revel in summer.

Let us soak up the long days and warm sun.

May our feet walk on sandy beaches and our heads rest on thick grass under blue skies.

May we listen to and marvel at the singing of the birds and stop to watch blissful children at play

This summer, God, may our breathing slow and our hearts open. God help us to be present to all that is so
that we might best see all that might be.

- *Written and offered by David Johnson*

(xavier.edu/jesuitresource/online-resources/prayer-index/summer-prayers)

With thanksgivings to and for Grace Robbins for being the first sharer of these prayers in St. Barnabas' EFM

KIDS COLORING PAGE

DAVID
SAID,
"LORD,
GOD SAVED ME

FROM THE PAW

of the LION



FROM THE PAW

of the BEAR,



WILL SAVE ME



FROM THE HAND OF THIS

PHILISTINE."



ST. BARNABAS'
EPISCOPAL CHURCH

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Change Service Requested

Guest Responses to the Word at St. Barnabas'
June 30 through August 4

June 30th - The Ven. Vaughn Vigil (with liturgical support from the Rev. Halbert serving as Assisting Priest in Spanish, and the Rev. James Hughes serving as lead Celebrant and distributing the host at 10:15 a.m.)

Please note one combined service at 10:15 a.m. on June 30th

July 7th - Mr. Nathan Harpine, Seminarian (leading Morning Prayer at 8 a.m. and 10:15 a.m.)

July 14th - Ms. Cindy McLaughlin, South Fairfax Region President, and in Diaconal discernment

July 21st - The Rev. Deacon Monnie Riggin

July 28th - Ms. Helen Mosher, EfM graduate and St. Barnabas' Diocesan Delegate

August 4th - The Rev. Dr. David Lowry, Theologian in Residence
Christ Church Cathedral, New Orleans