

The St. Barnabas' Reporter



Engaging the Creative Tensions of our Faith

The Rev. John Bolin Shellito
Rector

Dear St. Barnabasians,

One of my earliest memories of encountering and learning about Scriptural faith in public culture today was in the book, The Chosen, by Chaim Potok. The most memorable section of the book for me was when the author recorded the back and forth of discussion and debate that was possible among people of faith who were drawing on both Scripture and Scriptural commentary—in that case, drawing on the Talmud. It was a scene that taught me the significance of faithful debate, and it was also a scene that helped me understand that while we might have stories and characters that are foundation stones and pillars for our faith, our literal and metaphorical house of God is still very much a shared work in progress—and, in our modern life today, it is safest to assume that the way forward is not going to be made clear to just one person, alone. We depend on one another to understand the past, and also to imagine the future. People of faith are strengthened by their discussions together, helping each other “as iron sharpens iron.” So, while I do believe today that there were parts of The Chosen that I completely missed as a high schooler, learning about the debates that are possible with Scripture was powerful for me because it helped me understand that there are communities and relationships where Scripture is lived and known well enough that it can be an effective toolbox and forum for debate. The book helped me understand that Scripture is not a linear document like a “long-range plan”, but rather a communal library that has recorded a diversity of viewpoints on a variety of topics across history.

And, one of those topics that has been the subject of continuing engagement and debate shows up in our Lectionary later this spring and summer: in the books of first and second Samuel. In the process of a public ministry, the prophet Samuel engages with many questions of earthly politics, and, in particular, with many questions of governmental leadership and the ideal relationship between faith and an established State apparatus. Earlier this winter and spring, I found myself reflecting on the fact that Jesus never had to run a government, make arrests, or establish a justice system. One historian likened Christianity to a plant in a greenhouse, where the seeds of the first disciples of Jesus and their ministry were growing thanks to their formation in Second Temple Judaism, centered in Jerusalem. However, the ambient air in that

(continued next page)

SPECIAL POINTS OF INTEREST

- *WOSB Mad Hatter's Tea Party May 11*
- *Visiting St. Paul's*
- *Parish Life - Easter Sunday*
- *Prayers of the Vestry*
- *May Participant Schedule*
- *Music Ministry Search*
- *Kidney Donation*
- *Busy Month for the Cuba Committee*

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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

Jack Miller

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

Engaging the Creative Tensions *(continued from p. 1)*

greenhouse (and perhaps some of the soil too) was very much Hellenistic. In other words, Greek democracy was the formative environment for the political and civic institutions of Greco-Roman society, and those in turn were what nourished the growth of the early church. I'm reminded of the perforated plastic sheeting that Haley and I secured over our raised beds one year in order to overwinter vegetables in our outdoor garden. The sheeting allowed seeds to germinate and grow under a layer of protective insulation, with rain-water augmented by snow at times, such that when spring finally arrived, the sheeting could be removed and the hardy plants were well established and ready to grow with wild abandon across the garden in summertime. Put another way, I wonder if the spread of early Christianity and the establishment of Christian Scripture as the best-selling book of all time was protected and nourished by the Greco-Roman culture and the democratic institutions that provided a healthful political environment for a nascent faith movement to grow.

I hope that the upcoming addresses and sermons from lay leaders and other guests this June and July will be an opportunity for us to all consider how we are always called to newness of life in our faith, as we seek to attend to both the personal and the public spheres of our lives. (Perhaps appropriately, this was planned with the Vestry for the time when I am taking six weeks of leave without pay in order to take time for childcare with my children). Sometimes our faith is lived in the tensions that pull us toward our values, even and especially when those values seem to be at odds with one another or when the tensions make our faith's path difficult to discern. All this makes me even more thankful for St. Barnabas' as a space where we can reflect together on our practices of faith—on Sunday morning, and beyond—because, even this summer, I am still planning on being at St. Barnabas' every Sunday that I'm able.

The tensions of living our faith both in private and in public is something we are still debating and engaging together, in all the mundane and miraculous happenings of our daily life and our shared history. And our congregation and our Commonwealth alike are both blessed when we can engage those tensions with God's own care.

Peace and Grace,
John

**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

May is Mental Health Awareness Month. Rates of all mental illness in America have been slowly increasing since 2015, but one notes a sharp increase since the onset of COVID. Around 20% of American adults experienced a mental illness in 2022. Rates of serious mental illness have increased most significantly in younger adults between the ages of 18–25, with rates increasing from 3.3% in 2009 to 8.6% in 2019.

If you're like me, you've been wondering about there not being enough mental health professionals for the rising needs. Utah has the highest occurrence of mental illness in America—nearly 30% of its population in 2022. It seems that there is a connection between these figures and the relative lack of services. Utah experiences mental health provider shortages in all of its counties and has fewer mental health providers per 100,000 people than the national average. A newly expanded Medicaid program (which results in increased admissions to mental health treatment facilities and increased prescriptions for psychiatric medications) coupled with a rapidly growing state population will intensify the effects of existing shortages.

What is a musician doing writing about mental illness? You know the story of King Saul of Israel and the young David, how, when David would play his harp, Saul would relax and feel better, and the evil spirit that was bothering him would go away. There are those who believe that “the evil spirit” was a form of mental illness, and music therapy, while not a replacement for medication and counseling, can be part of an arsenal for treating one's mental health.

But before I was a musician, I was a human being (still am, I think), and all humans are called to be compassionate toward the suffering: Paul the apostle wrote, “Bear one another's burdens, and so fulfill the law of Christ.” Among that 20% experiencing mental disorders have been my family members and close friends, notably, my brother, Andrew, and my son, Steven, who suffers from schizoaffective disorder. Seeking guidance after Steven's first psychotic break in 2009, I attended meetings of the National Alliance of Mental Illness. They have support groups in every state for those experiencing mental illness and for family members. When Sara, Steven, and I lived in Ohio, we went on several NAMI walks, fun events that elevate the cause of those with mental health conditions. Montgomery County is holding a NAMI walk on May 18, NAMI Virginia on October 5. I encourage you to be an advocate for mental health: to care for your own mental health (e.g., listen to some music that makes you happy!), to be compassionate toward those who suffer, to be informed about services or lack of them in our area, and to attend a NAMI meeting or NAMI walk.

Recently Moved



Shirley Newman

~

Joan Gibbs

*Please contact the
Parish Office for details:*

703-941-2922 or

*stbarnabas
church@outlook.com*





May

John Bolin Shellito

Hugh Agnew

Larry Stark

Blair MacKenzie

Adam Schaefer

Barbara Miller

Paradise Paul

Malia Conteh

Meagan Morrison-Crabbill

Betty Jo Fortune

Mark Patterson

Kathleen Stark

Sean Moore

Paulina Kanu

Margot Donnelly

June

Tom Lyles

Andy Riddle

Joshua Dugger

Garrett Patterson

Katherine Greer

Todd McKeever

Jeff Schaefer

Kendall Schottler

John Lowrey

Jessica Riddle

Diana Greer

Peyton Mokaves

Luke Lilienthal

*Look with favor, we pray,
on your servants as they
begin another year.*

BCP p. 830

Annandale Safe Youth Project (ASYP)

It has been a Dynamic year for ASYP. Unfortunately, a few students have moved and are no longer with the program; fortunately, we have had new additions, as well. Currently, we are learning more about them and what we can help with.

In our garden patch, planted last year to the left of the steps up to the Richardson Room, things are happening. The Golden Alexanders and some of our Mints are starting to sprout. I hope the rest will come back soon. The students got a chance to put their hands in the dirt and helped clean up the plot. David Palmer continues to be a big help both with music and with reading.

I plan to run camps this summer again. The exact dates are still being worked out, but I plan for at least two weeks of math, reading/writing, and music. Time permitting, I want to do a science week, as well. I am going to see if I can get some Tardigrades (water bears) under a microscope this summer if I can. As always, if you might be interested in volunteering, please feel free to reach out to me. Randy Jones, Tutor Coordinator



Photo at left:

Foreground - Hoary Mountain
Mint (*Pycnanthemum incanum*)

Background - Golden Alexander
(*Zizia aurea*)

Far right corner - Virginia Mountain
Mint (*Pycnanthemum virgin-
ianum*)

Women of St. Barnabas (WOSB)



The Women of St. Barnabas' (WOSB) invite you to the annual Mad Hatter's Tea Party. The tea will be held on Saturday, May 11, from 2-4 p.m. All are invited, and guests are welcome.

The tea will feature delicious tea sandwiches, sweet treats, tea, and the chance to relax with friends. Hats are encouraged. A sign-up will be available in the weeks before the event. All proceeds go to the inreach and outreach projects of the WOSB.

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.

Visiting St. Paul's

by Beth Harper

Once known as the Cathedral of the Confederacy, St. Paul's Episcopal Church in Richmond began a multiyear History and Reconciliation Initiative in 2016 with a stated mission:

In light of our Christian faith, we will trace and acknowledge the racial history of St. Paul's Episcopal Church in order to repair, restore, and seek reconciliation with God, each other, and the broader community.

An important part of that work is the *Stations of St. Paul's*. Designed and executed by Virginia paper cut artist Janelle Washington, each of the fourteen panels depicts a specific moment in the history of St. Paul's with a focus on race relations. These moments were chosen to represent the whole sweep of the congregation's 175-year history.

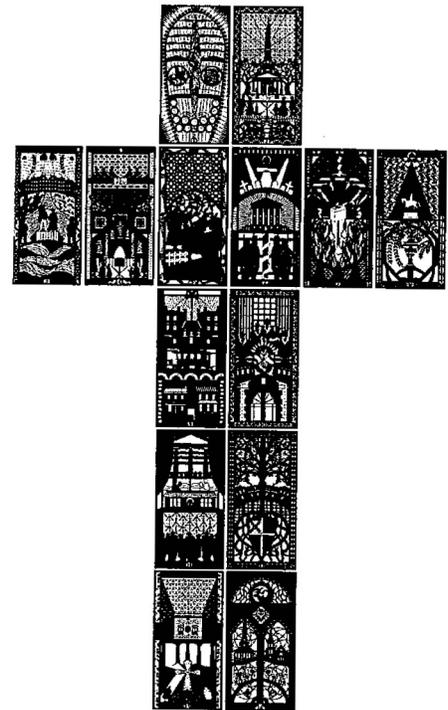
On Saturday, April 13th, five St. Barnabas' parishioners, Grace Robbins, Megan Jackson, Kathleen Stark, John Bolin Shellito+, and Beth Harper, visited St. Paul's to see this amazing artwork. The fourteen panels, each approximately 4 x 2.5 feet, are crafted from black Tyvek on a white background. Each is a vertical triptych representing a particular moment in St. Paul's history. African motifs abound, both in the central and border designs.

Our wonderful docent, Adrian Luxmoore, led us in a liturgy of the stations as we made our way around the church, and told us a great deal about the significance of the events depicted. Adrian then took us into a storage room where we could see plaques and memorials to Jefferson Davis, Robert E. Lee, and other Confederate leaders that have been removed from the nave. It was a powerful and moving experience that all of us will long remember.



Left: *Station 2 - St. Paul's is Consecrated*
Outer shape recalls church wall plaques; St. Paul's façade with original steeple; parishioners in antebellum clothing; architectural patterns including: Greek anthemion on exterior iron fence, mosaic crosses on altar rail and chancel floor, egg-and-dart molding; mosaic background tiles from Last Supper mosaic; stylized vine - West African Adinkra symbol Nyame Nti ("By God's Grace," represents faith and trust in God); upraised shackled hands represent those enslaved workers whose labor generated wealth to build and sustain St. Paul's; [they] also represent those who helped construct the church.

from Stations brochure



Above: Cover image for St. Paul's Stations brochure

ACCA News - Annandale Christian Community for Action



Rebuilding Together – We thank volunteers who helped at the Rebuilding Together National Rebuilding Day on April 27. The project was one of two sponsored by ACCA this year. Both ACCA-adopted houses were group homes owned and operated by Hartwood Foundation, which develops and operates residential service programs for persons with intellectual and developmental disabilities. Our ACCA team included volunteers from St. Barnabas', Annandale United Methodist Church and several other volunteers. Ken Mittelholtz led the project, and as of mid-April, expected St. Barnabas' volunteers included The Rev. John Shellito, Scott and Elsa Cannon, Len Leroy, Dave Wright and Camille Mittelholtz. Our key projects were construction of a structure to store eight trash cans, installation of a fence and exterior painting. St. Barnabas gives funds to ACCA to help cover costs for Rebuilding Together partnership fees.

ACCA has sponsored Rebuilding Together (formerly Christmas in April) home repair projects since 1990, and St. Barnabas' has co-sponsored projects since 1994. In addition to the National Rebuilding Day projects, Rebuilding Together-Arlington-Fairfax-Falls Church organizes minor safety improvements through the Rebuilding Together Express program and works with groups on larger home repair projects. If you know a homeowner of limited means who needs help with home repairs and safety and energy improvements, contact Ken or Camille for details on how the homeowner can apply for help.

Furniture Ministry – Thanks to Joaquin Tamanaha, who joined Ken and Camille Mittelholtz at ACCA's furniture ministry on April 13. Our next day to volunteer to deliver furniture and pick up donations is Saturday morning July 13 starting at 8 a.m. The furniture warehouse is on the grounds of Annandale United Methodist Church, 6935 Columbia Pike.

Child Development Center – The ACCA center provides quality care for infants, toddlers and preschool aged children. The Center has received 4 out of 5 stars under the Virginia Star Quality Initiative, a state standard for quality early education. The Fairfax County Child Care Assistance Program provides tuition subsidies from state and local funds to qualified families.

Food Pantry – Thank you to everyone who has donated nonperishable food and personal hygiene products for ACCA's food pantry. The increase in donations helps the pantry meet the continuing high demand for food assistance. We also appreciate the food donations for the Annandale UMC Heritage Mission Center food site. The Heritage center now gives food staples once a week to 400 households.

Other News – The ACCA board approved a change to a logo that includes "ACCACares" to align the logo and ACCA's website address (www.accacares.org) and make it easier for people to find the site.

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

Easter Sunday, March 31st

Photos by Molly Newling



Prayers for the Care of Children, and for Schools and Colleges

Adapted from page 829 and 824, respectively, of the Book of Common Prayer, and from the prayers offered at the opening of the Vestry meeting on April 17, 2024

Almighty God, heavenly Creator, you have blessed us with the joy and care of children: Give us calm strength and patient wisdom as we bring them up, that we may teach them to love whatever is just and true and good, following the example of our Savior Jesus Christ. *Amen.*

O Eternal God, bless all schools, and colleges, and especially bless the preschools, public schools, sunday schools, universities, vocational schools, and other institutions of higher learning here in Annandale and across northern Virginia, that they may be lively centers for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ our Lord. *Amen.*

A Prayer for Guidance

Offered at the close of the Vestry meeting on April 17, 2024, drawn from page 832 of the Book of Common Prayer

O God, by whom the meek are guided in judgment, and light *riseth* up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what *thou wouldst* have us to do, that the Spirit of wisdom may save us from all false choices, and that in *thy* light we may see light, and in *thy* straight path may not stumble; through Jesus Christ our Lord. *Amen.*

Reporter Deadline, Office Hours, and Schedule

The deadline for the July/August 2024 issue of *The St. Barnabas' Reporter* is **Saturday, June 15**. Please submit announcements and/or photos to the Parish Office at stbarnabaschurch@outlook.com. Hard copies of announcements and/or photos are welcome, as well. Regular Office hours are Monday through Thursday from 9:00 a.m. to 4:00 p.m.; the Parish Administrator works remotely on Fridays.

OF NOTE:

- The Parish Office will be closed on Monday, May 27th for the Memorial Day holiday, and Wednesday, June 19th for the Juneteenth holiday.

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

Update Your Preferences

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

Vestry Highlights - February & March

February Vestry Highlights

- The majority of the 2023 Parochial Report was approved in the meeting. *Several of the narrative sections were edited after the meeting so the updated text could be approved via email and submitted to the Diocese by March 1st.*
- 2024 Liaison Roles were discussed. The following appointments were made:

Pastoral Care	Camille Mittelholtz
Worship & Adult Formation	Jeff Schaefer
Youth & Children	Michael Dugger
Communications & Welcome	Katie Westerlund
Social Justice & Outreach	Beth Harper
Finance	Sam Batten
Building & Grounds	Leigh Kennedy
Music Minister Search	Jack Miller
- The Treasurer reported that a majority of 2024 pledgers increased their pledges, relative to 2023.
- Plans for Holy Week and Easter were discussed. The Vestry confirmed that the loose plate offerings from both Maundy Thursday and Good Friday would go to the Diocese of Jerusalem.
- Our VTS Seminarian, Nathan Harpine, is with us for the spring semester (through April), as well as the fall semester (from September into Advent).

March Vestry Highlights

- The Vestry discussed and then approved the Cuba Committee's proposal to widen the scope of our Cuba mission partnership beyond simply our Palma Soriano sister parish, San Juan Bautista. In order to reflect this change, the Vestry also voted to add the Archdeaconate of Eastern Cuba to our weekly prayers, in addition to Palma Soriano. The approval also means that our designated Cuba Mission funds are going to be directed to some selected needs across the surrounding Archdeaconate, beyond simply supporting our sister congregation, San Juan Bautista. Even as they took this step, the Vestry confirmed that San Juan Bautista will remain our sister parish.
- The Vestry intends to revisit and review the 2016 Long Range Plan in a retreat later this year.
- Currently, we are 6% behind in income, with a 6% increase in expenses.
- A clarification: Contributions to the Memorial Garden Fund are designated to be used exclusively for maintenance and improvement of the Garden; contributions to the St. Barnabas' Memorial Fund are more flexible, as they are distributed by action of the Vestry.
- St. Barnabas' is planning celebrate the Great Vigil of Easter this year, with a service at 4 p.m. St. Barnabas is also planning on offering the opportunity for parishioners to participate in the Footwashing at the Maundy Thursday service.
- Mr. Michael Dugger and the Rev. John Bolin Shellito have both been appointed to the Executive Board of the Diocese; their service supports our partnerships with other congregations in the Diocese.

► May 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: stbarnabasschurch@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	VESTRY REP / OPENER FLOWER GUILD / DEL
May 5 6 Easter 8:00 am 10:15 am	Mark P TBD Joshua D Noah S Cindy M	Acts 10:44-48 Psalm 98 1 John 5:1-6	L Mellon L Harris E Riddle	M Dugger M Patterson B Harper	Williams Erskine	Merchant	Vestry: S Batten Opener: Williams Flower Guild: Radway Flower Delivery: Riddle
May 12 Ascension Sunday 8:00 am 10:15 am	Cindy M Paulina K Laura W Leah W Michael D	Acts 1:1-11 Psalm 93 Ephesians 1:15-23	M Patterson D Schaefer M Newling	M Patterson D Wright M Dugger	Greer	Mittelholz	Vestry: M Dugger Opener: Newling Flower Guild: Donnelly Flower Delivery: Fortune
May 19 Pentecost 8:00 am 10:15 am	Cindy M Jordan K Claran J Adam S Michael D	Acts 2:1-21 Psalm 104:25-35, 37 Romans 8:22-27	L Mellon E Riddle M Dugger	C McLaughlin E Riddle D Wright	Greer	Mittelholz	Vestry: B Harper Opener: Patterson Flower Guild: Merchant Flower Delivery: Riddle
May 26 Trinity 9:00 am Combined Service* <i>*Outdoors, weather permitting</i>	Francine C Noah S Blue K Michael D	Isaiah 6:1-8 Psalm 139:1-5, 12-17 Romans 8:12-17	C Mittelholz B Harper	M Patterson M Dugger	Hamerschlag	Harper & Newling	Vestry: L Kennedy Opener: Newling Flower Guild: Radway Flower Delivery: Agnew
Jun 2 2 Pentecost 8:00 am 10:15 am	Michael D Noah S Katie M Adam S Michael D	1 Samuel 3:1-10 Psalm 139:1-5, 12-17 2 Corinthians 4:5-12	E Ing H Agnew M Patterson	D Wright C McLaughlin M Dugger	Kennedy	Campbell & Crutchley	Vestry: M Patterson Opener: Patterson Flower Guild: Newling Flower Delivery: Fortune

Counter Schedule

DATE	TEAM	
May 5	4	Hamerschlag, K Mittelholz
May 12	5	Miller, Ricketts
May 19	6	K Westerlund, Ing
May 26	1	Harper, C Mittelholz
Jun 2	2	Batten, M Dugger

Altar Guild Schedule

DATES	CAPTAIN	
May 4-10	Yeaman	Campbell, Anderson
May 11-17	Leatherwood	Robbins, Yeaman
May 18-24	Newling	Campbell, Jones
May 25-31	Yeaman	Fortune, Anderson
Jun 1-7	Robbins	Campbell, Friend

Music Ministry Search: Seeking Faithful Applicants

*Resumes, Cover Letters, and links/files of musical work, if available, are requested via email to stbarnabasrector@outlook.com and stbarnabaschurch@outlook.com by **May 15th**, so that, God willing, new leadership can be warmly welcomed on or before **Sunday, September 1, 2024**.*

The Music Minister(s) at St. Barnabas' Episcopal Church have, under the overall direction of the Rector, comprehensive responsibility for the music life of the church community—for children, youth, and adults. Depending on gifts, those areas of responsibility could be separated by age cohort and shared among two or three individuals but, regardless, they include the following:

Worship Service Music Responsibilities

Select worship service music, including hymns and anthems, consistent with the lectionary and liturgical season, in collaboration with the Rector. This includes weekly services and the special services during the High Holiday seasons of Lent, Easter, Advent, and Christmastide. Provide organ music and accompaniment to the choir and congregation at the regularly scheduled service on Sundays and for special services during the church year. Where appropriate, coordinate and arrange additional musicians and musical instruments from within and outside the parish family to enhance the musical diversity of our worship. Be responsible for arranging for suitable substitutes in instances of illness or other inability to perform expected functions during the year. Have the "right of first refusal" for all unscheduled services such as weddings and funerals, with the terms of compensation to be agreed upon with the persons requiring the event.

Choir Responsibilities

Recruit, rehearse, direct, and develop the adult choir. Conduct weekly rehearsals once a week (at present on Wednesday evenings) and before services on Sunday, and other special called rehearsals as needed. The adult choir season runs from September to the end of June, with a volunteer choir during July and special music for August. Recruit, rehearse, direct, and develop the children's choir using curriculum and learning incentives aligned with the Royal School of Church Music (RSCM) or similar program. Conduct weekly rehearsals (at present, weekly following the sung Sunday service), and other special called rehearsals as needed. Seek to involve the children's choir regularly and meaningfully in worship services. The children's choir year corresponds to the school year.

Administrative Responsibilities

Maintain close liaison with the Rector and Vestry concerning the condition and needs of the music program at St. Barnabas'. Administer the music ministry budget in coordination with the St. Barnabas' finance committee; be responsible for the purchase of music and music supplies and ensure that the music library is maintained in an orderly fashion. Assure the necessary maintenance and safe storage of the musical instruments belonging to the church (in addition to the organ, at present a set of hand chimes and a collection of Orff Schulwerk instruments). Work with the Rector and Vestry as appropriate to encourage the use of our sacred space for performances by groups outside the parish. Be responsible for scheduling, soliciting, and coordinating the activities of such groups in rehearsing and performing.

Kidney Donation

My name is Linda Pettit-Waldner. My son, Ross, and I are long-time members of St. Barnabas'. We were most active in the late '90's (you might remember Ross as an acolyte and torch bearer) before we moved to Burke, Virginia in 2000. Since that time, we have continued to think of St. Barnabas' as our church community and have returned for services from time to time.

About 13 years ago I was diagnosed with Fibrillary Glomerulo Nephropathy (FGN), a rare and progressive kidney disease that results in damage to the filtering units of the kidney. Eventually, these units are so damaged that they no longer properly filter and clean the blood. Although there is no proven therapy for this disease, I have participated in immuno-suppressant therapies that offered some hope at halting its progression. Ultimately, these attempts were unsuccessful and my kidney function has decreased to the point that I have been told I have end-stage kidney disease (ESKD) and will need a transplant to survive.

I am now searching for a living donor. I am on the Kidney Transplant waiting list, but the wait list is quite long and I am not likely to be offered a kidney for some time - likely 5-8 years. I have been told by my doctors that I am an excellent candidate for transplant and am in good health. I am not yet on dialysis but that is just around the corner, within a few months' time. With a living donor kidney transplant my survival rate increases tremendously. Additionally, living donor kidneys tend to last 2-3 times longer than deceased donor kidneys, and as soon as I have an approved living donor my kidney transplant surgery can be scheduled within 4-6 weeks.

This is a difficult ask as I am mostly a "giver" and am not used to "receiving". I live an active and fulfilling life with a close, loving extended family that I cherish. Some of my family members have offered to donate but were not an acceptable match. Sometimes larger "chains" or groups will work together in order to match multiple donors with multiple recipients, by blood type. I would like to have many more years watching and participating as my son, nieces, nephews, siblings, and other relatives grow their own families and careers and live their life adventures. I am not ready to give up on life!

Kidney donation is a selfless gesture that comes from the heart. Words could not express my deep gratitude for any assistance in exploring this process. You can learn about live kidney donation by contacting my living donation coordinators at the Inova Fairfax Transplant Center: Amileen Cruz on 703-776-8370 or Kirsten Curtis on 703-776-8053.

A Busy Month for the Cuba Committee

by Len LeRoy

In addition to assisting the feeding program of our partner church in Cuba, the generous people of St. Barnabas' are now helping to provide snacks to the pre-schools at two churches. The children of San Lucas and Santa Maria Episcopal churches sent us the photographs included below. San Lucas also sent a short video that may be shown on April 28th at our 9:15 a.m. Teen and Adult Forum.

We have also provided \$20,000 to purchase and fix up a house to serve as the rectory for the joint congregations of Santa Maria and San Pedro. The Rev. Rodhin Colmar is very grateful. Here is a translation of the text message that he sent.

Hello. THANK YOU VERY MUCH FOR THE RECTORY.

We bought it yesterday. Tomorrow, we need to pay a tax and record the deed then we're ready.

I thank God for this beautiful dream made a reality. Because of not having a rectory in which to live, my son's health and his academic stability was affected. [His son is 8 and he also has a 4-year-old daughter.]

Also, my marriage because we were all sleeping for some years in only one room in my aunt's house.

God bless you all.

We are in the process of painting it.

Then we will move in and get the necessary furnishings.

Fr. Rodhin is doing God's work in a very difficult environment and St. Barnabas' is helping make it possible.



Above: The children of San Lucas - Waiting patiently for snacks



Right: The children of Santa Maria

Top: Snacks

Bottom: And toilet paper - That's important, too!



Thanks and More Thanks...

- For the Flower Guild and the Flower Delivery volunteers, and for Anne Radway's leadership with that ministry.
- For the Lectors (especially those who stepped up at the last minute this past Holy Week and Easter).
- For the Acolytes, and for Michael Dugger's leadership with that ministry.
- For the Chalicists and their presence with our congregation.
- For the Choirs, and for Dr. David Palmer's teaching and leadership with singers of all ages.
- For the Music Minister Search Committee and for all those who will participate and assist in that process.
- For Sharon Jones and Dave Wright and their generous willingness to serve as co-chairs of our Music Minister Search Committee.
- For all those who are persevering through unexpected changes.
- For all those who still have questions and are searching in their faith.
- For Nathan Harpine's ministry among us as Seminarian last fall, this spring, and next fall, and for his leadership in teaching the class built around Rachel Held Evans' book, Inspired this past Lent and Easter.
- For the Sunday School Teachers, Youth Group leaders, and all those who are supporting our children and youth.
- For all those still committed to learning in EfM, in adult Bible Study, and elsewhere.
- For those who support the office when our Parish Administrator needs assistance.
- For all who participated in the Hypothermia Shelter dinners the week of February 25 - March 2, 2024, preparing, shopping, donating, serving, and setting up and cleaning up; for the Children who supported the program with handmade cards and the Youth who provided our dinner Sunday night, and for the leadership and inspiration of Cindy McLaughlin and Theresa Merchant who led our efforts.

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, 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, Mareea Wilson, 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.

KIDS COLORING PAGE

What is Your

PETITION,

QUEEN ESTHER?

(It shall be
GRANTED)

YOU.

If I have won your

FAVOR,

 KING,

AND IF IT PLEASES THE KING,

LET MY LIFE BE GIVEN

& the lives of my PEOPLE-

THAT IS MY REQUEST.





**ST. BARNABAS'
EPISCOPAL CHURCH**

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Change Service Requested

2-4 p.m. Mad Hatter's Tea Party ▪ May 11th

Mother's Day & Ascension Sunday ▪ May 12th

Pentecost ▪ May 19th

10:15 a.m. Holy Baptisms & Choir Acknowledgments

9:00 a.m. Trinity Sunday ▪ May 26th

Combined Outdoor Service, weather permitting

Youth Paint Day after the 10:15 a.m. service ▪ June 2nd

St. Barnabas Sunday ▪ June 9th

End of Program Year ▪ Teacher Appreciations