

The St. Barnabas' Reporter



Giving thanks for Catherine Dubas and for David Palmer, and their ministry here at St. Barnabas'

The Rev. John Bolin Shellito
Rector

Dear St. Barnabasians,

As I've been reflecting on our current congregational moment, I've been returning to the image of trapeze artists flying through the air. I know we have at least one parishioner experienced with trapeze, and I remember witnessing some amazing acrobats in a circus long ago. It was a feat of daring as well as a feat of derring-do for two acrobats to join hands way high up at the center of the big top, and for one person to transfer from one of the flying bars to another to another. The stakes are high, and yet, steady hands and courageous hearts carried them through with flying colors.

Although we've known about David Palmer's retirement for a number of months now, it is still a substantial undertaking to say our goodbyes to him. (I've even heard it said that our English word, "Goodbye" is a compressed amalgamation of the prayer "God be with ye.") And, even as we have already been planning to say "God be with ye" to David this summer, we have been given a much more accelerated timeline to say a no less significant "God be with ye" to Catherine Dubas as she prepares to take a new role with Fairfax County Public Schools.

Many of you had the chance to read the August 7th email, where I invited our congregational expressions of thanksgiving for Catherine and her ministry among us. However, I also wanted to share some of the message here, in an adapted way, for the Reporter. On Sunday evening, August 4th, Catherine notified the Senior Warden and me that she would be leaving. Although she expressed willingness to stay three weeks rather than two, we arranged for her last weekday morning in the church office being August 15th, so that she could mail the Reporter that afternoon and be able to be in her new building at the school, contributing meaningfully to her new team when the green flag waves for the start of the school year on Monday morning, August 19th. I expect by the time you read this her presence and ministry with the school community will already be a powerful blessing to the teachers and families she serves there, by God's help and inspiration, just as her presence and ministry with our church community has been a powerful blessing, by God's help and inspiration. She has served with so much faithfulness over so many years here, and her leadership will be dearly missed.

(continued next page)

SPECIAL POINTS OF INTEREST

- Farewell Luncheon for David Palmer
- Giving Thanks for St. Barnabas'
- Recital for Violin & Organ
- Greek & Hebrew Classes
- Nursery Refresh
- Parish Ski Trip
- Parish Workday
- St. Francis Garden Renewal
- Vestry Stewardship Statement
- "Patient Trust"
- "God Moments"
- WOSB Christmas Bazaar
- Spiritual Practices

INSIDE THIS ISSUE:

ACCA	6
ASYP	8
A Note from David Palmer	3
In the Presence of God	12
Thanks & More Thanks	14
Kids' Page	15

**St. Barnabas'
Episcopal Church**

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

The Rev. John Bolin Shellito
Rector

Parish Staff

TBD

Music Minister

Fiona Agnew

Interim Parish Administrator

10 a.m.-2 p.m. T, W, Th

Randolph Jones

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

Giving thanks... *(continued from p. 1)*

While I am still grieving the loss of her ministry for St. Barnabas', I believe that her experience, having ably supported the St. Barnabas' church community as our Parish Administrator, will translate well to her new role supporting the school community in the coming years. Her experience as a military spouse and mom allows her to recognize the unique situation for military families at the school, and her gifted communications allow her to relate well to a wide variety of individuals. Her tenure has been particularly blessed in helping to bring the congregation through many different seasons of change. Catherine has an amazing ability to graciously attend to both people and tasks, working faithfully alongside longtime lay leaders as well as newer members. I am also holding onto hope that there will be some resurrection new life that might yet surprise both our congregation and Catherine as we remember one another.

David's leadership with our Music Ministry began just before Easter in 2022, when we were all just beginning to regather in person. It was so wonderful for him to be the one gathering and leading our Adult Choir in services for the first time that Holy Week and Easter. His Jazz Cafés and "concerts for a cause" outside of Sunday morning worship have been an added blessing to our congregation and community. David is one of the most creative musicians I have ever had the privilege to collaborate with, and he brought his gift for creativity into his selections of music for worship, as well as into his conducting and playing. I also have admired David's faithfulness in soliciting feedback from the congregation in order to incorporate some of people's favorite hymns into worship. I have been inspired by how David puts his faith into action.

So, even as our trapeze lines take us in different directions for a time, and even as we are aware of the swift flow of time in this season, I trust that—as the song says—we are still "One in the Spirit; we are One in the Lord." I will miss Catherine and David, and I invite you to join me in praying for abundant new chapters, for each of them, and for our St. Barnabas' congregation as we all seek to respond to God's inspiration, day by day, hour by hour, and minute by minute.

In Christ,

John

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



As I've been preparing to stop my work for St. Barnabas' parish, I've been reflecting on our collective journey over the last two and a half years. In March of 2022, we convened the adult and children's choirs (the latter soon became two choirs, the Youth and Cherub Choirs), wearing masks (I didn't get to know people's faces, let alone their smiles, for many months), keeping our rehearsals short, and limiting our singing to 3 verses (a practice that we have largely continued). We ran fans whenever we had services, meetings, or rehearsals, and opened doors when possible. We held our first staff meetings outside. Six months later, it seemed like we relaxed some of the protocols, and today those experiences are a dim memory. I am grateful that COVID is less of a threatening presence in our lives. And I am grateful to St. Barnabas' for giving me this job. Sometimes, all we musicians want is to make music and feel like it made a difference to someone. That impulse is still there in me, so this moment is like the cesura, the "railroad tracks" in the above example, a stop but not the final bar.

Do you know *The Servant Song*, which came to many people's attention through the renewal movement of the late 70s and early 80s? It features a line, "We are pilgrims on a journey, we are travelers on the road." I am grateful for Father John's vision and teaching and for all of you companions on this segment of life's journey.

Your servant,
David Palmer (BTW, palmer means pilgrim.)

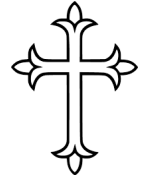
Farewell Luncheon for David Palmer

11:45 a.m. Sunday, August 25, 2024

On the last Sunday in August, St. Barnabas' will say goodbye to David Palmer, our Music Minister. While we are sad to see him go, we await news of his next events, as we know he has many musical gifts to share with the community. We have been blessed to have enjoyed his services for so long.

To celebrate his time with us, we will hold a luncheon in his honor on Sunday, August 25th at 11:45 a.m. in the Richardson Room. Please come and join us. Donations of salads and desserts will be gratefully received. We hope you can join us in saying goodbye to David.

In Memoriam



**Dr. Alusine
Melvin Kanu**

July 16, 2024
Annandale, Virginia

~

**John Thomas
Wojno**

June 4, 2020
New York, New York

Laid to rest
August 17, 2024
Annandale, Virginia

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

BCP p. 503



September

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

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

BCP p. 830

Giving Thanks for St. Barnabas'

Dear Friends,

As you have now read, I tendered my resignation to John+ and Mark recently. As much as I will miss my work here and all of you who are part of St. Barnabas', I am also excited to begin a new adventure at Union Mill Elementary School in Fairfax County.

It has been a privilege to serve you for over ten years as your Parish Administrator. Never have I had employment I so believed in and so enjoyed. Through three rectors and numerous church musicians and Vestries, I have learned a great deal, met the most wonderful and amazing people, and benefitted from many friendships.

A special thank you to those who have assisted so generously in helping me with Parish Administrator tasks over the years: preparing "blue card" reminders, proofreading bulletins, editing and proofreading the newsletter, and assembling the newsletter for mailing, among other things. Thank you for encouraging me with daily memes and funny stories, bringing lunch or amazing baked goods, and of course, covering the office whether I was taking time off or going to doctors' appointments.

Behind the scenes, I have been blessed with people who helped when technology threw up roadblocks, and by those who have been quick to act when the heat went out or something sprang a leak. I also will never forget the terrific training I received in June 2014, when I was oriented and encouraged with words of wisdom and hope.

Thank you to every Vestry for unflagging support—including goodie bags dropped off at the liturgically busiest times of the year—and to Linda+, Carol+, and John+ for their patience and grace. And thanks be to God for all of you, who are the heart and soul of this parish, and for the gift of allowing me to be a part of this loving community.

Please know that you will remain in my heart, and that I will be happy to hear from you any time.

Fondly, and with a full heart,
 Catherine

A Celebration for Catherine Dubas Sunday, September 8, 2024

following the 5:00 p.m. concert

A celebration for Catherine Dubas will be held on Sunday, September 8th following the 5:00 p.m. concert. Come enjoy the music, meet the musicians, and then gather in the Richardson Room to help share our appreciation for Catherine's presence, ministry, and leadership among us. We welcome your culinary contributions for the celebration.

***A Recital of Music for Violin & Organ* ■ Sunday, September 8th at 5:00 p.m.**

Please mark your calendar for an upcoming *Recital of Music for Violin & Organ*, offered by renowned violinist Cyrus Forough and our own (equally renowned) Stephen Ackert. This free-will concert will be held on Sunday, September 8, 2024 at 5:00 p.m. at St. Barnabas'. Your generous donations will help support Mr. Forough's recording project.

Please feel free to invite your friends, neighbors, and colleagues to this event, and stay to meet and greet Cyrus and Stephen immediately after the concert.



Introductory Greek and Hebrew Classes at St. Barnabas' Beginning September 18th

St. Barnabas' is pleased to offer introductory classes in Biblical Greek and Hebrew – two of the three original languages of our Bible. The Rev. James Hughes, who has taught both college and continuing education courses, will conduct the classes. Enrollment is open to all without charge.

Weekly classes each Wednesday will start September 18th and end June 4th, with customary holiday breaks. Greek lessons will run from 1:40 - 2:30 p.m. and Hebrew from 2:40 - 3:30 p.m. You can sign up for one or both courses.

Study will begin with handouts to learn the respective alphabets, pronunciation, simple vocabulary, and grammar. Subsequent classes will move to a textbook. At-home review with free online pronunciation practice will help students between classes. The goal is to start reading New and Old Testament selections by mid-term – such as Jonah or Ruth – in Hebrew. Students can participate either in-person at St. Barnabas' or virtually via Zoom. Please come and learn with us.

To enroll, provide your name, contact information, and method of participation (in-person or virtual) to our Parish Administrator, phone (703) 941-2922 or email stbarnabaschurch@outlook.com.

Parish Life Photos: Nursery Refresh!

Thank you to our wonderful teens for the beautiful new mural in the Nursery, and to Haley and those assisting!



ACCA News - Annandale Christian Community for Action

CROP Walk - The Annandale CROP Hunger Walk will be Saturday October 12 at Lake Accotink Park. Registration starts at 8 a.m. near the Lake Accotink Park marina. Volunteers will be needed on October 12 to help register walkers and serve refreshments. Please contact Camille Mittelholtz for more information about walking as part of the St. Barnabas' team, helping at the walk or donating. CROP Hunger Walks raise funds for Church World Service. CWS works in other countries and the U.S. to fund hunger and disaster relief and refugee assistance and resettlement. CWS funds projects to provide clean water and sanitation and clean energy. Part of the funds raised by the Annandale Walk are returned to ACCA to help with our local efforts to fight hunger and poverty.



Child Development Center - The CDC provides quality care and development to infants and preschool children. The Center continues to serve a high number of children with special needs. The families of many of the children are eligible for subsidies to help pay tuition. Because county reimbursement rates for kindergarten students are being reduced, out-of-pocket costs for families will be higher, and this may affect CDC enrollment.

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

Furniture Ministry – Furniture program operations will resume in mid-September. Donations of gently used mattresses, sofas, tables and chairs and dressers are needed to help provide furniture to needy households. St. Barnabas' next turn to volunteer for the Furniture Ministry will be December 14, 8 a.m. until about 11 a.m. We would welcome volunteers. The ACCA warehouse is at Annandale United Methodist Church, 6935 Columbia Pike, Annandale.

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

Parish Ski Trip to Canaan Valley WV

St. Barnabas' has reserved a block of rooms at the Canaan Valley Resort for President's Day weekend – February 14-17, 2025. The weekend features winter fun and fellowship for skiers and non-skiers from St. Barnabas and their friends. We have enjoyed the trip for more than 40 years. Please let Ken or Camille Mittelholtz know if you are interested in participating. More details on costs will be available soon.

Parish Workday ▪ Saturday, October 19th



Save the Date! The Building & Grounds Committee and Junior Warden plan a Parish Workday for Saturday, October 19th from 9 a.m.-12 noon. We will focus on fall clean-up. Please plan to join us and bring gloves, rakes, and other gardening tools.

St. Francis Garden Renewal

Molly Newling for the Building & Grounds Committee

Church members and visitors to St. Barnabas' will see a striking change to the St. Francis Garden as they walk up to the church entrance. Due to a generous gift by Eileen Parlow in memory of her brother John Thomas Wojno, the garden is being rejuvenated and replanted.

Originally planned as a garden showcasing plants named in the Bible, the area had become progressively more weed-covered as the Bible plants succumbed to Virginia weather. New plantings will include many Virginia natives which enjoy our heat and humidity and support the animals who live around us.

The renovation is being carried out in stages. The first stage of removal and mulching has already been done, and the second stage is being scheduled now. We hope to be able to begin planting some shrubs this fall, as well. St. Francis will continue to preside over all!

Check out this beautiful part of our grounds as we continue to work toward harmony with humanity and nature.



On Offer:

The church has some bulbs of the red *Crocoshmia* 'Lucifer' that were surplus when the St. Francis Garden was renewed. (The main plant remains in the garden.)

From plants.ces.ncsu.edu: '*Lucifer*' is a South African *Crocoshmia* whose bright red flowers will light up the garden in the summer and attract hummingbirds and other pollinators. They prefer moderately moist well-drained soils in sun to partial shade. Plant 6 bulbs to a square foot and 5-8 inches deep. They will naturalize in time but can be divided as needed in the spring. In cooler climates, they may not bloom the first year.

If anyone is interested in them for their own home grounds, please get in touch with me, Molly Newling, or Mark Patterson, Senior Warden.

ASYP: Reflections on This Past Summer

As the Annandale Safe Youth Project (ASYP) Summer Program comes to a close, I first would like to thank David Palmer for his help this summer. Not only has he conducted music classes, he also was kind enough to incorporate some math lessons as well. He talked about beats as fractions, which I would expand upon during my math lectures.

Along with math, reading was also a primary focus. During each reading session, the students would write down ten words that they were unfamiliar with. After the session we would write all the words on the whiteboard and then define/translate them. Again, I would like to thank David as he also assisted in some of our reading sessions.

We also took a couple of field trips. We went to a trampoline park in Alexandria, where they had a lot of fun bouncing around, and thankfully no one got hurt. We also went to an indoor pool. Last year, we had a couple of girls who were hesitant to jump into the pool from the edge. This year those two mustered the courage to jump from the diving board!

Finally I would like to thank Catherine Dubas for the countless times she has helped both me and the program. Her presence will be missed.

Randy Jones
ASYP Tutor Coordinator

ASYP 2024 School Supplies Drive Success

Thank you to everyone who donated to the 2024 Annandale Safe Youth Project (ASYP) School Supplies Drive. The drive was a rousing success, and by the time you are reading this newsletter, our 20 ASYP students will have begun the new school year with brand new backpacks filled with their grade-level supplies.

For questions about this year-round program for at-risk 3rd, 4th, and 5th graders, please contact David Palmer, Randy Jones, or Mark Patterson. We'll be happy to talk with you about becoming a partner in this exciting ministry. Thank you for your generous support.

Left:
Backpacks read to go!

Right:
Katherine Guzman, ASYP Program Coordinator, and Gladys Artola, Assistant, exhausted after a full day of work followed by sorting, organizing, packing, and labelling 20 student backpacks



**Stewardship Statement of the Vestry
St. Barnabas' Episcopal Church**

August 2024

We believe

As the elected vestry of St. Barnabas' Episcopal Church, we bear witness to the importance of stewardship in our lives. Stewardship is using God's gifts of time, talent, and treasure for the work we have been called to do. We believe that God is the true giver of all, and we are accountable for the gifts entrusted to us. We affirm the Biblical tithe as the time-tested ideal for a Christian practice of generosity. Some of us are tithing now, and some of us are praying and working toward the goal of tithing in the future.

We commit

We will work toward this goal of prayerfully giving ten percent of our income, talent, and time to fulfill our understanding of God's purpose in the world each year. We will share our experience of steadfastly endeavoring to achieve this goal with others.

We commend

We commend this statement of commitment to you, the members of our congregation, and we invite you to join us in prayer for the advance of God's reign.

We ask you to join us in moving toward deeper gratitude for God's gifts, deeper celebration of God's profound creative abundance, and deeper awareness of God's presence with us at all times. We invite you to join in the goal of moving toward tithing if tithing is not already an established practice.

We encourage you to join us also in recalling and sharing experiences of giving, compassion, and generosity, that we may be the heart and hands of God in the world.

Patient Trust

Pierre Teilhard de Chardin, SJ

Above all, trust in the slow work of God.
We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.
We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress
that it is made by passing through some stages of instability—
and that it may take a very long time.

And so I think it is with you;
your ideas mature gradually—let them grow,
let them shape themselves, without undue haste.

Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances acting on your own good will)
will make of you tomorrow.

Only God could say what this new spirit
gradually forming within you will be.

Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete.

From the Diocese: August is National Make-A-Will Month

A will is the easiest planned gift you can make, and the best part is that every gift makes an impact. If you need help getting started, you can **download a booklet** from dvagiving.org or check out the other Diocesan resources available online at episcopalvirginia.org.

5 Wishes Booklets Available

St. Barnabas' has several *5 Wishes* booklets available for those who might be interested. *5 Wishes* is a tool for creating an Advanced Care Plan.

Please visit fivewishes.org to learn more.

Update Your Preferences

Please help us keep our parish database, *Realm*, up to date by notifying the office if your contact information changes. We include a list of birthdays in each issue of the *Reporter*. Please contact the Parish Office if your name is missing and you would like it included. stbarnabaschurch@outlook.com or 703-941-2922

You also can make updates to your record by logging in and choosing Edit.

“God Moments”

Deacon Monnie Riggin

Rector John invited me to come and preach at St. Barnabas' on July 21st. I also was able to serve as your Deacon that day. As it turns out, July 21st was the kickoff of the school supplies drive for the ASYP at St. Barnabas'. I was flooded with wonderful memories from the time my husband, Aden, and I spent among you. Believe it or not, it was only two and a half years, but the impact of our being within the community of St. Barnabas' goes far beyond that. It continues today. It's just too far for me to commute!

The first Sunday we visited St. Barnabas' was the first Rite 13 service for Journey to Adulthood. Aden and I immediately knew this was where we belonged! Shortly thereafter, we attended the first congregational meeting with the Fairfax County parent organization of ASYP. With Mareea Wilson sitting right in front of Aden, he leaned over and told me he wanted to help start the program. She turned around and said “I heard that!!” A “God moment.” The rest is history. With the support of St. Barnabas', Aden did start that program and soon fell in love with every child who came through the doors after school.

For me, I was lucky enough to be able to support Rite 13. What a joy that was! A couple of parishioners at St. Philips' in Durham had written the first version of that program and I'd been trying to get involved ever since. All I had to do was walk through the doors of St. Barnabas'. Another “God moment.”

We moved to Durham, North Carolina in October of 2007, and Aden died in February of 2008. When he passed away, I received a handmade card from every child in the ASYP program. They loved him as much as he loved them! “God moments,” galore!

Together with Mareea Wilson, I have twice been invited to do workshops for the Parish Retreat at Shrine Mont on Race and Social Justice. More “God moments.” The warmth and love I feel from this community is immeasurable and I hope you know it goes both ways.

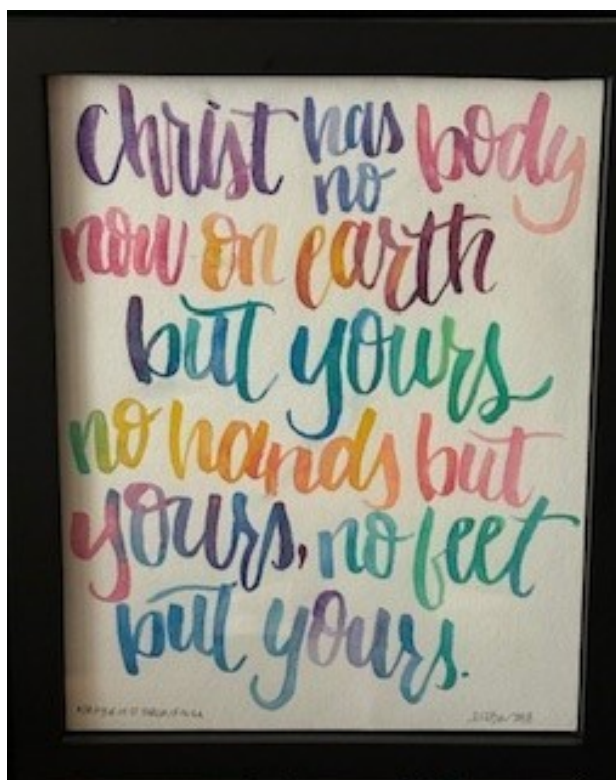
God is smiling and I think Aden is, as well! I know I am.

This print was painted by a dear friend, the Rev. Lizzie McManus Dail, on the occasion of my ordination. It is a constant reminder of my vow to be the hands and feet of Jesus in this world.

Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.

Text is based on the prayer of St. Theresa of Ávila (1515-1582)

Source: www.gantshillurc.co.uk





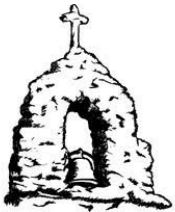
With Heartfelt Thanks

Heartfelt thanks from me and all of our family for all that you did for my brother, Alusine “Doctor” Kanu. A special thanks to Rev. John for his presence and kind words at the funeral on Friday (August 9th), and to the church and those who made possible the family repast in the Richardson Room following the burial at Fairfax Memorial Park.

Warmly,
Abdul Kanu

A reminder: Several of Dr. Kanu’s books are on the shelves in our St. Barnabas’ library.

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



While the deadline for our annual Parish Retreat has passed, there may still be room available for you and/or your family to participate. Each year, we have a wonderful time of fellowship, exploring important topics, eating together, and worshipping. The retreat is at Shrine Mont, our Diocesan cathedral, from Friday late afternoon (around 4 p.m.), September 27th through lunch on Sunday, September 29th. There is programming suitable for all ages.

For questions about participating, please contact Ann Sayles, Cindy McLaughlin, or the Parish Office as soon as possible before September 8th.

In the Presence of God

We pray for God’s strength and healing for ... 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, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Blair MacKenzie, Cindy McLaughlin, Jack Miller, Helen Mosher, Val Nelson, Shirley Newman, Linda Pettit-Waldner, 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, Samuel Tonge, Dana Wiseman, Dave Wright, Mary Yeaman.

For the Church ... the Archbishop of Canterbury, Justin Welby; our Presiding Bishop, the Most Rev. Michael Bruce Curry; our Presiding Bishop-Elect, the Rt. Rev. Sean Walter Rowe; 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 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 and for the Archdeaconate of Eastern Cuba.

Annual Christmas Bazaar ▪ Saturday, November 16, 2024

The WOSB (Women of St. Barnabas') invite you to our annual Christmas bazaar on Saturday, November 16, 2024. The theme of this year's bazaar is "Winter Wonderland." This winning title evokes scenes of deep winter forests with snow-laden trees and a full moon peeping over their tips.

The Barnabees are making items for sale with this idea in mind, featuring bells, reindeer, and sleepy villages. We meet Tuesdays at 10 a.m. to work on crafts, and we welcome you to join us. (The first Tuesday of each month is our Business Meeting. Remaining Tuesdays are Barnabees meetings.) Donations of jewelry and crafts will be appreciated. We plan to have a White Elegants table, so donations of silver, china, and holiday decorations will be appreciated, as well. For more information please contact Mary Yeaman or me, Nancy MacLachlan.

Spiritual Practices for Students

School is back in session! Although you may be ready for the academic routine, you are diving back into schoolwork, homework, sports, rehearsals, tests, and more. Finding time to be with God and to love our neighbors can be harder than ever. Consider cultivating these back-to-school practices as you return to the hallowed halls of elementary, middle, or high school.

Listening. Pay attention to teachers and coaches. Be there for friends. Be open to God's nudges. Take a moment to pray in the words of Samuel, "Speak, Lord. Your servant is listening."

Perseverance. When life is tough, don't give up. Press on in faith to achieve your goals. Talk with Sunday School teachers and other adults you trust to help you stay focused.

Questioning. Wrestle with God's Word. Don't be afraid to ask God questions. Sunday School can help you grapple with faith questions for which you have no answers.

Sabbath. Make rest a priority. Seek balance. Find ways to refresh—body, mind, and spirit. Schedule "gimme a break" times in your planner—and keep them!

Noticing. Observe the ways God shows up in unexpected people or places. Marvel at the fingerprints of God clearly evident in nature, in other people, and in the shaping of your life.

Hospitality. Befriend the new kid. Welcome the stranger. Try to include those who are left out when you can. Ask God to help you accept and appreciate what is unique about you.

Loving Yourself. Be OK with not being perfect. Show yourself compassion and grace. Discover things you like—or love—about yourself, and create an "I Like Me" list.

Showing Respect. Love and respect go hand-in-hand. Learn to respect others by getting to know them. Share your story, and listen lovingly to the stories of others.

Prayer. Pray throughout the day. Talk with God as you do with friends. Don't just go through the motions; be honest with God. Pray also that you might become an answer to your prayers.

This piece by Sandy Miller was adapted from *devozine's* September/October 2018 issue. *devozine*, a periodical for children and youth, was discontinued in 2020.

Thanks & More Thanks

- For Catherine Dubas and her faithful ministries as our Parish Administrator these many years.
- For Dr. David Palmer and his faithful ministries as our Music Minister these last several years.
- For James Harris and his faithful ministries as our Sexton since 2020.
- For the individuals filling in in this interim time.
- For the individuals God is calling to serve and lead our St. Barnabas' congregation.
- For the Vestry's strong and steady leadership through this transition time.
- For the Building & Grounds Committee, and their assistance arranging for the cleaning of the church building.
- For the Finance Committee.
- For the Youth Committee, and their work clearing out classrooms this summer.
- For Blue, Katie, and Joey, and their work painting the Nursery.
- For Haley Bolin Shellito's support for the painting of the Nursery.
- For Mark, Tricia, and Garrett Patterson's generosity in sharing their air hockey table with the church.
- For Mark, Leigh, PJ, Ken, Camille, and all the other lay leaders who kept the church moving forward through this summer.
- For Janet and Preston George, for their generous hosting of the pool party for the Youth.
- For Jessica, Andy, and Ellen Riddle, and their leadership with our Youth.
- For Beth Harper, the Rev. Dr. David Lowry, Cindy McLaughlin, the Rev. Deacon Monnie Riggin, the Rev. Canon Carol Cole Flanagan, Nathan Harpine, the Ven. Vaughn Vigil, the Rev. James Hughes, and all those who were willing to pitch in this summer and offer their responses to the Word.
- For the Flower Guild and Flower Delivery volunteers, including Anne Radway, Chair and Scheduler, and Dana Wiseman, who has served and filled in frequently this summer.

Reporter Deadline, Office Hours, and Schedule

The deadline for the October 2024 issue of *The St. Barnabas' Reporter* is **Sunday, September 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.

Interim office hours are Tuesday through Thursday from 10:00 a.m. to 2:00 p.m. Please be sure to arrange any visits to the office ahead of time.

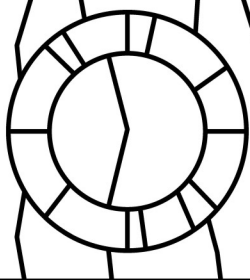
KIDS COLORING PAGE

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Change Service Requested

Farewell Luncheon for David Palmer

11:45 a.m. August 25, 2024

Beginning of Sunday School and Adult Forums

9:15 a.m. September 8, 2024

“A Recital of Music for Violin & Organ”

5:00 p.m. September 8, 2024

Farewell Celebration for Catherine Dubas

Following Meet & Greet with the Musicians (above), September 8, 2024

Annual Shrine Mont Parish Retreat

September 27-29, 2024

Orkney Springs, Virginia