

The St. Barnabas' Reporter



Beginning Again in the New Year

Dear St. Barnabasians,

As I write this, our nation is preparing for Inauguration Day, concurrent with Martin Luther King Day, in less than a week. The beginning of a new year is also an opportunity for us to consider our own new beginnings—our priorities and values as individuals and as a congregation. Every new day is a new beginning, and our worship on Sundays is just one way we can offer our time, our attention and by grace, our hearts, to God, first and foremost, as we reflect on the week that is past and as we begin anew. The mystery of Christ’s living presence in the midst of the broken Body of our church is still beyond my understanding.

Still, the way in which we begin any effort can have a powerful influence on the way in which that undertaking subsequently unfolds. In his fasting before his public ministry, Christ avoided the temptation of all the kingdoms of the world being given into his hand—and neither was he overcome by his Good Friday defeat three-odd years later. In chapter sixteen of the Gospel according to John, Christ spoke to his earliest disciples, saying “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

For my part, as I was preparing for the Inauguration, I made my way through the Prayers for Sound Government in our Book of Common Prayer. In the course of my reading, I was struck not only by the refrain: “Give grace to your servants, O Lord”—but also in the particular way in which the text asks for God’s grace to be made manifest in our lawmakers (perhaps with applicability to all in administrative authority). It is a prayer that they might have “courage, wisdom, and foresight to provide for the needs of all our people”.

This is a bold prayer. We don’t have to have all the answers about what might happen to artificial dyes in food, or whether our nation could actually afford to make an enticing offer for Greenland. We don’t have to answer the question of whether we’ll occupy Mars in the coming decades, or if a perhaps warmer and more intermediate goal might be to “Occupy Antarctica.” Asking what would Calvin Coolidge do, or, what would Jimmy Carter do, doesn’t have to get in the way of us asking “what would Jesus do?” The earliest Christians were a multi-racial and multi-gendered movement, God’s yeast for transforming this world in the power of loving kindness.

(continued next page)

The Rev. John Bolin Shellito
Rector

SPECIAL POINTS OF INTEREST

- *Music Minister Search*
- *Parish Life Photos*
- *What is Radio Taisō?*
- *FACETS and ACCA*
- *How to observe Lent in our lives as students*
- *Stewardship Updates*
- *Altar Guild Search*
- *In Memoriam*
- *Personal essays from members of our parish*
- *Thanks and More Thanks*
- *Upcoming Events*

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**St. Barnabas'
Episcopal Church**

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

Clergy and Staff

Fiona Agnew
Interim Parish Administrator

Wayne Bottlick
*Interim Contributions Re-
corder*

Randolph Jones
ASYP Tutor Coordinator

Nancy MacLachlan
Interim Music Minister

The Rev. John Bolin
Shellito
Rector

Vestry Members

Camille Mittelholtz
Senior Warden

Leigh Kennedy
Junior Warden

Michael Dugger

Linda Hartman

Meagan Morrison-Crabill

Eileen Parlow

Jeff Schaefer

Kathleen Stark

Katie Westerlund

Parish Officers

PJ Kennedy
Treasurer

John Westerlund
Assistant Treasurer

Ann Sayles
Register

Molly Newling
Membership Secretary

Worship Schedule

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

Beginning Again in the New Year *(continued from p. 1)*

Maybe the key is to go “back to basics” as we consider how we want to begin again with our life of faith in northern Virginia in 2025. All the pastoral experts I have heard have emphasized the value of healthy personal boundaries even as we engage with others and seek to fulfill our unique purpose in the world, drawing on our unique gifts, experiences, and strengths.

If we are paying attention, we probably won't agree with everything any one political leader says or does. And, we can still pray for our country and community, remembering that God's ways are not our own, and God's plans are for our abundant life in Christ. And at times, God may actually want us to participate in the answer to our own prayers. To heal our hearts, Christ called us to practice forgiveness and prayerfully remember God as the ultimate source and destination for our trust.

Each of us is free to do our individual part, toward making the world a better place, day by day. Now, if only I could consistently practice that wisdom!

With gratitude for the wisdom that is embodied and thriving here at St. Barnabas',
John+

Music Minister Search

St. Barnabas' music ministry has been led by a variety of different individuals with a broad range of gifts. With the current excellent leadership planning on serving through June 2025, St. Barnabas' is seeking new leadership for its music ministry this summer. Organ is an important expression of our music ministry with the adult choir, as is piano. An enthusiastic and competent choral director will support our adult choir, and potentially our younger musicians as well.

We are a diverse, open, and affirming church and our Minister of Music is expected to honor and uphold those values in their work under the Rector and in collaboration with the parish. While the 1982 Hymnal is foundational, we also enjoy using *LEVAS 2; Wonder, Love, and Praise*; Taizé music; hymns from a variety of ethnic traditions; and folk and contemporary songs.

The Adult Choir sings every Sunday for the 10:15 a.m. service. Our Cherub Choir (preschool – grade 4) and our Youth Choir (grades 5-12) sing on an occasional basis. Adult Choir rehearsal is on Wednesday nights while both young people's groups practice on Sunday mornings. The Minister of Music plays and leads the choir every Sunday for the 10:15 service and for special services such as Christmas Eve, Christmas Day, and Holy Week observances. Other services are optional and separately compensated.

Review of applications will begin on **March 1**; the position is open until filled. Resume and links/files of musical work, if available, are requested via email to stbarnabasrector@outlook.com and stbarnabaschurch@outlook.com. St. Barnabas' would like to warmly welcome new leadership in Summer 2025.

Parish Life Photos



Right: A black swallowtail butterfly lands in a patch of mountain mint in the ASYP Butterfly Garden.



Above: Nancy MacLachlan, Interim Music Minister, practicing on the organ in preparation for the Epiphany Pageant, January 12th, 2025.

Below: New composite flooring being laid in the Richardson Room after the flooding late last year, December 12th, 2024.



Above: Ken Mittelholtz shields members of the adult choir from the bright autumn sunshine during our St. Francis' Day outdoor service, October 6th, 2024.

The Three-Minute Workout the Japanese Do Every Morning

By Tanner Garrity

<https://www.insidehook.com/wellness/japanese-workout-radio-taiso-longevity>

Japanese people don't really go to the gym.

That might come as a bit of a surprise, considering Japan has the highest life expectancy of any country in the world at 84.62 years, but it's true — fewer than three million people in the 126-million-strong nation own a gym membership. And of that tiny figure, a third of the memberships are affiliated with school programs.

How do the Japanese stay so fit and age so well, then? Their eating habits certainly help; the Japanese diet emphasizes fish, plant-based foods and minimal sugar intake. Traditional cuisine, known as *washoku*, prioritizes local ingredients, while the concept of *hara hachi bun me* (“eat until 80% full”) champions portion control.

The Japanese are also prodigious walkers, averaging 6,500 steps a day. They walk everywhere — to work, to the grocery store, to dinner. If they need to get somewhere far away, they can access a reliable (and lightning-quick) public transportation system. Car ownership stands at just 69% nationwide. Contrast that with 93% in the United States.

In one fascinating survey, over half of Japanese adults proudly claimed that they “barely exercised.” It helps when that exercise is automatic, baked into the national consciousness and divorced from expectation or shame...both of which are too often swirling around American gym memberships and wellness subscriptions.

One other pillar of Japanese fitness, typically casual and effective, and free, is the population's enduring embrace of *rajio taisō*, also known as radio taisō, or radio calisthenics.

WHAT IS RADIO TAISŌ?

Over 25 million Japanese people still practice radio taisō twice a week, cycling through a series of warmup exercises that includes:

- Standing tall and stretching your whole body
- Bending the knees up and down
- Revolving your arms up and around
- Spreading out the legs and opening the chest
- Leaning from side to side
- Bending towards the floor with rhythmic bounces
- Twisting the body left to right as the arms swing

And so on and so forth. As the name suggests, radio taisō is broadcast over a radio, with a classical music accompaniment (always the same song), and a sequence of simple instructions and countdowns — similar to what you'd find in an elementary school gym class.

In fact, Japanese kids do use radio taisō as a way to loosen up before P.E. classes and sporting events. But the tradition continues well into adulthood, with corporate employees and aging retirees alike adding “the radio gym” into their morning routines. The Japan Broadcasting Corporation (NHK) plays the sequence each morning at 6:30 a.m., though it's readily available on YouTube.

IT STARTED WITH A TRIP TO THE U.S.

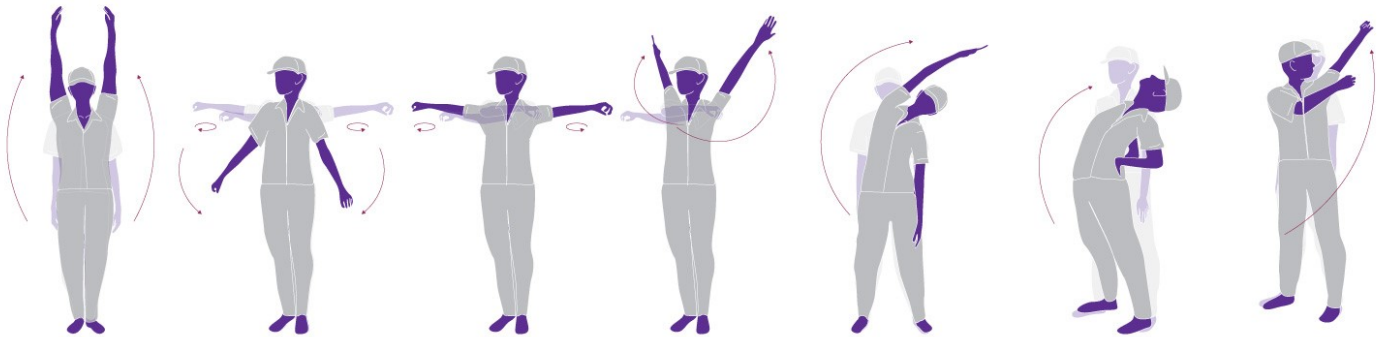
Ironically, this concept actually originated in America. A Japanese insurance agent, sent to the States to study the American system in the 1920s, was inspired by a series of “Tower Health Exercises,” hosted by the Metropolitan Life Insurance Company (now known as MetLife). He brought them back home to Japan, where they were militarized to improve the physical fitness of soldiers, and then abandoned after the war.

Years later, though, Japan’s Ministry of Education and the Ministry of Health rebranded the tradition under a more “playful” and community-oriented mandate. It’s been in circulation ever since.

MAKE THE EXERCISE YOUR OWN

Three minutes of twists and stretches aren’t insignificant. Think about all the other elements radio taisō brings along with it: breathwork, sense of community, and time in nature. If the healthiest nation in the world has seen fit to keep it in the rotation for this long, you know it’s worth a try. Give the exact track a chance (many of the YouTube videos are in English), or come up with your own radio calisthenics. Sometimes, it’s better to swing freely in place than drag yourself to the gym.

13 classic moves



- ▶ The first taiso was broadcast on national radio in 1928
- ▶ Almost always performed in a group, it was promoted by a state-run life insurance firm
- ▶ American occupation authorities banned it for a short while after the war, as it was considered too militaristic



- ▶ Today it is performed everywhere from schools and offices to parks and building sites
- ▶ Japanese public radio NHK broadcasts the music for it every day at 6:30 am and 3:00 pm
- ▶ An estimated 27 million people do it at least twice a week, according to the government

Spring Birthdays

Bill Anderson
 Behn Ayala
 Maria Bottlick
 Wayne Bottlick
 Taylor Cannon
 Michael Dugger
 Librada Estrada
 Beth Harper
 PJ Kennedy
 Len LeRoy
 Josephine Lilienthal
 Marcel Lisi
 Beatrice Lowery
 Maria MacFarlane
 Elizabeth Meenan
 Devon Merchant
 Parken Mokaves
 Shirley Newman
 Anne Radway
 Maritsa Rajashekar
 Sebastian Rajashekar
 Matthew Rhodes
 Jordan Riddle
 Ann Sayles
 Amos Shellito
 Delilah Stearns
 Owen Stearns
 Karen Steidel
 Xochi Tamanaha

Do I Have a Guardian Angel?*By Anne Radway*

Or not? That depends on your interpretation of the following. This story is about an accident that happened more than 20 years ago that set in motion all the problems with my shoulders and arms. I have come to believe that two guardian angels saved my life.

I had driven up north from my home in Virginia to meet my son Dana's future in-laws. The first thing I did was to find the house on Long Island where I had grown up. I found it easily and was so happy to see that it was unchanged although the surrounding neighborhood was quite different from what I remembered. It was now time to find the restaurant in Manhattan where I was to meet the parents of Dana's fiancée Julianne.

I drove to a parking lot near the restaurant where I was to meet them. I waited for what seemed an interminable amount for the light to change. Most of the people waiting started to jaywalk to get across the street. I decided to join them but slipped on some ice in the road. This was in the month of March. Down I went landing face down and was unable to get up. I could see cars headed my way and was sure that I would be run over. Two strangers appeared out of nowhere and gently lifted me up. They asked where I was going and when I told them they said they knew the restaurant and that it was not far. They helped me to the restaurant and then disappeared into the crowd before I had a chance to thank them for saving my life.

I went into the restaurant and quickly found the party. I told them briefly what had happened and that I needed to find a hospital. Julianne's parents must have been wondering what sort of family their daughter was marrying into. I said good-bye as Dana told the restaurant that we needed a taxi to the nearest hospital. As luck would have it, that was the New York Presbyterian Hospital whose emergency facilities were called the Dana W. Atchley wing. This was the distant relative, then deceased, of Dana's father for whom my son had been named.

This was where my earlier guardian angels now deserted me. We spent more than fourteen hours in the Emergency ward; it was after all a Saturday night and the Emergency ward was filled with patients and at one point was under a lockdown because of gang activity and because a fire had broken out.

Perhaps the earlier guardian angels simply morphed into my son as without him I doubt I would have survived the Emergency ward.

So, I leave it to you to decide: do I have a guardian angel or not? I believe I do and I keep wishing they would reappear.

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

Next FACETS Ministry ▪ *Sunday, February 2, 2025 from 4-6 p.m.*

One of St. Barnabas' important outreach opportunities is working with FACETS, one of the largest social safety nets for families, children, and individuals in Fairfax County. "FACETS meets people where they are, usually at the most vulnerable time in their lives, and helps them build stronger futures." (facetscares.org)

They do this by offering emergency and basic needs assistance along with individualized case management to enable people to become self-sufficient and break the cycle of homelessness, poverty, and hunger.

Since the founding of FACETS, 35 years ago, St Barnabas' has participated in their Hot Meals program, which was their first and keystone outreach activity.

Every **first Sunday of the month**, St. Barnabas' members and friends gather in the Richardson Room and kitchen to cook a hot meal and pack cold sides. Drivers then deliver the food to unhoused or food insecure families in the Fairfax area. We welcome all members and participants of St. Barnabas' to join in this fundamental outreach to our neighbors. The need has increased in recent months; increased participation will help us to meet the need.

For more information about the FACETS program you can go to their website, facetscares.org, or speak to Molly Newling or Mark Patterson.

ACCA News ▪ *Annandale Christian Community for Action*

The Rebuilding Together National Rebuilding Day will be **Saturday April 26**. Rebuilding Together- Arlington/Fairfax/ Falls Church organizes repairs for local low-income homeowners and nonprofits, focusing on health, safety and accessibility. ACCA plans to sponsor repairs for two houses, and Ken Mittelholtz will lead repairs for one house. St. Barnabas' has pledged funds and volunteers. Skilled and unskilled volunteers are needed for most projects - we will know more once we receive our assignment in March. If you would like to volunteer, please contact Ken Mittelholtz.

St. Barnabas' is scheduled to volunteer for the ACCA furniture ministry on **March 8**. Volunteers collect used furniture donations and deliver furniture to needy households. We meet at 8 a.m. at the warehouse, on the grounds of Annandale United Methodist Church, 6935 Columbia Pike. Governor Youngkin recognized Mary Lee DiSpirito as the outstanding senior volunteer in the Commonwealth at the recent Governor's Volunteerism & Community Service Awards. Mary Lee Di Spirito supports many ACCA programs and leads ACCA's furniture program.

The 2024 Annandale CROP Hunger Walk raised a total of \$16,850 in check, cash and online donations for Church World Service. Of this, St. Barnabas' raised \$4246. Church World Service will give a share of funds raised to ACCA to help with our local programs to fight hunger and poverty. Thanks to all from St. Barnabas' who walked, volunteered and/or donated.

Thank you to everyone who donated to ACCA during the recent Challenge Campaign. The funds raised will help ACCA respond to urgent requests for help with rent, utilities, food deliveries and furniture and will help support high quality childcare at the ACCA Child Development Center.

For more information about ACCA and volunteer opportunities, please contact Ken or Camille Mittelholtz at 703-573-0074 or kcmittelholtz@gmail.com and see www.accacares.org.

A Lenten Prayer and Praxis Guide for Students

Adapted from an essay by Chesirae Valentine

Director of Parish Life, All Saints' Episcopal Church, Phoenix AZ



“REMEMBER THAT YOU ARE DUST, AND TO DUST YOU SHALL RETURN.”

Lent begins on March 5th this year, and stays for 40 days (excluding Sundays). The liturgical color for Lent is purple, but you will sometimes see clergy wearing black on Ash Wednesday, depending on where you are in the world. You may also enter a church during Lent and see purple cloth covering statues, the cross, and the altar.

Lent is meant to be a reflective, somber time, similar to the Season of Advent. In Lent, we mirror Jesus' journey and temptations in the desert (*Matthew 4:1-11*), and we reflect on God's sacrifice for us on the Cross. We take the time to consider what is separating us from God's love, and what we may do to repair that separation.

During the Ash Wednesday service, the priests will smudge our foreheads with a mixture of ash and sacred oil, reminding us that we are dust, that we are mortal. Many of us don't need the reminder that we are dust, because we already feel so small. But the smudge is also a promise – we may be dust now, but we have God who became dust alongside us, living and breathing and dying, too. God did that out of a great love and compassion toward our dustiness, our smallness, so that we may all become something more.

THE THREE PILLARS OF LENT: PRAYER, FASTING, ALMSGIVING

HOW TO CELEBRATE:

Go to an Ash Wednesday Service! Feel the dust on your forehead, and try to keep it on as long as possible. Commit to one practice this Lent, either Almsgiving, Fasting, or Prayer. When we set manageable practices for ourselves, we create habits much more easily!

PRACTICES FOR LENT

Prayer: Create a prayer chain. During Ash Wednesday, use purple strips of paper and a pen to create a chain with 40 links. On each link, write one person, country, idea, or mission to pray for. When it's time for you to say your prayers each night, tear off one link and pray for that person. By the end of Lent, you'll have prayed for 40 different people, nations, or causes!

OR Create a gratitude chain: Each night before you go to bed, use purple strips and a pen to create a chain with 40 links. On each link, write one thing that happened that day that you are grateful for. By the time Lent is over, you'll have a beautiful chain with 40 different moments of gratitude throughout Lent!

Angels in My Life

By Jonathan Barber, Oct 6, 2022

When I saw the topic, I thought of three things: guardian angels, deus ex machina, and the song “someone to watch over me.” (Luckily for you I do not remember the tune.). This piece is about the possible existence of guardian angels. “*Deus ex machina*” is Latin for “*God from the Machine*” and is a plot device whereby an unsolvable conflict or point of tension is suddenly resolved by the unexpected appearance of an implausible character, object, action, ability, or event. The origin of the term comes from the crane (mechane) that was used in ancient Greek drama to lower actors playing gods onto the stage at the end of a play. This piece is not about gods who pop up from “out there.”

When I was very young, I had two things happens to me whereby I could have been injured—or worse—but was not. I have always attributed the favorable outcomes to luck. Recently, as I think back, perhaps someone or something was watching over me.

My family moved to Brattleboro, VT in 1944 when I was going on five. We lived in an old house from 1790 that was very near Melrose St. that ran between Whetstone brook and a wooded hillside. As a child I was fascinated by matches; they were always in the house because my father smoked. One summer day in 1945 or '46 I decided to make a little fire on the hillside on Melrose. I lit some weeds and brush on the hill and watched it.

The fire began to spread.

OOPS I thought to my little self. I tried to stomp on the fire but was afraid I would get burned. I picked up a small branch and tried to beat out the fire.

IT KEPT SPREADING.

I beat on it some more but to no avail. Just at that moment when I was thinking that whole hillside might go up in flames, John Thrower, a family friend and a postman, walked by on Melrose on his way home. He saw what was happening and beat out the fire by smacking it with a much bigger branch and by stomping on the embers. John tut-tutted me and took me home to my mother who was not yet working. I do not remember my parents’ reaction to the incident. At age 83, I wonder whether John might have been a guardian angel.

During the summer of 1953 when I was 13, my parents bought their first house in Brattleboro. (We had lived in four rentals before that.) It was bordered by some scrub and an open field that led to a hill, at the bottom of which was a brook, the same one mentioned in the previous story.

This event happened in February 1954 in the dead of winter. There had been some sleet, and there was a heavy crust on the snow. For some reason I decided to walk on the crust to the crest of hill that led to the brook 80 or 90 feet below. I slipped and began to slide headfirst down the hill toward the rocky brook. I could not dig in and stop myself and down I went. I was not concerned about bashing into a rock and drowning, but rather but rather a wrist-watch my parents had given me for Christmas.

I kept sliding and when I reached the bottom, I slid over some smooth ice and missed banging my head on the rocks. As I could not climb back up the hill, I crawled to an embankment, pulled myself up out of the brook and walked home from there. I had previously attributed not getting hurt to “luck”, but now wonder if someone was watching over me.

Shortly after the incident I drew a little cartoon of myself sliding down the hill and a little balloon over my head with a watch in it.

Thanks and More Thanks

- For Nancy MacLachlan and her generosity in filling in as Interim Music Minister through St. Barnabas' Day in June
- For Fiona Agnew and her generosity in serving as our Interim Parish Administrator
- For Jessica, Andy, and Ellen Riddle and their generosity in getting our livestream up and running
- For all those who have assisted with our livestream on Sundays
- For Camille and Ken Mittelholtz's assistance pulling up the water from the malfunctioning water fountain
- For Leigh Kennedy, Mark Patterson, and Ken Mittelholtz's hard work with Spartan Remediation to help us get beautiful new shoe molding in the Narthex and new flooring in our Narthex and Richardson Room
- For everyone who helped make our Christmas Eve and Epiphany Pageant services so meaningful and inspiring
- For Nathan Harpine and his service and leadership as our Seminarian in 2023-2024
- For those who served on Nathan's lay support team
- For Grace Robbins and Ed Ing and their leadership of our Stewardship campaign
- For our Choirs and for the leadership of Meagan Morrison-Crabill, Daniel Crabill, and Nancy MacLachlan in supporting the involvement of all ages in our music ministries

Give Thanks

2025 Pledge Campaign Thankfulness

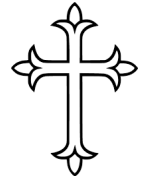


The whole community's devotion to St. Barnabas' shined again in the 2025 pledge drive. Despite the uncertainties here and elsewhere, individual pledge commitments have covered the church's need. Of special note, the outpouring before the start of the year, allowed the Vestry to adopt a funded budget for operations and outreach in December.

This generosity reflects not just financial commitments but prayers, time, energy, and in-kind gifts. This tradition underpins our community in Christ. Your Stewardship Committee appreciates all who make possible the work of the church.

Our pledge appeal had called to mind Jesus' words, quoted in hymn 149 from our *Lift Every Voice and Sing II* hymnal: "In remembrance of me, eat this bread; in remembrance of me, drink this wine." (*Luke 22:19-20*) Each effort at St. Barnabas' in following our Savior's grace and love for all is cause for thanks.

In Memoriam



**Dr. Virginia
Rendall
Braddon, PhD**

November 20, 2024
Wilmington, NC

~

**Jean-Anne
Braddon**

May 31, 2024
Wilmington, NC

March 27, 2025
Interment in Arlington
National Cemetery
&
Celebration of Life
11am St. Barnabas'
Church, Annandale

*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

The St. Barnabas' Reporter for Pentecost & Trinity

The deadline for submissions to the Summer 2025 issue for *Pentecost & Trinity* is **Wednesday, April 16th**. We welcome a variety of content, including announcements, ministry updates, personal reflections, and event photos that reflect our parish life during this sacred season. Please consider how your contributions can enrich our collective story during the summer months. To contribute, please email your announcements, photos, or other items to the Parish Office at stbarnabaschurch@outlook.com. Alternatively, hard copies of your submissions can also be dropped off at the office.

This is a wonderful opportunity to share the life and activities of our parish community with one another. We look forward to receiving your submissions to help create a beautiful and meaningful *Pentecost and Trinity* edition of *The Reporter*!

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, Barry Hayhurst, Roger Hefferan, James Hughes, Gertrude Jones, Sharon Jones, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Blair MacKenzie, Cindy McLaughlin, Theresa Merchant, 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, Grace Robbins, 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 Rev. Sean Walter Rowe; and our Diocesan Bishops, the Rt. Rev. Mark E. Stevenson, Bishop; the Rt. Rev. Gayle Elizabeth Harris, Assistant Bishop; the Rt. Rev. James Joseph "Bud" Shand; and their families. For our Rector, the Rev. John Bolin Shellito, and his family; for Cindy McLaughlin (in discernment); for our Vestry, Wardens, and staff; and for the work and ministry of our sister parish of San Juan Bautista in Palma Soriano, Cuba and for the Archdeaconate of Eastern Cuba.

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.

We Give Thanks for the Birth of Morgan Allyson Cannon

January 16th, 2025

Parents - Elsa and Scott Cannon

Grandparents - Ken and Camille Mittelholtz, Rob and Francine Cannon



Join the Altar Guild

Are you new to St. Barnabas' and looking for a way to enrich your worship experience? Or perhaps you've been involved in other activities and are looking for something new? Consider joining the Altar Guild!

The Altar Guild plays a vital role in the worship life of the church. This dedicated group is responsible for preparing the church for each service, ensuring that the altar and surrounding areas are set up for prayer, reflection, and communion. Every Sunday, and for special occasions like Christmas, Easter, and other feast days, the Altar Guild is behind the scenes, carefully arranging the altar linens, setting out the bread and wine for Communion, and maintaining the sacred vessels and altar equipment.

In addition to the physical tasks, the Altar Guild also assists the clergy with the specific needs of the service, whether it's the lighting of candles, the placement of flowers, or other ceremonial elements. Members work in teams, ensuring that each service runs smoothly, so the congregation can focus on worship without distraction.

The Altar Guild provides an opportunity for meaningful service and is open to all ages, genders, and talents. No prior experience is needed, as training and guidance are always available. If you're someone who enjoys working quietly behind the scenes, helping to create an atmosphere of reverence and beauty, the Altar Guild could be the perfect ministry for you.

If you're interested or have any questions, please reach out to Molly Newling for more information.

St. Barnabas' Mailing List Update

Your help is needed to ensure we have up-to-date information for future Reporters! As we transfer, update, and confirm everyone's details in our new(ish) *Realm* database—covering postal mail, email, phone, and emergency contacts—we ask for your assistance in this important process.

Our current Reporter address database is housed on an operating system and computer that has served St. Barnabas' for many years. However, it will no longer be updatable or transferable as our oldest desktop computer is expected to become incompatible with a functional internet browser by the end of 2025. This makes it vital for everyone to update their contact information in the new *Realm* system.

SCAN ME



Scan here with your smartphone to check and make sure that St. Barnabas' has your current and updated contact info!

Please take a moment to log in to your *Realm* account, our church's online directory and communication tool, to review and confirm your contact details. Whether it's your **mailing address, phone number, email, or emergency contact**, we need this information updated to keep you informed about church activities, events, and special announcements.

You can quickly update your information by holding your phone's camera up to the QR code and clicking the link provided, or by clicking the following link in the online Reporter: acstechnologies.com/realm. If you cannot verify your information through the link or no longer receive the Reporter due to this computer incompatibility, please reach out to us by phone, postal mail, or email. We'll ensure your updated details are entered into the new *Realm* database.

Your cooperation is greatly appreciated as we work to streamline our communications, ensure continued access to church news, and provide better care for all our parishioners. Thank you for helping us stay connected!

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	Feb TGIF	21
23	24	25	26	27	28	1

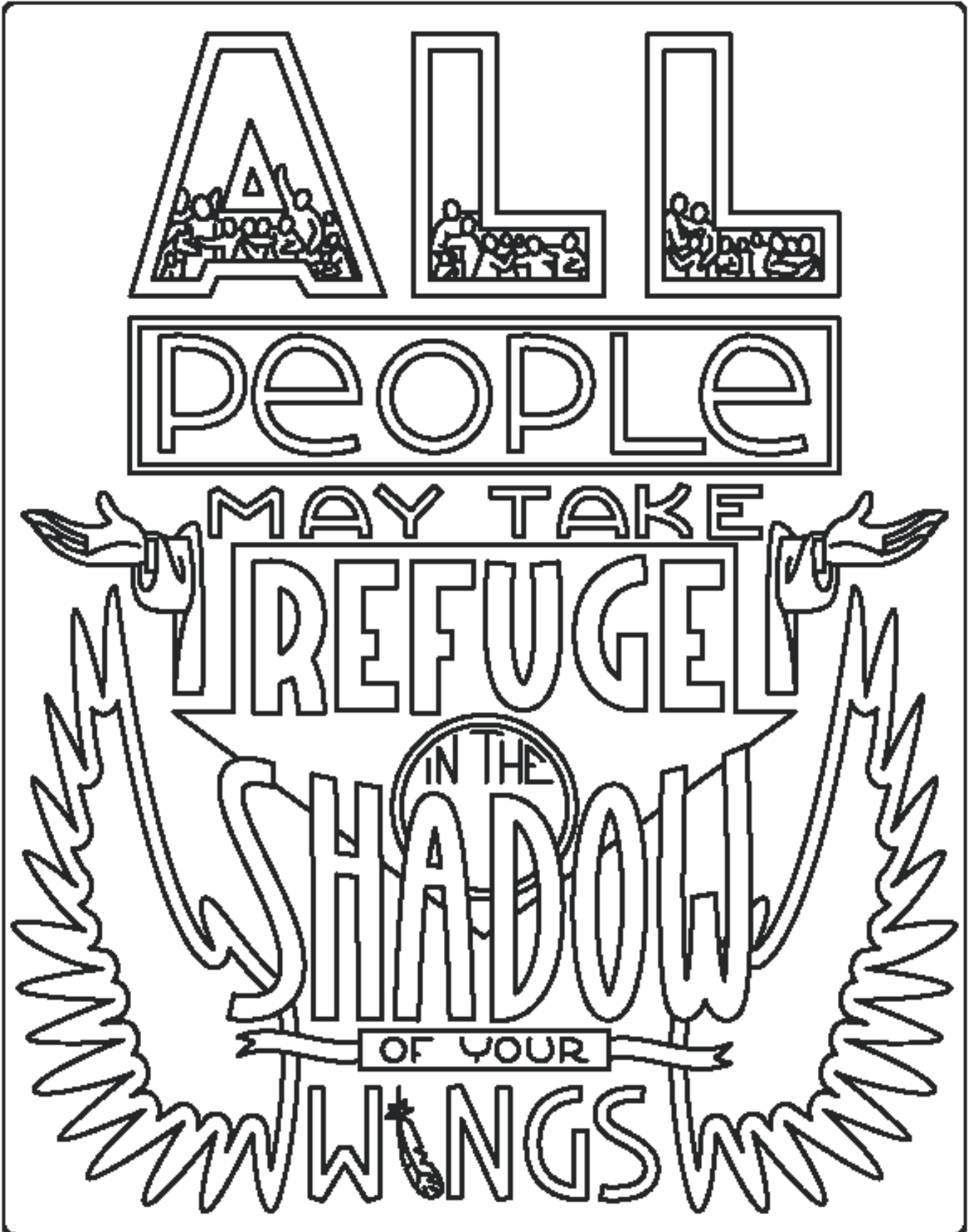
March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
2	3	Mardi Gras 6PM Farewell to Allelu- ias 7PM	4 Ash Wednesday 10AM & 7PM	5	6	7
9	10	11	12	13	14	15
//						
No Sunday School /Adult Forum	16	17	18	19	20	21
//						
23	24	25	26	27	28	29
//						
30	31	1	2	3	4	5
//						

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
//						
6	7	8	9	10	11	12
//						
Palm Sunday No Sunday School	13	14	15	16	17	18
//						
Easter Egg Hunt 9:15 AM No Sunday School	20	21	22	23	24	25
//						
27	28	29	30	1	2	3

KIDS COLORING PAGE





**ST. BARNABAS'
EPISCOPAL CHURCH**

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Change Service Requested

Upcoming Lent and Easter Events

TGIFs at 6pm

February 21st, March 21st, and April 25th

Mardi Gras, March 4th

6pm Shrove Tuesday Pancake Supper

7pm Farewell to Alleluias

Ash Wednesday, March 5th

10am and 7pm Liturgy with the Imposition of Ashes

Maundy Thursday, April 17th

7pm Liturgy

Good Friday, April 18th

12pm and 7pm Liturgy

Easter Sunday, April 20th

9:15am Easter Egg Hunt and 10:15am Festival Holy Eucharist

Memorial Day Sunday, May 25th

10:15 am Outdoor Worship