

The St. Barnabas Banner

*Declare among the nations and proclaim,
set up a banner and proclaim, do not conceal it. Jeremiah 50:2*

February, 2005

Worship Schedule

Sundays

8:00 a.m.

Rite I Holy Eucharist

10:00 a.m.

Rite II Choral Eucharist

Sunday School

11:15 a.m.

Coffee Hour

4th Sunday of the month

8:00 p.m.

Sung Compline

Wednesdays – (in the Chapel)

10:00 a.m.

Rite I/Rite II

Holy Eucharist

(alternates by week)

2nd Wednesday of month

includes Service of Healing

Shrove Tuesday

Potluck Supper

with Hymn Sing

Tuesday, February 8

6 p.m.

Parish Hall

Our Pancake Suppers of the past were beginning to look a little tired. This year you are invited to an evening of great companionship and of a festive potluck with rich foods and the singing of our favorite “Alleluia” hymns. Bring whatever you would like (but let’s keep things like healthy vegetables to a minimum!)

The Blizzard of 2005 – What if . . .

With the recent blizzard still fresh on the ground, we might reflect on all of the “what ifs” that can occupy our minds. For children, blizzards often are great adventures (until cabin fever sets in!) But for many adults, the predictions of snow, snow and more snow just seem to bring on worrisome “what-ifs”. What if we don’t have enough food to last before we can dig out and get to the store? What if the stores run out of what we need? What if the power goes out? Do we have fresh batteries for the flashlight? Candles? Firewood to heat the house? We don’t have a working fireplace, where are we to go? What if we need to get out? Can we get the car out of the driveway? And then we have to drive on somewhat plowed, icy roads?? What if we don’t have the physical ability to dig out? What if something happens to us and no one knows? What if . . . ?

What if, God is powerfully present in our times of worry?

This is the season of Epiphany, a time when we intentionally look for the ways in which God is revealed to us! On the Saturday morning before the “great blizzard”, God was, indeed, made known. Phone calls began to fly when Gwyneth Packard, Chair of our Food Ministry, called the church to see if anyone was in need of food. A few calls followed to check in with parishioners who have been having difficulty getting out – even in good weather. More calls were made – parishioners who live alone, parishioners who have been ill, parishioners who have been so busy caring for ailing family members that food shopping may have been the last thing on their minds. The result? Someone did need food and couldn’t get out. (Many thanks to Food Ministry members Cynthia and Jerry Ogden who were able to help out – and made a new parish family friend in the meantime!) Others were grateful for the reassurance that help, if needed, was just a phone call away. Still others began to call families and neighbors to make sure that they were safely tucked in and knew that someone was thinking about them.

Whatever anxieties we face, we might find the following words (used as the Creed in the Family Service last fall) to be a wonderfully comforting reminder that, in spite of all the “what ifs”, we are not alone.

We are not alone, we live in God’s world.

We believe in God: who has created and is creating, who has come
in Jesus, the Word made flesh, to reconcile and make new,
who works in us and others by the Spirit.

We trust in God.

We are called to be the Church:

To celebrate God’s presence, to love and serve others, to seek justice and
resist evil, to proclaim Jesus, crucified and risen, our judge and hope.

In life, in death, in life beyond death,

God is with us.

We are not alone. Thanks be to God.

(from the United Church of Canada)

From the Rector

“Lenten Discipline”

Ash Wednesday occurs on February 9 this year. If that seems early, it is. The very earliest that Ash Wednesday has been during my lifetime was February 7, 1951 and the next, even earlier Ash Wednesday will be February 5, 2008. Regardless of when it falls, Ash Wednesday marks the beginning of the season of Lent and, here at Saint Barnabas, the beginning of six weeks of preparation for, contemplation of, and self-reflection over the meaning of Jesus Christ’s crucifixion.

Saint Barnabas Episcopal Church

105 Main Street
P.O Box 203
Falmouth, MA 02541
508-548-3863

www.stbarnabasfalmouth.org
e-mail: stbarnfal@aol.com

Administrative Office Hours

Monday-Friday
9:00 am – noon
and
1:00-4:30pm

Staff

The Rev. Robert B Appleyard, Jr.
Rector
The Rev. Dr. Lisa DiNunno
Associate Rector
Randolph S. James
Organist/Director of Music
Kathleen Rabbitt
Administrative Assistant
Edson DeMoura
Sexton

I am moved by what happens here at Saint Barnabas during Lent. We seem to really take this season to heart. Not only are there additional worship opportunities but there are also additional spiritual growth offerings – and you come to them! We seem to realize that this season is not only for personally taking the Passion of Christ to heart but also for corporately doing so. Jesus did die for you and for me (each of us individually) but the way we respond to the meaning it has is as the Body of Christ – the community of faith. We, together, take that death personally. We, together, respond to the depth of meaning that life, death and resurrection has. And we, together, embody the life, death and resurrected life out to a world which God is still inviting into redeemed relationship.

You will have many ways to be a part of this Lenten journey. Don’t try to do everything but do try to do some things. Change your pattern. Start the movement into the season by coming to the February 8 - Shrove Tuesday Pot Luck Supper and Hymn Sing, and sing out your “Alleluias!” Attend one of the Ash Wednesday services and begin the season with the Litany of Penitence and Imposition of Ashes. Perhaps more regular attendance at our Sunday worship services will help you connect with the mood of the season – we will again be using Rite One at all of our Sunday services. You will also find that following both the 8 o’clock and 10 o’clock services there will be a Coffee Hour with a Clergy Forum for about a half an hour. Perhaps adding a mid-week worship experience will help you dig deeper into your relationship with God and with some other members of the parish. Perhaps joining in one of the mid-week Lenten small group offerings will help attend to an aspect of your spiritual life and the discovery that other parishioners are doing the same. Change your pattern for the season of Lent – don’t give something up. Take something on!

Lent, on Cape Cod, seems to make sense. The days are still short and the dark deep. These are sparse days, wind whipped and chilling. More of our parishioners are away than at any other time of year. Still, at Saint Barnabas, we take this season seriously. We step up and accept responsibility for the deepening of our spiritual lives. We know that the Easter celebration awaits but that it will have little meaning without the penitential preparation of the season which precedes. It is not just a matter of “no Cross, no Crown.” Without the season of Lent, the Cross is emptied of its meaning and the Crown is denied its glory. Let’s enjoin Lent together so that, together, we can celebrate “Christ has died, Christ is risen, Christ will come again.”

From The Associate Rector

In her first remarks to the Parish as our newly elected Junior Warden, Joyce Harrington mentioned the need we have in our parish to heal. Perhaps her comments made you wonder. Perhaps they resonated within you. Perhaps they simply made you think about other places in your life that need healing.

Lent is a time of self-reflection, repentance, and healing. What a wonderful opportunity we have to draw closer to God and to each other! The fact is, we all go through times when our words and actions have caused another pain. All too often, we just say that everything is fine and pretend that feelings have not been hurt, or we argue that we were justified in what we did, or we are quick to say we forgive but then have less and less to do with the person who has hurt us, or the person we have hurt. The problem is, the walls we put up between our self and another often are mirrored in barriers between our selves and God. The act of praying for healing begins to remove obstacles to feeling the presence of God's grace and love.

If you have ever been to a service of healing, you may think that we only offer prayers for the sick. But healing the infirmities of our spiritual and emotional lives are equally important. On Wednesdays during this Lent, we will be celebrating a Service of Healing and Eucharist that will include prayers for our parish ministries and the many ways in which we gather to seek and know God. What are our prayer needs? Well, in addition to praying for those whom we are serving in our ministries, we may pray that we become more strengthened to see God at work; that we learn to have confidence in inviting and welcoming new members into our activities; that we listen more to the needs of those we serve, and that we are guided in our vision so that God's love might be more fully known to all who walk through our doors.

What about prayers for healing personal conflict? Well, you may not realize that the Episcopal Church has a Service of Reconciliation of a Penitent (commonly called Confession). Unlike our general confession that takes place during the course of our corporate worship services, this is a rite in which those who feel the need to repent of sins confess them to God in the presence and hearing of a priest and receive the assurance of pardon and the grace of absolution (see pages 447-452 of the Book of Common Prayer). Bob and I are always available by appointment to hear confession, which is 100% confidential. Having taken advantage of this sacramental rite on several occasions, myself, I can honestly say that there is tremendous freedom in naming aloud something I have done that I know has hurt someone. Yes, God forgives. But how can we experience that forgiveness unless we admit that we are in need?

Father of infinite compassion and mercy, we recognize the truth of your persistent love and acceptance. We recognize our frailties and limits in finding the inner harmony and personal integrity for which our human hearts so ardently yearn. By the power of your Spirit, help us to turn to your Son, Jesus, present in the community of faith, for the reconciling power he alone can give. Heal the wounds and hurts which divide us. Renew our minds and hearts as people bound to you in covenant. Let us experience a genuine inner conversion from the paralysis of sin, so that with all your saints we may live in the freedom of your children, acknowledging the dominion of Jesus' power in our lives. May we find in the Sacrament of Reconciliation an experience of worship in spirit and in truth, so that we may ever proclaim our Eucharistic praise of your healing acceptance and transforming love. Amen.

*Bless the Lord, O my soul, and all that
is within me, bless his holy Name.*

Bless the Lord, O my soul

and forget not his benefits,

He forgives all your sins

And heals all your infirmities;

He redeems your life from the grave

And crowns you with mercy and loving-

kindness;

The Lord is full of compassion and

mercy, slow to anger and of great

kindness.

(Psalm 102. 1-4 8)

Vestry News

New Vestry Members Elected

At our Annual Meeting on January 30, we gave the heartiest of thanks for the leadership gifts of outgoing Vestry members: Krista Hennessy (Senior Warden), Bill Smith (Junior Warden), George Liles (Clerk – for nine years!!), Chance Reichel (Treasurer), Judy Allen, Brad Barron, and Scott Muma.

At that same meeting the parish elected its new Vestry leadership. You can read a little about them below. Until we can perfect the art of getting digital pictures to copy cleanly on our photocopier, you will have to get to know our new Vestry by name. But then find them at your next gathering of the parish and put a face to these incredibly wonderful people!

Meet your New Vestry Members

Paul Gentile – Senior Warden

Paul has been a member of St. Barnabas since 2000. He joined the Vestry last year and continues to work with the memorial Garden Committee.

Joyce Harrington – Junior Warden

Joyce also joined the Vestry last year. She is a substitute member of the Altar Guild, and a Lay Eucharistic Minister for our Sunday morning worship. She take an active part in the Tuesday evening adult education class. And this fall, she joined the ranks of adult leader for our Youth Group.

Don Johnson – Treasurer

Don served as treasurer of St. Barnabas in 1971 and 1972. He also co-chaired the Strawberry Festival for three years. Presently, Don serves on the Property Committee and has participated on several Cape church audit committees.

Doug Greetham – Assistant Treasurer

Doug serves as an usher and was a visionary and organizational leader in the recent Envisioning Process. With his wife, Noreen, on Altar Guild, we also occasionally see him enlisted to help in the Sacristy!

Dickey Allison – Clerk

Dickey is a newcomer with a drive to connect into this community. She is an active choir member and she hosted a recent *Night with the Vicar of Dibley* inviting all to join in the fun in our Parish House..

Your Pledge Matters

During our Annual Meeting, outgoing Treasurer, Chance Reichel, and Finance Chair, Bill Smith gave the parish an overview of our financial situation. The fact is, we had more expenses that income last year. And we are starting off the new year with similar concerns. Your pledge is what helps St. Barnabas provide programs and offer ministries to the community. Your pledge is one way in which you help God's work be done. Your pledge matters. If you have not yet pledged, please consider offering what you can. If you have pledged and are able to increase your commitment even a little, please do so. Pledge cards can be found in the Church Nartex or in the Parish Office.

Dick Boyden – Vestry member

Dick joined St. Barnabas five years ago. He serves as an usher, as has experience as delegate to the Cape and Islands Deanery Assembly and Diocesan Convention. He recently joined the Tuesday evening adult education class with an immediately active role.

Helen Gordon – Vestry member

Helen is an active member of the choir. She also was the driving force (time and talent) in getting our parish website up and running. She currently maintains that website as well as helps to create press-quality documents for use in the parish. She is also one of our Diocesan & Deanery delegates.

John Mason – Vestry member

John is a newcomer to St. Barnabas, having been here in just over one year. He attended a special Diocesan Convention this past fall. He has become an active participant and voice for the Overnights of Hospitality Program. John is also an active participant in the Tuesday evening adult education class.

Sandy Reichel – nominee for Vestry

Sandy is an active member of the choir. She also took a key leadership role in the fall's Envisioning Process. Last year, she was instrumental in organizing activities to encourage our Sunday School children to find the faith relevance in serving others.

Kim Strohm – Vestry Member

Kim has been a Sunday School teacher for several years and she and her family often usher together. After becoming confirmed this past year, she joined the ranks of Lay Eucharistic Ministers who assist in worship with the leading of prayers and chalice.

Tidbits of News

ECW Gathering

The Episcopal Church Women (ECW) invites you to join us for our February luncheon. We will gather in the Parish House on the 22nd at noon. Our program will be announced in the Sunday bulletin. Our hot lunch for this month will include Edy McKean's famous kale soup as well as some very tasty desserts!

Please remember that every woman in the parish over 18 years of age is considered to be a member of the Episcopal Church Women. You are all welcome and encouraged to attend and help at all ECW events.

Doris Weeks

ECM Gathering

The Episcopal Church Men (ECM) will meet for breakfast on Saturday, February 26, at the Falmouth Inn, 824 Main Street, Falmouth. Speaker to be announced.

Bob Jenney

Falmouth Library Offering

The Falmouth Library adult Year of the Reader selection for 2005 is *The Color of Water*, by James McBride. This inspiring autobiography tells the story of a family with twelve children who, despite struggles with poverty and racism, all graduated from college.

James McBride will visit Falmouth on Tuesday, February 15. He will address Falmouth High School students in the afternoon, attend a reception sponsored by Woods Hole Black History Month in the late afternoon, and speak to the public at Morse Pond School, 6-7 p.m. There is no admission fee, but a donation of a non-perishable food item for the Falmouth Service Center will be appreciated.

Pat Cowan

An Open Letter From One of Our Youth

Dear Saint Barnabas,

A quick hello from one of your youth now at Wheaton College! I (Valerie Tobia) have been quite busy over the last year and a half pursuing a degree in Psychology and becoming involved with activities such as the Student Mentor program, Community Service, Ambassadors and Habitat for Humanity. I have been on the Dean's list and am enjoying school very much.

After a long application process, I have been chosen to join with 15 other Wheaton College students and Habitat for Humanity to build a house this spring in Sacramento California. This is an alternative spring break program and I am quite excited about it. We will be in Sacramento for ten days building a house with other Habitat groups from around the United States. My team and I are now in the process of raising money for our trip. If you would like to help us out in our endeavor and sponsor me for this trip I would be greatly appreciative.

You may send checks made out to:
Wheaton College
attn: Tricia/Habitat for Humanity

And send them to:
Wheaton College/Filene Center /attn: Tricia
26 East Main St./Norton, MA 02766

Thank you all so much for your support and encouragement over the years,
God Bless, *Valerie Tobia*

[Editor's Note: You may remember that Valerie was an active acolyte, LEM, and youth group member whom we sent off to college almost two years ago! She is the daughter of Billy and Sherrie Tobia, and sister of Mark. Her dedication to living out her faith that she grew into here at St. Barnabas is now being lived out in the world. What a wonderful testimony!]

Adult Formation Lenten Opportunities

Tuesday Evenings 6 p.m. Parish House
February 15 – March 22

Living in the Truth

Benedict's Teaching on Humility

In times of anxiety and uncertainty, how do we move from fear to love? Drawing on St. Benedict's teaching on Humility, these six evenings will offer practical reflections on humility as a way toward self-acceptance of our humanity. Benedict teaches us to be content with what we have, and waste no time envying those who possess different qualities. The humble are equally content with both the gifts and limitations that come from who they are. Using the book, *A Guide to Living in the Truth* by Michael Casey, we will talk about our human condition and how humility brings with it a God-graced acceptance of self and others leading a life with a deeper joy.

Feb. 15 – Introduction/Finding a Way to Humility

Feb. 22 – Humility as Truth/St. Benedict's Rule

Mar. 1 – Exaltation/Seriousness

Mar. 8 – Doing God's Will/Patience

Mar. 15 – Radical Self-Honesty/ Yielding to Others

Mar. 22 – Restraint of Speech/Integration and Transformation

Wednesday Mornings 11 a.m. Parish Hall
February 16 – March 16

Biblical Perspectives on The Cross of Christ

Last year at this time the buzz was all about Mel Gibson's movie, *The Passion of Christ*. What it depicted was certainly graphic and no one could have left the theater without being moved by how cruel a death by crucifixion was. However, the movie did not address the meaning of the Cross, and why we Christians believe that particular death has made an eternal difference. On Wednesday mornings during Lent, following the 10 o'clock worship service in the Chapel, the Rector will gather with any interested parishioners to take time to look at the Cross. In informal discussion and using passages from the Bible, the Cross of Christ will be looked at from different perspectives.

Feb. 16 – The Cross / Sacrifice and Justice

Feb. 23 – The Cross / Suffering of and for the world

Mar. 2 – The Cross / Where is the Victory?

Mar. 9 – The Cross / Pick your Cross

Mar. 16 – The Cross / Broken Relationships

Friday Mornings 11 a.m. Assoc. Rector's Office
Lectionary/Lectio Divina Bible Study

Lectionary Bible Study simply means that we pick one of the readings for the upcoming Sunday as a place for us to hear God's Word to us. *Lectio divina* is a way to enter into Scripture without worrying about whether we "know" how to read the Bible or whether we "know" enough to understand what the Bible says. In *lectio* we read slowly, attentively, gently listening to hear a word or a phrase that somehow catches our attention. Once we have found a word or a phrase that speaks to us in a personal way, we focus on just on that, gently repeating it to ourselves, allowing it to interact with our thoughts, our hopes, our memories, our desires. With the help of our gathered group, we take that piece of scripture to prayer. Prayer, here, can be understood as dialogue with God, that is, as loving conversation, allowing the word or phrase we are pondering to touch and change our deepest selves.

Sunday Mornings 9 & 11 a.m. Parish Hall
February 13 – March 6

Clergy Forum with the Rector

Using some very short video pieces from a new teaching series, *Via Media – A Place to ask 21st Century Questions*, this forum will be held following both worship services on four Sundays during Lent. We will be looking at what makes our faith distinctly Anglican and Episcopalian. First the video will be shown and then a short question and answer time will follow. Even if you don't want to join in the Clergy Forum, come on over to the Parish Hall for Coffee Hour and fellowship.

Feb. 13 – God & Creation: The Abundance of God's Goodness

Feb. 20 – God in Jesus: An Incarnational Faith

Feb. 27 – God the Holy Spirit: The Breath of New Life

Mar. 6 – Sin: Roadblocks to Abundant Life

Lenten Worship Opportunities

In addition to our regular Sunday morning worship services, the following additional opportunities are available:

Ash Wednesday

February 8, 2005

Holy Eucharist and Imposition of Ashes

7:00 a.m./10:00 a.m./7:00 p.m.

In the Chapel

This is a time-honored tradition of beginning the season of Lent with a litany of prayers, imposition of ashes, a brief homily, and Eucharist. We are offering this service at three different times to meet your busy schedules!

Wednesday mornings

Holy Eucharist Rite I

10:00 a.m.

In the Chapel

This is our regular year-round weekday service. Perhaps this day-time gathering might be part of your Lenten discipline.

Wednesday evenings

February 16 – March 16

Holy Eucharist Rite I with Healing

6:00 p.m.

In the Chapel

This is a special Lenten offering for those who would like to add a weekday service to their Lenten discipline but cannot make our regular day-time Wednesday service.

In addition to individual requests for healing and prayer, these five Wednesdays in Lent will include prayers for our parish ministries. Members of different ministry areas will be invited to “host” a week as well as assist in providing worship leadership (readings, prayers and chalice). Prayers of thanksgiving and of need for our ministries will be offered up and also will be shared in an insert to our Sunday bulletins so those who cannot attend might include these ministries in their daily prayers.

The ministry areas include 1) Parish Leadership (Vestry, committee chairs, ECW, ECM); 2) Pastoral Care (Prayer Chain, Prayer Shawl, Lay Eucharistic Visitors, Food Ministry; 3) Outreach and Overnights; 3) Christian Formation (Church School, Youth Group, Adult Education), and 5) Worship (Acolytes, Altar Guild, Choir, Lectors, LEMs, Ushers).

Compline

**Contemplative Prayer For the
Close of the Day
Sunday, 27 February
8 o'clock in the evening**

Saint Barnabas Church

**Sung by the
Saint Barnabas Schola
Randolph S. James, Director**

An open letter to the parish

Have you attended a Compline Service at 8 p.m. on the fourth Sunday of each month? If you haven't, you are missing something special. In the darkened Church, with pew candles lit and, and with the beautiful stained glass windows illuminated, this is a time for reflection, evening quietness, and thankfulness for the blessings of the day which has passed and the anticipation of God's gift of a new day.

We are grateful for Randolph James' leadership and for the very talented and dedicated choir members whose singing is inspiring and uplifting. These Compline services are a wonderful gift to St. Barnabas parishioners and the greater Falmouth. Come join us, bring friends, and be refreshed.

“A Voice from the Pews”

Jon Simonds

Library News

We have several new books on our shelves that focus on our spiritual quest and growth. Perhaps one of these may be right for your Lenten reading!

DEEP PEACE: Healing in our Lives	J. Nunnally
FINDING FAITH: A Self-Discovery Guide for your Spiritual Quest	Brian McLaren
PREFERRING CHRIST: A Devotional Commentary on the Rule of St. Benedict	Norvene Vest
REIMAGINING CHRISTIANITY: Reconnect your spirit without Disconnecting your mind	Allan Jones (Dean of Grace Cathedral, San Francisco)
YOU ARE MY WITNESS: The Living Words of Rabbi Marshall T. Meyer	edited by Jane Isay

Rabbi Meyer was a hero in Argentina for his many years of speaking out for human rights. When he returned to New York in the '80s, he took over the fading B'Nai Jeshurun synagogue on the Upper West Side and turned it into the liveliest synagogue on New York. Until his death, he worked in the city with people like Rev. William Sloane Coffin to improve social conditions for the poor. He was a dynamic speaker, and people loved him!

What makes individuals like this so committed, brave, and farsighted? Remember Bishop Pike in the '60s? We have a new biography of him entitled, *A PASSIONATE PILGRIM*, that explains his calling. The Library also has his original book called, *IF THIS BE HERESY*. We also have just received two biographies of the Apostle Paul, one a book called *PAUL* by A.N. Wilson, and the other, a Teaching Company CD set, *THE APOSTLE PAUL*.

Parishioner, Shirley Scaife has donated a copy of National Geographic's *GREAT RELIGIONS OF THE WORLD*. And one of the notable books of the year, Diarmaid MacCulloch's history of *THE REFORMATION* has just arrived/ This looks fascinating!

Finally, our younger families with children and teens might be interested in the following:

OUR FATHER: The Prayer Jesus Taught	Mary Jolin
THE BATTLE FOR MIDDLE EARTH: Tolkien's divine design in The Lord of the Rings	Fleming Rutledge (an Episcopal priest)
WALKING THE BIBLE: An illustrated journey for kids through the greatest stories ever told.	Bruce Feiler

(Bruce Feiler's adult book by the same name is excellent and can also be found on our shelves.)

Thoughts on Emergency Preparation

Our own Kathe Rabbitt happens also to be the President of Fisherman's Cove Homeowner's Association. In that capacity, she has taken on the responsibility to help educate her neighbors in the art of self-and-others care in the event of power outages due to severe weather. Here are some highlights of a letter she wrote that may be useful for all of us to consider.

According to NSTAR, the first thing we must do is to report a power outage to them by calling 1-800-592-2000, then press option 2. You may or may not get to speak to a person but you will be able to leave a message with the relevant information. They do not know if an area is without power unless it is reported.

[Falmouth's Emergency Shelter is at Falmouth High School.] Falmouth Town Hall has instituted a system to keep residents aware of shelters and safety information during and before emergencies. Have a battery operated radio or TV (with good batteries) to keep informed. Local radio stations that may be used to transmit this information are: 95.1, 99.9, 101.9 and 106.1 on your FM dial. While buying batteries, make sure you get enough for your flashlight.

To help prevent pipes from freezing, turn off the water at the main valve and leave all faucets open to allow a small drip from each. Unplug all appliances to prevent a major surge when the power does go back on.

If you cannot leave your home to go to a shelter, a friend's or family member's home or even to a local motel, **dress appropriately**. Wear socks, shoes, layers of clothing, a coat, hat and gloves. Light as many candles as you safely can for some added warmth but be sure to never leave them burning unattended. Have firewood or artificial logs readily available so that you can make a fire in your fireplace. It's also a good idea to have an emergency kit on hand with necessary medication, non-perishable food items, first aid supplies and water to last for a few days.

Be in contact with your neighbors and share whatever you may have with each other. Be responsible for calling the person on either side of you and across the street from you to insure that all are safe. Invite a neighbor to stay with you. Somehow even in the dark and the cold, if you share it with another, it's not so bad. Move around a lot and eat a lot so that your body will stay warm.

Another problem when you lose power is the inability to open your garage if you have an electric garage door opener. There is a simple solution as all electric door openers have a chain/sturdy line attached to the opening mechanism that connects the door to the opener. At the end of the chain/sturdy line there should be a loop which one would grab to pull the chain/sturdy line away from the opener motor, thus disconnecting the door to the opener. Since in most cases the car would be in the way, it is recommended that a sturdy garden (not leaf) rake or pole with something at the end to catch the loop of the chain/sturdy line be used. Once the loop has been captured, push away from the motor and the door should be disconnected. Then the garage door can be manually raised. When the electricity returns, pulling the chain/sturdy line towards the motor will re-engage the opener.

A booklet entitled *Cape Cod Emergency Preparedness Handbook, A Guide to Natural Disasters*, is available at Fire Stations and the Police Department. I encourage you to pick up a copy.

So let's all stay in touch with each other and try to enjoy the rest of our winter.
Kathe Rabbitt

A system at the town's emergency operation center, 508-495-2602, has been upgraded to include up-to-date information about which roads in town are in the worst condition.

February Birthdays

Feb. 1	Virginia Landry	Feb. 18	Jill Petrucci
Feb. 1	Joyce Harrington	Feb. 18	Ryder Corey
Feb. 1	Larry Ferreira	Feb. 18	Andrew Duncan
Feb. 1	Stephen Good	Feb. 18	Emily Connolly
Feb. 2	Eileen Bergstrom	Feb. 18	Callan Small
Feb. 2	Tom Worthington	Feb. 19	Annie Holden
Feb. 4	Anne Rutherford	Feb. 20	Margaret Thrasher
Feb. 4	Chris Lebherz	Feb. 20	Elizabeth Bothner
Feb. 4	Gillian Smith	Feb. 20	Robert Fox
Feb. 5	Jeff Tavares	Feb. 20	Greg Strohm
Feb. 5	Stephanie Bagg	Feb. 21	Barbara Currie
Feb. 5	Stephanie Gototweski	Feb. 21	Kevin Cruse
Feb. 5	Aleskei Gallagher	Feb. 21	Barbara Stephens
Feb. 6	Janet Moylan	Feb. 21	Graham Fox
Feb. 6	Trafton Hinckley	Feb. 21	Andrew Kelly
Feb. 6	Cassandra Gomes	Feb. 23	Sandra Good
Feb. 7	Peter Fallon	Feb. 23	Priscilla Stoll
Feb. 7	Linnea Borden	Feb. 24	Dorothy Demarest
Feb. 9	Pat Gordon	Feb. 24	Caroline Cuthbertson
Feb. 9	Adam Fleury	Feb. 24	Nancy Gwynne
Feb. 11	Nicholas Scharr	Feb. 24	Sue Spencer-Lavalla
Feb. 12	Wendy Bland	Feb. 25	Alyce Hunt
Feb. 12	Hannah Lugo	Feb. 25	Stephanie Bibbo
Feb. 14	Patricia Goodwin	Feb. 25	Laura Smith
Feb. 14	Christin Conway	Feb. 26	Betty Whittaker
Feb. 14	Gregory Kelly	Feb. 26	Kathryn Scharr
Feb. 15	Kaylin Nickerson	Feb. 27	Helen Gordon
Feb. 15	Abigail Weaver	Feb. 28	Jayne Iafrate
Feb. 16	Gina White	Feb. 28	Edward Mello
Feb. 17	Helene Spurrier		
Feb. 17	Helen Guy		
Feb. 17	Brad Barron		



Staff

Rector	Bob Appleyard	540-3634
Associate Rector	Lisa DiNunno	457-0233
Organist/Director of Music	Randolph James	540-7196
Administrative Assistant	Kathe Rabbitt	548-3863
Sexton	Edson DeMoura	778-5726

Vestry

Senior Warden	Paul Gentile	539-6962
Junior Warden	Joyce Harrington	564-4833
Treasurer	Don Johnson	548-4031
Asst Treasurer	Doug Greetham	
Clerk	Dicky Allison	
	Bill Borden	548-1305
	Dick Boyden	477-4014
	Joe Day	495-3939
	Helen Gordon	563-2457
	John Mason	564-6102
	Sandy Reichel	477-7440
	Ellie Shaver	548-2984
	Kim Strohm	457-4637
	Derek Sutton	548-6659
Youth Reps	Allison Deyo	
	Caitlyn O'Brien	

The Banner is published monthly for members and friends of Saint Barnabas Episcopal Church. If you would like to submit an article or news event, please send it by the 15th of the month for the following issue either as a hard copy to the Church Office, or digitally to banner@stbarnasfalmouth.org

Lisa DiNunno, Interim Banner Editor

St. Barnabas Mission Statement

The mission of Saint Barnabas Episcopal Church is to follow the way of Jesus and to show his compassion, forgiveness and love to others. The center of our life together is Holy Eucharist. Nourished by our worship, we are committed to spiritual growth, mutual support, witness and service in our daily living.

Ministries and Group Contacts

<i>Buildings and Grounds</i>	<i>Vestry</i>	<i>Inreach/Outreach</i>	<i>Vestry</i>
Memorial Garden	Debbie Gentile 539-6962	Hospitality Committee	Jane Hinckley 548-8928
Property	Bob Peterson 540-1639	Newcomers Committee	Joan Stephenson 495-9970
			Jon Simonds 540-0516
<i>Christian Formation</i>	<i>Lisa DiNunno</i>	Outreach Committee	Annie Holden 495-1886
Christian Formation Committee		Overnights of Hospitality	Ellie Shaver 548-2984
	Lisa DiNunno 457-0233	Prayer Shawl Ministry	Debbie Gentile 539-6962
	Joyce Harrington 564-4833		
Education		<i>Pastoral Care</i>	<i>Bob Appleyard</i>
Adult	Lisa DiNunno 457-0233	Hospital visits/ Home visits on request	Bob Appleyard 540-3634
Children	Lisa DiNunno 457-0233		Lisa DiNunno 457-0233
	Elizabeth Goldberg 539-3172	Lay Eucharistic Visitors	Lisa DiNunno 457-0233
Youth Group	Lisa DiNunno 457-0233	Prayer Chain	Brenda Reardon 548-6486
	Tina Gomes 540-9039		
	Joyce Harrington 546-4833	<i>Worship</i>	<i>Bob Appleyard</i>
	Derek Sutton 548-6659	Acolytes	Lisa DiNunno 457-0233
Librarian	Mary Heard 548-5462		Page Franson 540-1389
		Altar Flowers	Eileen Bergstrom 548-2953
<i>Fellowship</i>	<i>Bob Appleyard</i>	Altar Guild	Pie Smith 540-3566
Coffee Hour	Ingrid Frank 548-5647		Pat Cowan 540-7074
ECM	Bob Jenney 563-1041	Lectors	Kathe Rabbitt 548-3863
ECW	Doris Weeks 548-6671		Lisa DiNunno 548-3863
Fellowship/Social	Stasia Palmer 548-4858	Lay Eucharistic Ministers	Kathe Rabbitt 548-3863
			Lisa DiNunno 548-3863
<i>Finance</i>	<i>Vestry</i>	Music/Choirs	Randolph James 548-3863
Finance	Bill Smith 540-3566	Ushers	Terry Smith 540-5269
Stewardship	(vacancy)		