

The St. Barnabas Banner

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

March 2005

Pysanky Creations and Easter!

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

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

For the past several years, parishioner Evie Michon has offered the gift of teaching us how to make Pysanky (Ukrainian Eggs). And again this year, on **Sunday March 13** (beginning after the 8 am service and going on into the afternoon!) Evie will bless us with the gift of showing us how to make these beautiful creations! Donations of \$10 per person for this event are requested and will be accepted at the door. Evie very generously purchases all of the materials we need and only asks that the donations be sent to two orphanages dear to her heart in Poland. What a wonderful gift all the way around!

Did you know: The celebration of Easter has its earliest (non-Christian) roots thousands of years ago when our ancestors believed that the goddess, Eastre, was responsible for the return of spring each year. To make sure that she returned, people held festivals in her honor. The Church appropriated this festival for the celebration of the resurrection of Christ.

For as long as there has been Easter, there have also been Easter eggs. The egg is seen as a symbol of new life. For thousands of years, it has been the custom to give eggs as gifts at spring festivals. **Have you ever wondered why a bunny, and not a chicken, brings Easter eggs?** There are two explanations from tradition. First, the goddess, Eastre's, favorite animal was a hare; hence it was believed that a hare delivered her eggs. A second explanation is based upon a legend about a woman who dyed eggs for her children at Easter. She hid them in a nest and when the children found the nest, a big rabbit hopped away. They thought the rabbit brought the eggs, and the story spread!

The art of making pysanky eggs goes back many years, but approximately the year 988 A.D. is when the Ukrainians accepted Christianity, and that's when the egg's symbols took on different meanings. According to Ukrainian legend, people decorated eggs believing that great powers were embodied in the egg. To them, eggs symbolized the release of the earth from the shackles of winter and the coming of spring with its promises of new hope, new life and prosperity, and that as long as pysanky were decorated, goodness would prevail over evil throughout the world. When Christianity was introduced into the Ukraine, the symbols changed and others were added to reflect Christianity, the Resurrection and a promise of eternal life.

Often, before people would begin to create their pysanky, they would pray "God help me", and they also prayed that the person who received the eggs would be given joy, good fortune, happiness and protection from harm. Evie urges us to continue this prayerful practice allowing our creations become true gifts of love!

Holy Week Schedule

Palm Sunday **March 20**

8 & 10 am Holy Eucharist with
Blessing of Palms

Maundy Thursday **March 24**

7 pm Holy Eucharist with
Foot Washing/Stripping of Altar

Vigil Watch **March 24-25**

In the Chapel

9 pm Thursday ----- 7 pm Friday

Good Friday **March 25**

Noon Stations of the Cross
7 pm Good Friday Liturgy

Holy Saturday **March 26**

5 pm Easter Vigil

Easter Sunday **March 27**

7 am Festival Eucharist
9 am Choral Festival Eucharist
11 am Choral Festival Eucharist

From the Rector

Saint Barnabas Episcopal Church

91 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

All of the ice and snow of this winter on Cape Cod has brought to my mind a childhood memory. I was about twelve years old and we were living in a house which had a pond behind and below it. During the winter, my brothers, sister, and I would shovel the snow off of the ice and create our own private skating rink. It was really great fun – playing hockey, skating around the large oval in whichever direction we wanted, and having “ice time” whenever the weather cooperated. I remember skating after sunset when the snow took on an eerie glow. I remember discovering that, depending on whether there had been a melting trend or not, sometimes the ice was completely clear so that I could see through it toward the pond’s bottom. I remember, vividly, a stark encounter with death on the pond that winter.

The spring before, my parents had given us baby ducks for Easter. They were adorable and so downy soft – a perfect Easter present. However, these were not going to outgrow their Easter newness and become a burden when they no longer were cute. These ducklings were meant to grow up and to live on our pond. We built a duck house. We took turns with the feeding. We kept guard for the dogs which might badger them. And they did grow up. When winter came, there were other challenges. We checked them after snowstorms and worried over them in the cold. We would keep a count to be certain they were all safe. We especially had to be sure that there remained some water in which they could swim and that the pond did not freeze over completely.

One winter’s day, when I fed the ducks I discovered that one was missing. I counted a second time and, sure enough, there was one too few. I guessed that a neighbor’s dog must have gotten the duck but we found no evidence that there had been a fight, no blood or feathers to show a struggle. So, I lived in hope. Whenever I went down to feed the ducks, or whenever I put on my skates to enjoy the ice for a while, I had one eye on the lookout for our missing duck. I finally found her, but not where I expected. I was skating along, with hockey stick and puck, pretending that I was a New York Ranger. I took a shot and the puck glided over toward one edge of the pond. I went to retrieve it and when I bent down, there through the ice I could see the white feathers and orange beak of our missing duck. Frozen under water, the duck’s death glare seemed to look back at me through the clear ice. I stood transfixed: death and life separated by just a few inches.

Perhaps the duck had swum under the ice to escape some animal which had been threatening her, but I will never know. I just looked at the frozen reality and felt that life was beyond my reach. I cried and my tears splashed and then froze on the ice.

As we approach Holy Week and once again take to heart what we believe God has accomplished for all of creation through the crucifixion and resurrection of Jesus Christ, we will face death once more. Perhaps we will become aware that we have been skating on thin ice. Perhaps we will realize that what separates life from death is barely inches. Once again, death will freeze us with the reality that all is lost unless God can do more than we either deserve or dare desire. When we join in our Easter Alleluias, tears may just well up from a very deep place ... a place where death has become real and where life after death has become even more real.

From The Associate Rector

Something is happening here at St. Barnabas. I can't quite put my finger on it yet, but there is a glimmer of Easter hope, even in the midst of Lent. See if any of these observations resonate with your own experiences.

We have a Vestry that is filled with excitement and a sense of purpose. New Vestry members tend to ask questions that long term members sometimes have forgotten, or see our common mission with new eyes in a way that reawakens the rest of us. There is an intentionality that is permeating our conversations, a different sense of calling and commitment, a deeper understanding of what it means to join in Christ's mission of reconciliation. That's part of it, but there is more.

We have new members, or potential members, who are expressing a sense of delight at the welcome they are receiving and the needs being met. Over half of the people who are new to our parish just within the past year are already involved in a ministry, an adult education class, or a program that the parish offers. They are finding a home with us. That's part of it, but there is more.

Our adult education programs for Lent have been filled with wonderment – wonderment about God's presence among us, wonderment about God's love for each of us, wonderment about the incredible gift of the Cross. I know that we traditionally have a high rate of parish participation in Lenten programs, but this year seems fuller in many respects. And I have to admit, that when the Tuesday evening class asked if we could add additional time to our Lenten conversation on humility (“we can extend beyond six classes, can't we?”) so that we could slow down and savor our conversations, I inwardly giggled with glee, while outwardly kept my composure, saying “uh, sure, if that's what you want to do”! That's part of it, but there is more.

Our ministries that fall under the “pastoral care” category are taking off by leaps and bounds. The Food Ministry has become more pro-active in identifying members who might be in need of the gifts they offer, and more and more parishioners are accepting the gift of being on the receiving end of God's grace. And the Prayer Shawl Ministry . . . I can't even begin to describe the incredible sense of God's presence between the knitters and those for whom the shawls are being made. What joy there is when the gift of prayer is combined with a tangible and visible piece of craftwork! I am not sure who is more blessed – the knitter or the receiver! And members of the Prayer Chain have taken personal care and responsibility in the Lenten Wednesday evening Eucharist and Healing services. Their commitment to offer daily prayers for anyone in need has become powerfully observable. And then there are those who have experienced a healing service for the first time, and found that the laying on of hands and a personal prayer just for them can open them to an incredible sense of God's presence. That's part of it, but there is more.

More people are again taking advantage of our Coffee Hour time, coming together for conversation. The bringing together of the 9 and 11 am services has given our sanctuary that requested “full feeling” on Sunday mornings and our children continue to find their welcomed way into the pews. Voices – young and old – are singing God's praises together in such a glorious way that God must be able to hear and smile along with us.

That's part of it, but there is more. Maybe some of your own recent encounters with the Holy can help me shed light on this new energy? Whatever is happening, I know that God is behind it all. And we are being blessed.

The seeker whispered, “God, speak to me.” And a meadowlark sang. But the seeker did not hear. So the seeker yelled, “God, speak to me!” And the thunder rolled across the sky. But the seeker did not listen. The seeker looked around and said, “God, let me see you.” And a star shone brightly. But the seeker did not notice. And the seeker shouted, “God, show me a miracle.” And a life was born. But the seeker did not know. So the seeker cried out in despair. “Touch me, God, and let me know that you are here!” Whereupon God reached down and touched the seeker. But the seeker brushed the butterfly away and walked on. Moral: Don't miss out on a blessing because it isn't packaged the way you expect.

from Listen with the Heart
by Joan Chittister

Vestry News

The Vestry is dedicated to open communication within the parish. Thus we have committed to including highlights of Vestry Minutes in the Banner.

Please know that all Vestry meetings are open to anyone in the parish. If you would like to voice a concern at any meeting, please contact the Rector two weeks prior to the meeting date.

Highlights of February Vestry Meeting

Vestry meetings open with a meditation offered by Vestry members, rotating each month. This month, Ellie Shaver offered a reflection on the December tsunami in the Indian Ocean.

Vestry Roles and Responsibilities:

The Rector reviewed the duties and responsibilities of the Vestry for the new Vestry members.

Vestry questions:

- **Q.** does the Church had a suggestion box?
- **A.** we do not at this moment, open communication is more useful if questions are not anonymous; parishioners with concerns or comments are invited to speak with Vestry members or attend a Vestry meeting.
- **Q.** do we have a complete descriptive list of all the ministries available at St. Barnabas?
- **A.** there is a partial list in the Newcomers Package and on the Web Site. The Strategic Planning Committee is working toward mission statements and job definitions for all parish ministries

Envisioning Goals and Progress:

Senior Warden, Paul Gentile, reported that the Envisioning Process was continuing with the creation of several committees, including a Strategic Planning Committee. This Committee's principal objective is to continue the Strategic Planning process and to revise the church's "Mission Statement." Many of our parish ministries have updated their own Mission Statements, but several more still need to be updated.

Junior Warden, Joyce Harrington, reviewed the 2-page summary of the principal conclusions/outcomes of the Envisioning Process. Staff "Position Descriptions" are still in development. She asked each Vestry member to review the Envisioning Summary and ask themselves, "Where might I be involved?"

Treasurer's Report:

Vestry members discussed the church's loss of income from reduced pledging for 2005. Each vestry member was asked to contact three parishioners (who had routinely pledged in prior years) to ask/remind them to commit to a pledge for 2005, or to inquire into the reasoning behind them not pledging.

The need to have an internal audit performed on the church's books for 2005 was also discussed.

The Vestry **voted and approved** to limit access to the Behrens' Fund information to the Rector, Treasurer/Assistant Treasurer, Finance Chair, and Behren's Fund Committee Chair.

Behrens' Committee Report:

The purpose and operation of this fund was reviewed. The annual distribution can be up to 5% of the accrued interest and the principal. The fund is to be used for "sizeable" projects that are NOT in the annual budget. There is an application process in place for any project to be considered for funding through this fund.

Property Committee Report:

The Property Committee did not have any requests for expenditures this month.

The Vestry directed the Property Committee to continue working with the Memorial Garden Committee in reviewing proposals to revitalize the Memorial Garden area.

Up-Coming Events:

The Vestry heard about several upcoming events:

- "The Converted Life: Confident Evangelism" a Diocesan event being offered on March 5. Bob requested Vestry participation.
- The next Deanery Assembly will be seeking reports from churches willing to explore financial assistance for a new Episcopal Church presence in Mashpee.
- Our annual Episcopate Visit will happen on April 24, 2005, with Bishop Bud Cederholm

Stewardship 2005 Follow-Up News

Vestry members are now making follow-up phone calls to parishioners who have pledged in past years but have not yet pledged for 2005. The following information may be useful for all of us to consider.

Your pledge can make a significant difference in our ability to grow ever more effective in sharing of Christ through the many ministries St. Barnabas offers. We ask all parishioners to pledge what you feel is most appropriate.

Information on where we stand financially for our 2005 budget:

- As of 2/14/05 we have received 235 pledges totaling about \$216,000. Last year we had 280 pledges that totaled \$262,161. Our budget for pledges this (2005) year is \$259,000.
- We have had about 15 parishioners who have moved away or died during the year that made major pledges last year.
- We have approximately 470 households now enrolled in our parish and the Vestry is looking at ways to expand the number of pledging households.
- The total budget for 2005 is \$463,000. The budget provides for the operation of our facilities, services and programs without any increases.
- Investment income provides \$196,000 or 42% of the resources needed for operational activities. As a parish we have to raise most of the rest of our budget through pledges.

If you have not yet pledged, or are able to increase your current pledge, please contact a member of the Vestry or the clergy.

Why does your pledge matter?

Please consider the many ways in which our church offers glimpses of God's love to the parish and the community.

- Worship
 - Sunday and weekday services
 - Saturday services in the summer
 - Baptisms, weddings, and funerals
- Music
 - Choirs
 - Special Musical Events
- Christian Formation
 - Children's Sunday School
 - Youth Group opportunities
 - Adult study groups
- Pastoral Care
 - Clergy crisis and grief counseling
 - Daily prayers offered by Prayer Chain
 - Visits to hospital and homebound
 - Food Ministry
- Fellowship
 - Coffee Hour
 - Potlucks
 - ECW and ECM gatherings
- Outreach
 - Overnights of Hospitality homeless shelter program
 - Strawberry Festival (raising funds for outreach)
 - Support for Bridgeport apartments
- Community Support
 - Child Care facilities
 - Around the Table feeding program
 - Habitat for Humanity Builds
 - Cub Scouts/Boy Scouts/Sea Scouts
 - AA Meetings
 - Clergy and lay involvement on community committees and Boards
- Diocesan Support
 - Deanery Assembly gatherings
 - Clergy and lay involvement in Deanery and Diocesan committees
 - new Mashpee church plant

**We thank God for these opportunities!
But these ministries cannot be fully realized without your support.**

All things come of thee, O Lord. And of thine own have we given thee.

Outreach News

Overnights of Hospitality Program

We hear a lot about the ministry to the homeless that many of our parishioners have with Overnights of Hospitality but some of you may be curious about learning more. The following is an excerpt of an article written by Alan Burt of the Salvation Army who is one of the major organizers and the “heart” of the Overnights Program. The vision is to move our homeless guests from Overnights into real homes of their own.

The Overnights of Hospitality is an amazing partnership between the Salvation Army and the Cape Cod Council of Churches. During the past 2 years, 7 nights a week, this program has provided 8,000 beds for the homeless, all done through volunteers from 36 Churches and Synagogues from Chatham to Falmouth. Alan Burt, the coordinator of the Overnights Program says, “During the past two years, the good people of faith have lovingly given over 43,000 hours of volunteer hours to keep the Overnights Program going 7 nights a week, 365 days a year. Using the \$45.00 a night cost for sheltering each person at the Noah Shelter, the Overnights program has provided a service in the value of \$360,000.00.”

As the Executive Director, Diane Casey Lee has led the Council of Churches in providing services to the homeless population of Cape Cod. Casey Lee says, “In addition to the great partnership with the Salvation Army in the Overnights Program, we have formed an innovative partnership with Falmouth Housing Authority to fund raise and build 4 apartment buildings, 7 apartments each, for homeless individuals who have been a part of the Overnights of Hospitality Program. The initial fundraiser walk last spring was a huge success.

Burt says, “Once the 4th Bridgeport Apartment is completed, 28 apartments will house formerly homeless men and women. This is very exciting. Think about it, Noah Shelter has a capacity of 60 beds. In just a few years, we will house about half that number. The Bridgeport Project is a very real bridge out of homelessness. In addition, each of the apartment buildings will have wrap around support services to help each of the tenants to stay well and to succeed. This is an innovative and long needed program approach.

Deacon Ralph Cox who is on the Cape Cod Council of Churches Board of Directors has been the main liaison between the Council and Falmouth Housing. Cox says, “We are praying and planning for even greater success with this fundraiser. We believe that the Cape Cod Community will be so excited about the great success of last year’s walk, and will want to give more money as the results are so impressive and so important. As a community, we are truly working towards providing housing for the homeless.

Casey Lee expresses her great appreciation for the generous support of County Funding through the County Commissioners and the Assembly of Delegates. In addition, a few businesses have made generous contributions as well. Casey Lee says, **“It seems clear that the Cape Cod Community is finally coming together to address homelessness with caring compassion.** In particular, it has been the good people of faith on Cape Cod who have joined hands in helping the homeless. With Plymouth County now involved with their own Overnights of Hospitality Program, we have a vision of a program in every county in the State. What we, the people of faith are doing here is a role model for the Nation.

Those wishing to make a donation for the building of the Bridgeport Apartments can mail checks to The Cape Cod Council of Churches, P.O. Box 758 Hyannis, MA 02601. Please earmark check: Bridgeport fund.

If you are interested in learning more about how to volunteer with other St. Barnabas parishioners as we house our Overnights of Hospitality guests the first and third (and fifth) Wednesday of each month, please contact Ellie Shaver.

Bridgeport "Bridges" Overnights of Hospitality to Permanent Housing

NEWS FLASH! Ground has been broken; the foundation has been poured – Bridgeport 1 in Falmouth is under construction! Targeted completion date is Spring 2005!!

Thanks to the good people in congregations across Cape Cod (St. Barnabas included), homeless individuals will soon be given a key to their own home. Jill Scalise, our case manager for Overnights of Hospitality, is working with those who are eligible for one of the eight studio apartments.

Project Background: The Cape's homeless population is estimated to be 1,119 men and women. There is only one homeless shelter on the Cape, and that is located in Hyannis. Alan Burt, of the Hyannis Salvation Army, presently operates an emergency temporary shelter program (which we know as Overnights of Hospitality) in which churches throughout the Cape provide shelter on a rotating basis. However, we find that warehousing the homeless has not proved effective for addressing many of the broader issues. Permanent housing, with support services, is a pre-requisite for addressing the causes of homelessness.

The Bridgeport Build is co-sponsored by the Cape Cod Council of Churches and the Housing Assistance Corporation (HAC). Their goal is to build eight affordable efficiency apartments for *qualifying homeless residents* in Falmouth. One unit is dedicated to a support person. The land, located adjacent to the Falmouth Service Center on Gifford Street, was donated by the Housing Assistance Corporation. The project costs are estimated to be \$1,200,000 excluding land costs. The Council of Churches is sponsoring a \$100,000 fundraising effort during Lent. HAC reports a verbal \$100,000 commitment from a government agency. The mortgage balance will be paid off with regular payments during the life of the loan. The tenant share of the rent, between \$180 and \$200 a month, together with a housing subsidy, will amortize the mortgage.

Only candidates who have successfully participated for six months in the Overnights of Hospitality program will be eligible for these housing units. These efficiency apartments will serve as a transition from the Hospitality program to more permanent housing as the residents gain additional self-sufficiency.

What's Next For St. Barnabas? The Outreach and Overnights of Hospitality committees continue to take a leading role in addressing the needs of our homeless population. A meeting is being organized for March 6 at 2:30 pm to begin the conversation about how faith congregations throughout Falmouth can provide support and a sense of community for soon-to-be Bridgeport residents. For more information, please contact Ellie Shaver.

Second Annual Holy Week Walk to Benefit the Bridgeport Project!

March 24-26, 2005

This year's format is intended to allow each town's faith communities to design their own formula for passing "The Bridgeport Baton" from congregation to congregation and then from town to town during the last three days of Holy Week, beginning on Maundy Thursday in Orleans and concluding on Holy Saturday afternoon in Falmouth! The baton will symbolize the commitment of our faith communities to the Bridgeport Project that began during Lent last year.

To start the walk on Maundy Thursday, Orleans will designate one of their faith communities as the starting point. Sponsored walkers will then move from there to the next eastern-most congregation, from there to the next eastern-most congregation, etc. etc. until they reach the westernmost congregation in Orleans. The walkers from that church will walk as far as the Orleans/Chatham town boundary line. At that point, walkers from the designated lead congregation for Chatham will receive the baton and continue "passing the baton" until they arrive at the Chatham/Harwich town boundary line, where they will pass on to a Harwich congregation, and so on from east to west until all of the other participating congregations in Brewster, Dennis, Yarmouth, Hyannis, Sandwich, Mashpee, and Falmouth have passed their baton to the last designated congregation (you guessed it – St. Barnabas!!) in Falmouth on Holy Saturday afternoon. What a wonderful opportunity for preparing for our Easter morning festivities – Christ is Risen indeed!

We need walkers (for our 5-6 mile piece)

We need sponsors for our walkers

We need hosts to welcome all walkers to the St. Barnabas finish line

Please contact Ellie Shaver for more information

Tidbits of News

Notes from The Library

We have completed a massive cleaning-out of our library shelves! Take a look and see what is there.

This month we have six new books in our library:

- Donald Spota has written *IN SILENCE*, in which he examines "Why We Pray."
- Peter Stanford wonders about *HEAVEN* in his 'Guide to the Undiscovered Country.
- In her *REDEEMING THE STORY*, Colleen Cullinan considers the promises of Christianity as they relate to the suffering in the world and the treatment of women in the Bible.
- Elsie Aidinoff writes a fictional story of Adam and especially Eve in *THE GARDEN*.
- Lesley Hazleton has a new biography of *MARY*.
- Lastly, just out is a inspiring biography for children of *MOTHER TERESA*, by the very respected author-illustrator, Demi

Now that the Library is under the Christian Formation ministry area, we will be joining the Christian Formation Committee's introductory meeting on April 10 and asking for your feedback about a stated purpose for having a parish library. Here is a draft of what we are thinking:

The mission of the St. Barnabas Library is to provide up-to-date and engaging educational materials (books, tapes, videos) that will promote and enrich our member's spiritual and faith interests and journeys.

We also would be interested in talking with you about specific resources that you have found to be meaningful and that might be valuable additions to our shelves.

ECM News

There will be no meeting of the Episcopal Men's Group in March due to conflicts with Holy Week. We will gather again in April.

ECW News

Remember – the March 22 luncheon event begins one-half hour earlier than usual!

We will meet in the Chapel at 11:30 am for a Lenten meditation offered by Bob Appleyard before gathering for lunch in the Parish House at noon.

Prayer Shawl Ministry

Our community knitting time together will be on March 9, at 6:30 pm in the Parish House. If you have completed a shawl, please remember that you may bring it to the next gathering so that it may be shared and blessed by the group.

If there is urgency in getting your shawl to the recipient, you may also contact Lisa to have the shawl blessed. But above all else, remember that your hands and loving care going into every stitch has already blessed your creation!

Please let Debbie Gentile know the name of recipients for your shawls, especially for those being given to St. Barnabas parishioners. We are becoming so fruitful, it seems that some of us are making shawls for the same people!

If you have not yet been able to join us, please know that you can drop into the knitting group at any time. And if you have never knitted and would like to learn, we have some incredibly patient and gifted teachers among us!

Altar Guild

Don't forget that we have a very important meeting on Saturday, March 12 at 10 am in the Parish House. We will be preparing for Holy Week. Also, please know that all members of the Altar Guild are encouraged to attend the Maundy Thursday service (Thursday, March 24 at 7pm) and participate in the Stripping of the Altar. This is a time that the Altar Guild plays a visible role in worship, and re-enacts the "preparation of Christ's tomb" as we respectfully remove everything from the sanctuary and chancel areas.

Attention Committee Chairs

All Committee Chairs are responsible for regularly communicating their ministry's activities to the parish. If you have anything to go in the Banner, please forward a written copy to Lisa by the 15th of each month.

Music News

Please note that there will be no Service of Compline for the month of March, given that the fourth Sunday falls on Easter Sunday. Compline will return in April.

Music in Worship

One of the keys in learning to worship is the understanding that our liturgy functions on many levels of awareness. There is an intellectual component as we study the Scripture and contemplate our relationship with God. There is an emotional component as we express our love and our sorrow and all our other feelings which find a place in the liturgy. And, in the Eucharist, God also speaks to us in ways for which there are no words, to parts of our souls beyond the reach of our conscious mind.

Music is an important tool which assists our worship on all these levels. Speaking to our intellect, music effectively amplifies the words we sing, and the words we hear, words of Scripture and the deep and striking poetry of hymns and choral music. Emotionally, a poignant musical phrase, with or without words, might connect with our feelings, helping us express them more fully.

In our liturgy, we sing more than hymns. The Psalms, which were written as a songbook, are often sung or chanted in our services. The Kyrie, Gloria in Excelsis deo, Trisagion, Sanctus et Benedictus, and Agnus dei (or a Fraction Anthem) is usually sung, and occasionally the Eucharistic Prayer may be sung by the Celebrant and people.

Church music is a spiritually centered art form that is designed to fulfill specific functions in liturgy. Church music sounds different from popular music, and even from classical concert music, because it has an entirely different function. It is not primarily intended as entertainment. Church music is a form of prayer. The language of prayer is different from the language of entertainment. In every religion, it is known that music enables us to express that which is otherwise inexpressible. It enables us to touch the central depth of our humanness. It opens a door and enables us to know the presence of God.

As Episcopalians, we have a musical heritage that is one of the worlds richest and most deeply spiritual. For centuries, Anglican Church Music has sought to tell the Christian faith in authenticity and truth. Our music is not a homogenous product, but an extremely diverse and multi-layered art form that celebrates and encompasses many different traditions. You might interested, when singing hymns, to read the small print below each one and note the many and varied sources of the poetry and the music.

When you sing a hymn, and when you listen to the choir sing, always pay attention to and contemplate the printed text, and allow God to use the music to speak to you. In its purest expression, church music can be wordless prayer. Keep your mind and your heart open for something you may not have heard before.

Soli deo Gloria!

Randolph S. James
Organist and Director of Music

Christian Formation for Children and Youth

Sunday School News

As you have heard by now, St. Barnabas 5th and 6th grade Sunday Schoolers are ready to change the world and end global hunger and poverty. And it's possible!

Heifer International developed a program called, *Read to Feed* to promote literacy while giving students a way to set off a chain reaction of positive change around the world. Children ask reading sponsors to help them raise money to buy gifts of livestock for impoverished families.

We need your help!!

The idea is simple and it works. Instead of providing families in need with a non-renewable source of food, Heifer International provides a "living loan" of an agricultural product and the training to take care of it. The family "repays" the living loan by passing on one or more of their gift's offspring to another family in need. And that family passes on more offspring...and so on...and so on! Just one gift can eventually transform an entire community!

If you are interested in supporting our parish children's efforts to "seize the day" by joining other children who are changing the world, please sign up on one of the sheets placed in the narthex for your convenience. You may sponsor a child with any amount of money, however small or large, on a "per book" basis. Our 5th and 6th graders are reading like mad during Lent, and will collect pledges on the first and second Sundays after Easter.

February Youth Group Gathering

Sunday, March 13

11:30am-3:00 pm

Note the time change from our regular second-Sunday-of-the-month gathering!

The Youth Group will be sponsoring the **Pysanky Egg** decorating event that is open to the whole parish. This is a wonderfully fun and creative time to make a different kind of Easter Egg.

Once again, our own Evie Michon is going to help us with Ukrainian Egg Decorating! Those of you who have enjoyed this event in the past – please share with others just how incredible an event this is. This is a not-to-be-missed opportunity!

This event is opened to the entire parish (and friends, of course!) and is a fundraiser for orphanages in Poland that are near and dear to Evie's heart. The whole purpose of this creative art form is to pray, as you are creating an egg, for the person to whom the egg is to be given. This act of creating a love-gift fits well with the gift of financial assistance to other children who are in desperate need. Cost of the event is \$10 per person.

Youth group members are asked to provide finger sandwiches and desserts as an offering to those who will be with us during the lunch hour. If you can help with food, please contact Lisa so that we know what is being prepared.

Easter Vigil Service

March 26 – 5pm in the Church

For the last several years, we have devoted our Easter Vigil service (the Service on the Eve of Easter) to our families with children. Knowing that the massive crowds of Easter morning services are exciting but sometimes daunting, we have created a time together when we can intentionally focus our families on the meaning of Easter. The Easter Vigil service begins in darkness, which symbolizes the darkness that we sometimes feel in the world. After lighting a fire and spreading that through the candle-bearing crowd, we hear scripture stories about the ways in which God continues to bring light into our lives. Then we explode into a wonderful array of sights and sounds that celebrate Christ as the light of the world! This is the Easter story in its fullest.

This year we will be focusing our attention on the many outreach ministries in which we share, and especially the 5th and 6th grader's work with the Heifer Project as a way to highlight how Christ brings light into the world through us. Come and join us for this very special evening.

Adult Formation Opportunities

Lenten Programs Continue

Tuesday Evening ***6 p.m. Parish House***
Benedict's Teaching on Humility

The class decided to slow down and savor out discoveries! Therefore, our time together will be extending beyond the season of Lent. We also have added an additional 15 minutes to our evening and now are meeting from 6:00-7:15 pm. Depending on weather, our current schedule will be:

- Mar. 1 – Seriousness
- Mar. 8 – Doing God's Will
- Mar. 15 – Patience
- Mar. 22 – Radical Self-Honesty
- Mar. 29 – Yielding to Others
- Apr. 5 – Restraint of Speech
- Apr. 12 – Integration and Transformation

Wednesday Mornings ***11 a.m. Parish Hall***
Biblical Perspectives on The Cross

There is still time to join this wonderfully thought-provoking conversation using passages from the Bible to look at the Cross.

- Mar. 2 – The Cross / Where is the Victory?
- Mar. 9 – The Cross / Pick up your Cross
- Mar. 16 – The Cross / Broken Relationships

Sunday Mornings ***9 and 11 a.m. Parish Hall***
Clergy Forum with the Rector

March 6 is the last Sunday for this particular Clergy Forum series. It's not too late to join us!

Using some very short video pieces from a new teaching series, *Via Media – A Place to ask 21st Century Questions*, our last session will focus on "Sin: Roadblocks to Abundant Life". Given that we are winding down Lent, what a perfect reflection piece to open us up to the joys of Easter!

Friday Mornings ***11 a.m. Assoc Rector's Office***
Lectionary/Lectio Divina Bible Study
(this is a year-round offering)

Lectionary: we pick one reading from the upcoming Sunday as a place for us to hear God's Word to us.
Lectio: we read slowly, attentively, listening to hear a word or a phrase that somehow catches our attention. Once that word or a phrase is found, we focus on just on that, gently repeating it to ourselves, and taking it to prayer, allowing the word or phrase we are pondering to touch and change our deepest selves.

Christian Formation Committee Forum
Sunday, April 10 ***11:30 am Parish Hall***

We need your thoughts about ways to encourage Christian educational formation. Please come join us for an informal conversation.

The idea that Christian Formation means Sunday School or Youth Group is too limiting. Yes, the needs of children and youth are an important part of our conversation, but what about the rest of us? Christian Formation includes learning opportunities for all ages.

The term *formation* suggests that while we are "marked as Christ's own" at our baptisms, our commitment is to learn what it means to be formed in Christ's image throughout our life. This is a life-long endeavor and a major reason for being gathered in community at St. Barnabas! God plants many seeds in our hearts. But God also gives us each other to help nurture those seeds.

So what kinds of things are you interested in?

- Marriage Encounters?
- Groups for singles?
- Parent support group?
- Widows/widower support group?
- Spiritual Retreats?
- Spiritual Direction?
- Cursillo? Faith Alive? Tres Dias?
- Other???

Members of all ages and all interests are invited and encouraged to join us as we ponder ways in which God can satisfy and delight.

Of course, we are also looking for individuals who would be interested in working on some of these educational possibilities. But know that you are safe in coming to this meeting just to talk!!

Lenten and Holy Week Worship Opportunities

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

Wednesday mornings

Holy Eucharist Rite I

10:00 a.m. Chapel
This is our regular year-round weekday service. Perhaps some of you might choose to make this day-time gathering part of your Lenten discipline.

Wednesday evenings through March 16

Holy Eucharist Rite I with Healing

6:00 p.m. Chapel
This is a special Lenten offering for those who want to add a weekday service to their Lent but cannot make our regular day-time Wednesday service.

In addition to individual requests for healing and prayer, this service has included prayers for a different parish ministry each week. Prayers for our ministries also have been shared in an insert to our Sunday bulletins so those who cannot attend might include these ministries in their daily prayers.

The remaining ministry areas include:

- Mar. 2 Outreach and Overnights;
- Mar. 9 Christian Formation
- Mar. 16 Worship

Palm Sunday

March 20

8:00 am and 10:00 am Church

This is at our regular Sunday morning time, but the feel of this worship will be much different.

We will begin with the blessing of the psalms (in the Church for both services this year), which will then be handed out to the congregation amidst musical fanfare. All of this is to recall the crowd's excitement of Jesus entering the gates of Jerusalem.

The mood changes as we come to the gospel reading of the Passion Narrative – the story of Jesus' arrest, betrayal, abandonment, trial, and crucifixion. There will be more opportunities for congregational participation added this year to help us enter the feel of the crowd that witnessed this event. We move into the Eucharist and end the service with a hymn sung kneeling, and then leaving the church in silence.

And thus we begin Holy Week.

Maundy Thursday

March 24

7:00 pm Church
This is a celebration of the Last Supper as well as an acknowledgment of Jesus' betrayal and arrest. We remember Jesus' final evening with his disciples and the directives he left with them, and with us: 1) to love and serve one another (enacted through the ceremony of foot washing), and 2) to remember him with the sacraments of bread and wine (the Eucharist). Additional bread and wine will be consecrated this evening and "reserved" for use at the Good Friday's service.

We end this service with a Stripping of the Altar which recalls a sense of preparation of the tomb in which Jesus is to be laid.

Vigil Watch

March 24-25

9 pm Thursday – 7 pm Friday Chapel
As we recall Jesus' admonition to his disciples in the Garden of Gethsemane to "keep awake" while he prayed, this is an opportunity to take part in their vigil. Parishioners are encouraged to sign up for an hour "watch" and spend time in the Chapel for prayer and reflection.

Sign up sheets can be found in the Church and Chapel narthexes. You may also call Kathe at the Parish Office. Please know that more than one person may be in the Chapel at any one time.

Good Friday

March 25

Stations of the Cross noon Church
We will gather for prayers and reflections on the Stations of the Cross, a traditional way of commemorating Jesus' final walk to Golgotha.

Good Friday Liturgy 7:00 pm Church

This solemn service is held in the now-barren church (having been stripped the evening before) and includes solemn collects, a brief homily, and receiving communion from the Reserved Sacraments.

Easter Vigil

March 26

5:00 pm Church
Please see the description of this service on the Christian Formation page. Although this service is created with families in mind, we invite everyone to join us and experience the more complete story of Easter that moves us from the darkness of Holy Week into the light of Easter morning.

March Birthdays



Mar 1 Brenda Reardon Michael Duffany	Mar 10 Emily Dumas	Mar 24 David Kaye Jerry Ogden
Mar 2 Joe Rabbitt Rob Jennings	Mar 12 Tom Mundell	Mar 25 Elizabeth Owens Peter Gototweski Amelia Weaver
Mar 3 Marjorie Massey Barbara Sylvia Melissa Gonsalves	Mar 13 Bill Borden James Marr	Mar 26 Lisa Asendorf Gregory Packard
Mar 4 Joe Martnya Holly Gonsalves Brian Savery	Mar 15 Roxanne Reynolds Isabelle Camarra	Mar 27 Art Henderson Nat Nickerson
Mar 5 Bob Wilsterman	Mar 16 Pat Henderson Henry Brunette Mary Tynell	Mar 28 William Good
Mar 6 Nancy Douglass Dicky Allison	Mar 17 Marjorie Mann	Mar 29 Janet Nickerson Jeanne Platt Karen Robbins Adam Savery Dirk Borden
Mar 7 Rial Ogden Page Franson	Mar 18 Marilyn Young	Mar 30 Lucy Geyer Hillary Packard
Mar 8 Esther Irish Dick Johnson	Mar 19 Rita Pottle	Mar 31 Barry Beale
Mar 9 Robert Shore Jane Stimpson	Mar 20 Thomas Mundell Greta Wilsterman	
	Mar 21 Jean Partridge Nancy Allen	
	Mar 22 Ingrid Frank Krystal Lynds	
	Mar 23 Ben Appleyard	

March Lectionary

6 March – Fourth Sunday in Lent

First Lesson: 1 Samuel 16:1-13
Psalm: 23
Second Lesson: Ephesians 5: (1-7) 8-14
Gospel: John 9:1-13 (14-27) 28-38

13 March – Fifth Sunday in Lent

First Lesson: Ezekiel 37: 1-3 (4-10) 11-14
Psalm: 130
Second Lesson: Romans 6: 16-23
Gospel: John 11: (1-16) 17-44

20 March – Palm Sunday

First Lesson: Isaiah 45:21-25 or 52:13-53:12
Psalm: 22:1-21
Second Lesson: Philippians 2:5-11
Gospel: Matthew 26:36-27:66

24 March – Maundy Thursday

First Lesson: Exodus 12:1-14a
Psalm: 78:14-20, 23, 25
Second Lesson: 1 Corinthians 11:23-32
Gospel: John 13:21-25 or Luke 22:14-30

25 March – Good Friday

First Lesson: Isaiah 52:13-53:12 or Genesis 22:1-18 or Wisdom 2:1, 12-24
Psalm: 22:1-21, 40:1-14, or 69:1-23
Second Lesson: Hebrews 10:1-25
Gospel: John 18:1-19:37

26 March – Holy Saturday

First Lesson: Job 14:1-14
Psalm: 130 or 31:1-5
Second Lesson: 1 Peter 4:1-8
Gospel: Matthew 27:57-66 or John 19:38-42

27 March – Easter Sunday

First Lesson: Exodus 14:10-14, 21-25; 15:20-21
Psalm: 118:14-29
Second Lesson: Colossians: 3{1-4 or Acts 10:34-43
Gospel: John 20:1-18 or Matthew 28:1-10

March 2005

St. Barnabas

Category: All

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01 10am>Staff Meeting 5:30pm>AA 6pm>Adult Ed. 7pm>Sea Scouts 8pm>AA	02 10am>HE I 11am>Lenten Study 11:30am>Around the Table 1:30pm>Banner 6pm>Overnights 6pm>HE I & Healing	03 7pm>Canterbury Choir 7pm>Boy Scouts	04 World Day of Prayer 11am>Lectionary Bible Study 11:30am>Around the Table 3pm>ski trip	05
06 8am>HE I 9am>Clergy Forum 10am>HE I 11am>Clergy Forum 11:15am>Coffee Hour 11:30am>Memorial Garden Committee	07 11:30am>Around the Table 12pm>AA	08 10am>ECW Board 10am>Staff Meeting 5:15pm>Prayer Chain 5:30pm>AA 6pm>Adult Ed. 7pm>Sea Scouts 8pm>AA	09 10am>HE I 11am>Lenten Study 11:30am>Around the Table 5:15pm>Newcomers 6pm>HE I & Healing 6:30pm>Prayer Shawl Ministry	10 7pm>Canterbury Choir 7pm>Boy Scouts	11 11am>Lectionary Bible Study 11:30am>Around the Table	12 10am>Altar Guild Meeting
13 8am>HE I 9am>Ukrainian Eggs 10am>HE I 11:15am>Coffee Hour 2pm>Eagle Court of Honor	14 11:30am>Around the Table 12pm>AA 7pm>Vestry	15 10am>Staff Meeting 5:30pm>AA 6pm>Adult Ed. 7pm>Sea Scouts 8pm>AA	16 10am>HE I 11am>Lenten Study 11:30am>Around the Table 6pm>Overnights 6pm>HE I & Healing	17 7pm>Canterbury Choir 7pm>Boy Scouts	18 11am>Lectionary Bible Study 11:30am>Around the Table 6:30pm>Cub Scouts 7pm>Recital	19 12pm>Girl Scouts
20 Palm Sunday 8am>HE I 10am>HE II	21 11:30am>Around the Table 12pm>AA	22 10am>Staff Meeting 11:30am>ECW Meditation 12pm>ECW Luncheon 5:30pm>AA 6pm>Adult Ed. 7pm>Sea Scouts 8pm>AA	23 10am>HE I 11:30am>Around the Table	24 Maundy Thursday 6pm>Canterbury Choir 7pm>Maundy Thurs. Eucharist 9pm>Watch Hours Begin	25 Good Friday 11:30am>Around the Table 12pm>Stations of the Cross 6:59pm>Watch Hours End 7pm>Good Friday Liturgy	26 2pm>Bridgeport Walk 5pm>Easter Vigil
27 Easter Sunday No Complene Today 7am>HE II 9am>HE II 11am>H E II	28 11:30am>Around the Table 12pm>AA	29 10am>Staff Meeting 5:30pm>AA 6pm>Adult Ed. 7pm>Sea Scouts 8pm>AA	30 10am>HE I 11:30am>Around the Table 6pm>Overnights	31 7pm>Canterbury Choir 7pm>Boy Scouts		

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	457-1333
Clerk	Dicky Allison	548-4971
	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	457-7934
	Caitlyn O'Brien	548-8129

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@stbarnabasfalmouth.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	Lisa DiNunno 457-0233	Overnights of Hospitality	Ellie Shaver 548-2984
	Joyce Harrington 564-4833	Prayer Shawl Ministry	Debbie Gentile 539-6962
Education		<i>Pastoral Care</i>	<i>Bob Appleyard</i>
Adult	Lisa DiNunno 457-0233	Hospital visits/	
Children	Lisa DiNunno 457-0233	Home visits on request	Bob Appleyard 540-3634
	Elizabeth Goldberg 539-3172		Lisa DiNunno 457-0233
Youth Group	Lisa DiNunno 457-0233	Lay Eucharistic Visitors	Lisa DiNunno 457-0233
	Tina Gomes 540-9039	Prayer Chain	Brenda Reardon 548-6486
	Joyce Harrington 546-4833		
	Derek Sutton 548-6659	<i>Worship</i>	<i>Bob Appleyard</i>
Librarian	Mary Heard 548-5462	Acolytes	Lisa DiNunno 457-0233
			Page Franson 540-1389
<i>Fellowship</i>	<i>Bob Appleyard</i>	Altar Flowers	Eileen Bergstrom 548-2953
Coffee Hour	Ingrid Frank 548-5647	Altar Guild	Pie Smith 540-3566
ECM	Bob Jenney 563-1041		Pat Cowan 540-7074
ECW	Doris Weeks 548-6671	Lectors	Kathe Rabbitt 548-3863
Fellowship/Social	Stasia Palmer 548-4858		Lisa DiNunno 548-3863
		Lay Eucharistic Ministers	Kathe Rabbitt 548-3863
<i>Finance</i>	<i>Vestry</i>		Lisa DiNunno 548-3863
Finance	Bill Smith 540-3566	Music/Choirs	Randolph James 548-3863
Stewardship	(vacancy)	Ushers	Terry Smith 540-5269

Remember These Dates

4-6 March	Acolyte Ski Trip Stowe Vermont	22 March	ECW Luncheon Begins at 11:30 in the Chapel
9 March	Eucharist and Healing Service (Christian Formation ministries) 6:00 pm – Chapel	24 March	Maundy Thursday Service 7:00 pm – Church
	Prayer Shawl Ministry 6:30 pm – Parish House	24-25 March	Vigil Watch
12 March	Altar Guild Meeting 10:00 am – Parish House	25 March	Good Friday Stations of the Cross noon - Church
13 March	Psyanky Egg Making 9:00 am – 3:00 pm - Parish House. (note – this is also Youth Group gathering for the month)		Good Friday Liturgy 7 pm – Church
14 March	Vestry Meeting 7:00 p.m. – Parish House	26 March	Bridgeport Walk
16 March	Eucharist and Healing Service (Worship ministries) 6:00 pm – Chapel	27 March	Easter Vigil 5:00 pm - Church
			Easter Sunday Services 7:00 am – Church 9:00 am – Church 11:00 am – Church



Saint Barnabas Episcopal Church
Post Office Box 203
Falmouth, Massachusetts 02541-0203

