

The St. Barnabas Banner

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

April, 2005

"Bishop Bud" Visits Saint Barnabas Sunday, April 24 – 10:00 a.m.

Worship Schedule

Sundays

8:00 a.m.

Rite II 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. (in the Church)

Sung Compline

Wednesdays – (in the Chapel)

10:00 a.m.

Rite II Holy Eucharist

2nd Wednesday of month

includes Service of Healing

Why would we change our Sunday morning worship schedule? Only for a very good reason! Our Bishop Suffragan, The Right Reverend Roy "Bud" Cederholm, is coming to visit our parish the last Sunday in April. This will be his first visit to our parish since becoming a bishop in 2000.

A bishop's visitation is an opportunity to get to know a parish – her leadership, her issues, her hopes and goals, her members. So, ***we will join our two services into one 10 o'clock service*** in the hope that Bishop Cederholm can see as many of us (all ages and all particularities) at once as possible. Bishop Bud will celebrate and preach at the 10 o'clock service on Sunday, April 24. He will take time to talk with our children when they join us in the midst of the service. He will speak with us at a "town meeting with refreshments" in the Parish Hall following the service. Finally, he will have lunch with the Vestry, staff, and committee heads in the early afternoon.

The only reason we would change the morning worship schedule is because it is important for us to all meet with our bishop ... and for him to meet with us. He is very excited to get to know us. Won't you please make the time to get to know him?

Only at 10:00 a.m., April 24.

April is Falmouth Service Center Month at St. Barnabas

Last fall at a Falmouth Clergy Association gathering, the area churches offered to each sponsor a month-long food drive for the Falmouth Service Center. April is our month! Many of our members regularly bring in food for the Center and place it in the basket at the back of the church. This month, we are asking *everyone* to take part in bringing food each week. Let's see how many bags we can fill!

All non-perishable items are welcome, such as: peanut butter, jam or jelly, tuna fish, canned meats, canned fruit, applesauce, spaghetti sauce, pasta, macaroni and cheese, chili, soups, beef stew, cereal, juice, cereal, coffee... etc.

The Center depends heavily on contributions from the community, especially in the spring after holiday giving ends and their shelves still need to be filled. Please take a look at the article inside about the work the Service Center and the needs they seek to meet – with our help.

Note:

Worship Schedule Change One Sunday Only!

April 24 – Bishop's Visit

One service only at 10 am

followed by a Town Meeting with refreshments in the Parish Hall

“From the Rector “What’s Happening?”

Saint Barnabas Episcopal Church

91 Main Street
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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
Alex De Moura
Assistant Sexton

As we move into the season of Easter (the season during which we celebrate what Jesus’ Resurrection means to those of us who want to be his followers), it can be useful for us to look around our parish and notice the many things which are going on. The vestry has been working in anticipation of the Bishop’s visitation (April 24, 10:00 o’clock service), the Christian Formation event (April 10) is going to challenge our thinking about ways that each of us can be nurtured in our journey of faith while also growing closer together as a community, and a Deanery Youth Rally (April 22) is bringing the young people of our parish together with those of the other parishes on the Cape and the Islands. And those are just some highlights. Look at the calendar of events and the articles in this Banner to see the much which awaits us. Our parish is going through a lot of changes and your leadership is doing its best to be responsible to the many and varied needs which we have in our diverse community. In the midst of planning for the future and dealing with the shifting present, it is not surprising to find yourself asking, “What’s happening?”

Well, here is an image from C.S. Lewis’ Mere Christianity which I think can be helpful and encouraging. (Please excuse the male references to God, Lewis didn’t know any better!)

Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on: you knew that those jobs needed doing and so you are not surprised. But presently he starts knocking the house about in a way that hurts abominably and does not seem to make sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of – throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were going to be made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself. (Mere Christianity, p. 160, MacMillan Paperbacks, 1960)

During this season of the Resurrection, perhaps it is useful for us to look at the many developments which are going on around us as evidence that Jesus is not going to leave us alone on either side of the empty tomb! Rather than feeling that these changes are disturbances or inconveniences, perhaps they are opportunities to meet the Risen Lord in the palace being created out of Saint Barnabas Parish.

From The Associate Rector *“Why consider attending the Christian Formation Forum?”*

There is a revolution going on in today's Church. Very ordinary people are discovering the energy, the insight, and the power that comes with a life being formed in the image of Christ. That's what happens when God's message of love and compassion are heard through all the words that sometimes confuse and entrap us – quite ordinary people are being spiritually empowered to seize some gospel decisions of their own. They have come to some “formed” conclusions: that peace is possible, that socialism is not all bad, that capitalism is not all good, that homelessness is reversible, that hunger can be fed, and that the Word of God lives in them.

And they are proclaiming these things. They are demanding these things and they are living these things in the name of the gospel of Jesus Christ. Why? Because Jesus has turned their very ordinary selves and their very ordinary lives into an extraordinary awareness of the presence of God – in them as well as in the world around them. They have discovered the spirituality that empowers and draws others into that presence. Being fed through formation in Christ's image, these spiritually empowered people are spreading the message that God has better plans for us than just getting through the day. Because when spiritual empowerment and empowering spirituality explode in people there is simply no holding back what they have come to see.

How do we get our hearts set on fire? The answer may be different for each one of us. But somewhere, somehow there is something that will resonate so deeply within you that you can never deny or ignore the fact that God *has* set the mark of Christ on your forehead. Come join us on April 10 for our Christian Formation Forum. This will be an opportunity for you to consider your own hunger and find just the right outlet for God's desire to seek you and then use you to feed others. Those who are empowered through formation come to know nothing but the gospel, nothing but the power that comes from being formed in Christ's image, and that this power is not for our own sakes but the for the sake of the other. Most of all, they know they have been sent to turn the world around – one heart at a time.

In my office is a poster entitled, “The Power of One”. This poster is simply a series of quotes from people who have been empowered through formation to offer a message of hope. Listen to a few of their words, and consider how each one has in some way changed the world in which you live.

Once upon a time, a traveler said to one of the disciples, “I have traveled a great distance to listen to the Holy One, but I find the words quite ordinary.” And the disciple said, “Don’t listen to the words; listen to the message.” “And how does one do that?” the traveler asked. “Simple,” the disciples said. “Just take hold of the Holy One’s sentences and shake them well till all the words drop off. And what is left will set your heart on fire.”

from In The Heart of the Temple
by Joan Chittister

**We can do no great things;
only small things with great
love.**

-Mother Teresa

**Power is only important as an
instrument for service to the
powerful.**

-Lech Walesa

**Education is the most powerful weapon
which you can use to change the world**

- Nelson Mandela

**It is easy to be friendly to one's friends.
But to befriend the one who regards himself as
your enemy is the quintessence of true religion.**

-Mahatmas Gandhi

**Each person must live their life
as a model for others.**

- Rosa Parks

**To make a great dream come true, the
first requirement is a great capacity to dream;
the second is persistence.**

- Cesar Chavez

Vestry News

Summary from the Minutes (unapproved) of the March 14 Vestry Meeting

Vestry meetings begin with a meditation to help us transition from our separate days in our separate lives to being a Vestry called by God & elected by our parish to work together with Faith (religious sense) for the parish and beyond. Bob Appleyard led this month's meditation with a reading of the diocesan mission statement which includes the four themes of Inviting, Forming, Sending, & Serving (full text available at www.diomass.org). We are called to a sense of mission; this is not ours alone but is shared with the whole diocese.

Corrections of typographical and technical natures were made to the February minutes as well as a correction of intent. Last month's minutes used the words "...to revise the church's 'Mission Statement'" to describe what the Long Range Planning Committee was doing. Although the words were accurately reported in minutes, there is a sense of the Vestry this is not what was intended by the Envisioning Process and that it was not what Paul Gentile meant to convey at last month's meeting. Joyce Harrington has spoken with him, and she suggests that what was meant was that all groups working in the parish need to make sure their work and mission statements align with the mission statement of the parish as part of the envisioning process. The minutes have been corrected to reflect this.

Representatives from Cape Cod Child Development then shared their response to the 3 January 2005 letter they received from the Rector asking them to vacate by 30 June 2005. The six-month notice is as negotiated in the lease, but CCCD requests more time to make the move a smoother transition for the children and families they serve. After the presentation and question & answer period, our guests left and the Vestry engaged in a lively discussion. No motion was put forth for action, but the Vestry agreed to support the Rector with the following: We are willing to push the vacate date to no later than 30 June 2006 (a total of 18 months from the first notification via letter). In return we hope to see CCCD provide additional janitorial services and flexibility of furniture and space usage. It is suggested that a subcommittee of the Vestry work with the Rector and CCCD on these issues.

Continuing to work on improving communication and to further the Envisioning Process, Vestry members will be serving as liaisons between committees and the Vestry. A draft list of areas was presented. It will be modified and completed at our April meeting. Members are asked to write down their idea of what being a liaison entails for sharing with others in April.

In the portion of our meeting where we look at the resources with which God has entrusted us, we heard three reports. ***The Treasurer's Report*** shows progress on reducing our budget shortfall from \$45,000 to about \$24,000 as more pledges have come in. We have paid off the Stokes Loan, and expenses are mostly in line with 2/12s of the year completed. Bill Smith gave the ***Finance Committee Report***. Behrens fund proposals presented for Vestry recommendation (\$3,500 for furnishing one unit at Bridgeport & \$4,000 for the Mashpee Asher's Path Habitat for Humanity house) were approved. The Vestry wishes to 'challenge' other congregations in town to follow suit in support of these programs. After a presentation on two investment strategies considered by the Finance Committee for the Nickerson gift, the Vestry approved the Standard Endowment Allocation recommended by the Finance Committee. The committee & our investment firms are aware of our desire to use investment policies that reflect our principles as a community of faith. Joe Day provided a handout for the ***Property Committee Report***. 31% of the budget already is spent, but that is about the same as last year. The Memorial Garden Committee has a proposal that will be coming before the Behrens Fund Committee in the next few weeks. Stay tuned.

In the portion of our meeting where we look at opportunities God makes possible for us at St. Barnabas, the Vestry made plans to prepare for the upcoming visit of Bishop Cederholm on April 24. We also heard an update on the proposed mission church in Mashpee and voted to support the concept and the grant proposal by our deanery to the diocese. A proposal for \$5000 financial support of this initial grant is before the Behrens Fund Committee.

Full minutes of this meeting will be available on the website after they are approved at the April Vestry meeting.

Thoughts on preparing for the Bishop's Visitation

By Joyce Harrington, Junior Warden

In preparation for the Bishop's conversations with us, vestry members have been asked to review the Diocesan mission and discuss how we can be a more *Inviting, Forming, Sending and Serving* congregation. Bishop Bud wants to know 1) what areas can we celebrate where our congregation is healthy and vital; 2) what resources we need from the Diocese to strengthen the congregation further; 3) how we might serve as a resources to other congregations; and 4) what are areas of challenge or concern. What this really means is that we are preparing to tell our congregation's story with a series of verbal snapshots by reflecting on a number of vital questions. Many of these preparation questions are the very same questions that framed our Envisioning exercise last summer. Thus, our work is twofold: 1) preparing for the visitation and 2) engaging in an essential review of our Envisioning discoveries. .

Your vestry representatives have made a strong commitment to communicating regularly with each and every one of you. In this instance, we want you to know more about the questions we are asking ourselves in your behalf. Please take a moment ponder the following list. If there are stories and snapshots you think would be helpful, please take another moment to call or email one of us to share your thoughts.

What is exciting or energizing in the life of our congregation at this time? What is the energy level currently present in our congregational worship? What is the energy level currently present in other aspects of congregational life – such as outreach, community service, Christian formation?

What were we doing when we were at our best as an inviting, evangelizing congregation? How do we actively invite community residents and others into our life? How do we greet, welcome and follow up on visitors? How does our physical plant express our welcome? How do we teach newcomers their way around the worship service, the building, and the ministries of the parish? How do we reach out to those within the congregation who may be least visible: those who are ill, frail or bereaved; children and young people; those who have stopped attending; those in life transition?

What learning event or worship experience had the most powerful impact on members of our congregation, whatever their age? What were the characteristics of this experience? What opportunities do we offer for newcomers to learn about the foundations of the Christian faith and the Episcopal Church? What ongoing learning opportunities do we have for children, youth and adults on Sundays or during the week? How have we taught our members about faithful Christian stewardship? How do we regularly review and renew worship? Are we involving every one we should in this process?

What story best illustrates how we as a congregation live out the call to serve others in Christ's name? In what ways have we attempted to identify both the assets and the needs of the community in which we are located? How do we minister to the community through the use of our space? Besides the offering of our buildings, what community ministries are offered specifically in the name of this congregation and how are parishioners involved on an ongoing basis?

What story best illustrates how our members carry their faith with them in their daily lives? In what ways are we equipping people for ministry in daily life? How are we recognizing, affirming and celebrating the ministries of individual members that take place outside of the congregation in the spheres of friendship/family, daily work, civic involvement and personal creativity? In what ways are we helping people identify their own gifts, talents, current ministries and opportunities for ministry – within and outside of the structures of the church?

How had participation in this congregation made a real difference in someone's life? How open and respectful are we when we differ with each other about beliefs and practices? How do we reach out to each other in times of need or difficulty? How do we help each other to explore and nurture our prayer lives, spiritual seeking and growth in faith? How are persons "made ready" to assume leadership in the parish?

Clearly, there is much soul searching to be done – by each and every one of us. Again, we ask you to take the time to ponder and to pray with us as we create our verbal snapshots of our parish community. Blessed be!

Outreach News

Long-Term Care Ombudsman Program

A Long-Term Care Ombudsman Program is being formed in the Falmouth area and is in the process of recruiting volunteers. This is a program mandated by both Federal and State laws and provides advocacy on behalf of long term care facility residents. There are four primary goals of the program:

1. Receive, investigate, and resolve complaints and problems made by residents or by someone on behalf of the resident.
2. Protect resident rights.
3. Provide information.
4. Advocate for positive change to long term care system.

The following outlines volunteer responsibilities, commitment, and training requirements:

- Visit residents in assigned nursing and rest homes weekly. It requires about 4 hours per week.
- Receive, document, and resolve complaints/problems.
- Provide information on resident rights to residents and their families.
- Observe facility operations.
- Attend monthly staff/in-service meetings in S. Dennis.
- Attend a three day certification training provided by the Executive Office of Elder Affairs.
- Submit documentation to Elder Services of Cape Cod & the Islands on a monthly basis.

If you are curious about hearing more on this program, please contact Lisa DiNunno. If we have people who are interested, we will arrange for an informational presentation to be offered.

Efforts for Overnights of Hospitality Continue to Thrive

On Saturday afternoon, April 26, twelve representatives of St. Barnabas took part in the Second Annual Cape Cod Council of Churches Walk for the Homeless/Bridgeport Project. The route linked together Falmouth communities of faith from as far south as the Church of the Messiah in Woods Hole to as far north as the Unitarian Universalists in Hatchville, as two small bands of the faithful “walked in hope” to house the homeless. Even though we were walking to raise money for the next Bridgeport to be built down Cape, we also walked to witness and nurture a sense of ecumenical community in support of Falmouth’s Bridgeport build on Gifford Street. If you sponsored one of our walkers (Bob/Debby Appleyard, Morgaine Beck/Derek Sutton, Bill/Linea Borden, Lisa DiNunno/Geoffrey Hahneman, Marcia Donovan, Daphne Mason (with husband John driving our much needed support car), and Ellie Shaver) – THANK YOU! If you didn’t have a chance to pledge, there still is time to make a donation. Make checks out to Cape Cod Council of Churches with “Bridgeport” in the memo line – tax deductible of course! – and bring them to the Parish Office.

Bridgeport, as you know by now, is the name of the new apartment complex being built on Gifford St. to provide housing for eligible participants in the Overnights of Hospitality Program. As we look forward to having our Overnights’ guests move into their own small studio apartments and become residents of the Town of Falmouth, we also look forward to assuming the role of mentor and friend to each of the eight new occupants, both men and women. The walk ended at the Bridgeport apartments and we enjoyed some refreshments on the porch of this handsome new building and learned that it may well be ready for occupancy by the end of May! Each unit will need to be furnished. St. Barnabas’ Behren’s Committee has recommended and the Vestry has approved the funding of a grant of \$3500 to furnish one of the units and has challenged other congregations in Falmouth to do the same.

Another Night Inside

By David Stills, Editor of the Barnstable Patriot (reprinted with permission)

Each night on Cape Cod, a dozen or more people with few options for housing don't have to sleep outdoors. It is through the generosity of 36 places of worship from Orleans to Falmouth, their 300 or so volunteers and the active coordination of the Salvation Army's Overnights of Hospitality program that this is possible and has been possible for more than two and a half years. "It's an opportunity for people of faith to get involved," said Alan Burt, the program's coordinator.

Participants, both men and women, gather in the evening at the Salvation Army's North Street Hyannis headquarters and are provided a meal and a shower before heading off. They are driven by congregation members to their destination. Burt said that there are some regular volunteers who ask if there's more they can do, and additional volunteers would allow that to happen.

For Janice Barton of Marstons Mills, her two nights volunteering with the program were rewarding, if uneventful. "It really wasn't that big a thing to do," Barton said. "All we did was eat dinner, clean up, watch a movie and go to bed." Barton was familiar with the program through her church, St. Peter's Episcopal in Osterville, but was not in a position to spend an evening away from home when requests for volunteers were first made. But she didn't forget the need or opportunity.

Barton met a homeless mother and daughter who were trying to save enough money for first, last and security deposits on an apartment. "It's that simple. It's that close," Barton said, citing the adage that most people are just three paychecks away from that situation. "The chilling thing is that they're just like the rest of us, and everything they have is, like, in two bags," Barton said. While Barton admits to being a "pathological volunteer," she said that kind of background is not a necessity. A Safe Program Above all, it is understood that the program must be safe for the volunteers. Burt and workers at the NOAH Shelter on Winter Street screen all participants. Sobriety is a requirement, as is a clean record on behavior. "These are the most gentle of the homeless population," Burt said. Barton said that before her first overnight, someone told her not to be afraid. "It hadn't occurred to me to be afraid," she said. That also didn't occur to Rob Kremmer, who volunteers at the Hyannis Federated Church's overnights. While not a member of the Federated Church, the opportunity fits with his philosophy of wanting to help his fellow man. Sunday marked his third evening in a row hosting the overnight. "You pop in a DVD, bust out some brownies and call it a night," Kremmer said. "It's not that hard."

Participants range in age from the relatively young to those with more years behind them than most expect to see among the homeless. At 77, Hal is not the senior member of the program's regulars. That honor belongs to 86-year-old Joe Wootton, who chose homelessness over a nursing home. Of the people who have used the Overnights program, Burt said that nearly 50 percent have found permanent housing, often times with the help of the churches that host the program with rental deposits.

And more help is on the way in the form of the Cape Cod Council of Churches' Bridgeport Program. The Council - in collaboration with the Hyannis Salvation Army, the NOAH Shelter and Falmouth Housing Corporation - have committed to building four apartment buildings to serve as transitional homes for participants in the Overnights of Hospitality. The first is nearing completion in Falmouth, and eight formerly homeless men and women are expected to move in this summer. "The whole program is really out of love," Burt said. "I think the people who volunteer feel better about themselves and are getting closer to God."

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Falmouth Service Center (FSC)
ABC's of Hunger in Falmouth in the Year 2003 (most recent data available)

- A.** The FSC provided emergency food to **ADULTS** living in Falmouth (18 to 64 years) 4,511 times.
- B.** A total of 5,888 **BAGS** of food were distributed to individuals and households.
- C.** Of those benefiting from the emergency food, **CHILDREN** under age 18 received assistance 3,509 times.
- D.** The Enterprise Community Fund received over \$100,000 in **DONATIONS** for FSC, (1/3 of our budget)
- E.** Coming to the food pantry once every 3 weeks allows households to redirect dollars to help pay bills during tough **ECONOMIC** times.
- F.** **FALMOUTH** Service Center was started by human services and faith communities in 1983 to address the issues of hunger and related stressors. This partnership evolves and expands as the years pass.
- G.** FSC Community **GARDEN** is a project conceived with fresh produce and community energy in mind. Gardeners donate half of their crops to Service Center clients. Excess crops are sold in our farm stands in the late afternoon during the growing seasons.
- H.** The mortgage/rental cost of a three-bedroom house averages \$1,200 monthly, which makes **HOUSING** in Falmouth near impossible for a family of four even if both parents are wage earners. Food is often the last item in the budget making food pantries the difference between eating or not.
- I.** Food **INSECURITY** means not having access to enough food due to a lack of financial resources.
- J.** The **JUVENILE** Courts have juveniles serve their community service sentences at the FSC along with other teens who are volunteering for community service recognition.
- K.** Random acts of **KINDNESS** are the norm at FSC; whenever there is a dire need, there is a solution near.
- L.** 13 percent of children in the Falmouth Public School system are accessing the federally supported Free and Reduced-**LUNCH** Program. In the summer that puts an added food burden on the family budget creating more of a need to visit the pantry.
- M.** The causes and impact of financial hardship are far reaching. Therefore, it is our **MISSION** is to *to ease stress, reduce hunger, and improve the quality of life for our neighbors in need. An important goal of FSC is to increase self-sufficiency for clients by helping to build networks among clients and agencies and, of utmost importance, between neighbors.*
- N.** A quarterly **NEWSLETTER** is distributed regarding updates at the Falmouth Service Center. To add your name to the list call us at 508-548-2794 or email fsc_dir@cape.com
- O.** From **OCTOBER** to May, FSC assists clients complete fuel assistance applications that helps them maximize their limited funds.
- P.** For just \$147, the FSC was able to purchase 6 **PALLETS** of food weighing 5000 pounds from the Greater Boston Food Bank. Financial donations can turn into significant amounts of food purchases!
- Q.** Do you have **QUESTIONS** about hunger here in Falmouth and how you can help? Call us:508-548-2794.
- R.** The majority of **RETIRED** people we see have a fixed SS income of just \$600/month to cover expenses.
- S.** Unexpected **SICKNESS** can be devastating to a family and is one of the reasons the FSC was founded, to be a support to a family in a time of need.
- T.** 234 **THANKSGIVING** turkeys with fixings were distributed feeding 684 individuals.
- U.** Weekly budget planning workshops help clients **UNDERSTAND** how to make the most of their limited funds and to plan for the future.
- V.** **VOLUNTEERS** are the heart of FSC. There are currently 168 active volunteers.
- W.** **WWW.FAMOUTHSERVICECENTER.ORG**
Check our web site to find out what food items we're running low on.
- X.** **X** (You get bonus points if you can come up with something related to the FSC starting with "x")
- Y.** **YOU** are the Falmouth Service Center!
- Z.** It is hoped that support the FSC gives its clients helps provide a **ZEST** for life, even during tough times!

Ministries and Groups News

Episcopal Church Women (ECW)

The Women of the ECW will be meeting in the Parish House at noon on Tuesday, April 26. This is a “*Bring a Salad to Share*” Luncheon and is always one of our favorites. Our speaker will be Terry Soares, owner of the nursery on Sandwich Rd., speaking to us on “Plants and Gardening”. This will be an extra special gathering as we invite the women of the Church of Messiah to join us as our guests. Come share a fun afternoon with us – and get ready for spring! Finally!!

Doris Weeks and Jeanne Platt

Episcopal Church Men (ECM)

The ECM will meet for breakfast at 8:30 a.m. on Saturday April 30th, at the Falmouth Inn, 824 Main Street, Falmouth. Our guest speaker will be parishioner, Mike Duffany. He will be discussing Scouting Programs on the Cape. All are invited to attend.

Bob Jenney

Prayer Shawl Ministry

Any women who would like to knit – or learn how to knit – are invited to join us in the Parish House on Wednesday, April 13 from 6:30-8:00 pm. Each prayer shawl is being made with a specific person in mind, with prayers being offered and warm thoughts blessing every stitch! Come spend a relaxing evening of knitting and great conversation. Just marveling at the sight of how different yarns, different needle sizes, and different fingers can come up with such a variety of creative and beautiful shawls is well worth the evening out. Beginners are most certainly welcome! We have managed to move the Associate Rector beyond the “knit three/pearl what??” panic of being a beginner, so we know we can teach anyone how to knit! (OK, so I dropped a stitch four rows ago and just noticed – *now* what do I do???)

Debbie Gentile and Lisa DiNunno

Newcomers Committee

Hey, check out the new Pew Cards for Newcomers! We finally have revised our cards and are asking each member of the parish to look around you on Sunday morning for an unfamiliar face. If you find yourself talking with someone interested in knowing more about our parish, hand them a Pew Card! If the person is a visitor, just passing through, please encourage him or her to sign our guest book in the Narthex and then invite them over to the Parish Hall for Coffee.

The Newcomers Committee will be meeting on Wednesday, April 13 from 5:15-6:30pm in the Parish House. We will talk more about follow-up steps to be taken once someone expresses interest in knowing more about our parish. Our goal is to help those who peek their heads in our doors, find something that resonates deep within their hearts so that they find themselves drawn to stay and become the latest blessed additions to our parish family. Welcoming newcomers is the responsibility of all members of our parish! Anyone who has ideas for helping that welcome take hold, is invited to come spend some time with us at our next Newcomers Committee meeting.

Joan Stephenson and Lisa DiNunno

Attention parishioners:

All meetings of the parish are open. If you have an interest in learning about a group, or if a particular project intrigues you, all you need to do is check the calendar and drop by a meeting! Program chairs take note: just because someone shows up doesn't mean they are ready to be assigned tasks! If you find a visitor attending one of your gatherings, help them get a feel for what your group does and give them space and time to decide future involvement! Such is the nature of a welcoming church and a wonderful way to help potential volunteers know their presence matters.

Christian Formation News - Children and Youth

Christian Formation Forum

On Sunday, April 10, right after the 10 am service, there will be an opportunity for parents to gather and share their needs and hopes for the faith formation of their children. Much has changed in the past several months and we need to hear your thoughts about what we, as a parish can do, to encourage and empower you and your children in your faith journeys. There also will be an opportunity to talk about your *own* needs. Would it be helpful to form some parent support groups? (Such as a group for parents of pre-teens who are graying your hair as they seek more independence!) Is there any interest in learning about Marriage Encounter Weekends? What about a monthly Family Pizza Party in mid-week where we could gather as a community, and then the children could go downstairs and engage in supervised homework time and/or activities while the adults continue the conversation about life together in our parish? These are just some of the ideas. But we really need to hear what you want, need, and value.

Please know that we will provide sandwiches, chips, and drinks for children and youth and have them gathered downstairs to watch a movie (“The Incredibles” – fun for all ages!) while we have our time together.

Camp News (grades 3-12) It's time to start thinking about summer!

Our Diocesan Camp and Conference Center is located on 326 wooded acres on the shores of Otter Lake in Greenfield, New Hampshire with campers staying in modern seasonal cabins accommodating up to 10 people each (with bathrooms *in* the cabin!) Go to www.bchcenter.org to see pictures and descriptions! Camp sessions are one week long and run through July and August.

Why attend a Diocesan-sponsored camp? This is an intentional Christian community structured around a small-group environment. The focus is on making formation *fun* through age-appropriate Bible study and high-energy, interactive worship. A variety of summer activities are included as well such as swimming, kayaking, canoeing, high and low ropes courses, hiking, camping, music, drama, art, crafts, nature, soccer, basketball, volleyball, and archery. What better way is there to spend a week of the summer?

Brochures and application forms are being sent home to parents. Additional ones are available from the Associate Rector. Financial assistance is also available. Apply early! Camper slots fill up quickly!

High school Teens – here's a weekend just for you

Happening is a once in a lifetime experience for any teen in the 10th, 11th, or 12th grades. It's joyful, fun, wonderful, and transforming. How can this be? Because *Happening* is an encounter with Christ. Before you turn away, just know: this is an informal time, away from the stress of school and life in general, where you can get in touch with yourself in light of Christ's love. It's a time to make friends with other teens who just aren't sure what this faith stuff is all about. A teenager serves as “Rector” and leads the weekend with the help of clergy and a staff of mostly other teens. Your Associate Rector will be one of the Spiritual Directors walking this weekend with you and promises that this will be a major time of your life!

Look for information coming to you in the mail. And then mark May 6-8 on your calendar.

Attention all Teens - are you ready to rock and roll?

Mark Friday, April 22 on your calendars

and come join us for our first ever Cape-wide

Teen Rally - with music by Texas John

Come to the April 10 Youth Group meeting to hear more - 4-6 pm PIZZA!

Christian Formation News – Adults

Christian Formation Forum

Sunday, April 10 11:30 am - 12:30 pm Parish Hall light refreshments offered

This Forum is for you too!! Think for a moment about the scriptural image where Jesus says, “I am the vine and you are the branches.” Now, before you start thinking that being formed in the image of Christ means having your branches pruned let’s turn this image around – what do your branches *need* in order to grow? What would be water for you? What would be food and fertilizer? We all lead such busy lives; we are more often than not tired and stressed. Sometimes just getting through the day is the best we can hope for. Is this what God wants for us? Jesus promised more. Can we take a few moments to stop and ask ourselves, “what do I need?”

Our time together will be set up like a Ministries Fair. The Parish Hall will have a variety of tables with facilitators willing to share with you what some of the possibilities might be. Are you interested in some kind of Bible Study but aren’t sure what that might look like? Would a Book Reading group (reading fiction with an eye toward where God’s presence might be found in the story) be a possible draw for you? Have you ever wondered what Spiritual Direction is all about? Maybe you have experienced a Spiritual Retreat and would be interested in joining others in a weekend away? Do you prefer a time to listen and “be taught”, or a time to talk and “share questions”, or both?

The real issue isn’t whether you have *time* to engage in Christian Formation. If we know what would feed you, excite you, rejuvenate you, strengthen you, we can find a time and place to make it happen. Christian Formation can transform us from people who get out of the bed and say, “dear God, it’s morning” to “it’s morning dear God!” Isn’t that reason enough to just come by and talk?

Note to 8 o’clockers – Joyce Harrington and Lisa DiNunno will be available in the Parish Hall after the 8 am service to talk with you if you are interested in talking about possibilities

Center for Spiritual Growth Offerings

The Center for Spiritual Growth is an interfaith organization seeking to offer educational opportunities for those who enjoy “less traditional” spiritual experiences.

**Writing a Spiritual Journal Parish House
Saturday, April 23 9 am – noon**

Spiritual writing expands our sense of self, life, and our relationship to the sacredness around us. As we write, we join in conversation with something we perceive as beyond, or deep within, ourselves. This workshop introduces exercises for learning from inner experience, helping participants to relate their personal experience to life’s overall meaning. Participants should bring a spiral-bound notebook or hard-bound journal.

Fee: \$20

Advanced registration required, call Sheryl Seifert, 508/548-3703

**Moving into the Sacred Parish Hall
Saturday, May 14 9:30 am – noon**

Using gentle movement, guided meditation, and inspiring music, this workshop will offer participants the opportunity to enter deep within themselves and explore the body’s path to the sacred. The movement is gentle and requires no strain, special ability or dance experience. There will be time for recording and optional sharing of experiences.

Facilitator, Bobbi Balin, has been a teacher of the Alexander Technique for nearly 30 years and has taught Sacred Dance for 25 years.

Fee: \$25

Advanced registration required, call Sheryl Seifert, 508/548-3703

April Birthdays



April 1 Arlene Hill
April 3 Marilyn MacLeod
Michael Cullen
Cassie Corey
April 4 Bill Brewer
Edmund Lacey
Edwin Gomes
Karrie Muma
April 5 Ursula Bohnenberger
Meredith Dumas
April 6 William McDermott
April 7 Leighton Peck
Kristin Paltz
Thomas Stoll
April 8 Joshua Mighelli
Alexandra Good
April 9 Gregg Gaudet
April 10 Rose Walsh
April 12 Robert Young
Audrey Sylvia
Noah Schmidt
Kathleen Fallon
April 13 Jon Simonds
Mimi Frank
Judy Tavares
April 14 Donald Baldic
Betsey Hamilton
Nicole Moore

April 15 Rob Wells
April 16 Allen Bagg
Christy Duffany
April 17 Brett Ferreira
April 18 Steven Silva
April 19 Pete Rawstron
Bev Richardson
Katie Fox
April 20 Emily Miller
April 21 Connie Wilsterman
April 22 Carol McAlvin
Kate Jewett
Taylor Read
April 23 Alvan Nickerson
John Yarrington
April 24 Dot Craver
Rufino Gonsalves
April 25 Isabel Campbell
Harvey Williamson
Caitlyn O'Brien
April 30 Joan Lord
Betty Kayes
Richardson Anderson
Emily Coleman

April Lectionary

3 April – Second Sunday in Easter

First Lesson: Acts 2:14a, 22-32

Psalm: 111

Second Lesson: 1 Peter 1:3-9

Gospel: John 20:19-31

4 April – The Annunciation

First Lesson: Isaiah 7:10-14

Psalm: 40:1-11

Second Lesson: Hebrews 10:5-10

Gospel: Luke 1:26-38

10 April – Third Sunday in Easter

First Lesson: Acts 2:14a, 36-47

Psalm: 116

Second Lesson: 1 Peter 1:17-23

Gospel: Luke 24:13-35

17 April – Fourth Sunday in Easter

First Lesson: Acts 6:1-9, 7:2a, 51-60

Psalm: 23

Second Lesson: 1 Peter 2:19-25

Gospel: John 10:1-10

24 April – Fifth Sunday in Easter

First Lesson: Acts 17:1-15

Psalm: 66:1-11

Second Lesson: 1 Peter 2:1-10

Gospel: John 14:1-14

25 April – St. Mark the Evangelist

First Lesson: Isaiah 52:7-10

Psalm: 2

Second Lesson: Ephesians 4:7-8, 11-16

Gospel: Mark 1:1-15 or
Mark 16:15-20

Library News

Check out the new additions to our Library this month:

FIVE VOICES FIVE FAITHS compares the traditions of the major religions and how they can be applied to our modern world. Written by five practitioners of Hinduism, Judaism, Buddhism, Christianity, and Islam. These are easy to read and have good suggestions for further readings.

J. Neil Alexander, the Bishop of Atlanta, has written **THIS FAR BY GRACE** to describe his search to understand the questions of homosexuality raised in new ways after the General Convention of 2003. This looks very interesting.

Harvey Cox, a professor of theology at Harvard Divinity School, describes his teaching of one of the most popular courses held at Harvard, called "Jesus and the Moral Life. Over 800 students signed up for this class!! His book detailing his experience is called, **WHEN JESUS CAME TO HARVARD: Making Moral Choices Today.**

The popular Anne Lamott has come out with a new book, **PLAN B: FURTHER THOUGHTS ON FAITH.**

The *Teaching Company* has a new course on CD about **THE APOSTLE PAUL.**

Finally, we have added two books for families. **THE OTHER SIDE**, by Jacqueline Woodson, tells the story of how two girls in the South make friends despite their racial differences.

KADDISH FOR GRANDPA: IN JESUS' NAME AMEN is a gentle story about the death of a beloved grandfather and how his granddaughter perceives the Christian funeral and Jewish service held for him. Both of these are good "read-alouds" for children ages 5-8.

Music News

Compline

Contemplative Prayer For the Close of the Day

Sunday, 24 April 8 o'clock in the evening

Saint Barnabas Church

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

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	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/ 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)		

Remember These Dates

3 April	Memorial Garden Committee 9:00 am – Parish House	13 April	Newcomers Committee 5:15 – Parish House
	Vestry Luncheon (preparation for Bishop's visit) 11:30 am – Parish House		Prayer Shawl Ministry 6:30 pm – Parish House
9 April	Strategic Planning Committee 10:00 am – Parish House	14 April	Sunday School Teachers Meeting 6:30 pm – Parish Hall downstairs
10 April	Christian Formation Forum 11:30 am – Parish Hall	22 April	TEEN RALLY (location to be announced) 6:00 – 10:00 pm
	Bridgeport Meeting (area churches) 2:30 pm – Parish Hall.	24 April	BISHOP'S VISIT (one service only – 10:00 am) parish meets with Bishop 11:30 am – Parish Hall
	Youth Group (pizza/Teen Rally plans) 4:00 – 6:00 pm – Parish House	28 April	Deanery Assembly Meeting 6:00 – 9:00 pm St. Peter's Buzzard Bay
11 April	Vestry Meeting 7:00 pm – Parish House		



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

