

The St. Barnabas Banner

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

July and August, 2005

Still Moving Forward

Life within any parish is always dynamic. The task of listening and discerning where God is calling us is ongoing and forever moving us in new and at times, uncertain, ways. And yet, we must continue to walk forward as faithfully as we can. With this in mind, our parish leadership (clergy, staff, and Vestry) has continued to listen and engage in envisioning conversation about our parish and especially about our worship. As a result, we find ourselves facing the need to change our worship schedule once again. Beginning in the fall, we will be moving to three Sunday morning services (8 am, 9 am, and 11 am) but with some significant differences from what we have experienced in the past.

The 8:00 am service will continue as a Rite I (except during the season of Easter) traditional, spoken (no music) Eucharist. However, similar to the current Saturday evening services, we will shorten the time by omitting one reading and the psalm, and offer shorter homilies. The 11:00 am service will continue as a traditional Rite II Eucharist with choir. The new 9:00 am service will be a Rite III contemporary Eucharist using liturgy from "Enriching our Worship" (a supplement to our 1979 Book of Common Prayer) with a focus on worship that is accessible to all ages and faith backgrounds. Christian Formation opportunities for ALL ages will be offered from 10:00-10:45 am.

One different twist to this schedule is in response to the desire to maintain and nurture multi-generational connections between our parishioners. On the second Sunday of each month, we will combine the 9:00 am and 11:00 am services into one worship opportunity at 10:00 am. This service will celebrate in the style of the 9:00 am service using Enriching Our Worship and some alternative music offerings, including the possibility of a young person's choir. There will be no Sunday School or adult formation classes on this Sunday. Instead, after the service everyone is invited to join in a parish-wide breakfast, hosted by a different group each month. In this way, we hope to honor the varied worship needs of our parish for three weeks of the month, while bringing the parish together (yes, of course, 8 o'clockers are always welcome!) for a combined worship service followed by an opportunity for fellowship.

We know that this schedule still will not please everyone but our task is to listen to the many voices that find a home at St. Barnabas and discern where common ground can be found. While our purpose in worshipping is to gather as a community of faith to give glory to God, that does not preclude a recognition that God's glory is indeed revealed when we respect the various places along the spiritual path in which our members find themselves and seek to meet the needs of the many as best we can.

Worship Schedule

Saturdays (in the Chapel)
(through Labor Day Weekend)
5:00 pm
Rite II Holy Eucharist

Sundays
8:00 a.m.
Rite I Holy Eucharist
10:00 a.m.
Rite II Choral Eucharist
Sunday School
11:15 a.m.
Lemonade on the Lawn

4th Sunday of the Month
8:00 p.m. (in the Church)
Sung Compline

Wednesdays – (in the Chapel)
10:00 a.m.
Holy Eucharist (alternates
Rite I and II every week)
2nd Wednesday of month
includes Service of Healing

Note:

*Summer Parish Office Hours
are 9 am-2 pm (M-F)*

From the Rector *“Best Worship Possible”*

Saint Barnabas Episcopal Church

91 Main Street
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www.stbarnabasfalmouth.org
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SUMMER

Administrative Office Hours
Monday-Friday
9:00 am – 2:00pm

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

A parish always needs to be making decisions about its program and mission. No parish can do everything. No parish can even do everything that is asked for. A parish needs to look at its gifts and abilities so as to choose programs which it is able to do. A parish also must look at what is needed, what is lacking, what cries out to be addressed and, then, see if God has given it the resources with which to respond. The needs may be within the parish, they may be in the adjacent community, or they may be heard from around the world. A parish can't just do things because it always has. A parish can't just choose to do something because it is the most popular thing to do. A parish has to weigh the programs and mission it chooses to do by whether it is being faithful to God. That is a challenge. However, it is one with which I see the leadership of Saint Barnabas grappling well.

As your Rector, I too must make decisions which will affect us all as I grapple with being faithful. One of my joys and responsibilities is making certain that we provide the very best worship possible for all of our parishioners, those who might come to visit, and the future newcomers who choose to join us. Worship invites us to experience God. Worship becomes a setting in which God becomes present and able to address the needs of our inner self and our larger world. Worship becomes an act of praise as we glory in what God has accomplished down through the ages. Worship is a time of wonder as we realize how much God has shown love through the Being of Jesus. Worship is a gathering in which we are fed, strengthened, enlightened. Worship lifts our sights and encourages us to dare to cooperate, in the power of the Holy Spirit, with those whom God has drawn together as Saint Barnabas Episcopal Church, Falmouth, MA. During my more than twelve years as your Rector, there have been many changes in our worship. Our Book of Common Prayer gives us an arena in which to work (the word “worship” means “the work of the people”), but it also allows many variations. We have experienced different patterns: the times of services, the times for our children's Church School, the times for Adult Christian Formation, the times for Coffee Hour or Parish Breakfasts. Most recently, in January of this year, we changed the Sunday pattern to an 8 o'clock service and a 10 o'clock service with a Coffee Hour following. The intent of this most recent change was to bring as many of us together in one service as possible so as to experience the breadth and diversity of our parish family. Unfortunately, I have seen that, while the intent was well meaning, the result has been unfortunate.

We can do better and we will, because we want to provide the best worship possible here at Saint Barnabas. As you have read on page one in “Still Moving Forward,” and as you will read in the “Vestry Highlights,” we are going to embrace a new pattern of worship and Sunday fellowship starting in September. The advantages of the new format include: the additional 9 o'clock service which will offer contemporary worship which is accessible to broader age-groups and faith backgrounds, a time for Christian Formation for all ages, and (once a month) a combined worship followed by a community meal for fellowship building. The changes (which I have chosen after long and careful conversations with our varied parishioners, the Vestry and other parish leaders, and the staff) are made with the certainty that our parish is a setting in which people of diverse ages, backgrounds and needs may need to be drawn to worship at different times and with different styles while still remaining a single and unified community of faith. For each and all, we want the best worship possible.

From The Associate Rector “Discerning a Call”

It seems that we have been stretching our “discernment muscles” around St. Barnabas a lot lately! “Discernment” – to weed through all of the voices that invade our lives (including our own) with an intent to hear and respond to God’s voice. Certainly the Vestry has been talking a lot about discernment as we reflect on our readings selected to begin each meeting this year. The Envisioning Process was an attempt at discernment and, as you can see throughout this Banner, we are still within that listening and responding mode. But I would like to share with you a different kind of discernment – one that might give you a little more insight into how clergy listen for God’s call and one that brings all of us into an open conversation about the “rumors” that I will be leaving St. Barnabas.

Yes, the rumors to some degree are true. After four years of walking side-by-side with you, I have begun a search process to “discern” where God might be calling me next. More often than not, parishioners don’t usually find out about clergy searches until *after* a decision has been made and it’s simply time to say good-bye. After all, why add one more potential change to all of the life changes about which we allow ourselves to be anxious! But on the other hand, this is a marvelous opportunity to talk about discernment and how mixed emotions often go hand in hand with God’s nudge for us to go about God’s work in the world.

Why am I looking to leave? Well, certainly it’s NOT because I am unhappy here! A long-ago mentor once suggested that I always look for a parish with whom I could fall in love. And that has been the case for me here. I continue to marvel at the depth and breadth of faith-filled people who fill our pews every week and thank God that you have been a part of my life. And there’s the rub. In spite of the joy I find with you, I am very conscious of a nudge (that can only come from God) to be looking for an opportunity that will stretch me and use whatever specific gifts for ministry God has given me to meet the hunger and needs of a new parish. While being an Associate gives me many opportunities, there are directions for which I sense a hunger that only come with the experience of being a Rector. But I am not looking just to become a rector. I actually received a call to become a rector a while back and – after much prayer and, yes discernment – I declined the opportunity. The offer came from a lovely parish but it just didn’t feel like THE PLACE God needed me the most.

How will I know a call is THE PLACE? I’ll never be completely sure but I do know that I need to pay attention to my energy levels. There is one possible church that I could talk about non-stop, with my “Italian hands” flying in the air and words tumbling out of my mouth. Do they feel the same about me? I don’t know yet – only God knows and time will tell. But if they do, that’s a call. My husband is in conversation with a church that is dying. They have lost a third of their members in the last two years, pledging is significantly down, they have eaten into their endowment, and their programs are in a mess. And yet, he is filled with energy and ideas for turning them around. Do they feel the same about him? We don’t know yet – only God knows and time will tell. But if they do, that’s a call.

And so, yes, while my heart warms with each “St. Barnabite” encounter, I *am* in conversations with other churches. I am discerning – listening intently to hear what God has in mind. I don’t have an answer yet. But I promise: when I do, you will be among the first to know!

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.or

*Lisa DiNunno,
Interim Banner Editor*

Vestry News

Highlights of the Minutes (unapproved) of the June 13 Vestry Meeting

The Vestry is continuing our **Opening Meditation** time by reflecting on our readings from "From Survival to Celebration", by Howard Hanchey. This month Kim Strohm led the discussion on Chapter 3, The Theology of Celebration, focusing on how mission-minded celebration shows itself in everyday experiences and includes stories of God's surprising intervention into people's lives. Some Vestry members recounted times of hearing God's voice in their own lives and Kim reminded us that it can (and does) happen even if we aren't fully practiced just by opening our eyes and closing our ears to the noise all around us.

As part of their **Liaison** responsibilities, Vestry members reported on their experiences connecting with the following committees or ministries: the Stewardship/Finance committee, Strategic Planning committee, Christian Formation Committee and Outreach Ministries. The full Vestry was kept informed of ongoing events/processes/issues from these groups and conversation was lively, especially concerning topics from the Stewardship/Finance committee.

The issues of **Christian Formation and Sunday Services** were next on the agenda, as promised last month. The discussion was intense, emotional, at times both heated and rational and no one could doubt the best interests of everyone in the entire parish were being wholeheartedly represented.

Without spending too much time, energy or emotion debating the wisdom or execution of the original change to two services, there seems to be no question that a number of families are feeling the loss of the 9:00 service. The children were accustomed to a lot more involvement as ushers, readers and acolytes and some had become fairly proprietary about "their service". There also seems to be little question that the mechanics of having the children join or leave the current 10:00 am service in the middle are difficult for clergy, congregation, children and teachers. Another issue is a language one. It is considered helpful by some for children, as well as newcomers to the Episcopal tradition, to have a liturgy with more accessible images than those traditionally found in HE II. All this was

weighed against the increased feeling of community and the enjoyment of several generations felt by many when we were together at the 10:00 service. A very telling argument was that if anyone, regardless of whom or how many, feels there is no service they can go to, this is something we, as a parish, have to deal with and respond to. After a bit more discussion of possible futures, the Rector unveiled his plans for the Fall. [see the Front Page and the *From The Rector* article]

Don Johnson's **Treasurer's Report** was both upbeat and sobering. More parishioners have been bringing their pledges up-to-date (that's the upbeat part) but several more who pledged are still not fulfilling their obligation (that's the sobering part). As a result, we have to use \$20-30,000 from the Endowment for basic maintenance and salaries. After a few questions and explanations of this month's expenses and revenues, the Treasurer's Report was accepted.

St. Barnabas is beginning the process of evaluating possible uses for the **Lower Parish Hall**, in preparation for the Cape Cod Child Development vacancy in June of 2006. There are many steps in this process. Because this is a total Parish project, we need to design a way to get input from everyone interested. Perhaps we need to raise funds for an architect or other professional. We need to develop a plan and then we need to put the plan into a time frame. Normally a Capital Campaign might be called for, but a Capital Campaign doesn't seem possible if people aren't committed enough to pledge. The Treasurer even suggested that based on the current financial state of the Parish, there is a very real possibility that Phase I of any plan would be to close the doors and conserve energy. A committee will be formed to begin a formal conversation.

There were several items of note in the **Property Committee Report** this month. The Town of Falmouth's rebuilding of our driveway entrance was unexpected, but provided an opportunity for parishioner and Vestry member, Dick Boyden, to install an empty conduit for future electrical wires before the final paving. Mike Bothner finished the new handrails on the inside of the church doors to assist people with climbing the

(Vestry News continued)

front stairs and they are both architecturally consistent with the church and absolutely beautiful.

Old Business with Cape Cod Child Development continues. They have been eagerly fulfilling their obligations to clean carpets and free up space. Before our budget shortfall we could have used their increased rent to finance part of the renovation planning. One idea for a renovation fundraiser involved charging money for parking during the Craft Fair (like St. Patrick's does).

New Business included getting the Stewardship Committee completely formed and functioning. Prayers were requested for Lisa's dad as he undergoes high risk surgery and for Ellie's son Robbie as he has surgery to rebuild his jaw. Bob's cast is off and we're all thankful. Helen took the Guestbook off the St. Barnabas web site because it was attacked by spammers.

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

Respectfully submitted,

Dicky Allison, Clerk of the Vestry

Compline

Contemplative Prayer For the Close of the Day

Sunday, 24 July

and

Sunday, 28 August

8 o'clock in the evening

Saint Barnabas Church

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

Preaching Series Coming This August

As we have experienced in summers past, during the four weeks of August we will engage in a preaching series. The summer's hot and humid weather seems to ask for a lighter feel when it comes to preaching. And, hopefully, having a four-part conversation will encourage you to come each Sunday to hear what comes next! This year we will explore the theme of:

"Hymnody – engaging the texts of hymns"

as we spend time looking at a hymn tied to our scripture each week. We will explore the rich imagery that comes in the hymn texts, hear a little about the background of a selected hymn, and talk about how the words might be allowed to get inside of us, just as the scripture and liturgy can.

Why look at hymns? Music has always been known as the international language of love. The power of music to lift us up makes our hymns a significant part of our worship experience. Even for those who may not like to sing, finding ways to engage the texts can add to anyone's time in worship. The words tell a story, just as our scripture does. Whether we know the tune or not, the words are intended to take us into the very depth of God's love for us and our response to that love.

As we prepare for this adventure, let's take a moment now to pray the words to Hymn #420

*When in our music God is glorified,
and adoration leaves no room for pride,
it is as though the whole creation cried
Alleluia!*

*How often, making music, we have found
a new dimension in the world of sound,
as worship moved us to a more profound
Alleluia!*

*So has the Church, in liturgy and song,
in faith and love, through centuries of wrong,
borne witness to the truth in every tongue,
Alleluia!*

*And did not Jesus sing a psalm that night
when utmost evil strove against the Light?
Then let us sing, for whom he won the fight,
Alleluia!*

*Let every instrument be tuned for praise!
Let all rejoice who have a voice to raise!
And may God give us faith to sing always
Alleluia! Amen.*

Outreach News

The Road to BridgePort

Eight people who have no place to call their home now each have their own apartment in BridgePort, on Gifford Street. Their road out of homelessness passed through the Overnights of Hospitality Program. By having participated on a regular basis, sleeping as guests in a rotation of churches, they earned the right to be considered for one of the new units.

The Cape Cod communities of faith (Baptist, Catholic, Lutheran, Unitarian, Episcopalian, Jewish, Congregational) opened their doors and hearts to these eight new residents of Falmouth along with many other 'houseless' men and women in the Overnights Program. Yet another door has been opened by the Overnights of Hospitality through which such people like myself, who are fortunate enough to have a house to come home to, have discovered another kind of road to BridgePort. Through this door is revealed an understanding of our shared walk in God's creation. We are one community.

The joy and hope experienced by the new residents of BridgePort is tangible to us Falmouth Friends because we have been blessed with having walked part of the way with them. If you would like more information about how to become a Falmouth Friend and help our new neighbors find their way around our community, please feel free to give me a call!

Ellie Shaver

Fresh Start – helping community children enjoy a new beginning

During the month of July, people from several faith communities are joining together with the Falmouth Service Center to buy back-to-school items for Falmouth children in need. Would you like to help? The families of these children have been identified by Brenda Swain, Executive Director of the Service Center, as those most in need of a financial helping hand to boost their children into the beginning of school in September with a concrete and tangible gift of God's care and hope, offered through us!

We don't have a list of children with ages and sizes as of this writing, but informational inserts to Saturday and Sunday worship bulletins for July 3 and July 10 will identify the needs and ask for volunteers to purchase one or more items requested. We are looking to clothe each child with a fall jacket, 2 pairs of pants, 3 shirts, 1 package of underwear, 1 package of socks, and a \$20 gift certificate for shoes (from some place like Pay Less or Walmart). In fact, we ask that all purchases be made locally in case they need to be returned for any reason.

Would you be willing to purchase on one or more of these items? Please contact me if you can help and I will pair you up with a child's gender, age, and clothing sizes.

Also, I am looking for some helping hands on Wednesday, July 13 to help oversee the use of St. Barnabas' parking lot during the Craft Fair that closes down Main Street. In response to the suggestion made at Vestry, we will be charging for parking as a fund raiser for Fresh Start (with a 10% tithe of the proceeds going to the church!). Those who use our parking lot for church business, for Around The Table, for the Cape Cod Child Development Program, and Eastern Bank employees will, of course, still be welcomed to park for free. But donations to this wonderful cause will be gratefully accepted!

Lisa DiNunno

Program News

"Pops Goes The Summer"

Saturday, September 3rd, 7:00

LABOR DAY WEEKEND PERFORMANCE

BY

THE CAPE SYMPHONY ORCHESTRA

AT THE BARNSTABLE COUNTY

FAIRGROUNDS.

Other performers are showcased between 4-7 pm. A fireworks display will end the evening.

St. Barnabas has once again reserved 10 tables seating 10 people each. These tables will be located in the front rows of our reserved section and will include per table:

2 bottles of wine 1 table gift free parking

Cost is \$40.00 per person. (*Please make checks payable to St. Barnabas Church*) Sign up early, as seating is limited! Sign up sheets can be found in the Church and Chapel. Let's sit as a group, invite guests and enjoy this exciting time together! Call Stasia Palmer (508/548-3863) if you have any questions.

New Opportunities

Parishioner, Cindy Ballentine, is proposing the creation of two new support groups and would like to find out if others are interested.

MOPS (Mothers of Pre-K Children) – mothers of young children gathering to offer conversation and mutual support, including questions of how to live their lives faithfully AND teach their children to do the same. Gatherings could occur on Saturday mornings with the possibility of hiring one or two of our teens to watch the children as mothers share coffee, donut holes, and fellowship.

Chubby Checkers – a group for those who need weight loss support and motivation, sharing recipes the whole family will appreciate, physical exercises that are safe and fun. No scales needed! Any adult who feels too heavy for their bone structure or who has health problems because of weight would be welcome.

If you are interested in either of these possibilities, please contact Cindy at 508/548-3863.

Newcomers

The Newcomers Committee is delighted to offer another **Newcomers Social** for those new to our parish family. This all-family event will include a cook-out on Wednesday, August 10 at 6 PM (note the earlier time change from the previous socials). Outdoor games and activities for the young and young at heart will be added to our regular opportunities to talk with parish representatives. This gathering's focus will be about fall Sunday School and adult education plans, choir, and opportunities to participate in leading worship (acolytes, lectors, lay eucharistic ministers, etc.) If you are new to the parish within the past 12-18 months, know that you will again receive a personal invitation and call from one of the members of the Newcomers Committee to join us for this fellowship opportunity. We look forward to seeing you there!

To all parishioners – please help us identify our newcomers. If you have made acquaintances with a recent arrival, ask them if they have received this issue of The Banner. If they have not, chances are they have not filled out a newcomers card and we don't have their mailing address! Guide them to the newcomers cards (found in the Church pews or the back table of the Chapel) or ask them to put their name on the Parish Directory sign up sheet (also in the back of the Church and Chapel). Please take the time to say hello to an unfamiliar face. We are hearing "rumors" that newcomers are being heartily welcomed! Let's keep up the great work!

We are **looking for a photographer** to join the Newcomers' Committee. Do you have a digital camera and like to take pictures? We would love to get pictures of our newcomers who are not in the Pictorial Directory so that everyone can put a name to the new faces we are seeing. If you would be interested in helping out, please speak with Joan Stephenson (she *is* in the Pictorial Directory!).

One additional note – does anyone know where we got the white screens that ECW and Outreach use as bulletin boards? They are attractive, easy to move, and wonderfully made. We would like to have three more so that Vestry, Newcomers, and Christian Formation can visually publicize pictures and news. If you know where these screens came from, please speak with Lisa. Or, if you are handy with wood, perhaps you would be interested in making some that match? Let us know!

Christian Formation News

Conversations have begun in earnest about on-going and new Christian Formation opportunities for all ages. The Sunday morning worship schedule for the fall opens up additional possibilities and we are looking forward to encouraging more and more of you to find something that engages your heart as well as your mind!

Toddlers to Teens

Two new additions for the fall

- 1) a space for *infants, toddlers and pre-schoolers* is being added in the downstairs of the Parish Hall; these youngsters will have their own age-appropriate activities during the 10 am Church School time
- 2) a “life application” class is being created for *teens, grade 7 and up*. This class will supplement youth group (which will continue with events and service projects once a month) and will meet during the 10:00 am Church School time, so that teens also have an opportunity to put the “so what” into their questions about God’s call to live a life of faith

Church School registration will take place on Sunday September 10 during the parish-wide breakfast. This will be the first Sunday of the combined 10:00 am service and followed by a fellowship meal. **Classes will begin** the following week, on September 17 and will meet from 10:00 am – 10:45 am so that participants may attend either the 9:00 am or 11:00 am service.

Our wonderful **teachers** are returning with great excitement but we are seeking additional teachers who would help fill out our teams. If you have ever wondered whether walking with our children on their faith journeys is for you, please feel free to ask our teachers about their joy-filled experiences.

Acolytes

The combination of losing five veteran acolytes to college *and* adding a third service means that we need a whole group of new acolytes to step forward! If you are aged 10 or older (yes, adults can be acolytes too!) and would like to learn the art of acolyting, please contact Lisa. A summer training session is being scheduled.

Junior and Senior High Teens

The Diocesan *Junior High Retreat* at the Barbara C. Harris Camp and Conference Center will be held on October 28-30.

The *Senior High Retreat*, also at the Camp will be held on February 10-12, 2006.

Mark your calendars now!

Adults

The Christian Formation Committee and friends have begun conversations about expanding our adult formation opportunities. The 10 am Christian Formation time slot on Sunday mornings will include opportunities for all ages. A Bible Study using 30-minute videotapes to begin discussion is one possibility. We also want to know if parents would be interested in some parenting classes. Past participants in the Tuesday night class are helping us determine the focus for continuing that opportunity in the fall as well.

We will be meeting on Tuesday, July 12 at 6:00 pm in the Parish House to continue exploring possibilities. Let us hear from you! Or better yet, come join the conversation!!

Adult Spiritual Retreat

A two-day spiritual retreat is being planned for early October. This will be an opportunity to get away for a Friday evening and Saturday and take a deep breath, breathing in the presence of God, and sharing some faith-filled conversation with others in a small group setting. For more information, or to express an interest in attending, please contact Lisa.

Suggested Summer Reading to help slow down the pace of life and perhaps even re-assess priorities (this reading list recommendation comes from the “Take Back Your Time” newsletter – see their website at <http://www.simpleliving.net/timeday/reading>)

Putting Family First: Successful Strategies For Reclaiming Family Life In A Hurry-Up World -

William Doherty and Barbara Carlson

Examines the impact of over-scheduling on American families and what to do about it. William Doherty is professor of family studies at the University of Minnesota and Barbara Carlson is the co-founder of Putting Family First (www.puttingfamilyfirst.info), in Wayzata, Minnesota.

Other recommendations include:

7 Simple Steps To Unclutter Your Life -- Donna Smullin

Find balance in an unbalanced world. Taking control of the clutter that creates stress in our lives helps us to clearly see what is important to each of us. In 7 easy to follow steps performed over a 3 week period, Donna promises to help transform your life.

Affluenza: The All-Consuming Epidemic -- John de Graaf

What is Affluenza? Do you have it? Can you get rid of it? Yes, you might have it. It's easy to catch in the modern world. But this book explains what it is, where it comes from, and how to cure yourself so you can have a happy, healthy life.

Don't Hurry, Be Happy -- Ernie J. Zelinski

Zelinski gives you more than 650 reasons to slow down! Life is beautiful. Don't miss it!

Getting A Life -- David Heitmiller & Jacqueline Blix

Blix and her husband David Heitmiller have written a book detailing their journey from consumers of stuff to consumers of life! More than a money management tome, it's about changing the way we think.

I Don't Know What I Want, But I Know It's Not This -- Julie Jansen

Focusing on dissatisfaction in the workplace because we're working in a field or place we dislike, Jansen walks us through the process of change.

Inner Simplicity: 100 Ways To Regain Peace & Nourish Your Soul -- Elaine St. James

Emphasizing spirituality and emotional work rather than just cleaning out the closets, this book looks at simplicity from the inside out.

Living The Simple Life: A Guide To Scaling Down & Enjoying Life More -- Elaine St. James

A very simple guide to thinking and doing to get yourself to live simple.

Nothing's Too Small To Make A Difference -- Wanda Urbanska & Frank Levering

Simple things you can do to change your life and the world around you. Chapters cover time, money, work, the environment, child rearing, community life, health, food and spiritual growth.

The Circle of Simplicity -- Cecile Andrews

One of the most popular guides to giving up the consumption lifestyle and loving simple things that create spiritual wealth.

Music News

Hear Ye! Hear Ye!

Do we want a childrens' choir?

YES!!!!!!!!!!!!!!!!!!!!

We've heard over and over again that the parents of our children here at Saint Barnabas would love to have a childrens' choir, and have even heard the same from those without children. Well, I, Randolph, and the clergy all agree!

We will be offering the opportunity for us to have a childrens' choir this fall, to begin rehearsing the second week in September, and to rehearse on a weekly basis. It is our goal to be able to sing at least once a month at our 9AM Sunday Liturgy. We need your child/ren to help us start and build a children's choir program. This choir will offer the opportunity for your child/ren to learn how to read music, process in and out of services and help learn how to lead the liturgy. Now seems to be the time for us to start this wonderful tradition, but we can't do it without you and your child/rens' commitment! Please prayerfully consider this call. I ask for your input as to what day and time might work best for rehearsals. If you have a child/ren 2nd through 8th grade that might be interested in helping us to start and build a childrens' choir, please contact Randolph James, Organist and Director of Music at 508/548-3863, ext. 5. I look forward to hearing from you with any comments/suggestions or questions that you might have.

Soli Deo Gloria!

Randolph S. James, Organist and Director of Music

Handbells! Handbells!! Handbells!!!

What are they? Well, handbell ringing began in England about 300 years ago. Musical handbells, tuned in sets and fitted with leather straps, were introduced in the late 17th century and quickly became popular among tower bell ringers, not only for practicing change ringing, but also for playing simple tunes. The art developed further in the 19th century when competitions were held, mostly in northern England, between rival bands playing complicated scores and using large numbers of bells. These events were popular with ringers and public alike, and although handbell ringing subsequently went into decline, its revival in the latter part of the 20th century was worldwide.

Competence in handbell ringing can be very easily achieved by people of any age. Musical aspirations can quickly be fulfilled as a member of a handbell choir, without years of practice, but with a firm commitment to regularly scheduled rehearsals. Handbell ringing appeals to young and old. A "flick of the wrist" and a few dedicated members are all we will need.

What would we use these bells for? We would implement them immediately into our liturgies, accompany psalms and anthems, and would be used at every service of Compline offered by our Schola. As people are interested and are willing to make a commitment to a weekly or even a bi-weekly rehearsal,

the handbell choir would work toward playing anthems as voluntaries for our Sunday liturgies.

There are as many as four makers of handbells that we could order from, but I have chosen the **Whitechapel Bell Foundry of England**, as they are the very best bells available in the world. They are, of course, more expensive, but have a sweeter sound and are more conducive to accompanying our Anglican liturgies. For the past two and a half centuries, Whitechapel have been acknowledged leaders in the production of musical handbells. Even when handbell ringing began about 300 years ago, the best bells were made 'at the sign of three bells' in Whitechapel.

We are asking members of Saint Barnabas to **consider giving a donation** toward the purchasing of a two octave set (25 bells), which will get us up and running. Bells may be added at a later date, either by an octave at a time or with single bells, as our choirs grow and our expertise increases. Our ultimate goal will be to own a five octave set. Along with the purchase of the bells comes the need for gloves, (as the bells may not be touched ungloved) tables made specifically for handbells, along with foam padding and covers. Donations may be given in memory of a loved one, or in honor of someone. For more information on how you can help us make this dream a reality, please contact Randolph James in the parish office at 508/548-3863, ext. 5.

July Birthdays



1 Jane Mellor
Nicole Fleury

2 Danielle Fougere

3 Anna Bohnenberger

4 Dick Batchelor

5 Jennifer Paltz
Jacquelynn Muma

6 Shawn Nawrocki

8 Agnes Winalski

9 John Mason
Duane Taft

10 Seth Kolodziejski

11 Cynthia Tynan

12 Virginia Werden
Cynthia Pina
Jon Hinckley
Katherine Mundell
Timothy Reichel

13 Leif Borden

14 Emily Heald
Ed Peterson
Nat Shaver
Jackson Lugo

15 Alice Batchelor
Margaret Salthouse
Robert Moore
Douglas Nickerson
Ann Bento

16 Christopher Crowell

17 Stella Kishon

18 Chance Reichel

19 Brooke Sylvia

20 Tom Perry

21 Ruth Ulrich
Noah Collini

22 Emmet Kelliher

23 Mary Lincoln
Marcia Hall
Stephen Walsh
Ruth Schlitz
John Eicher

24 Al Kolodziejski

25 Jessica Bibbo
Chris Tynell
Tony Worthington

28 Connie Blackway
Constance Lang
Eric Zylinski

29 Robert McCaig

30 Beverly Plummer

August Birthdays

2 Danielle Kelliher
Ray Paltz
Matthew Winalski

3 Deborah Appleyard
Matthew Liles

4 Christopher
Nicholson

6 Arthur Miller
Joe Day
Susan O'Brien
Jeffrey Baldic

7 Carolyn Craig

8 Justin Bland

11 Patricia Armstrong

12 Lalise Melillo

13 Janet Duncan
Maggie Wessling

14 Michele Dumas
Robert Mansfield

15 Dot Peterson
Dorothy Simpson

16 Ned Heard

17 Sarah Szpond
Lauren Synder

18 Helen Bohnenberger
Kyle Baker

19 Gus Shaver
Jeremy Payne
Matthew Tavares

20 Ernest Conway
Margot Wilsterman

21 Dick Kendall
Megan Hallinan

24 Kristine Eddy
Bethany Ferreira
Erica Anderson

25 Ann Donovan
Dean Fougere

26 Barbara Walz

26 Bill Platt
Ron Schlitz
Marcia Donovan
Brian Grozier

27 William Lord
Wally Spracklin
William Coale

28 Nancy Young
Heather Nickerson

30 Margot Harley

31 Rocco Gomes
Max Quidley

July Lectionary

3 July – Seventh Sunday after Pentecost

First Lesson: Zechariah 9:9-12

Psalm: 145:8-14

Second Lesson: Romans 7:21-8:6

Gospel: Matthew 11:25-30

4 July – Independence Day

First Lesson: Deuteronomy 10:17-21

Psalm: 145:1-9

Second Lesson: Hebrews 11:8-16

Gospel: Matthew 5:43-48

10 July – Eighth Sunday after Pentecost

First Lesson: Isaiah 55:1-5, 10-13

Psalm: 65:9-14

Second Lesson: Romans 8:9-17

Gospel: Matthew 13:1-9, 18-23

17 July – Ninth Sunday after Pentecost

First Lesson: Wisdom 12:13, 16-19

Psalm: 86:11-17

Second Lesson: Romans 8:18-25

Gospel: Matthew 10:16-33

22 July – Mary Magdalene

First Lesson: Judith 9:1, 11-14

Psalm: 42:1-7

Second Lesson: 2 Corinthians 5:14-18

Gospel: John 20:11-18

24 July – Tenth Sunday after Pentecost

First Lesson: I Kings 3:5-12

Psalm: 119:121-136

Second Lesson: Romans 8:26-34

Gospel: Matthew 14:24-30, 36-34

26 July – Feast of St James the Apostle

First Lesson: Jeremiah 45:1-5

Psalm: 7:1-10

Second Lesson: Acts 11:27-12:3

Gospel: Matthew 20:20-28

31 July – Eleventh Sunday after Pentecost

First Lesson: Nehemiah 9:16-20

Psalm: 78:1-29

Second Lesson: Romans 8:35-39

Gospel: Matthew 14:13-21

August Lectionary

6 August – Feast of The Transfiguration

First Lesson: Exodus 34:29-35

Psalm: 99

Second Lesson: 2 Peter 1:13-21

Gospel: Luke 9:28-36

7 August – Twelfth Sunday after Pentecost

First Lesson: Jonah 2:1-9

Psalm: 29

Second Lesson: Romans 9:1-5

Gospel: Matthew 14:22-33

14 August – Thirteenth Sunday after Pentecost

First Lesson: Isaiah 56:1-7

Psalm: 67

Second Lesson: Romans 11:13-15, 29-32

Gospel: Matthew 15:21-28

15 August – Feast of St. Mary

First Lesson: Isaiah 61:10-11

Psalm: 34

Second Lesson: Galatians 4:4-7

Gospel: Luke 1:46-55

21 August – Fourteenth Sunday after Pentecost

First Lesson: Isaiah 51:1-6

Psalm: 138

Second Lesson: Romans 11:33-36

Gospel: Matthew 16:13-20

24 August – Feast of St. Bartholomew

First Lesson: Deuteronomy 18:15-18

Psalm: 91

Second Lesson: I Corinthians 4:9-15

Gospel: Luke 22:24-30

28 August – Fifteenth Sunday after Pentecost

First Lesson: Jeremiah 15:15-21

Psalm: 26:1-8

Second Lesson: Romans 12:1-8

Gospel: Matthew 16:21-27

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
Sextons	Edson DeMoura	778-5726
	Alex DeMoura	548-3863

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	
	Caitlyn O'Brien	

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.

Deanery Representatives

Marcia Donovan	548-5738
Mimi Frank	548-3996
Helen Gordon	563-2457
Andy Payne	540-8149
Megan Reichel (Cape youth rep)	
Ellie Shaver	548-2984

Ministries and Group Contacts

Buildings and Grounds

Memorial Garden	Debbie Gentile	539-6962
Property	Bob Peterson	540-1639
Historian	Jeanne/Bill Platt	457-0023

Christian Formation

Lisa DiNunno

Christian Formation Committee	Lisa DiNunno	457-0233
	Joyce Harrington	564-4833

Education

Adult	Lisa DiNunno	457-0233
Children	Lisa DiNunno	457-0233
	Elizabeth Goldberg	539-3172
Youth Group	Lisa DiNunno	457-0233
	Tina Gomes	540-9039
	Joyce Harrington	546-4833
	Derek Sutton	548-6659
Librarian	Mary Heard	548-5462

Fellowship

Bob Appleyard

Coffee Hour	Ingrid Frank	548-5647
ECM	Bob Jenney	563-1041
ECW	Doris Weeks	548-6671
Fellowship/Social	Stasia Palmer	548-4858

Finance

Vestry

Finance	Bill Smith	540-3566
Stewardship	(vacancy)	

Inreach/Outreach

Hospitality Committee	Jane Hinckley	548-8928
Newcomers Committee	Joan Stephenson	495-9970
Outreach Committee	Annie Holden	495-1886
Overnights of Hospitality	Ellie Shaver	548-2984
Prayer Shawl Ministry	Debbie Gentile	539-6962

Pastoral Care

Bob Appleyard

Hospital visits/ Home visits on request	Bob Appleyard	540-3634
	Lisa DiNunno	457-0233
Lay Eucharistic Visitors	Lisa DiNunno	457-0233
Prayer Chain	Brenda Reardon	548-6486

Strategic Planning

Committee	Paul Gentile	539-6962
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Worship

Bob Appleyard

Acolytes	Lisa DiNunno	457-0233
	Page Franson	540-1389
Altar Flowers	Eileen Bergstrom	548-2953
Altar Guild	Pie Smith	540-3566
	Pat Cowan	540-7074
Lectors	Kathe Rabbitt	548-3863
	Lisa DiNunno	548-3863
Lay Eucharistic Ministers	Kathe Rabbitt	548-3863
	Lisa DiNunno	548-3863
Music/Choirs	Randolph James	548-3863
Ushers	Terry Smith	540-5269

Remember These Special Event Dates

11 July	Vestry meeting (no meeting in August) 7:00 pm – Parish House	24 July	Compline 8:00 pm - Church
12 July	Christian Formation Conversation 6:00 pm – Parish House	3 August	Newcomers Social Gathering 6:00 pm – Chapel Garden (Parish Hall if it rains)
13 July	Prayer Shawl Ministry 6:30 pm – Parish House	10 August	Prayer Shawl Ministry 6:30 pm – Parish House
14 July	Newcomer’s Committee Meeting 5:15 pm – Parish House	28 August	Compline 8:00 pm - Church



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

