

St. Barnabas

Banner

St. Barnabas Episcopal Church • On the Village Green • Falmouth, Mass.

**February
2006**

When We Worship

**1st, 3rd and 4th
Sundays**

8 a.m.: Rite I
Holy Eucharist
9 a.m.: Rite III
Holy Eucharist
10 a.m.: Sunday
School; Adult Forum
(1st and 3rd); Clergy
Forum (4th)
11 a.m.: Rite II
Holy Eucharist
with Choir

2nd Sundays

8 a.m.: Rite I
Holy Eucharist
10 a.m.: Rite II
Contemporary
Eucharist
No Church School

4th Sunday

8 p.m.: Sung
Compline

Wednesdays

10 a.m.
Holy Eucharist
in the Chapel

2nd Wednesday
includes Service
of Healing

Special event:

Bishop Harris to visit parish in February

ON THE LAST SUNDAY OF EPIPHANY—Feb. 26—the Rt. Reverend Gayle E. Harris, Bishop Suffragan of the Episcopal Diocese of Massachusetts, will visit our parish to worship with us and to listen to our questions and concerns. We will combine our services into one 10 a.m. worship opportunity, which will be followed by a “Town Meeting” reception for question-and-answer time with the bishop in the Parish Hall and a luncheon for the bishop and parish leadership in the Parish House.



This will be Bishop Harris’ first visit to Saint Barnabas since her consecration in January 2003. She had been the rector of St. Luke and St. Simon Cyrene Church in Rochester, New York, before her consecration. Formerly an adjunct professor at Colgate Rochester Divinity School, she taught a course on the life and mission of contemporary Anglican parishes. Before 1992, she was the priest-in-charge at the Holy Communion Episcopal Church in Washington, D.C.

A graduate and former trustee and Alumni Council president of the Church Divinity School of the Pacific in Berkeley, Calif., she was on the Dean Search Committee for the National Cathedral, and was president and member of the Standing Committee, and on the Suffragan Bishop Nominating Committee in Washington, D.C. The Rev. Harris has also been a deputy to the 1997 and 2000 General Conventions and on the board of the Church Pension Fund.

New vestry members elected

Congratulations and thanks go to St. Barnabas’ three new vestry members: Sue Davis, Faith Kolodziejski and Tom Zarl. Officers of the vestry remain the same, as do delegates to Convention and representatives to Deanery Assembly.

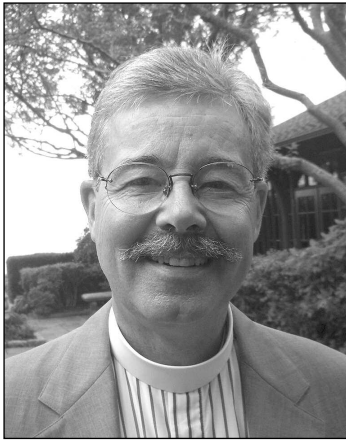


Saint Barnabas Episcopal Church

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Administrative Office Hours: M–F, 9 a.m.–noon and 1–4:30 p.m.



From the rector: The Rev. Robert Appleyard, Jr.

Epiphany happenings

ALTHOUGH THE WEATHER OF LATE does not seem to know if it wants to be winter or spring, we at Saint Barnabas know we are in the season of Epiphany. The word “epiphany” comes from the Greek, meaning manifestation. It begins on Jan. 6 with the celebration of the arrival of the magi (the manifestation of Christ to the Gentiles) and the Baptism of Jesus, and continues with his calling of the disciples and his teaching and healing (the manifestation through his ministry). As a season, it can be very short or much longer depending on the timing of Easter. The longest this season can be is eight Sundays. This year, with Easter being celebrated on April 16, there are seven Sundays.

I have found that with a longer Epiphany season, more gets planned during it. If the season is short it becomes just a hiatus before Lent. However, if it is longer, then Epiphany allows other things to happen. Such is true this year.

Starting on Wednesday, Feb. 1 (7–8 p.m.), there will be a series called Inquirer’s Classes. Each Wednesday for four weeks, I will meet with members of the parish for an hour to discuss issues of the faith and the church. It is open to everyone but will be especially useful for those who are newer to Saint Barnabas and the Episcopal Church. It also can be helpful for those adults who would like to be confirmed or received into the Episcopal Church. Lastly, it can be valuable to those who have been in the church for a long time but now are feeling a desire to have a deeper understanding. There will be a time for questions each week. In all likelihood, this class will resume again in the spring after Easter.

On Monday, Feb. 13, at 3 p.m., the Reverend Canon Cecil A. Scantlebury will be the speaker at a Woods Hole Black History Month presentation held at Saint Barnabas. That date is also the Episcopal Church’s Day of Celebration of the ministry of the Reverend Absalom Jones, the first African American priest in the Episcopal Church. Our music director, Randolph James, will be playing the organ and an informal reception will follow in the Parish House.

Finally, on the last Sunday of Epiphany, February 26, the Rt. Reverend Gayle E. Harris, Bishop Suffragan, will visit our parish. This will be our bishop’s first visit to Saint Barnabas since her consecration in January 2003. Bishop Harris would like to be present with as many of our parishioners as possible, so we will be combining our services into one 10 a.m. worship opportunity. There will be a “Town Meeting” reception with a question-and-answer time with the bishop following worship in the Parish Hall. Then there will be a luncheon for the bishop and parish leadership in the Parish House. Be sure to save the date.

God is manifesting much during this season at Saint Barnabas. Mark the dates and be present for the wonder of it all.

Epiphany comes from the Greek for manifestation. It begins with the celebration of the arrival of the magi (the manifestation of Christ to the Gentiles) and the Baptism of Jesus, and continues with his calling of the disciples and his teaching and healing.

People you should know: Lois Ferreira

Sunday School teacher a blessing to youth

OUR CHURCH IS TRULY BLESSED with a wealth of members who continuously give of themselves, their time and their talents. One such member is Lois Ferreira. A Sunday School teacher for the past seven years, Lois has been a blessing to the many students who have shared in her third- and fourth-grade class.

Yet, true to her nature it is Lois who feels most blessed. "I just love the kids. They're great and I've learn so much from them," she said of her experiences as a Sunday School teacher.

Sharing the stories of the Old and New Testaments is one of the most important aspects of her teaching, she said. It is a belief in Christian education that she

shared with her children at home, reading Bible stories from a children's Bible when they were little, and one she enjoys sharing with students every Sunday.

"I really feel strongly that the children should know the Bible and the Prayer Book and the prayers. They should know the Lord's Prayer," Lois said, adding, "I tell them that when they need help or are worried about something they can say the Lord's Prayer to help them feel better."

There is continuity in her teaching that the children can look forward to each Sunday. Ask any current or former student how they start Sunday School with Miss Lois and the answer would be the same: "We start by lighting the candles and then we say a prayer."

"When I first started teaching I had no clue what to do because I'm not a teacher by trade and I had to study and learn how to do things. Although we change curriculum all of the books recommend starting with a prayer and it's just something I like to do," Lois said. As for the candles, she said, she tells the students she is preparing them to become acolytes one day.

Lois began teaching in 1999, when her youngest,

Elizabeth, was in the fifth grade with former Sunday School teacher Arthur Pina. "I didn't want to teach the same grade Elizabeth was in, so I chose third and fourth grade. I like the age. The children are just so open to everything and they kind of go along with the agenda and they question things. It's a joy to see their reactions," Lois said.

She has been teaching the same grade level ever since.

Although Lois has been expecting to turn over the reins to a volunteer parent with Sunday School-age children, a lack of parent volunteers for the program over the past few years has kept her from retirement.

"I've just learned so much from them as a mother and I feel that other parents could

too," she said of passing on the reins. "I just don't want to be out of touch with the kids and what's going on today. Elizabeth (a freshman in college) is older now and I'm afraid I'm going to be stuck in the '90s and everybody else is going to be moving on," she added.

When asked if she would miss teaching Sunday School when she was finally able to pass on the reins, Lois replied, "Oh, I'm sure. There was one year when they changed the structure of the class and I didn't teach. I felt as though I had moved on, but I did miss it."

Sharing herself with our students is one of many time and talent contributions Lois makes to our church. She has been assisting with the jewelry table at both the Strawberry Festival and the Christmas Fair for several years. She also contributes with Lemonade on the Lawn during the summer months and donates food for the Overnights program.

"These were things that I could do while Elizabeth was home. I couldn't do huge things, but I could do little things," she said, adding, "I feel that it is important to give back to God."

—Kim Stroh



Vestry: Highlights of the January meeting (unapproved)

The meditation that begins the vestry meeting is designed to give the members a chance to let go of the outside world with its pressures and requirements and to focus on being here now with intention and in celebration. Derek Sutton's meditation this month was on anger. He had been experiencing a lot of anger in his own life recently, so it seemed the obvious choice. After working outward targeting his anger—family, church, community—he settled on God. God is a good target for anger because, according to Derek: He's responsible for everything; He's not spiteful, so you don't have to worry about payback; He doesn't rationalize his justifications; and He doesn't stint on forgiveness, so when you're not angry anymore, God won't hold it against you. Targeting God didn't really relieve Derek's anger, but it opened up a lot more places his thoughts could go. After spending more time thinking, including remembering relevant metaphors/parables (like "when you fight with reality, you're bound to lose" or "insanity is continuing to do the same thing over and over and expecting a different outcome" or "who said life had to be fair?"), Derek realized he wasn't angry anymore. He ended this meditation with a prayer. Bob reminded us all that the book of Psalms is full of anger, and of course there's the book of Job.

Derek knows that jotting down notes on anger and eventually leaving the anger behind is an example of where we've seen God at work in our lives. Other places we've seen God at work this month are the positive response in Mashpee High School to Megan Reichel's Epiphany project, the huge community response and support evident at Phil Rollins' funeral after Christmas, St. Barnabas on TV every Friday night (the Episcopal Church setting of NBC's comedic new family drama, the "Book of Daniel," the baptism of the grandmother in January, and Wheaton College student Valerie Tobia and her scholarship to attend university in South Africa.

Christian Formation was the ministry highlighted his month. Kim Strohm talked about Sunday School, grades K–6, and the need for more teachers. The Epiphany Pageant was a wonderful experience and now the Sunday School staff are looking for new projects to maintain enthusiasm and keep kids coming. There will be no formal curriculum this semester for those in grades 7–12, although both a Confirmation class and an Inquirer's class will be

offered at St. Barnabas this winter/spring. The Rev. Kate Stebinger, Youth Group leader, reported that the focus for grades 7–12 will be on overnights shared with other parishes, including the big one: Night Watch at St. John the Divine in New York City in April or May. There will be many fundraising activities to support this trip. Kate reminded us that half of all money raised by the Youth Group always goes to outreach first. Joyce Harrington (Adult Christian Formation) talked about the Tuesday night Book Group, where as few as 12 and as many as 28 people meet regularly. There is also an Adult Sunday School classes on the first, third and fifth Sundays—currently studying church history—and the Rector's Forum on the fourth Sunday. There will be another retreat in October, to which every adult is invited.

Treasurer Don Johnson gave his year-end **Treasurer's Report**. We have much to celebrate and some work still to be done. We celebrate that we have ended this year in the black, with just over \$800 surplus, and that we have hired Merrill Lynch as our investment advisors and hope for great results with them. Also we are almost 90 percent of the way toward our 2006 Budget goal with 250 households pledging. The work that remains involves getting a commitment from the other 49 households that usually pledge and reaching 100 percent of our goal so our programs can continue. Much of the reason we ended 2005 with a surplus is due to Lisa's leaving and the closing of Creighton House.

Joe Day gave the **Property Report**, noting that Harvey Williamson has taken over as chairman. Repair or replacement of the lights at the front of the church and solving the problems with the storm electrical surges that blow out the panels are high on the priority list of the Property Committee.

Much of the rest of the meeting was occupied by planning for the Annual Meeting and the Vestry Retreat, and saying goodbye to departing member Joe Day. Bill Borden and Ellie Shaver, also departing, were absent.

Joe's ending prayer: "Lord, I'm glad you have a sense of humor. Because we trust you in all things, somehow business gets done. We thank you for your gifts. Amen." The meeting adjourned at 9:18 p.m.

Full minutes of this meeting will be available on the Web site after they are approved at the February Vestry meeting.

—*Dicky Allison, Clerk of the Vestry*

News and Notes:

Events and opportunities for service, fellowship

Prepare for Lent

Ash Wednesday is right around the corner; start the season at one of our Ash Wednesday services and take on one of the following Lenten opportunities:

Ash Wednesday, March 1

- 7 a.m.: Litany of Penitence, Imposition of Ashes and Holy Eucharist (Chapel)
- 10 a.m.: Litany of Penitence, Imposition of Ashes and Holy Eucharist with Hymns (Chapel)
- 7 p.m.: Litany of Penitence, Imposition of Ashes and Holy Eucharist with Hymns (Chapel)

Wednesday, Midweek Worship throughout Lent

- 10 a.m.: Holy Eucharist with Homily (Chapel)
- 6 p.m.: Holy Eucharist with Homily (Chapel)

Special Lenten Programs: Wednesdays (except Ash Wednesday and Holy Week)

- 10:50–11:50 a.m.: *Forgiveness* (in Parish Hall)
- 7–8 p.m.: *The Gospel of Mark* and *The Lion, the Witch and the Wardrobe*.

Adult Christian Formation

Looking for a Lenten commitment? Perhaps you would like to join the Tuesday Night Adult Christian Formation group to read and discuss *The Practice of Prayer* by Margaret Guenther. Our first Lenten meeting will be Tuesday, Feb. 28, which is the evening before Ash Wednesday. Details will appear in the Sunday Bulletin.

If you would like to get an early start on your Lenten commitment, please join us right away! We meet on Tuesday evenings in the Parish House from 6 p.m. to 7:15–7:30 p.m., depending on our immersion in our topic. We begin with music and begin and end with prayer. During Epiphany, we are discussing the Epistle lesson from the preceding Sunday and how this lesson appears in your daily life. Check out the Sunday Bulletin insert for details and come to the Parish House on Tuesday night!

—Joyce Harrington

Notes from the Library

Jimmy Carter's new book, *Our Endangered Values: America's Moral Crisis*, is timely and thought-provoking. Among other things he clearly states his belief in the importance of keeping church and state issues separate.

Eastern Orthodox theologian Davud Bentley Hart has received raves for his book, *The Beauty of the Infinite: The Aesthetics of Christian Truth*. This is for those of you who like philosophy and scholarly reading.

Others of you may prefer to travel to Italy with author Linda Bird Frankcke, who has written a wonderful travelogue entitled *On the Road with Francis of Assisi: A Timeless Journey through Umbria and Tuscany, and Beyond*. In it you learn about St. Francis' life and times and also experience what those places have become in our day.

—Mary Heard

Episcopal Church Women

Episcopal Church Women will hold its February luncheon on Tuesday, Feb. 28, in the Parish House. On these cold days, please join us for hot soup and dessert. Luncheon starts at noon and Pat Thrasher of Cape Cod Soap Company will be our speaker.

—Doris Weeks

Episcopal Church Men

The Episcopal Church Men will meet for breakfast on Saturday, Feb. 25, at the Falmouth Inn, 824 Main Street at 8:30 a.m. The speaker will be Susan Walker of Cape United Elders. If you have ever had a loved one living in a nursing home, or think you might in the future, you will want to hear this presentation. You will be amazed to learn the vast extent of the services this organization provides for nursing home residents.

—Bill Platt

Got news? Share it through The Banner!

If you have some parish news to share, contact Banner editor Jayne Iafrate at banner@stbarnabasfalmouth.org. The Banner is published monthly and the copy deadline is the 15th of every month.

News and Notes:

An update from Lisa DiNunno

“I thought about all of you especially on Christmas Eve. St. Peter's doesn't have a choir and I really missed the music and appreciated all the more its importance for me in liturgy. But I still felt those goose bumps as we knelt for “Silent Night” at the end, with the lights in the church down low.

“I have taken a lot of what we did at St. Barnabas as far as the services go, especially our earlier Christmas Eve service, which is the more heavily attended. I used the abbreviated Lessons and Carols format and had all of the young at heart up front with me as we talked through each reading and sang a few verses of our favorite hymns—all followed by a Eucharist. I am delighted to find that several of the youth love to read at the lectern.

“After three months of quiet watching, listening, and going along with the flow, I am now ready to get down to some serious work. We are going into the new year with an intentional \$40,000 deficit in our budget. The only differences in spending between this year and last year are heating costs and me, given that they went from a half-time to a three-quarters time priest. We can do this for a few years and get away with it but the directive I received from the Vestry is to grow this parish. With an average Sunday

attendance of about 67, making up the difference is not a question of raising pledges but of bringing in new people. So, everything I will be preaching, teaching, and organizing into fellowship events will revolve around hospitality and sharing the blessings we have with others. We actually already have five

newcomers who walked through our doors and stayed since my arrival. But our task now is to learn how to articulate a strong

sense of identity and a strong sense of mission/purpose. And, of course, there are all kinds of practical things that need to be done, like getting a sign out in front of the church so people don't just whiz through rural Connecticut on Route 67 and never even notice that we are there!

“Lots to be done! And every day I appreciate Bob's role at St. Barnabas all the more. I always knew there would be a difference between being an associate and being the one responsible for everything, even when that means shepherding lay-led activities. Keeping the focus takes lots of energy; there are so many directions in which we could go. My prayer each morning is simply to stay focused, be patient and work on one thing at a time, and just enjoy the people with whom God has entrusted me.”

—*With warm thoughts and affection, Lisa*

Lisa DiNunno Hahneman
ldhahneman@sbcglobal.net

Compline

Contemplative Prayer for the Close of the Day

Sunday, February 26

8 o'clock in the evening

Saint Barnabas Church

Sung by the Saint Barnabas Schola

Calendar Placeholder

Leadership Directory

Staff

Rector	Bob Appleyard	540-3634
Organist/Director of Music	Randolph James	540-7196
Administrative Assistant	Kathe Rabbitt	548-3863
Sextons	Edson DeMoura	778-5726
	Alex DeMoura	548-3863

Vestry

Sr. Warden	Paul Gentile	539-6962
Jr. Warden	Joyce Harrington	564-4833
Treasurer	Don Johnson	548-4031
Asst Treasurer	Doug Greetham	457-1333
Clerk	Dicky Allison	548-4971
	Dick Boyden	477-4014
	Sue Davis	477-2090
	Helen Gordon	563-2457
	Faith Kolodziejski	540-9943
	John Mason	564-6102
	Sandy Reichel	477-7440
	Kim Strohm	457-4637
	Derek Sutton	548-6659
	Tom Zarl	495-0234

Youth Reps Allison Deyo

Deanery

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 (Vestry)

Memorial Garden	Debbie Gentile	539-6962
Property	Harvey Williamson	540-7818
Historians	Jeanne and Bill Platt	457-0023

Christian Formation

Committee	Joyce Harrington	564-4833
Adult Ed.	Joyce Harrington	564-4833
Church School	Kim Strohm	457-4637
Youth Group	Kate Stebinger (774)	392-1918
Librarian	Mary Heard	548-5462

Ministries and Group Contacts (cont.)

Fellowship (Bob Appleyard)

Coffee Hour	Ingrid Frank	548-5647
ECM	Bill Platt	457-0023
ECW	Doris Weeks	548-6671
Social	Stasia Palmer	548-4858

Finance (Vestry)

Finance	Bill Smith	540-3566
Stewardship	Brian/Susan Bint	540-9398

Inreach/Outreach (Vestry)

Banner	Jayne Iafrate	564-5339
Hospitality	Jane Hinckley	548-8928
Newcomers	Joan Stephenson	495-9970
Outreach	Annie Holden	495-1886
Overnights of Hospitality	Ellie Shaver	548-2984
Prayer Shawl Ministry	Debbie Gentile	539-6962
Sunshine Notes	Edie McKean	548-5958

Pastoral Care (Bob Appleyard)

Hospital visits/Home visits on request	Bob Appleyard	540-3634
Lay Eucharistic Visitors		
Prayer Chain	Susan Schmidt	563-9898

Strategic Planning (Vestry)

Committee	Paul Gentile	539-6962
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Worship (Bob Appleyard)

Acolytes	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
Lay Eucharistic Ministers	Kathe Rabbitt	548-3863
Music/Choirs	Randolph James	548-3863
Ushers	Tina Gomes	540-9039

Remember These Special Event Dates

- Feb. 8** **Finance Committee**
4 p.m., Parish House
Prayer Shawl Ministry
6:30 p.m., Parish House
- Feb. 9** **Property Committee**
5 p.m., Lower Parish Hall
- Feb. 13** **Black History Celebration**
3 p.m., Church
Vestry Meeting
7 p.m., Parish House
- Feb. 15** **Prayer Chain**
5:15 p.m., Chapel
- Feb. 26** **Compline**
8 p.m., Church
- Feb. 28** **Shrove Tuesday**



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