

# THE EIGHTH SUNDAY AFTER PENTECOST HOLY EUCHARIST

July 19, 2015 8:00 A.M.

## Saint Barnabas Episcopal Church...reaching out through worship, prayer, and action to bring the reconciling peace of Christ to one another and this world.

We invite you to join as an active participant in the worship of God. This service is based on the Order for the Holy Eucharist: Rite One in the Book of Common Prayer. For ease of use, this leaflet contains the congregational portions of the liturgy and service music. HYMNAL refers to the blue book: The Hymnal 1982. BCP refers to the red Book of Common Prayer.

Digital receivers for audio amplification are available during Sunday services for those requiring hearing assistance – just ask an usher.

### **ORGAN VOLUNTARY**

ightharpoons All stand as able at the sound of the tower bell.

HYMN The Church's one foundation HYMNAL 525

### THE OPENING ACCLAMATION

BCP p. 323

Presiding Priest Blessed be God: Father, Son, and Holy Spirit.

People And blessed be his kingdom, now and for ever. Amen.

### **COLLECT FOR PURITY**

Presiding Priest and People

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

### GLORY BE TO GOD

Presiding Priest and People

Glory be to God on high, and on earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

### THE COLLECT OF THE DAY

Presiding Priest The Lord be with you.

People And with thy spirit.

Presiding Priest Let us pray.

Almighty God, the fountain of all wisdom, who knowest our necessities before we ask and our ignorance in asking: Have compassion, we beseech thee, upon our infirmities, and those things which for our unworthiness we dare not, and for our blindness we cannot ask, mercifully give us for the worthiness of thy Son Jesus Christ our Lord; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen**.

### **THE WORD OF GOD**

THE FIRST READING (seated)

Jeremiah 23:1-6

READER: A Reading from the Book of Jeremiah

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the LORD. Therefore thus says the LORD, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the LORD. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the LORD. The days are surely coming, says the LORD, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: "The LORD is our righteousness."

Reader Hear what the Spirit is saying to God's people.

People Thanks be to God.

THE RESPONSE (remain seated - read responsively)

Psalm 23

1 The Lord is my shepherd; \*

I shall not be in want.

2 He makes me lie down in green pastures \* and leads me beside still waters.

3 He revives my soul \*

and guides me along right pathways for his Name's sake.

4 Though I walk through the valley of the shadow of death, I shall fear no evil; \* for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; \* you have anointed my head with oil, and my cup is running over.

6 Surely your goodness and mercy shall follow me all the days of my life, \* and I will dwell in the house of the Lord for ever.

THE SECOND READING Ephesians 2:11-22

READER: A Reading from the Letter of Paul to the Ephesians

Remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" -- a physical circumcision made in the flesh by human hands-- remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

Reader Hear what the Spirit is saying to God's people.

People Thanks be to God.

ightharpoons THE HOLY GOSPEL (standing as able)

Mark 6:30-34, 53-56

The Priest reads the Gospel, first saying

The Holy Gospel of our Lord Jesus Christ according to Mark.

People Glory be to thee, O Lord.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

The Gospel of the Lord

People Praise be to thee, O Christ.

THE SERMON (seated)

Judith M. McDaniel

THE NICENE CREED (standing as able)
Presiding Priest and People

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We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

### THE PRAYERS OF THE PEOPLE

Deacon or other person appointed says

Let us pray for the whole state of Christ's Church and the world.

After each paragraph of this prayer, the People may make an appropriate response, as directed.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all people. In our Anglican Cycle of Prayer, I ask your prayers for the Diocese of Port Elizabeth - (Southern Africa) The Rt Revd Nceba Nopece; Pretoria - (Southern Africa) The Rt Revd Dr Johannes Seoka. For the Episcopal Diocese of Jerusalem and the Middle East, please pray for the Jerusalem & Middle East Church Association. In our Diocesan Cycle of Prayer, I ask your prayers for St. Paul, Bremerton; St. Bede, Port Orchard. Receive our prayers which we offer unto thy divine Majesty beseeching thee to inspire continually the Universal Church with the spirit of truth unity and concord and grant that those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

### Lord, hear our prayer.

Give grace, O heavenly Father, to all bishops and other ministers especially for Katharine, our Presiding Bishop; Gregory, our Bishop and Dennis, Nancy, Judith, Patricia, and Jan, our priests; and Dan our Deacon, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

### Lord, hear our prayer.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

### Lord, hear our prayer.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Barack, our President, that he may be led to wise decisions and right actions for the welfare and peace of the world.

### Lord, hear our prayer.

For all those who go in harm's way to serve, both here at home and in lands far away, and for their families and loved ones who also serve as they wait for the time of reunion.

### Lord, hear our prayer.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

### Lord, hear our prayer.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor, especially... and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. **Lord, hear our prayer.** 

And we offer our petitions and thanksgivings to you O Lord, either aloud or in our hearts..., as we pray.

### Lord, hear our prayer.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, especially..., beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Barnabas and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

### Lord, hear our prayer.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen**.

CONFESSION OF SIN (kneeling)
Let us humbly confess our sins unto Almighty God.

Silence may be kept.

### Presiding Priest and People

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

### The Presiding Priest says

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. Amen.

#### A PRAYER FOR VISITORS

Loving God, make thy people ever mindful of the visitors who have come amongst us this day. Help thy people to help these our visitors to know that their presence with us is our joy; their contentment our desire. Help thy people to open our arms and our hearts to bring them into our midst, not as strangers but as new friends in Christ. Amen.

### THE PEACE

Presiding Priest The peace of the Lord be always with you.

People And also with you.

### THE HOLY COMMUNION

An offering of money is collected.

 $\P$  At the conclusion of the organ voluntary, please rise as able as the bread and wine and money we offer to God for our nourishment and the life of the world are brought forward and presented at the altar.

Presiding Priest All things come of thee, O Lord,

People and of thine own have we given thee.

### THE GREAT THANKSGIVING

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The people remain standing. The Presiding Priest faces them and says

The Lord be with you.

People And with thy spirit.

Presiding Priest Lift up your hearts.

People We lift them up unto the Lord.

Presiding Priest Let us give thanks unto our Lord God.

People It is meet and right so to do.

Then, facing the Holy Table, the Presiding Priest proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Presiding Priest and People

Holy, holy, holy, Lord God of Hosts: Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High. Blessed is he that cometh in the name of the Lord. Hosanna in the highest.



Then the Presiding Priest gives thanks for God's work in creation and for the salvation of the world through Christ, and prays over the bread and wine.

All glory be to thee, Almighty God, our heavenly Father...

...By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **AMEN**.

And now, as our Savior Christ hath taught us, we are bold to say,

People and Presiding Priest

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

### THE BREAKING OF THE BREAD

The Presiding Priest breaks the consecrated Bread. A period of silence is kept.

Then may be sung or said

Alleluia! Christ our Passover is sacrificed for us;

#### Therefore let us keep the feast. Alleluia!

The following prayer may be said. The People may join in saying this prayer

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Facing the people, the Presiding Priest may say the following Invitation

The Gifts of God for the People of God.

and may add Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

This is the Lord's Table around which we gather.

All baptized Christians are encouraged to come forward and receive the Body and Blood of Christ in the bread and wine of the Eucharist. If you do not wish to receive Holy Communion please do come forward, cross your arms across your heart and receive a blessing.

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Presiding Priest and People

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

#### THE BIESSING

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. Amen.



h BIRTHDAYS, ANNIVERSARIES & ANNOUNCEMENTS (seated)

 $\P$  HYMN (standing as able) In Christ there is no East or West

HYMNAL 529

DISMISSAL

The Presiding Priest, dismisses the people with these words Let us go forth in the name of Christ.

People Thanks be to God.

**PROCESSION** ORGAN VOLUNTARY

### MINISTERS OF THE LITURGY

Presiding Priest & Preacher **Guest Organist** Acolyte **Eucharistic Minister** Lectors Prayers of the People Usher Altar Guild Bread Baker

Fellowship Hour

The Rev. Dr. Judith McDaniel Woody Bernas Stu Case Su Beecham Su Beecham & Stu Case Stu Case Joe lacono Sylvia Dunning, Ruth Anderson, & Anne Dennon Rosalvs Peel Roger & Helene Fredericksen

## This Week @ St. Barnabas

### Sunday, July 19

8am | Holy Eucharist {Rite I} | Church
10am | Holy Eucharist {Rite II} | Church
10:30am | Annual Parish Pionis | Strawber

10:30am | Annual Parish Picnic | Strawberry Hill Park

### Monday, July 20

10:30am | Devotions | Messenger House 11am | Group Reunion | Dennis' Office 11am | Rotary Luncheon | PH/Kitchen 7:30pm | Al Anon | RWV

### Tuesday, July 21

8:30am-3pm | {Kitchen Reserved}

9am | Centering Prayer | Church 9am | BARN Event | PH & Kitchen 7:30pm | Vestry Meeting | Library

### Wednesday, July 22

6-9am | Kitchen Reserved 7am | BI Kiwanis | PH/Kitchen 7:15am | Meditation Group | Church 8:30am-12pm | {Kitchen Reserved} 9am | Spiritual Direction | RWV 5-11pm | {Kitchen Reserved}

### Thursday, July 23

8:30-4pm | {Kitchen Reserved} 9:15am | Healing Eucharist | Church 10:30am | Devotions | Wyatt House 1:30pm | Devotions | Madrona House 3pm | Devotions | Madison Ave House 7:30pm | AA | RWV 8:30-9:30pm | {Kitchen Reserved}

### Friday, July 24 Church Office Closed

7am - 5pm | {Kitchen Reserved} 8:30-9:30pm | {Kitchen Reserved}

### Saturday, July 25

7-8am | {Kitchen Reserved} 9am | Altar Guild | Church 1:30pm | {Kitchen Reserved}

### Sunday, July 26

8am | Holy Eucharist {Rite I} | Church 10am | Holy Eucharist {Rite II} | Church

Nursery Care | 10am Eucharist RWV | Room with a View PH | Parish Hall

### Welcome to Saint Barnabas Church and this service of worship

We are truly pleased that you have chosen to worship with us today. Here at St. Barnabas, we believe that everyone who enters these doors is God's guest. If you are seeking a church exclusively for today, we thank you for celebrating with us and may God be with you as you travel. If you are searching for a new church community and home, we hope that you will inform us. Please introduce yourself to one of our parish clergy as you depart. We invite you to complete one of the cards in the pew rack and simply hand it to a person of the clergy.

**DIGITAL RECEIVERS FOR AUDIO AMPLIFICATION** are available during Sunday services for those requiring hearing assistance – just ask an Usher.

**GLUTEN FREE EUCHARISTIC HOSTS** are available for those who need them. Please alert the usher to your need.

ARE YOU ON THE PARISH PICTURE BOARD? We would like our entire parish to be represented on the Parish Picture Board. The THIRD SUNDAY of every month, Sue Hylen will be at the Welcome Table to take individual, couple, & family photos. We especially invite new members to add their picture to our board or update the photo they have. This also helps new members and visitors to connect names with faces!

NAME TAGS Name tag sign-up sheets will be on the Welcome Table the SECOND SUNDAY of every month. If you would like a name tag, please let us know. Name tags should be ready to be picked up the next SUNDAY. When you have your name tag on, newcomers find it easier to both approach and remember you, and all the other friendly St. B people they have just met.

ANNOUNCEMENTS for the weekly service leaflets are due to the office Tuesday by noon. Email your news to kdiller@stbbi.org

**NURSERY FOR LITTLE ONES** | newborns to age three. Babysitting is provided during the Sunday 10am service. Our babysitters arrive fifteen minutes before the service, at 9:45am and parents are welcome to drop off their child and then collect him/her after the service or after coffee hour. Babysitters will interact, read

and play with the children, and ensure that they are safe while parents attend the service. The nursery is located on the upper level. From the parlor, proceed down the long hallway past the library. The Nursery is just through the doorway on the right. Contact Jerry Carlin | 206-856-2691 | jerrycarlin@comcast.net.

WELCOME TABLE Don't forget to visit the Welcome Table at Coffee Hour. Everyone, new visitors and long-time members, is urged to stop by regularly to check on signups for parish events, to volunteer for programs. To learn more about our ministries, to purchase tickets to events, and to meet and talk with parishioners of every age and stage. Guests and newcomers are especially encouraged to visit the Welcome Table.

**COFFEE & COMMUNITY** Please join us for body and soul food! Coffee hour after the 8am is in the Parlor just across the courtyard from the church. Coffee Hour after the 10am service is downstairs in the Parish Hall. A sign-up sheet is posted for the 8am coffee hour. This is a chance to meet other parishioners informally and enjoy the hospitality of the St. Barnabas congregation.

### **WORSHIP**

MISSED A SERMON OR WANT TO HEAR IT AGAIN? OR SHARE IT WITH A FRIEND? Listen to podcasts of sermons and music available on our church website: www.stbbi.org.

### **MUSICAL OPPORTUNITIES AT ST. BARNABAS**

Do you sing or play an instrument? There are musical opportunities awaiting you here at St. Barnabas! Please contact Paul Roy cproy@stbbi.org> or call him at the church office 842-5601 x4 for further information.

### **CHRISTIAN ACTION**

HELPLINE HOUSE PROJECT BACKPACK During these summer months Helpline House is gearing up for their 15th annual Project Backpack (PBP) program. This back-to-school program provides backpacks and essential school supplies to Bainbridge Island students in need; filling about 200 requests each year through the generosity of our Bainbridge community. Remember the feeling of delight when starting the school year with new pencils, lots of blank paper in a new notebook and plans to do good work? Each year when distributing PBP supplies this delight is seen in the faces of

students coming to pick up their supplies - a gratifying sight. But the PBP program does not end with the distribution of school supplies in August. Throughout the year program assists with other important education-related expenses such as fees for student enrichment, i.e. camp, music lessons, high school fees and graduation expenses, and assistance with daycare, especially summer programs. The 2015 PBP Drive begins August 1 through August 25. Your support in dollars or supplies is greatly appreciated.

FLOWERS FROM THE HEART The concept is simple....to provide cheer to someone who is bed ridden, housebound, etc., to bring a little simple joy to their life. "Flowers from the Heart" depends on the generosity of our volunteers, our fellow gardeners, and neighbors and the continued use of the Eagle Harbor Congregational Church. We welcome donations of freshly cut flowers. Bring flowers to buckets, located at Eagle Harbor Congregational Church | June 1 – Aug 28 | Monday – Friday | 8:30-11:30am. To volunteer to deliver bouquets contact Sandy Young | 206-842-7252 or Maureen Jurcak | 206-842-4684. Thank you.

ST. BARNABAS PRAYER CHAIN is a group of people devoted and committed to prayer for others. The chain is divided into two groups coordinated by Lee-ann Holland. She serves as a contact to activate the chain and pass on requests. Lee-ann makes contacts by email and telephone. The prayer chain will pray for anyone who requests prayer or who is submitted by someone else for prayers. All the members honor confidentiality and do not discuss those for whom they pray. It is not necessary to have a lot of detail or sometimes even a name in order to pray for someone or a situation. Unless instructed otherwise, the chain usually prays for about two weeks for a person or situation. The chain can be contacted by calling or emailing the Parish Administrator Katrina at the office or Lee-ann Holland | hollandx263@me.com | 842-3204.

### **FELLOWSHIP**

TODAY!! | ST. BARNABAS DAY PICNIC SUN, JULY 19 | 11:30-3PM | STRAWBERRY HILL PARK Our annual picnic is here again! St. Barnabas will be providing artisan pizza made by our caterer in residence Chris Kelly of 206 PIE. These are not your standard fast food pizzas! Gluten-free will be available.

### JAZZ ON THE CLOSE Sunday, Aug 2 | 3pm

Come hear the Anne Pell Jazz Trio with guest vocalist Kimberly Brown and enjoy an afternoon of swinging jazz tunes here at Saint Barnabas. \$20 suggested donation includes beverages and snacks.



### **BODY, MIND & SPIRIT**

### CONTEMPLATIVE BOOK STUDY Tues, Aug 11 | 10-11am | Library

Meeting monthly through the summer, this group is discussing *The Wisdom Way of Knowing* by Cynthia Bourgeault. On August 11, we'll discuss Chapters 5 and 6 of the book. All are welcome! Please join us whether or not you have been to any of the earlier discussions and whether or not are caught up on the reading. Final Meeting on this book: September 15. Books can be ordered from the Episcopal Bookstore in Seattle, your local bookstore or Amazon. Available for Kindle.

## CENTERING PRAYER Tuesdays | 9am | Church

Centering Prayer is based on an ancient form of Christian Meditation that was developed during the 20th Century. The simple process of consent and letting go invites us into a deeper place where the life of God can transform us to be the loving people of Christ in the world. Those who practice Centering Prayer gather on Tuesdays at 9am in the church to pray together. Anyone, whether new or experienced, is welcome to join us for silence, chanting and 20 minutes of prayer. Questions? Want more information? Contact | Grace Grant | grace@grant-tierney.us

### **CHRISTIAN HEALING THROUGH REIKI**

St. Barnabas offers Christian Healing through Reiki on a regular basis. We have a team of 6 trained ministers available to offer healing sessions to Parish members and others in our community. Sessions last about 40 minutes, and are a quiet time with gentle music. Reiki promotes healing and wellness of body and mind, and is a consistent and gentle

means for relieving stress and tension in the mind-body complex that accumulate in day-to-day activities. If you have questions or would like to schedule a session:

Ric Cederwall | 206-855-0900, ric@stanfordalumni.org Sister Mary Louise Sulonen | 360-779-3662

### TODAY!





## Saint Barnabas Episcopal Church

1187 Wyatt Way NW | Bainbridge | sland | WA | 98110

206-842-5601 | Voice 206-842-5876 | Fax information@stbbi.org | http://www.stbbi.org

The Right Reverend Gregory H. Rickel, | Bishop of Olympia
The Reverend Dr. Dennis Tierney | Rector
The Reverend Dr. Jan Heller | Assisting Priest
The Reverend Dr. Judith M. McDaniel | Assisting Priest
The Reverend Nancy Tiederman | Assisting Priest
The Rev. Patricia Rome Robertson | Assisting Priest for Contemplative Ministries

The Reverend Dan Fowler | Deacon Paul Roy | Director of Music Katrina Diller | Parish Administrator Julie Houck | Bookkeeper Charlie Anderson | Treasurer Carol Milton | Treasurer Emerita Fred Meredith | Sexton

Danielle Desaulniers | Kitchen Manager

Amy O'Brien | Day School Director, Carrie Corns | Assistant Director/Registrar Kristi Barr, Mary Feeney, Millie Loughnane | Teachers

#### **VESTRY**

Senior Warden | Bill Galvani, Junior Warden | Paul Holzman, Members | Kristoffer Anderson, Ed Ellis, Sue Hylen, Jean Kellerman, Michael Lacey, Steve Schmitz, Virginia Walker Ruth Anderson | Clerk of the Vestry

Maria Perez | Housekeeper

