

THE EPIPHANY OF OUR LORD JESUS CHRIST HOLY EUCHARIST

January 10, 2016

10:00 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 Two 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

We three kings

Fred Bock



All stand as able at the sound of the tower bells.

HYMN

Songs of thankfulness and praise

HYMNAL 135

THE OPENING ACCLAMATION

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

SONG OF PRAISE (sung by all)

Festal Song



A - rise, your light has come! The Spir - it's call o - bey: show



forth the glo - ry of your God which shines on you to - day.

THE COLLECT OF THE DAY

Presiding Priest

The Lord be with you.

People

And also with you.

Presiding Priest

Let us pray.

O God, by the leading of a star you manifested your only Son to the peoples of the earth: Lead us, who know you now by faith, to your presence, where we may see your glory face to face; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE WORD OF GOD

 THE FIRST READING (seated)

Isaiah 60:1-6

READER: *A Reading from the Book of Isaiah*

Arise, shine; for your light has come, and the glory of the Lord has risen upon you. For darkness shall cover the earth, and thick darkness the peoples; but the Lord will arise upon you, and his glory will appear over you. Nations shall come to your light, and kings to the brightness of your dawn. Lift up your eyes and look around; they all gather together, they come to you; your sons shall come from far away, and your daughters shall be carried on their nurses' arms. Then you shall see and be radiant; your heart shall thrill and rejoice, because the abundance of the sea shall be brought to you, the wealth of the nations shall come to you. A multitude of camels shall cover you, the young camels of Midian and Ephah; all those from Sheba shall come. They shall bring gold and frankincense, and shall proclaim the praise of the Lord.

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

People Thanks be to God.

THE RESPONSE (remain seated)

Psalms 72:1-7,10-14



1979, Robert Knox Kennedy.

- 1 Give the King your justice, O / God, *
and your righteousness to the King's \ Son;
- 2 That he may rule your people / righteously *
and the poor with \ justice;
- 3 That the mountains may bring prosperity to the / people, *
and the little hills bring \ righteousness.
- 4 He shall defend the needy among the / people; *
he shall rescue the poor and crush the op\pressor.
- 5 He shall live as long as the sun and moon en/dure, *
from one generation to a\nother.
- 6 He shall come down like rain upon the mown / field, *
like showers that water the \ earth.
- 7 In his time shall the righteous / flourish; *
there shall be abundance of peace till the moon be no \ more.
- 10 The kings of Tarshish and of the isles shall pay / tribute, *
and the kings of Arabia and Saba offer \ gifts.
- 11 All kings shall bow down be/fore him, *
and all the nations do him \ service.
- 12 For he shall deliver the poor who cries out in di/stress, *
and the oppressed who has no \ helper.
- 13 He shall have pity on the lowly and / poor; *
he shall preserve the lives of the \ needy.
- 14 He shall redeem their lives from oppression and / violence, *
and dear shall their blood be in his \ sight.

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

I Paul, a prisoner for Christ Jesus for the sake of you Gentiles—assume that you have already heard of the commission of God's grace that was given me for you, and how the mystery was made known to me by revelation, as I wrote above in a few words, a reading of which will enable you to perceive my understanding of the mystery of Christ. In former generations this mystery was not made known to humankind, as it has now been revealed to his holy apostles and prophets by the Spirit: that is, the Gentiles have become fellow heirs, members of the same body, and sharers in the promise in Christ Jesus through the gospel. Of this gospel I have become a servant according to the gift of God's grace that was given me by the working of his power. Although I am the very least of all the saints, this grace was given to me to bring to the Gentiles the news of the boundless riches of Christ, and to make everyone see what is the plan of the mystery hidden for ages in God who created all things; so that through the church the wisdom of God in its rich variety might now be made known to the rulers and authorities in the heavenly places. This was in accordance with the eternal purpose that he has carried out in Christ Jesus our Lord, in whom we have access to God in boldness and confidence through faith in him.

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

People Thanks be to God.



HYMN (standing as able)

Earth has many a noble city

HYMNAL 127

THE GOSPEL

Matthew 2:1-12

The Priest reads the Gospel, first saying

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

People Glory to you, Lord Christ.

In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, asking, "Where is the child who has been born king of the Jews? For we observed his star at its rising, and have come to pay him homage." When King Herod heard this, he was frightened, and all Jerusalem with him; and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. They told him, "In Bethlehem of Judea; for so it has been written by the prophet: 'And you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who is to shepherd my people Israel.' " Then Herod secretly called for the wise men and learned from them the exact time when the star had appeared. Then he sent them to Bethlehem, saying, "Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage." When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road.

The Gospel of the Lord

People Praise to you, Lord Christ.

THE SERMON (seated)

Dennis Tierney



THE NICENE CREED (standing as able)

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

As we join the wise men from the East and humbly offer gifts at the feet of Jesus, let us offer prayers to God who shows the glory of Christ in all the world.

Leader

By the manifestation of the King of the Jews to the shepherds and the magi.

Glory and praise to you, O living God.

For Michael our Presiding Bishop; Gregory our Bishop and Dennis, Jan, Nancy, Judith and Patricia our priests; and Dan our Deacon, and all who minister in Christ, and for all the holy people of God.

Glory and praise to you, O living God.

For all believers who put their trust in the incarnate Son of God.

Glory and praise to you, O living God.

For the leaders of the nations and all in authority, and for peace and justice.

Glory and praise to you, O living God.

For all those who go in harm's way, 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.

Glory and praise to you, O living God.

For the needs of the whole human race and for the earth itself.

Glory and praise to you, O living God.

For grace and power to welcome into our fellowship our sisters and brothers in Christ who are visiting this morning, remembering that in welcoming a stranger we may welcome angels unaware.

Glory and praise to you, O living God.

For travelers, for the sick and the suffering, especially... for the hungry and the oppressed, and for those in prison.

Glory and praise to you, O living God.

For the dying and the dead, especially... and for all the departed whom we remember.

Glory and praise to you, O living God.

For our deliverance from all affliction, strife, and need.

Glory and praise to you, O living God.

Remembering our most glorious and blessed Virgin Mary, Barnabas, and all the saints, let us offer ourselves and one another to the living God through Christ.

To you, O Lord.

Presider

God of the stars of night, accept the prayers we offer on this joyful feast. Fill our hunger with your word of truth and summon all who thirst to the banquet of your love; through Jesus Christ our Lord. **Amen.**

We pray to you also for the forgiveness of our sins.

Silence may be kept.

Leader and People

Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

The Presider concludes with an absolution or a suitable Collect.

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your son Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

HOLY, HOLY, HOLY LORD (sung by all)

Franz Schubert

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na

in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san - na

in the high - est. Ho - san - na in the high - est.

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The Presiding Priest continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

Presiding Priest and People

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

The Presiding Priest continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly

country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.



The Presiding Priest continues

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

THE LORD'S PRAYER (Traditional)

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.

ACCLAMATION AFTER THE BREAKING OF THE BREAD

Franz Schubert

The first line of the acclamation. The vocal line (treble clef) has the lyrics: "Je - sus, Lamb of God: have mer - cy on us." The piano accompaniment (bass clef) consists of chords and moving lines in G major.

The second line of the acclamation. The vocal line (treble clef) has the lyrics: "Je - sus, bear - er of our sins: have mer - cy on us." The piano accompaniment (bass clef) continues with chords and moving lines.

The third line of the acclamation. The vocal line (treble clef) has the lyrics: "Je - sus, re - deem - er, re - deem - er of the world:" The piano accompaniment (bass clef) continues with chords and moving lines.

The fourth line of the acclamation. The vocal line (treble clef) has the lyrics: "give us your peace, give us your peace." The piano accompaniment (bass clef) continues with chords and moving lines.

THE INVITATION TO COMMUNION

The Presiding Priest says
The gifts of God for the People of God.



COMMUNION OF THE PEOPLE

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.

ORGAN VOLUNTARY

HYMN (sung by all) *What star is this, with beams so bright* HYMNAL 124



THE POST-COMMUNION PRAYER (standing as able)

Presiding Priest and People

Almighty and ever living God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE BLESSING



BIRTHDAYS, ANNIVERSARIES & ANNOUNCEMENTS (seated)



HYMN (standing as able) *As with gladness men of old* HYMNAL 119

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 *Bell Symphony* Henry Purcell

MINISTERS OF THE LITURGY

Presiding Priest & Preacher	The Rev. Dr. Dennis S. Tierney
Organist & Choirmaster	Paul Roy
Song Leaders	The Parish Choir
Acolytes	Caroline & Harper Muma, PJ Miller
Eucharistic Ministers	Linda Heller & Mary Anne Smith
Lectors	George Robertson & Brian Andvik
Prayers of the People	Brian Andvik
Ushers	Brian Andvik & Laura Carroll
Greeters	Mo Godman, Dick Eversole & Beth Gudmundson
Welcome Table	Randy & Linda Krause
Altar Guild	Joan Collins, Marilyn Abbott, Connie Albrecht, Claire Hicks, Virginia Walker & Steve Schmitz
Bread Baker	Honora Dunkak
Fellowship Hour	Gillian Allard, Anne Dennon, Ruth Johnson, Danielle Desaulniers & Kathleen Lander

This Week @ St. Barnabas

Sunday, January 10

The Celebration of Epiphany

8am | Holy Eucharist {Rite I} | Church
9:15am | Choir Rehearsal | Church
10am | Holy Eucharist {Rite II} | Church
3:30pm | Evensong Rehearsal | Church
6pm | Office of Evensong | Church

Monday, January 11

9am | Spiritual Direction | RWV
10:30am | Devotions | Messenger House
11am | BI Rotary Meeting | PH
11am | Group Reunion | Dennis' Office
7:30pm | Al Anon | RWV

Tuesday, January 12

9am | Centering Prayer | Church
9:45am | Contemplative Book Study | Library
10am | Dance for Joy- Qigong Class | RWV
4pm | CAC/Outreach Committee | Library
7:30pm | Finance Committee | Library

Wednesday, January 13

7am | BI Kiwanis | PH/Kitchen
7:15am | Meditation Group | Church
1:30pm | Devotions | Madrona House
2:30 | Devotions | Island Rehab
7:00pm | AA Women's Group | Library

Thursday, January 14

9:15am | Healing Service | Church
10:30am | Devotions | Wyatt House
3pm | Devotions | Madison Ave House
6:30pm | Madrone Village HOA Meeting | PH
7:30pm | AA | RWV

Friday, January 15

Office Closed

3:15pm | Girl Scouts | Library
5pm | Event Set Up | PH
6:30pm | Fig & Spice Cuban Dinner | PH/Kitchen

Saturday, January 16

9am | Altar Guild | Church
9am | Tuning Fork Class | RWV

Sunday, January 17

8am | Holy Eucharist {Rite I} | Church
9:15am | Choir Rehearsal | Church
10am | Holy Eucharist {Rite II} | Church

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

~ Save the Date ~

St Barnabas Annual Meeting
Sunday, January 31 @ 11:30am
Parish Hall | Lunch will be served

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 **FIRST 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 | 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 down the long hallway.

The nursery is through the doorway on the right. For more information, contact **Ruth Anderson | 360-626-1264.**

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 St. Barnabas.

2016 STEWARDSHIP

HARVEST NOW FOR FUTURE SEASONS

2016 STEWARDSHIP CAMPAIGN

We are grateful for those who have already sent in your pledged! We are currently still under our needed budget amount of \$386,000. There are pledge cards on the website at www.stbbi.org and available in the Parlor. We are wrapping up our campaign. Final numbers will be available at the annual meeting.

WORSHIP

TONIGHT | OFFICE OF EVENSONG | JAN 10 @ 6PM

Women's Schola Nova sings the Office of Evensong at 6pm on the 2nd Sunday of the month. Come hear traditional plainsong, anthems, psalms and chants. Let the grace of sung prayer refresh you for the week to come.

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! Contact **Paul Roy | proy@stbbi.org | 206-842-5601x4.**

CHRISTIAN ACTION

SECRET PRAYER PARTNERS

SUNDAY, JAN 10, 2016 | 1PM

Our special day is almost here! We'll gather in the home of Alice Reasoner, 10495 Morning Lane NE, B.I., to share savories and sweets, mulled cider, stories, laughter, and a surprise gift for the one for whom we've been praying all year. And THEN we'll reveal our identities! Here's how it works: Just wrap your gift, enclosing your name INSIDE, with a card labeled with your SPP's name and a hint where she might start to guess on the OUTSIDE. (You may be surprised that your own SPP is not at all whom you thought.) It would be so helpful if you would let me know if you cannot attend, as your SPPs, in both directions, will be looking for you. Also, if you are able, do bring a savory or sweet to share. I'll have the mull, coffee and tea. Come to enjoy a relaxed warmth of friendship. Cheerily and lovingly, **Alice** | tistimeal@aol.com | **206-780-1585**.

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**.

BODY, MIND & SPIRIT

THE SECOND HALF OF LIFE: MEETING IT WITH RESILIENCE, LIVING IT WITH JOY

Tools for surviving and thriving through changes, transitions & losses | **Saturdays, 9-10:30am** | **Gowan Library** | **Jan 9, 16, 23 & Feb 6**.

What helps us find (and keep) our ballast and buoyancy in the second half of life? Kerry Grant, MA, LMFTA, will share an overview of research and practices from psychology and spirituality that build resilience. Participants will be invited to share their wisdom and their stumbling blocks: what's challenging, what's helped. Folks are encouraged to attend all four morning groups, but welcome to attend any of the individual sessions. Coffee service will be provided; breakfast snack

contributions are welcomed.

Jan 9 | Overview, mindfulness practices for grounding through the storms

Jan 16 | Awareness practices for transforming painful emotions and increasing resilience and joy

Jan 23 | How relationships matter for resilience, and how to make the most of them.

Feb 6 | Knowing and cultivating your inner resources: spirituality and faith, soul life, passion, pleasure, purpose and service. Spiritual autobiography. Kerry works with families and individuals as a psychotherapist in private practice on Bainbridge Island and Poulsbo, and as a geriatric mental health specialist with Navos Mental Health Solutions in Seattle. **Kerry Grant** | kerrygrnt1@gmail.com | **206-855-8085**.

CONTEMPLATIVE BOOK GROUP | TUESDAY | JANUARY 12 | 10-11am

The Contemplative Book Group is reading together Cynthia Bourgeault's *The Wisdom Jesus: Transforming Heart and Mind – a New Perspective on Christ and His Message*. The group gathers next on Tuesday, January 12 | 10-11am | Gowan Library. We will discuss Chapters 8-10 | Chapter 8 "The Incarnation", Chapter 9 "The Passion," and Chapter 10 "Crucifixion and Its Aftermath." All are welcome! Please join us whether or not you have been to any of the earlier discussions and whether or not that you are caught up on the reading.

SATURDAY, FEBRUARY 13 | 2016 | DESERT SPIRITUALITY: A WISDOM DAY IN LENT | 9:30am-3:30pm | \$20 suggested donation

In the season of Lent we invite you to follow Jesus for a day in the desert. We know that, in the fourth and fifth centuries as Christianity became more organized and embedded in society, men and women moved into the desert to renew their own practice of spiritual transformation and to struggle with their inner demons (just as Jesus had) in order to deeply root their relationships in the Living God. Join us for teachings from these wisdom communities, chanting, body movement, and conscious practice of presence – a day to carry you through the season of Lent and beyond. The number of participants for this day is limited. Registration begins January 1 for parishioners; open registration begins January 15. The registration form is attached and can be found on the website at www.stbbi.org/programs/contemplative-ministries

For more information, contact: The Rev. Patricia Rome Robertson | revprome@hotmail.com or **Grace Grant** | grace@grant-tierney.us

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

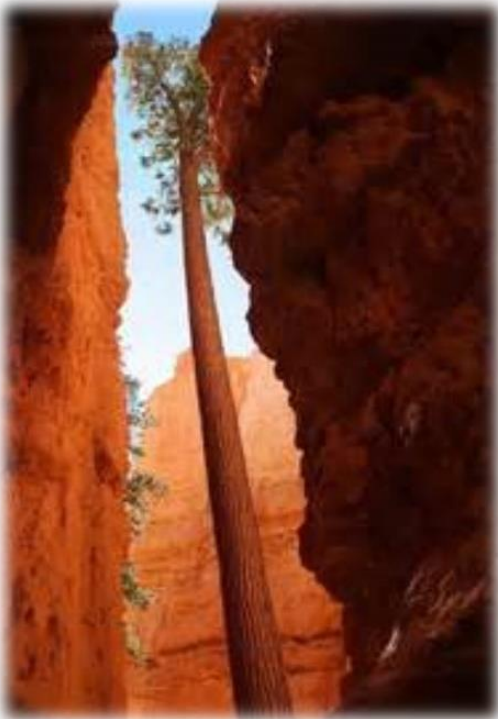
and mind, and is a consistent and gentle means for relieving stress and tension in the mind-body complex that accumulate in day-to-day activities. If you have questions or would like to schedule a session: **Ric Cederwall** | **206-855-0900** | ric@stanfordalumni.org or **Sr Mary Louise Sulonen** | **360-626-3264** | sjpsulonen@comcast.net.

SPECIAL EVENTS

CELEBRATE THE NEW YEAR – CUBAN DINNER

Friday, Jan 15 | 6:30pm | Parish Hall

One of our most recent chefs, Claire Younker Moe (also a former Day School Parent!) is preparing a Cuban Dinner here at St. Barnabas as an introduction to her business here, Fig & Spice. Enjoy a Cuban dinner to ring in the New Year and enjoy a night of delicious community! Previous dinners sold out quickly so be sure to reserve your seats early! Please feel free to bring your own wine or other alcoholic beverage to enjoy. (Menu posted on church bulletin board). **Tickets | \$45.** **Chef Claire Younker Moe** | **206-842-3069** | figandspice@yahoo.com.



The Second Half of Life: Meeting it with Resilience, Living it with Joy

*Tools for surviving and thriving through
changes, transitions & losses*

Saturdays, 9-10:30 am

**St. Barnabas Church, Gowan Library
Jan 9, 16, 23 & Feb 6**

What helps us find (and keep) our ballast and buoyancy in the second half of life? Kerry Grant, MA, LMFTA, will share an overview of research and practices from psychology and spirituality that build resilience. Participants will be invited to share their wisdom and their stumbling blocks: what's challenging, what's helped. Folks are encouraged to attend all four morning groups, but welcome to attend any of the individual sessions. Coffee service will be provided; breakfast snack contributions are welcomed.

- Jan 9 Overview, mindfulness practices for grounding through the storms
- Jan 16 Awareness practices for transforming painful emotions and increasing resilience and joy
- Jan 23 How relationships matter for resilience, and how to make the most of them.
- Feb 6 Knowing and cultivating your inner resources: spirituality and faith, soul life, passion, pleasure, purpose and service. Spiritual autobiography.

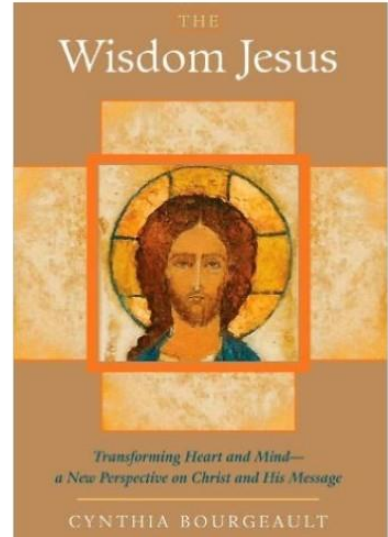


Kerry, a member of St. Barnabas Episcopal Church, works with families and individuals as a psychotherapist in private practice on Bainbridge Island and Poulsbo, and as a geriatric mental health specialist with Navos Mental Health Solutions in Seattle.

Contemplative Book Study – The Wisdom Jesus

Beginning in October, the Contemplative book study will be reading *The Wisdom Jesus* by Cynthia Bourgeault. From the book jacket:

If you put aside what you think you know about Jesus and approach the Gospels as though for the first time, something remarkable happens: Jesus emerges as a teacher of the transformation of consciousness. Cynthia Bourgeault is a masterful guide to Jesus' vision and to the traditional contemplative practices you can use to experience the heart of his teaching for yourself.



Group discussions will take place in the Library at St. Barnabas at 9:45 am (following 9am Centering Prayer in the church) on Tuesdays. We finish no later than 11am.

Dates & Chapters: (Updated)

January 12 | Chapters 9-10

February 16 | Chapters 11-13

March 15 | Chapters 14-16

Reading this book will prepare us all for Cynthia Bourgeault's visit to St. Barnabas | **Saturday, May 14**. You are invited to join us in reading and especially for the group discussions on the above dates.

"The knowledge of Jesus Christ is a unitive knowledge; it is the luminosity of my own true and eternal being."

- Bruno Barnhart. Second Simplicity



Saint Barnabas Episcopal Church

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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

Denton Kiehle | Treasurer

Carol Milton | Treasurer Emerita

Fred Meredith | Sexton

Amy O'Brien | Day School Director, Carrie Corns | Assistant Director/Registrar

Kristi Barr, Mary Feeney, Millie Loughnane, Candace Gudmundson,

Elsa Trail | Teachers

VESTRY

Senior Warden | Bill Galvani, Junior Warden | Kristoffer Anderson

Members | Stu Case, Ed Ellis, Sue Hylan, Jean Kellerman,

Michael Lacey, Steve Schmitz, Virginia Walker

Mark Morris | Clerk of the Vestry



Maria Perez | Housekeeper

