

# THE EPIPHANY OF OUR LORD JESUS CHRIST HOLY EUCHARIST

January 10, 2016  
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

*We three kings*

Fred Bock



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

HYMN (sung by all)

*Songs of thankfulness and praise*

HYMNAL 135

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.

O God, who by the leading of a star didst manifest thy only begotten Son to the peoples of the earth: Lead us, who know thee now by faith, to thy presence, where we may behold thy glory face to face; through the same 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)

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 - read responsively)

Psalms 72:1-7, 10-14

- 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 oppressor.**
- 5 He shall live as long as the sun and moon endure, \*  
**from one generation to another.**
- 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 before him, \*  
**and all the nations do him service.**
- 12 For he shall deliver the poor who cries out in distress, \*  
**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.



THE HOLY GOSPEL (standing as able)

Matthew 2:1-12

*The Priest reads the Gospel, first saying*

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

*People* Glory be to thee, O Lord.

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 be to thee, O Christ.



THE SERMON (seated)

Dennis Tierney



*Presiding Priest and People*

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 Anglican Church of Australia, The Most Revd Philip Leslie Freier Archbishop of Melbourne & Primate of Australia. For the Episcopal Diocese of Jerusalem and the Middle East, please pray for the Redeemer Church, Amman, Jordan. In our Diocesan Cycle of Prayer, I ask your prayers for Christ Church, Seattle; St. Andrew, Seattle. 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 Michael, our Presiding Bishop; Gregory our Bishop and Dennis, Jan, Nancy, Judith and Patricia 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 they 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.**

[Additional petitions and thanksgivings may be included here.]

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.**



**CONFESSON 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** (standing as able)

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.*



*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

BCP p. 333

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

*People* 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.



*The people kneel or stand.*

*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.*



THE POST-COMMUNION PRAYER (kneeling or standing as able)

BCP p. 339

*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 BLESSING

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.**



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  
Organist  
Acolyte  
Eucharistic Minister  
Lectors  
Prayers of the People  
Usher  
Altar Guild

Bread Baker  
Fellowship Hour

The Rev. Dennis Tierney  
Paul Roy  
Virginia Walker  
Virginia Walker  
Virginia Walker & Joanne Ellis  
Joanne Ellis  
Ed Ellis  
Joan Collins, Marilyn Abbott, Connie Albrecht,  
Claire Hicks, Virginia Walker & Steve Schmitz  
Honora Dunkak  
Roger Clairmont & Mark Morris

## 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

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**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](mailto: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](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.stbbi.org/programs/contemplative-ministries)

**For more information, contact: The Rev. Patricia Rome Robertson** | [revprome@hotmail.com](mailto:revprome@hotmail.com) or **Grace Grant** | [grace@grant-tierney.us](http://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 20<sup>th</sup> 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](mailto: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

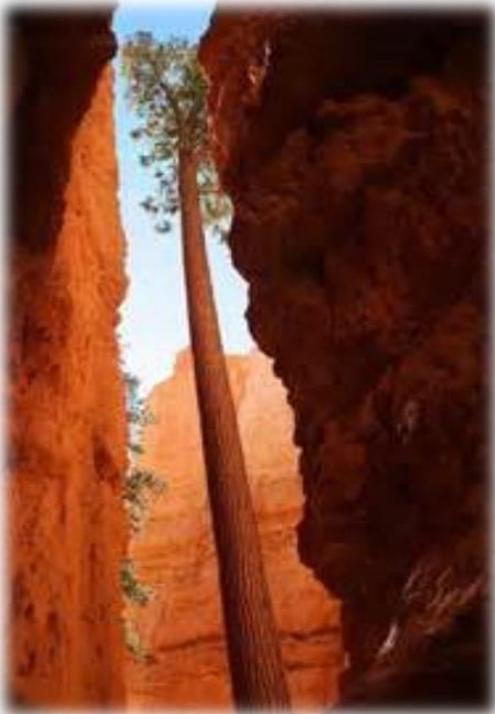
and mind, and is a consistent and gentle means for relieving stress and tension in the mind-body complex that accumulate in day-to-day activities. If you have questions or would like to schedule a session: **Ric Cederwall** | **206-855-0900** | [ric@stanfordalumni.org](mailto:ric@stanfordalumni.org)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

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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.

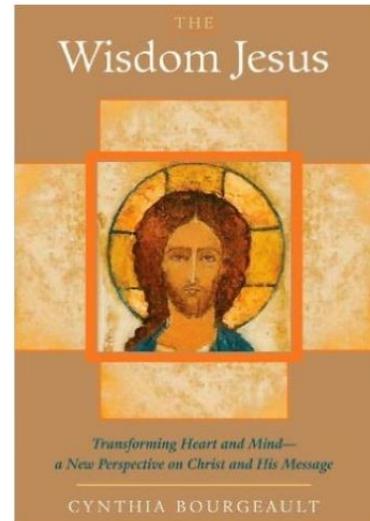


*Kerry, a member of St. Barnabas Episcopal Church, works with families and individuals as a psychotherapist in private practice on Bainbridge Island and Poulsbo, and as a geriatric mental health specialist with Navos Mental Health Solutions in Seattle.*

## 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 8-10**

**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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[info@stbbi.org](mailto:info@stbbi.org) | [www.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

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

