



THE NINTH SUNDAY AFTER PENTECOST
HOLY EUCHARIST

July 17, 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.

Large-Print BCP and digital receivers for audio amplification are available during services for those requiring hearing assistance – just ask an usher.

Today's altar flowers are given by the Albrecht family in honor of the Grant/Tierney team.

ORGAN VOLUNTARY



All stand as able at the sound of the tower bell and sing:

HYMN

Immortal, invisible, God only wise

HYMNAL 423

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)

Amos 8:1-12

READER: A Reading from the Book of Amos

This is what the Lord God showed me—a basket of summer fruit. He said, “Amos, what do you see?” And I said, “A basket of summer fruit.” Then the Lord said to me, “The end has come upon my people Israel; I will never again pass them by. The songs of the temple shall become wailings in that day,” says the Lord God; “the dead bodies shall be many, cast out in every place. Be silent!” Hear this, you that trample on the needy, and bring to ruin the poor of the land, saying, “When will the new moon be over so that we may sell grain; and the sabbath, so that we may offer wheat for sale? We will make the ephah small and the shekel great, and practice deceit with false balances, buying the poor for silver and the needy for a pair of sandals, and selling the sweepings of the wheat.” The Lord has sworn by the pride of Jacob: Surely I will never forget any of their deeds. Shall not the land tremble on this account, and everyone mourn who lives in it, and all of it rise like the Nile, and be tossed about and sink again, like the Nile of Egypt? On that day, says the Lord God, I will make the sun go down at noon, and darken the earth in broad daylight. I will turn your feasts into mourning, and all your songs into lamentation; I will bring sackcloth on all loins, and baldness on every head; I will make it like the mourning for an only son, and the end of it like a bitter day. The time is surely coming, says the Lord God, when I will send a famine on the land; not a famine of bread, or a thirst for water, but of hearing the words of the Lord. They shall wander from sea to sea, and from north to east; they shall run to and fro, seeking the word of the Lord, but they shall not find it.

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

People Thanks be to God.

THE RESPONSE (remain seated – read responsively)

Psalm 52

1 You tyrant, why do you boast of wickedness *
against the godly all day long?

2 You plot ruin; your tongue is like a sharpened razor, *
O worker of deception.

3 You love evil more than good *
and lying more than speaking the truth.

4 You love all words that hurt, *
O you deceitful tongue.

(continued on page 3)

5 Oh, that God would demolish you utterly, *
topple you, and snatch you from your dwelling, and root you out of the land of the living!

6 The righteous shall see and tremble, *
and they shall laugh at him, saying,

7 “This is the one who did not take God for a refuge, *
but trusted in great wealth and relied upon wickedness.”

8 But I am like a green olive tree in the house of God; *
I trust in the mercy of God for ever and ever.

9 I will give you thanks for what you have done *
and declare the goodness of your Name in the presence of the godly.

THE SECOND READING

Colossians 1:15-28

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

Jesus is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel. I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ’s afflictions for the sake of his body, that is, the church. I became its servant according to God’s commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

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

***People* Thanks be to God.**



THE HOLY GOSPEL (standing as able)

Luke 10:38-42

The Priest reads the Gospel, first saying

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

People **Glory be to thee, O Lord.**

As Jesus and his disciples went on their way, Jesus entered a village where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

The Gospel of the Lord

People **Praise be to thee, O Christ.**



THE SERMON (seated)

Dennis Tierney



THE NICENE CREED (standing as able)

BCP p. 326

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 Province de L'Eglise Anglicane au Rwanda, The Most Revd Dr Onesphore Rwaje, Archbishop of L'Eglise Episcopal au Rwanda and Bishop of Gasabo. In our Diocesan Cycle of Prayer, I ask your prayers for St. Paul in Bremerton as well as for St. Bede in 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 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 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.

I invite your petitions and thanksgivings aloud or in your hearts... let us 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.***



CONFESSIO 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

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.

 or  *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)

King of glory, King of peace

HYMNAL 382

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

The Rev. Dr. Dennis S. Tierney

Guest Organist

Woody Bernas

Acolyte

Roger Clairmont

Eucharistic Minister

Mark Morris

Lectors

Mark Morris & Roger Clairmont

Prayers of the People

Roger Clairmont

Usher

Joe Iacono

Altar Guild

Gwen Rose, Deena Hanke,

Jody Prongay, Liz McKinney

Bread Baker

Laurie Fergusson

Coffee Hour

Helene & Steve Schmitz

This Week @ St. Barnabas

Sunday, July 17

8am | Holy Eucharist {Rite I} | Sanctuary
9am | Coffee Hour | Parlor
10am | Holy Eucharist {Rite II} | Sanctuary
11:15am | Coffee Hour | PH

Monday, July 18

9am-1pm | Church Office Open
10:30am | Devotions | Messenger House
11am | Reunion Group | Rector's Office
11am | BI Rotary Luncheon | PH
7:30pm | Al Anon | RWV

Tuesday, July 19

9am-1pm | Church Office Open
9am | Centering Prayer | Sanctuary
12pm | ANNOUNCEMENTS for the weekly
service leaflets are due to the office
7:30pm | Vestry Meeting | Library

Wednesday, July 20

7am | BI Kiwanis Breakfast | PH
7:15am | Meditation Group | Sanctuary
8am | Kiwanis Membership Committee | Library
10am | Building & Elevator Committee | Library
10:30-2:30pm | Church Office Open
7pm | AA Women's Group | Library

Thursday, July 21

9am-noon | Church Office Open
9:15am | Healing Eucharist | Sanctuary
1:30pm | Devotions | Wyatt House
3pm | Devotions | Madison Ave House
7:30pm | AA | RWV

Friday, July 22

9am-1pm | Church Office Open

Saturday, July 23

8am | Buddhist Priory | RWV
9am | Altar Guild | Sanctuary

Sunday, July 24

8am | Holy Eucharist {Rite I} | Sanctuary
9am | Coffee Hour | Parlor
10am | Holy Eucharist {Rite II} | Sanctuary
11:30am | Parish Picnic | Strawberry Hill Park

RWV | Room with a View PH | Parish Hall

WELCOME TO ST. BARNABAS CHURCH

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. We invite you to complete one of the cards in the pew rack and simply hand it to a person of the clergy.

CHURCH OFFICE HOURS are now **Monday, Tuesday, Thursday, Friday from 9am to 1 pm and Wednesday from 10:30am to 2:30pm.** **ANNOUNCEMENTS** for the weekly service leaflets are due **Tuesdays by noon.** Contact **Kathy Irvin | kathy@stbbi.org**

LARGE-PRINT PRAYER BOOKS (BCP) & DIGITAL RECEIVERS FOR AUDIO AMPLIFICATION are available during 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.

SUNDAY SCHOOL Sunday school is now over until September. If you would like to be part of this program next year, please contact **Ruth Anderson | 360-626-1264 | rutha33@msn.com**

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 service 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.

WORSHIP

MISSED A SERMON OR WANT TO HEAR IT AGAIN? 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 | 206-842-5601 x4**

BUILDING & GROUNDS

ADDITIONAL ELEVATOR/FACILITIES RENEWAL PROJECT PRESENTATIONS
The committee that has been working on the Elevator/Facilities Renewal Project presented initial design ideas for this project on Sunday, June 26 and then again on yesterday. **One additional presentation is scheduled for Sunday, August 7 during the coffee hour after the 10am service.** The committee comprises Ed Ellis, Michael Lacey, Mark Morris, Denise Kolb and Virginia Walker. Also joining the committee in their presentation will be the project consultants: Smallwood Construction and Johnson Squared. We hope to see you at one of these events. For more information, contact **Virginia Walker | 206-842-6040 | vwalker@stbbi.org**

FELLOWSHIP

ST. BARNABAS ANNUAL CHURCH PICNIC Sunday, July 24 | 11:30 | Strawberry Hill Park Last chance to sign up for the summer picnic!

Look for the sign-up sheet at coffee hour after each service. This event provides a great opportunity for worshippers at both the 8am and 10am services to meet and mingle. This year, sandwiches and drinks will be provided by the church and attendees will be asked to bring a salad, side dish or dessert. Cost is \$5 per person (kids 5 and under are free). For more information, contact **Sylvia Dunning** | 206-780-8330 | samdunning@mac.com

NEWCOMER'S LUNCHEON

Sunday, August 14 | 12:30pm

If you are a newcomer to St. Barnabas and would like to learn more about our church and community, please consider joining us for a Newcomer's Luncheon on Sunday, August 14. This event gives you an opportunity to meet some of the vestry (our lay leadership team), have any questions answered and to get to know more about us in a relaxed setting. **Please make sure that we have your contact information ASAP** by signing in at the Welcome Table after the 10am service or by contacting our Parish Administrator Kathy Irvin at 206-842-5601 or kathy@stbbi.org. For more information about this program, contact **Babe Kehres** | 206-855-9008 | dpkehres@gmail.com

BODY, MIND & SPIRIT

CENTERING PRAYER

Tuesdays | 9am | Sanctuary

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 six 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

CHRISTIAN ACTION

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 at the office or **Lee-ann Holland** | hollandx263@me.com | 206-842-3204

OUTREACH

ISLAND VOLUNTEER CAREGIVERS

For 18 years, Island Volunteer Caregivers (formerly Interfaith Volunteer Caregivers) has assisted the elderly, the disabled and those temporarily in need to maintain their dignity, independence and quality of life. **They have recently expanded their services and seek additional volunteers and participants.** IVC serves as a link between the people in our community who need help and those who are able to help. For more information, see the flyers in the church parlor or **contact Island Volunteer Caregivers** | 206-842-4441 | info@ivcbainbridge.org

FLOWERS FROM THE HEART

Each summer, volunteers through the Island Volunteer Caregivers provide cheer to someone who is bedridden, housebound or otherwise restricted by presenting them with floral bouquets. Flowers from the Hearts depends on the generosity of our volunteers, our fellow gardeners and our neighbors. We welcome donations of freshly cut flowers throughout the summer months. Flowers may be dropped off in the buckets located at the front door of Eagle Harbor Congregational Church from June 1 through September 2, (Monday through Friday from 8:30-11:30am). We are also looking for volunteers to arrange and deliver these bouquets. **And if you know of someone who is bedridden or housebound and would appreciate a bouquet, Contact Shannon Lea | 206-842-8043 3098.**

DIOCESE OF OLYMPIA

A HOLY WASTE OF TIME: YOUNG ADULT RETREAT ON HOOD CANAL

August 12-14 | St Andrew's House, Union, WA
Young adults (ages 18-35) will be gathering for a weekend retreat at The Episcopal Diocese of Olympia's beautiful retreat house on the Hood Canal. Enjoy time kayaking, swimming, hiking, worshipping, relaxing and hanging out with a great bunch of folks. Kids are welcome. Cost is \$45 for the entire weekend, including organic meals, accommodations, worship, kayaking, yoga and more. Single/couple/family and bunk-room bedrooms are available. **Space is limited, however, so early registration is recommended. For more information or to register, go to <http://ecww.org/event/holy-waste-time-young-adult-retreat/> or call Rev. Canon Rebecca Kirkpatrick at 206/325-4200.**

St. Barnabas Day Annual Picnic

Sunday, July 24 | 2016

11:30am - 3:00pm

Strawberry Hill Park

\$5 per person |

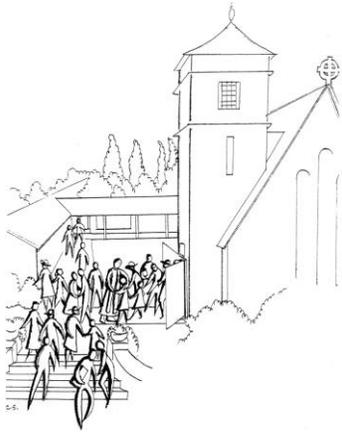
free for children 5 & under.

Please sign up to bring a
salad, side dish or dessert.

Sandwiches & drinks
provided by St. Barnabas.

Advanced payment is appreciated!





Saint Barnabas Episcopal Church

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Bishop of Olympia | The Right Reverend Gregory H. Rickel

Rector | The Reverend Dr. Dennis Tierney

Assisting Priests | The Reverend Dr. Jan Heller, The Reverend Dr. Judith M. McDaniel and
The Reverend Nancy Tiederman

Assisting Priest for Contemplative Ministries | The Reverend Patricia Rome Robertson

Deacon | The Reverend Dan Fowler

Director of Music | Paul Roy

Parish Administrator | Kathy Irvin

Bookkeeper | Julie Houck

Treasurer | Denton Kiehle Treasurer Emerita | Carol Milton

Sexton | Fred Meredith

Kitchen Managers | Caroline Cox and Jamie Villella

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

Teachers | Kristi Barr, Candace Beck, Sandy Dreiling,

Mary Feeney, Elsa Trail

VESTRY

Senior Warden | Virginia Walker

Junior Warden | Michael Lacey

Members | Bethany Anderson, Kathy Anderson, John Baker,

Stu Case, Roger Clairmont, Sylvia Dunning, Ed Ellis

Clerk of the Vestry | Mark Morris



Housekeeper | Maria Perez

