



THE THIRD SUNDAY AFTER THE EPIPHANY HOLY EUCHARIST

January 24, 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

La Grace

G. P. Telemann



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

HYMN (sung by all)

Christ for the world we sing!

HYMNAL 537

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, whose Son our Savior Jesus Christ is the light of the world: Grant that thy people, illumined by thy Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshiped, and obeyed to the ends of the earth; through the same Jesus Christ our Lord, who with thee and the Holy Spirit liveth and reigneth, one God, now and for ever. **Amen.**

THE WORD OF GOD

 THE FIRST READING (seated)

Nehemiah 8:1-3, 5-6, 8-10

READER: A Reading from the Book of Isaiah

For Zion's sake I will not keep silent, and for Jerusalem's sake I will not rest, until her vindication shines out like the dawn, and her salvation like a burning torch. The nations shall see your vindication, and all the kings your glory; and you shall be called by a new name that the mouth of the Lord will give. You shall be a crown of beauty in the hand of the Lord, and a royal diadem in the hand of your God. You shall no more be termed Forsaken, and your land shall no more be termed Desolate; but you shall be called My Delight Is in Her, and your land Married; for the Lord delights in you, and your land shall be married. For as a young man marries a young woman, so shall your builder marry you, and as the bridegroom rejoices over the bride, so shall your God rejoice over you.

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

People Thanks be to God.

THE RESPONSE (remain seated – read responsively)

Psalm 19

5 Your love, O Lord, reaches to the heavens, *
and your faithfulness to the clouds.

6 Your righteousness is like the strong mountains, your justice like the great deep; *
you save both man and beast, O Lord.

7 How priceless is your love, O God! *
your people take refuge under the shadow of your wings.

8 They feast upon the abundance of your house; *
you give them drink from the river of your delights.

9 For with you is the well of life, *
and in your light we see light.

10 Continue your loving-kindness to those who know you, *
and your favor to those who are true of heart.

THE SECOND READING

1 Corinthians 12:12-31a

READER: A Reading from the First Letter of Paul to the Corinthians

Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the Spirit of God ever says "Let Jesus be cursed!" and no one can say "Jesus is Lord" except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

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

People Thanks be to God.



THE HOLY GOSPEL (standing as able)

Luke 4:14-21

The Priest reads the Gospel, first saying

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

People Glory be to thee, O Lord.

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now standing there were six stone water jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the chief steward." So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, "Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now." Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

The Gospel of the Lord

People Praise be to thee, O Christ.



THE SERMON (seated)

Jan Heller



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 The Church of Bangladesh, The Most Revd Paul Shishir Sarker Moderator, Church of Bangladesh & Bishop of Dhaka. For the Episcopal Diocese of Jerusalem and the Middle East, please pray for the Bishop's School, Amman, Jordan. In our Diocesan Cycle of Prayer, I ask your prayers for St. Luke, Seattle; St. Stephen, Seattle; Church of the Apostles, 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.**



CONFESSION OF SIN (kneeling)

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Presiding Priest and People

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

The Presiding Priest says

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



A PRAYER FOR VISITORS (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)

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Presiding Priest and People

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

THE 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)

We all are one in mission

page

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

The Heavens Declare the Glory of God

Benedetto Marcello

MINISTERS OF THE LITURGY

Presiding Priest & Preacher

The Rev. Dr. Jan Heller

Organist

Paul Roy

Acolyte

Stu Case

Eucharistic Minister

Su Beecham

Lectors

Su Beecham & Stu Case

Prayers of the People

Stu Case

Usher

Joe Iacono

Altar Guild

Jean Kellerman, Deena Hanke, Liz McKinney,

Jody Prongay & Gwen Rose

Bread Baker

Laurie Fergusson

Fellowship Hour

Judy Tingley & Mike Killion

This Week @ St. Barnabas

Sunday, January 17

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

Monday, January 18

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

Tuesday, January 19

9am | Centering Prayer | Church
7:30pm | Vestry Meeting | Library

Wednesday, January 20

7am | BI Kiwanis | PH/Kitchen
7:15am | Meditation Group | Church
10am | Facilities Committee | Library
7pm | AA Women's Group | Library
7:30pm | Choir Rehearsal | Choir Room

Nursery Care | 10am Service

RWV | Room with a View PH | Parish Hall

Thursday, January 21

9:15am | Healing Service | Church
9:45am | Reiki Team Meeting | RWV
10:30am | Devotions | Wyatt House
3pm | Devotions | Madison Ave House
7:30pm | AA | RWV

Friday, January 22

Office Closed

1:30pm | Spiritual Direction | RWV
3:30pm | Girl Scouts | Library

Saturday, January 23

9am | Altar Guild | Church
9am | Second Half of Life Class | Library
9am | Tuning Fork Class | RWV

Sunday, January 24

8am | Holy Eucharist {Rite I} | Church
9:15am | Choir Rehearsal | Church
10am | Holy Eucharist {Rite II} | Church
1pm | Recitals | PH
2pm | Planning Meeting-Earth Pilgrimage | Library

~ 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.

WORSHIP

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

MUSICAL OPPORTUNITIES AT ST. BARNABAS

Do you sing or play an instrument? There are musical opportunities awaiting you here at St. Barnabas! Contact **Paul Roy | proy@stbbi.org | 206-842-5601x4.**

CHRISTIAN ACTION

CHAPLAINS ON THE HARBOR Reverend Sarah Monroe of Chaplains on the Harbor has sent St Barnabas a very nice thank-you note for the outpouring of support from the church following her November visit. "We were so grateful to meet with you all and share our story with you. Pixie [a member of Sarah's congregation] and I felt welcome and blessed. We were overwhelmed with your generosity – thank you so much for your partnership in the work of the gospel here in Gray's Harbor. The money will be used to throw a Christmas party, run our programs, and help people survive this winter. We are so blessed in this work – and so grateful for your support. This Christmas, as we worship a baby born in a barn, a homeless Christ, thank you." Blessings, The Rev Sarah Monroe.

BABIES IN NEED St Barnabas, through the Outreach Committee, donated \$500 to Babies in Need, an organization serving needy newborns and their families in southwest Washington. The organization has sent St Barnabas this thank-you

note: "Thank you so much for your generous donation to Babies in Need. Because of your help, we will be able to provide layettes and car seats to mothers and babies in southwest Washington who have little or no support from husbands, partners, family or friends."

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 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 | FEBRUARY 16 | 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, February 16 | 10-11am | Gowan Library. We will discuss Chapters 11-13. 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.

HEARTWORK | LIVING DEEPLY, DYING WELL

A four-session class to ensure you get the care you want | Saturdays | March 5, 12, 19, April 2 10-11:30am | St. Barnabas

Do you ever worry that you might become incapacitated and require medical care—but be unable to tell people what you want—and don't want? Have you thought about writing an Advanced Directive—but put it off? In the absence of clear, *written* directives, doctors and family members often make decisions that a patient might not have chosen. This four-session

class will help you clarify your wishes and put them on paper so that doctors and family can provide the care you want. The class will cover:

- Who will make health care decisions for me if I can't make them myself?
- What medical treatments do I want or don't want?
- What does "quality of life" mean to me?
- What do I want my loved ones or health care agent to know about my life, care of my body, and my funeral or memorial?
- How can I be certain my wishes will be honored and carried out?

\$100 per person + \$25 materials fee (sliding scale available) Includes 4 facilitated sessions, advanced directive document, binder with handouts (Min 5, max 10 per group)

Led by Caroline Stevens, RN, MSW

Using the Heartwork curriculum developed by Trudy James

Information | www.SpeakingofDying.com

Registration | **Caroline Stevens** | 206-855-8482 | heartworkwestsound@gmail.com.

Desert Spirituality: A Wisdom Day in Lent

Saturday | Feb 13 | 2016
9:30am - 3:30pm

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 The Rev. Patricia Rome Robertson and Grace Grant for a day of 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.

Participation is limited. Registration begins Jan 1 for parishioners; open registration begins Jan 15. For more information:

Patricia | revprome@hotmail.com or Grace | grace@grant-tierney.us.

“Society... was regarded [by the Desert Fathers and Mothers] as a shipwreck from which each single individual man [and woman] had to swim for his life” (Thomas Merton | *The Wisdom of the Desert*). “The essence of the spirituality of the desert is that it was not taught but caught; it was a whole way of life... continually turned towards God” (Benedicta Ward, *The Sayings of the Desert Fathers*).

Registration Form

Your registration includes tea, coffee, and snacks. Please bring a brown bag lunch.

Name: _____

Address: _____

Phone: _____ Email: _____

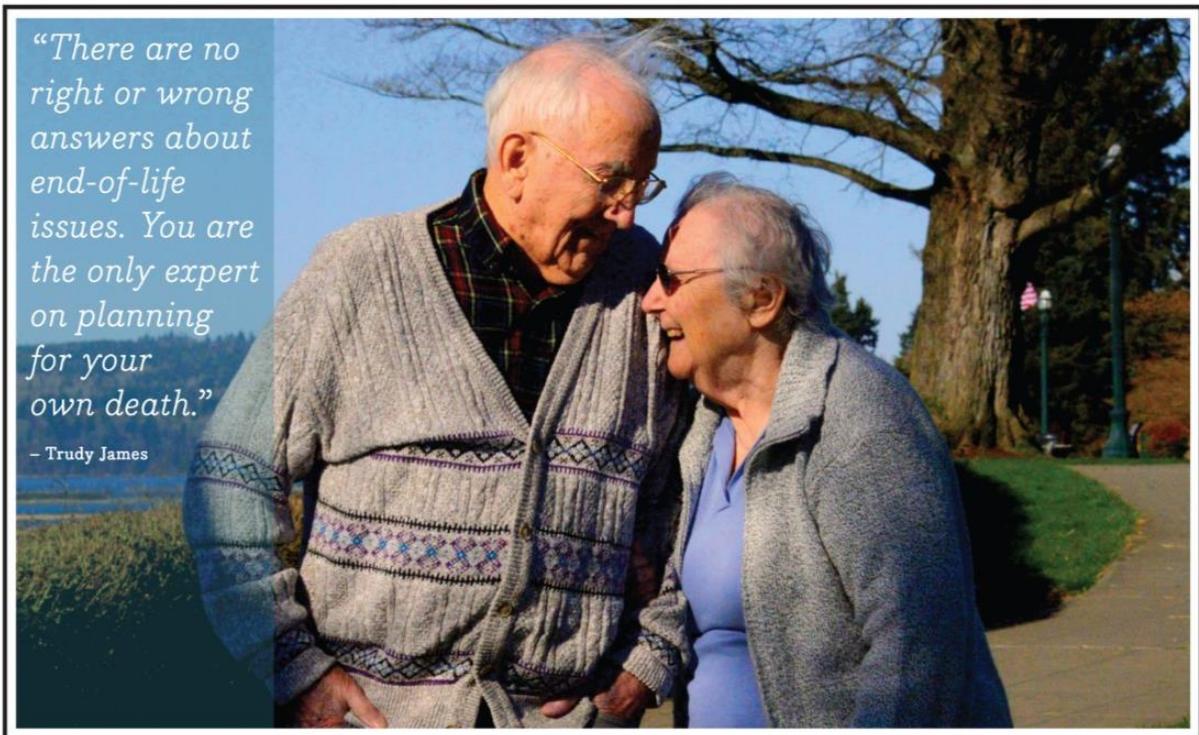
\$_____ Suggested donation: \$20.00 \$_____ Scholarship requested

\$_____ Additional donation for scholarships _____ I would be willing to help in this way:
(Please specify) _____

Checks payable | **St. Barnabas Episcopal Church** indicating
“2016 Lenten Wisdom Day” on memo line.

Forms & Payment to

St. Barnabas Episcopal Church | 1187 Wyatt Way NW | Bainbridge Island | WA 98110



“There are no right or wrong answers about end-of-life issues. You are the only expert on planning for your own death.”

– Trudy James

Speaking of Dying | *A Short Film Dedicated to the Idea That We Can All Have a Better Death*

The film introduces you to individuals and families, doctors, and other professionals, whose words and stories beautifully illustrate the benefits of speaking openly about the end of life before there is a crisis.

A film designed to inform and empower viewers.



Producer **Trudy James**, MRE, is a long-time interfaith hospital chaplain who has supported many people with terminal illness and facilitated many end-of-life planning groups. She created this film from her life experience and with a compassionate heart. Trudy is very grateful to Jennifer Jones, videographer, and Catherine Wadley, editor, and to all who supported the creation of *Speaking of Dying*.



DVDs of the film with resource notebook are for sale on the website. Facilitated end of life planning groups are also available. See film website for details or to sign up.

Please join Caroline Stevens, Heartwork Facilitator and The Rev. Dr. Dennis Tierney, Rector

For an Open Community Event

Film screening and discussion

Saturday February 20, 10-11:30 AM

Sponsored by St. Barnabas Episcopal Church 1187 Wyatt Way NW, Bainbridge Island



Saint Barnabas Episcopal Church

1187 Wyatt Way NW | Bainbridge Island | WA | 98110

Phone 206-842-5601 | Fax 206-842-5876

info@stbbi.org | 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

Caroline Cox | Kitchen Manager

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

