

THE WORD OF GOD

 THE FIRST READING (seated)

Isaiah 53:4-12

READER: *A Reading from the Book of Isaiah*

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth. By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people. They made his grave with the wicked and his tomb with the rich, although he had done no violence, and there was no deceit in his mouth. Yet it was the will of the Lord to crush him with pain. When you make his life an offering for sin, he shall see his offspring, and shall prolong his days; through him the will of the Lord shall prosper. Out of his anguish he shall see light; he shall find satisfaction through his knowledge. The righteous one, my servant, shall make many righteous, and he shall bear their iniquities. Therefore I will allot him a portion with the great, and he shall divide the spoil with the strong; because he poured out himself to death, and was numbered with the transgressors; yet he bore the sin of many, and made intercession for the transgressors.

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

People Thanks be to God.

THE RESPONSE (remain seated - read responsively)

Psalms 104:1-9, 25

1 Bless the Lord, O my soul; *

O Lord my God, how excellent is your greatness! you are clothed with majesty and splendor.

2 You wrap yourself with light as with a cloak *

and spread out the heavens like a curtain.

3 You lay the beams of your chambers in the waters above; *

you make the clouds your chariot; you ride on the wings of the wind.

4 You make the winds your messengers *

and flames of fire your servants.

5 You have set the earth upon its foundations, *

so that it never shall move at any time.

6 You covered it with the Deep as with a mantle; *

the waters stood higher than the mountains.

7 At your rebuke they fled; *

at the voice of your thunder they hastened away.

8 They went up into the hills and down to the valleys beneath, *

to the places you had appointed for them.

9 You set the limits that they should not pass; *

they shall not again cover the earth.

25 O Lord, how manifold are your works! *

in wisdom you have made them all; the earth is full of your creatures. Hallelujah!

READER: A Reading from the Letter to the Hebrews

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek." In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

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

People Thanks be to God.



THE HOLY GOSPEL (standing as able)

Mark 10:35-45

The Priest reads the Gospel, first saying

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

People Glory be to thee, O Lord.

James and John, the sons of Zebedee, came forward to Jesus and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."

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 Diocese of The Arctic - The Rt Revd David Parsons, Suffragan Bishop of the Diocese of the Arctic - (Rupert's Land, Canada) The Rt Revd Darren McCartney. For the Episcopal Diocese of Jerusalem and the Middle East, please pray for the Ministry in Galilee, especially St. Saviour's Church, Kuffer Yassif; Church of the Holy Family, Raineh; and St. Paul's Church, Shefa 'Amr. In our Diocesan Cycle of Prayer, I ask your prayers for the Diocesan Council; Board of Directors; Standing Committee; All Commissions, Committees & Programs of the Diocese. Receive our prayers which we offer unto thy divine Majesty beseeching thee to inspire continually the Universal Church with the spirit of truth unity and concord and grant that those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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

Lord, hear our prayer.

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



CONFESSION OF SIN (kneeling)

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Presiding Priest and People

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

The Presiding Priest says

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

A PRAYER FOR VISITORS

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

THE PEACE

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

THE HOLY COMMUNION



An offering of money is collected.



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.



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.



or 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)

The church of Christ in every age

next page

1. The church of Christ in every age, be - set by
 2. A - cross the world, a - cross the street, the vic - tims
 3. Then let the ser - vant church a - rise. A car - ing
 4. For Christ a - lone, whose blood was shed, can cure the
 5. We have no mis - sion but to serve in full o -

change but spir - it led, must claim and test its her - i -
 of in - jus - tice cry for shel - ter and for bread to
 church that longs to be a part - ner in Christ's sac - ri -
 fe - ver in our blood. And teach us how to share our
 be - dience to our Lord: to care for all with - out re -

tage and keep on ri - sing from the dead.
 eat and nev - er live un - til they die.
 fice, and clothed in Christ's hu - man - i - ty.
 bread and feed the starv - ing mul - ti - tude.
 serve. And spread Christ's lib - er - a - ting word.

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

Tuba Tune

C. S. Lang

MINISTERS OF THE LITURGY

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

Sylvia Dunning, Ruth Anderson, Anne Dennon & Carol Ann Mitchum
Babe Kehres
Steve & Helene Schmitz

The Rev. Dennis Tierney
Paul Roy
Stu Case
Su Beecham
Su Beecham & Stu Case
Stu Case
Joe Iacono
Babe Kehres
Steve & Helene Schmitz

This Week @ St. Barnabas

Sunday, October 18

8am | Holy Eucharist {Rite I} | Church
9:15am | Choir Rehearsal | Church
10am | Holy Eucharist {Rite II} | Church
12:30pm | Newcomer's Luncheon | Church

Monday, October 19

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

Tuesday, October 20

9am | Centering Prayer | Church
4pm | CAC/Outreach Committee | Library
6:30pm | Amabile Rehearsal | PH
7:30pm | Vestry Meeting | Library

Wednesday, October 21

7am | BI Kiwanis | PH/Kitchen
7:15am | Meditation Group | Church
7:30pm | Choir Rehearsal | Choir Room

Thursday, October 22

9:15am | Healing Eucharist | Church
10:30am | Devotions | Wyatt House
1:30pm | Devotions | Madrona House
3pm | Devotions | Madison Ave House
7:30pm | AA | RWV

Friday, October 23

Church Office Closed
1pm | Facilities Planning Comm | Library
3:15pm | Girl Scouts | Library
6pm | BI Saddle Club Set Up | PH

Saturday, October 24

9am | Altar Guild | Church
9am | BI Saddle Club Event | PH & Kitchen

Sunday, October 25

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

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

Welcome to Saint Barnabas Church and this service of worship

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

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

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

ARE YOU ON THE PARISH PICTURE BOARD? We would like our entire parish to be represented on the Parish Picture Board. The **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 | RuthA33@msn.com | 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 the St. Barnabas congregation.

2016 STEWARDSHIP

HARVEST NOW FOR FUTURE SEASONS

2016 STEWARDSHIP CAMPAIGN

This week marks the official beginning of our fall stewardship campaign, the time of the year when we seek the financial resources we need to continue our missional work in 2016. Many of you have participated in these campaigns for many years and you know the general purpose and outline of our work in stewardship. In previous years, we have come close to our goals but often had to do a "second ask" or put on a fund-raiser of some sort to make our budgetary goals. In the past two years, we have not had to do that – to the great relief of vestry members and many congregants. This year, we seek additional funds to offer our hard-working staff a real raise in compensation of 5%. Thus, our goal for pledges this year is \$374,000. All other expenses remain the same or have been adjusted only for inflation such that our overall budget is about the same as last year apart from salary costs. We have also made some financial changes to make our funds work harder by moving more funds into the Diocesan Investment Fund where returns are higher than in bank savings accounts. We have also made changes to our lighting system to make our facility safer but also more energy efficient, thus keeping utility costs down. We would love to have this year's stewardship campaign take no

more than four or five weeks. In past years, we have been seeking commitments for support well into the New Year which makes adopting a budget very difficult. We ask that you prayerfully consider your support for Saint Barnabas and make your pledge accordingly and swiftly. To help you, the letter you will soon receive from Helene Schmitz, our Stewardship Chair, will contain confidential information about your current year pledge, if you made one, and some suggestions for increasing your pledge in 2016. Again, it will be possible to pledge on-line, through your favorite credit card, and by auto withdrawal from your bank account. Julie Houck is available to help you make your pledge payments according to your preference. We truly want to make this contribution effortless. Our primary goal is to have financial resources necessary to continue our work among our members, in the community, and out into the whole world. As Saint Barnabas enters into its seventh decade of worship and service, we rejoice in those who prepared the way for us, and we seek to emulate their strong commitment to the Good News of God in Christ on our lovely island. Dennis+

WORSHIP

ALL SAINTS DAY All Saint's Sunday is coming - on November 1 we will celebrate all the saints in our lives by remembering them in song and prayer. Please join us by remembering those you love but see in this world no longer. Join us in two ways. There is an urn in the church entrance for you to place the names of those you wish to remember. Paper slips for the names are by the urn. We ask that you write down the names on the slips of paper and place them in the urn. On Sunday, November 1, please bring photos of your loved ones and place on the altar of repose that will be in front of our main altar. In this way, we will have a visual reminder of the many who are loved by us as we remember them. We will conclude our service on November 1 in the Interium with song and prayer. Dennis+

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

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**.

CHRISTIAN FORMATION

FROM THE LIBRARY~

The library has purchased *Spiritual Ecology, The Cry of the Earth*, essays edited by Llewellyn Vaughan-Lee (201.7/VA). This book includes the essay by Joanna Macy which is on the reading list for Lynn Bauman's seminar October 30, 31 and Nov 1. For those of you who have signed up for the seminar and would like to check this book out, it is sitting on the "New Books" shelf to the left as you enter the library. If it has been checked out, let me know and I will notify you as soon as it comes back into the library | Barb Herrick | 206-842-2068).

FELLOWSHIP

LAST DAY TO BE PART OF THE SUPPER/BRUNCH CLUB PROGRAM!! Supper club sign-ups are ending today! Be sure to sign up for the 2015-16 Supper/Brunch Club program. Enjoy great fellowship, delicious food, and deepen your friendships at St. Barnabas. New this year is an option for a family-centered group. Sign-up forms are at the Welcome Table. Last day to sign up is **TODAY | October 18. See Jody & David Prongay today at coffee hour.**

VETERAN'S DAY JOY LUNCH | Nov 11 | 11:30am JOY luncheon is coming up November 11, How can you help? If you want to be part of the volunteer team, the sign up book is in the JOY mailbox in the office. Do you know a senior member who no long drives, but might like to attend if the could have help getting here? Offer to drive and escort them to lunch, it's free, fun and a good time. Let the office know about that person by Oct 22 and we will send them an invite.

YOU CALL them after that and see if they would like to come. Let Honora Dunkak know your **RSVPs** | **206-842-4358** | honoraje@msn.com by **Nov 5**.

BODY, MIND & SPIRIT

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.

Patricia Robertson | revprome@hotmail.com

CHRISTIAN HEALING THROUGH REIKI:

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

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

Ric Cederwall | **206-855-0900** |

ric@stanfordalumni.org

Sister Mary Louise Sulonen | **360-626-3264** |

sjpsulonen@comcast.net.

BOOK STUDY | GRACE CHURCH

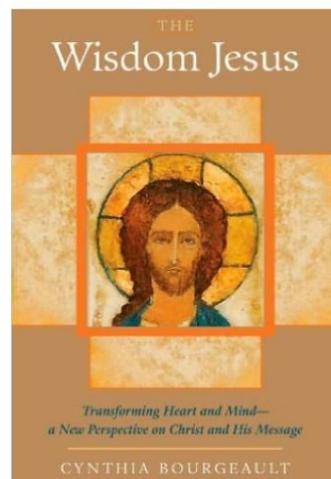
Begins Oct 27 | 10:30am and 6:30pm

A study of [Being Mortal: Medicine and What Matters in the End](#) by Atul Gawande, M.D., and staff writer at *The New Yorker*. Mary Anderson, associate priest at Grace Episcopal Church and Licensed Professional Counselor, will present the issues raised in this important book: mortality, medicine, and the power of hard conversations. On three Tuesdays from October 27 through November 10, Mary will offer the study at Grace from 10:30-12 and again from 6:30-8pm. Please sign up with Adult Faith Formation | willaf@earthlink.net | **360-779-6441**. Read the first six chapters or, preferably, the entire book before the first meeting. The larger community is welcomed. To read the book review in the *The New York Times*, go to http://www.nytimes.com/2014/11/09/books/review/atul-gawande-being-mortal-review.html?_r=0

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:

October 13 | Chapters 1-3
November 10 | Chapters 4-7
December 8 | Chapters 8-9
January 12 | Chapters 10 – 11
February 16 | Chapters 12-14
March 15 | Chapters 15-16

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

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

- Bruno Barnhart. Second Simplicity



Saint Barnabas Episcopal Church

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The Right Reverend Gregory H. Rickel, | Bishop of Olympia
The Reverend Dr. Dennis Tierney | Rector
The Reverend Dr. Jan Heller | Assisting Priest
The Reverend Dr. Judith M. McDaniel | Assisting Priest
The Reverend Nancy Tiederman | Assisting Priest
The Rev. Patricia Rome Robertson | Assisting Priest for Contemplative Ministries
The Reverend Dan Fowler | Deacon
Paul Roy | Director of Music
Katrina Diller | Parish Administrator
Julie Houck | Bookkeeper
Denton Kiehle | Treasurer
Carol Milton | Treasurer Emerita
Fred Meredith | Sexton
Danielle Desaulniers | Kitchen Manager
Amy O'Brien | Day School Director, Carrie Corns | Assistant Director/Registrar
Kristi Barr, Mary Feeney, Millie Loughnane, Candace Gudmundson, Elsa Train | Teachers

VESTRY

Senior Warden | Bill Galvani, Junior Warden | Kristoffer Anderson
Members | Ed Ellis, Sue Hylan, Jean Kellerman,
Michael Lacey, Steve Schmitz, Virginia Walker
Mark Morris | Clerk of the Vestry



Maria Perez | Housekeeper

