

# HOLY EUCHARIST: Rite II

THE FIRST SUNDAY OF ADVENT

December 3, 2023 ♦ 10:00 a.m.

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*Welcome to St. Barnabas, we are delighted that you're here. We hope you'll participate fully in our worship through singing, praying, hearing the Good News of Jesus Christ, and receiving communion. May God richly bless you as you bless us!*

PRELUDE

*Savior of the nations, come!*

Helmut Walcha



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

HYMN (sung by all, next page)

*Savior of the nations, come!*

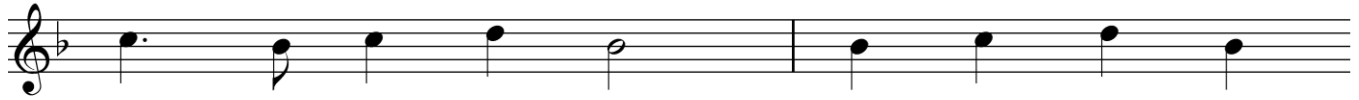
(HYMNAL 54)



Starry Night, Vincent Van Gogh, 1889. Museum of Modern Art.



1 Sa - vior of the na - tions, come! Vir - gin's  
 2 Won - drous birth! Oh, won - drous child of the  
 3 Thus on earth the Word ap - pears, grac - ing  
 4 Come, O Fa - ther's sav - ing Son, who o'er



Son, make here your home. Mar - vel now, both  
 Vir - gin un - de - filed! Might - y God and  
 his cre - a - ted spheres; hence to death and  
 sin the vic - tory won. Bound - less shall your



heaven and earth, that the Lord chose such a birth.  
 Ma - ry's son, ea - ger now his race to run!  
 hell de - scends, then the heaven - ly throne a - scends.  
 king - dom be; grant that we its glo - ries see.

Words: Martin Luther (1483-1546) after Ambrose of Milan (340-397); tr. William M. Reynolds (1812-1876) and James Waring McCrady (b. 1938). Sts. 3-4 Copyright © 1982, James Waring McCrady. Music: *Nun komm, der Heiden Heiland*, melody from *Erfurt Enchiridia*, 1524; harm. Melchior Vulpus (1560?-1616).

THE OPENING ACCLAMATION

*Presiding Priest* Blessed be God: Father, Son, and Holy Spirit.

*People* And blessed be God's kingdom, now and for ever. Amen.

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

Ho - ly God, Ho - ly and Might - y, Ho - ly Im -  
 mor - tal One, Have mer - cy up - on us. Ho - ly God,  
 Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy  
 up - on us. Ho - ly God, Ho - ly and Might - y,  
 Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

*Presiding Priest* The Lord be with you.

**People** And also with you.

*Presiding Priest* Let us pray.

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever.  
**Amen.**

## THE FIRST READING

Isaiah 64:1-9

*READER: A Reading from the Book of Isaiah*

O that you would tear open the heavens and come down, so that the mountains would quake at your presence-- as when fire kindles brushwood and the fire causes water to boil-- to make your name known to your adversaries, so that the nations might tremble at your presence! When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence. From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him. You meet those who gladly do right, those who remember you in your ways. But you were angry, and we sinned; because you hid yourself we transgressed. We have all become like one who is unclean, and all our righteous deeds are like a filthy cloth. We all fade like a leaf, and our iniquities, like the wind, take us away. There is no one who calls on your name, or attempts to take hold of you; for you have hidden your face from us, and have delivered us into the hand of our iniquity. Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. Do not be exceedingly angry, O Lord, and do not remember iniquity forever. Now consider, we are all your people.

*Reader* Hear what the Spirit is saying to God's people.  
*People* **Thanks be to God.**

*Silence is marked by the ringing of a bell.*

THE RESPONSE (remain seated)

Psalm 80:1-7, 16-18



**Stir up your strength, O LORD, and come to help us.**

**Choir:** 1 Hear, O Shepherd of Israel, leading Joseph like a flock; \*  
shine forth, you that are enthroned upon the cherubim.  
2 In the presence of Ephraim, Benjamin, and Manasseh, \*  
stir up your strength and come to help us.  
3 Restore us, O God of hosts; \*  
show the light of your countenance, and we shall be saved.

**All: Stir up your strength, O Lord, and come to help us.**

**Choir:** 4 O Lord God of hosts, \*  
how long will you be angered  
despite the prayers of your people?  
5 You have fed them with the bread of tears; \*  
you have given them bowls of tears to drink.  
6 You have made us the derision of our neighbors, \*  
and our enemies laugh us to scorn.  
7 Restore us, O God of hosts; \*  
show the light of your countenance, and we shall be saved.

**All: Stir up your strength, O Lord, and come to help us.**

**Choir:** 16 Let your hand be upon the man of your right hand, \*  
the son of man you have made so strong for yourself.  
17 And so will we never turn away from you; \*  
give us life, that we may call upon your Name.  
18 Restore us, O Lord God of hosts; \*  
show the light of your countenance, and we shall be saved.

**All: Stir up your strength, O Lord, and come to help us.**

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

Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind-- just as the testimony of Christ has been strengthened among you-- so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

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

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

*Silence is marked by the ringing of a bell.*



GRADUAL HYMN (sung by all, next page)

*O come, o come Emmanuel: verses 1-2*



1 O come, O come, Em - man - u - el, and ran - som  
 2 O come, thou Wis - dom from on high, who or - derest  
 3 O come, O come, thou Lord of might, who to thy  
 4 O come, thou Branch of Jes - se's tree, free them from  
 5 O come, thou Key of Da - vid, come, and o - pen  
 6 O come, thou Day - spring from on high, and cheer us  
 7 O come, De - sire of na - tions, bind in one the  
 8 O come, O come, Em - man - u - el, and ran - som



1 cap - tive Is - ra - el, that mourns in lone - ly ex - ile  
 2 all things might - i - ly; to us the path of know - ledge  
 3 tribes on Si - nai's height in an - cient times didst give the  
 4 Sa - tan's ty - ran - ny that trust thy might - y power to  
 5 wide our heaven - ly home; make safe the way that leads on  
 6 by thy draw - ing nigh; dis - perse the gloom - y clouds of  
 7 hearts of all man - kind; bid thou our sad di - vi - sions  
 8 cap - tive Is - ra - el, that mourns in lone - ly ex - ile



1 here un - til the Son of God ap - pear.  
 2 show, and teach us in her ways to go.  
 3 law, in cloud, and ma - jes - ty, and awe.  
 4 save, and give them vic - tory o'er the grave. Re - joice! Re - joice!  
 5 high, and close the path to mis - er - y.  
 6 night, and death's dark shad - ow put to flight.  
 7 cease, and be thy - self our King of Peace.  
 8 here un - til the Son of God ap - pear.



Em - man - u - el shall come to thee, O Is - ra - el!

*The stanzas may be used as antiphons with "The Song of Mary" on the dates given.*

Words: Latin, ca. 9th cent.; ver. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *Veni, veni, Emmanuel*, plainsong, Mode 1, Processionale, 15th cent.; adapt. Thomas Helmore (1811-1890); acc. Richard Proulx (b. 1937).

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

**People** **Glory to you, Lord Christ.**

Jesus said, "In those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken. Then they will see 'the Son of Man coming in clouds' with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven. "From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away. "But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father. Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake."

The Gospel of the Lord

**People** **Praise to you, Lord Christ.**

## THE SERMON

Karen Haig

*Silence is marked by the ringing of a bell.*

## THE NICENE CREED

*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

Let us offer our prayers to God, who clothes us in the armor of light and offers us the gift of immortal life, responding, **"Come, O come, Emmanuel."**

For peace throughout the world, that swords of destruction may become tools for good and every heart be filled with the light of hope;  
let us pray. **"Come, O come, Emmanuel."**

For the Church, that she would grow in the love of God and be a sheltering haven for all who turn to her;

let us pray. ***"Come, O come, Emmanuel."***

For the grace to choose the path that leads to eternal life, giving generously toward the relief of poverty and despair, homelessness and fear, so that through our actions, the saving love of Christ would be revealed;

let us pray. ***"Come, O come, Emmanuel."***

For the leaders of the nations of the world, that power would give way to servanthood, that triumph would give way to right actions, that greed would give way to justice and dignity for all people;

let us pray. ***"Come, O come, Emmanuel."***

For ourselves, that we would hunger for the teachings of the Lord, seeking opportunities for learning, study and communion with those who follow the way of Jesus;

let us pray. ***"Come, O come, Emmanuel."***

In thanksgiving for those who stay awake in the dark corners of human experience, abiding faithfully with those who are in any need of healing, peace and comfort, especially \_\_\_\_\_;

let us pray. ***"Come, O come, Emmanuel."***

In thanksgiving for the lives of those who have died, especially \_\_\_\_\_;

let us pray. ***"Come, O come, Emmanuel."***

In anticipation of Jesus dwelling amongst us, let us offer our own prayers either spoken or unspoken;

let us pray. ***"Come, O come, Emmanuel."***

*The Presider adds a concluding Collect.*

Let us confess our sins against God and our neighbor.



or



*Silence may be kept.*

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

*The Presiding Priest says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

THE PEACE

*Presiding Priest* The peace of the Lord be always with you.

**People** And also with you.



 WELCOME, ANNOUNCEMENTS, BIRTHDAYS & ANNIVERSARIES

*Prayer for a Birthday:*

**Watch over your child, O Lord, as *her* days increase; bless and guide *her* wherever *she* may be. Strengthen *her* when *she* stands; comfort *her* when discouraged or sorrowful; raise *her* up if *she* fall; and in *her* heart may your peace which passes understanding abide all the days of *her* life; through Jesus Christ our Lord. Amen.**

*Prayer for a Wedding Anniversary:*

**O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**

## **THE HOLY COMMUNION**

*An offering of money is collected.*

*[You may make an offering by clicking here](#) or by scanning the QR code on the last page of your service bulletin.*

OFFERTORY (choir)  
(Revelation 22:12-17)

*A song of the Spirit*

Monte Mason

“Behold, I am coming soon,” says the Lord,  
“and bringing my reward with me, \*  
to give to everyone according to their deeds.  
“I am the Alpha and the Omega, the first and the last,  
the beginning and the end.”  
Blessed are those who do God’s commandments,  
that they may have the right to the tree of life,  
and may enter the city through the gates.  
“I, Jesus, have sent my angel to you,  
with this testimony for all the churches.  
“I am the root and the offspring of David,  
I am the bright morning star.”  
“Come!” say the Spirit and the Bride;  
“Come!” let each hearer reply!  
Come forward, you who are thirsty,  
let those who desire take the water of life as a gift.



## PRESENTATION

*Presiding Priest* All things come from you, O Lord,  
***People*** and of your own have we given you.

(The people remain standing as able.)

*Celebrant*                      *People*

The Lord be with you. And al - so with you.

*Celebrant*                      *People*

Lift up your hearts. We lift them to the Lord.

*Celebrant*

Let us give thanks to the Lord our God.

*People*

It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Because you sent your beloved Son to redeem us from sin and death, and to make us heirs in him of everlasting life; that when he shall come again in power and great triumph to judge the world, we may without shame or fear rejoice to behold his appearing.

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

HOLY, HOLY, HOLY (sung by all)

David Hurd

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

Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

*The Presiding Priest continues*

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

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, according to his command, O Father,

*Presiding Priest and People*

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

*The Presiding Priest continues*

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

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with blessed Barnabas and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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



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

**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.**

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Christ our Pass - o - ver is sac - ri - ficed for us;

there - fore let us keep the feast.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

#### THE INVITATION TO COMMUNION

The gifts of God for the People of God, holy things for holy people.

#### COMMUNION OF THE PEOPLE

*This is Jesus' table around which we gather, and all are welcome to receive communion.  
If you prefer to receive a blessing, or not to receive wine, fold your arms across your chest as a sign.  
Gluten-free wafers are available, please ask the priest.*

*An Act of Spiritual Communion for those worshipping online.*

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.



CANTICLE G (choir)  
(Ezekiel 36:24-28)

*A Song of Ezekiel*

Monte Mason

I will take you from among all nations;  
and gather you from all lands to bring you home.

I will sprinkle clean water upon you;  
and purify you from false gods and uncleanness.

A new heart I will give you  
and a new spirit put within you.

I will take the stone heart from your chest  
and give you a heart of flesh.

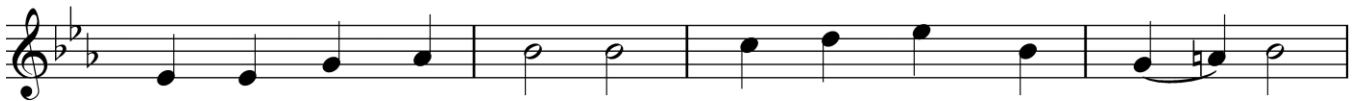
I will help you walk in my laws  
and cherish my commandments and do them.

You shall be my people,  
and I will be your God.

HYMN (sung by all)

*Once he came in blessing*

(HYMNAL 53)



1 Once he came in bless - ing, all our ills re - dress - ing;  
2 Still he comes with - in us, still his voice would win us  
3 Thus, if thou canst name him, not a - shamed to claim him,  
4 One who thus en - dur - eth bright re - ward se - cur - eth.



came in like-ness low - ly, Son of God most ho - ly;  
from the sins that hurt us, would to Truth con - vert us:  
but wilt trust him bold - ly nor dost love him cold - ly,  
Come, then, O Lord Je - sus, from our sins re - lease us;



bore the cross to save us, hope and free - dom gave us.  
not in tor - ment hold us, but in love en - fold us.  
he will then re - ceive thee, heal thee, and for - give thee.  
let us here con - fess thee till in heaven we bless thee.

Words: Jan Roh (1485?-1547); tr. Catherine Winkworth (1827-1878), alt. Music: *Gottes Sohn ist kommen*, melody Michael Weisse (d. 1534); harm. Jack W. Burnam (b. 1946).



THE POST-COMMUNION PRAYER

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

THE BLESSING



HYMN (sung by all)

*"Sleepers, wake!" A voice astounds us*

(HYMNAL 61)

1 "Sleep - ers, wake!"                    A    voice    a - stounds                    us,            the  
 2 Zi - on hears                    the    watch - men    sing - ing;            her  
 3 Lamb of God,                    the    heavens    a - dore                    you;            let

shout    of    ram - part - guards    sur - rounds                    us:            "A -  
 heart    with    joy - ful    hope    is    spring - ing,            she  
 saints    and    an - gels    sing    be - fore                    you,            as

wake,    Je - ru - sa - lem,    a - rise!"            Mid - night's peace            their  
 wakes    and    hur - ries    through    the night.            Forth he comes,            her  
 harps    and    cym - bals    swell    the sound.            Twelve great pearls,            the

cry    has    bro - ken,    their    ur - gent sum - mons    clear - ly spo -  
 Bride-groom glo - rious    in strength of grace,    in truth vic - to -  
 ci - ty's por - tals: through them we stream to join the im - mor -

ken: "The time has come, O maid - ens wise!  
 rious: her star is risen, her light grows bright.  
 tals as we with joy your throne sur - round.

Rise up, and give us light; the Bride - groom is in  
 Now come, most wor - thy Lord, God's Son, In - car - nate  
 No eye has known the sight, no ear heard such de -

sight. Al - le - lu - ia! Your lamps pre - pare and  
 Word, Al - le - lu - ia! We fol - low all and  
 light: Al - le - lu - ia! There - fore we sing to

has - ten there, that you the wed - ding feast may share."  
 heed your call to come in - to the ban - quet hall.  
 greet our King; for ev - er let our prais - es ring.

Words: Philipp Nicolai (1556-1608); tr. Carl P. Daw, Jr. (b. 1944). Copyright © 1982, by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Wachet auf*, melody Hans Sachs (1494-1576); adapt. Philipp Nicolai (1556-1608); arr. and harm. Johann Sebastian Bach (1685-1750).

DISMISSAL

Let us go forth into the world rejoicing in the power of the Spirit.

**People**      **Thanks be to God.**

PROCESSION

POSTLUDE

*"Sleepers, wake!" A voice astounds us*

Paul Manz

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## MINISTERS OF THE LITURGY

Presider & Preacher	The Reverend Karen Haig
Deacon	The Reverend Dan Fowler
Organist & Choir Director	Sheila Bristow
Musicians	Andrew Etherington, Rae Hyra, Parish Choir
Acolytes	Andrew & Ivy Forbush
Lectors	Kathleen Jennings, Diane Walworth
Eucharistic Ministers	Diane Walworth, Joan Collins
Ushers	Borgan & Kathy Anderson
Altar Guild	Steve & Helene Schmitz, Suzanne Ivy, Heidi O'Brien, Diane Walworth, Becky Raymond
Bread Bakers	Cathy Davies, Peggy Eichenberger, Laurie Fergusson, Elaine Percival, Peter Schindler
Videographers	Michael Ditmore
Coffee Hour	Lisa-Marie MacKenzie, Sue Ellen Case, Stephanie Neill, Barbara Bolles, Marnie Arlen
Welcome Table	Nancy Tiederman

You may make your offering by scanning the QR code below. Thank you for your generosity.



## Personal Rites for Advent – A Take Home Sheet for Your Refrigerator Door

Pay attention. That is the Advent message. Attentiveness to the mystery of the Coming One is not easily practiced in the midst of crowded calendars and unrelenting din of December. It is important to make time for paying attention, for silence, for waiting.

Here are some suggestions:

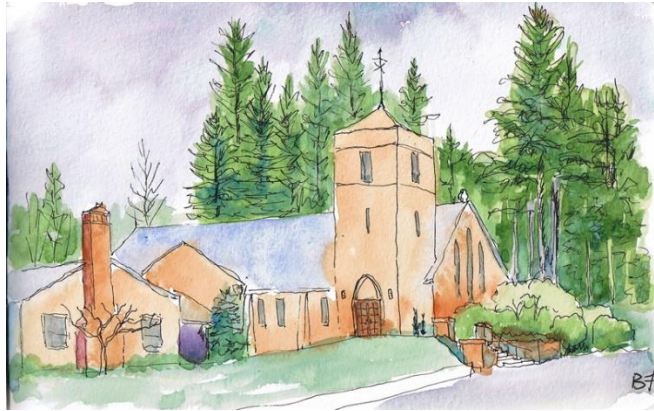
1. Attend Sunday church service on all four Sundays. Throughout Advent, the liturgies tell us more and more about the future God is making... don't miss a single chapter of the unfolding drama as we wait for God together!
2. Follow the daily readings found in the Book of Common Prayer (BCP), or on line at <http://satucket.com/lectionary/>. You may want to use the forms provided in the BCP for home prayers. Compline is a lovely way to end the day – you'll find it on page 127.
3. Create an Advent wreath. On the first Sunday of Advent. Light the Advent candle when you say your prayers and sit down to supper. Use an Advent Calendar. Talk with family or friends about the season and the feelings it brings. Listen to the promise of God in each other.
4. Meditate on the O Antiphons, <https://catholicinsight.com/the-seven-o-antiphons-explained/>
5. You may want to do this by candlelight, or in front of a fire.
6. Break habitual patterns. Cultivate surprise. See all things as new! Take an unusual route to work or use an alternative form of transportation. Do something you have never done before, or see something you have never seen before. Take a walk, letting colors, patterns and movements surprise you. Wear your watch on the wrong wrist, or don't wear it at all. Every time you look in the wrong place for "the time", pray God to make you ready for the unexpected.
7. Practice waiting. Sit or lie by a window where you can see only the sky. Wait for something to pass by – a cloud, a plane, a sparrow, an angel....
8. Climb a hill and watch for the moon to rise. Watch for the sunrise after the longest night (December 21). Watch for the first star on Christmas Eve. "Wait without thought."
9. Keep the prayer "Maranatha, come Lord Jesus" in your mind and heart. Say it in various places. Empty your mind as you pray it. Watch for signs.
10. Make at least one conscious act of being a sign of God's future to others. Look to Matthew 25: 35-40 for guidelines.
11. Make room for silence and inactivity. Schedule it. Put the television in a closet. Set aside one evening and do nothing – not even books or music. Turn off the lights. Stop talking. Listen. Who is knocking at the door of your heart?

Waiting is really a period of learning. The longer we wait, the more we hear about Him for whom we are waiting. As the advent weeks progress, we hear more and more about the beauty and splendor of the One who is to come. There is a stark beauty about it all... Advent invites us into a growing inner stillness and joy allowing us to realize that He for whom we are waiting has already arrived and speaks to us in the silence of our hearts. Just as a mother feels her growing child in her womb, and is not surprised on the day of the birth and joyfully receives the one she learned to know during her waiting, so Jesus can be born in our lives – slowly and steadily – and be received as the one we learned to know while waiting.

*Adapted from The Genesee Diary by Henri J. M. Nouwen*



*We are a community of faith that welcomes and values all people.  
We commit to follow Christ, serve others, grow in faith,  
and transform the world by sharing God's love.*



*St Barnabas Episcopal Church acknowledges that we gather on the traditional land  
of the first people of this island, the Suquamish People, who are still here,  
and we honor with gratitude the land itself and the life of the Suquamish Tribe.*

#### CLERGY

Bishop Provisional | The Most Reverend Melissa Skelton  
Assisting Bishop | The Right Reverend Brian Prior  
Rector | The Reverend Karen Haig  
Deacon | The Reverend Dan Fowler  
Assisting Priests | The Reverends Dr. Judith M. McDaniel, Nancy Tiederman,  
Patricia Rome Robertson, Dr. Jan C. Heller, and Jim Friedrich

#### STAFF

Music Director | Sheila Bristow  
Bookkeeper | Jessica Edmonds  
Day School Director | Julia Lampa  
Sexton | Tom Clark  
Kitchen Manager | Tim Shelly  
Housekeeper | Natalia Perez  
Interim Tender | Joe Salter

#### VESTRY

Rector's Warden | Barbara Bolles  
Property Warden | Brian Andvik  
People's Warden | Steve Schmitz  
Members of our Vestry | Laura Bainbridge, Tom Beierle,  
Michael Ditmore, Judith Hanna, Claire Hicks, Mary Anne Smith  
Clerk of the Vestry | Rebecca Ditmore  
Treasurer | Kirk Eichenberger  
Chancellor | Katherine Bolles

#### CONVENTION DELEGATES

Delegates | Kathy Bolles, Barbara Bolles, George Robertson, Heidi O'Brien  
Alternates | Laura Carroll, Brian Andvik, Peggy & Kirk Eichenberger