



The Steeple Bell of St. Barnabas Parish



Summer 2010

An Episcopal Community since 1891

CELEBRATE ST. BARNABAS DAY

Sunday, June 13, Following the 9:30 a.m. Service
Champagne and Strawberries Friendship and Conversation

Barnabas ranks with the Apostles though he was not one of the Twelve. He spent much time in Jerusalem and probably converted to Christianity shortly after Pentecost. Because of his success as a preacher, he was later placed first among the prophets and doctors of Antioch.

The Church of Antioch sent missionaries to the gentile world. Paul and Barnabas were sent to Cyprus for the work. Cyprus was first evangelized, and then Minor Asia. Despite opposition, many converts on this journey. They ordained presbyters and placed them over the faithful, so that they felt that God had opened a door of faith to the Gentiles."

Little is known of the subsequent career of Barnabas. He was still living in 56 or 57 AD. Various traditions portray him as the first Bishop of Milan and as the first Bishop of Rome. He is credited by Tertullian with the authorship of the Epistle to the Hebrews.

With the exception of St. Paul, Barnabas appears to have been the most esteemed man of the first Christian generation. Luke speaks of him with affection, "for he was a good man, full of the Holy Ghost and of Faith."

The feast of St. Barnabas is celebrated on June 11.



Paul and Barnabas made a journey, organizing churches, ordaining them over the faithful, so "opened a door of faith to the

subsequent career of Paul and laboring as an Apostle in various regions. Traditions portray him as the first preaching at Alexandria and Rome with the authorship of and the so-called Epistle of

The Next Big Thing: Time to think outside our box

The Vestry and Outreach Committee will be hosting a variety of gatherings designed to get everyone talking about the *next big thing* at St. B's. These will include suppers and other gatherings to share inspirations from everyone—young and old, newcomers and old hands, members from every service.

We need everyone's input on how our congregation should get more involved in the neighborhood, city, state, country, and world around us. We are keeping that spirit of calling for a new rector and our call to do Christ's work in the world, as when we began Project Angel Heart. The gatherings will be taking place at various locations in and around Denver at various times to accommodate as many participants as possible.

Look for more info and sign-up sheets in the next few weeks. All are welcome and needed to make the best decision.



Soup Group raises \$7,000 for St. George Baghdad clinic

In our last message we wrote that we hoped to send a good donation earmarked for St George's Clinic, Baghdad after Easter. We are pleased that you have continued to support our efforts and we want to tell you that your support has enabled us to raise about \$7,000. This is a magnificent result and our best yet.

There are a few more quarts of soup to be sold in the freezer so we will be sending the money to FRMME (Foundation for Relief and Reconciliation in the Middle East) in the near future. The money will, of course, be earmarked for St. George's Clinic. Every \$8 we raise covers the cost of one patient at the clinic. Altogether, St Barnabas will cover the cost of nearly 1,000 Iraqi patients many of whom would not have access to health care.

As a group we have had great fun on Wednesday morning cooking the soup and as we got to know each other and worked together, we have gained as much as the Iraqi patients.

Thank you very much.
—Irene Shepherd

Creating a Culture of Peace: Aug. 6-8

Save these dates for a weekend you will not forget! The National Episcopal Peace Fellowship, your Colorado chapter, and the Cathedral of St. John in the Wilderness are teaming up to offer a spiritual, intellectual and recreational feast of peacemaking. Friday evening we will have a wonderful liturgy and social event celebrating peace-making. Saturday we'll have a world-class training that you can use in your personal, work, church and community life for creating a culture of peace. Sunday we'll gather in Estes Park.

Weekly Bible study now offered online

The Episcopal Church invites online visitors to a Bible study by posting comments and thoughts on each week's Sunday readings from the Revised Common Lectionary. You can read the complete weekly readings along with study questions and reader comments on this website: www.episcopalchurch.org.

According to its mission statement, the online weekly Bible study intends "to grow an active, web-based community of laity and clergy to share insights and perspectives from the Revised Common Lectionary Sunday readings."

Our vision is "to develop a deeper understanding of the Bible and to foster spiritual growth by applying the understanding gained from lectionary readings into the context of daily life."

The online Bible study also offers a downloadable list of weekly readings for the current lectionary year, which facilitates not only online participants but congregational Bible study groups as well.



Every Wednesday members of St. B join to share Eucharist and reflect on Bible teachings.

Benedictine Way to meet monthly in summer

The Benedictine Way contemplative group will meet once each month during the summer. The Mondays they will meet are: June 21, July 19, and Aug. 16 from 6:30-8:30 p.m. The group meets for prayer, worship, reflection and to share a summer supper of soup or salad with bread. All are welcome to join.

From the Rector

Colfax is our doorstep



Today was a day not uncommon here at St. Barnabas. A fellow who has struggled to find work as well as stability in his life came by to tell me he had been accepted in a culinary arts education program. He had stars in his eyes as he dreamed out-loud of graduating from the program and maybe landing a job with one of the big food-service outfits in town. Then he

told me of being pulled over for a broken tail-light and showed me the receipt for the fine. We both knew he was looking for some help.

Right behind him was a fellow I've seen before on Colfax. Scuffed and worn, but clean and polite, he just needed to tell me about how he and some friends were engaged in spiritual warfare for a friend's soul...and maybe I could baptize his friend to keep him safe?

After that were two phone calls almost back to back. One was from a woman whom I've helped before. She was behind in her rent. She and her kids were in danger of being thrown out on the street. The next call was from a stranger. The caller ID said St. Anthony's Hospital. He said God had told him to call me. His wife had fallen and torn muscles and ligaments and was going to be out of work. They were behind in their rent and they and their two children were about to lose the roof over their heads.

What made these two situations stand-out is that both of these families are clinging to shelter at motels on East Colfax.

Stories in the Denver Post from 2008 talked about the difficult lives a surprising number of families are living as transient or semi-permanent residents in beat-up, rundown motels across the metro area but especially along Colfax.

Here is an excerpt from one of the stories by Jason Blevins (Denver Post, 12/16/08).

"As her twin toddlers holler for hugs, Sabrina Lackey collapses into the couch where her 7-year-old daughter sleeps. Jewel is missing school on this snowy day. The mile-long walk is difficult without snow boots.

"It's hard times, no doubt," says the 24-year-old Lackey. "I think we're lucky to be here. It's decent here."

Here is the Sand & Sage Motel on East Colfax Avenue, a few doors away from Saturday's strip club. The Lackeys have been there three months, paying \$200 a week for their room. It's a warm but cluttered corner unit with a kitchenette that doubles as a closet and play-room.

After Lackey's husband, Jeff, lost his job at Royal Crest Dairy, the family, their dog, Stitch, and four cats rolled through three motels in a month before landing at the Sand & Sage."

(You can read the full story and link to related stories at the Denver Post online.)

As we pray and seek to figure out what more we want to do in addition to the many outreach efforts we are engaged with, I think we have to be mindful of the situation *at our doorstep*—Colfax is our doorstep—as well as regionally, nationally and internationally!

The stories have a link to an organization I was not familiar with: Colfax Community Network (colfaxcommunitynetwork.org/). This organization seeks to provide a variety of what I would term "normalizing" services to children and families living in these motels. That is programs like camping trips for the kids, evenings of community fun and trips to sporting events; things many families normally do and kind of take for granted their ability to do. CCN also offers referrals to social services, direct assistance with food and hygiene supplies, and provides visits to the motels by medical personnel.

This might well be a program the parish should consider connecting with. They have a number of volunteer opportunities which could involve a sizeable number of folk from St. Barnabas! One is Family Night when "groups and organizations who wish to volunteer one time or multiple times throughout the year help with organizing and staffing an evening for families living in Colfax motels to enable them to feel connected to a caring community. Family nights occur on the 4th Thursday of each month from 5:30 to 8 p.m."

St. Barnabas is a vibrant and caring community of the followers of Christ. These are families with no community. Some of them are already seeking assistance and compassion from us. Maybe we can help?

Yours in Christ, Paul+

Family Ministry News



Rite 13 liturgy marks new lives for youth

On April 11 we celebrated an important milestone in the lives of six of our Youth Group students—that of having passed their 13th birthday. A special liturgy at the 9:30 service acknowledged the young people's entry into this new phase of their lives. Psalm 139 reminded us all that God "knew [us] in the womb."

Several groups of adults, including parents and grandparents, youth group sponsors, and the "elders" of the congregation pledged support to the youth as they walk their journey. The students also wrote the Prayers of the People for the service, and several spoke movingly of their gratitude for St. Barnabas and its influence in their lives.

Rebecca Martin said simply and eloquently, "Thank you all for being my village."

Afterwards youth, families and the congregation enjoyed a potluck brunch together. The Rite 13 Youth Group and its co-leaders thank everyone for their support and enthusiasm in this important ministry.



Plan now for the peach sale coming this summer

In July and early August, we will take orders for delicious, hand-picked, Western Slope #1 free-stone peaches. A 10 lb box (approximately 12-16 peaches) is \$22 with a charitable deduction of \$9.25 to benefit the family ministry program at St. Barnabas. An 18 lb box (approximately 20-24 peaches) is \$30 with an \$11.50 charitable deduction.

The peaches make terrific personal and business gifts. Better still, plan to purchase a box for your family. Watch for email and church notices announcing when the sale begins and when the peaches will be available for pick-up at St. B. These peaches are bigger, tastier and juicier than any you can buy.

Arts Camp set for June

Registration is underway for this summer's ARTS Camp! Dates are June 21-25, 9 a.m. to 3 p.m. We will share what we've learned and created at the 9:30 service on Sunday, June 27. Our theme this year is Praise!

We have two new artists who also teach art, music and drama in local schools and are thrilled to be a part of camp at St. Barnabas. Camp is open to children currently in grades 1-6 and friends from outside St. B are always welcome. The fee is \$100 per child, which includes all materials, lunch, drinks and snacks. Scholarships are available. Registration is on a first-come, first-served basis and spaces are filling up fast! Volunteers are also needed. Call Tina Clark for more information at 303-388-6469 or email stbsfamilyminister@stbdenver.org.



Pentecost, May 23 was our last day of Sunday School classes with a special celebration at the 9:30 service followed by a picnic. Thanks to all the volunteers who made our second semester a smashing success!



New EFM grads Jody Will and Toni Potter (3rd & 4th from left) celebrate with program participants.

EFM: A Journey of Radical Spirituality

Jody Will and Toni Potter are joining the ranks of over 70,000 people worldwide who have graduated from Education for Ministry (EFM). This program is not about becoming a minister. Current members call EFM "a spiritual salon" and "radical spirituality."

EFM is a program of fellowship and study which has had a significant impact on individuals and churches over the past 30 years. There are over 900 EFM groups in Episcopal churches in the United States alone. At St. Barnabas there has been a continuously running EFM program since 1991 and over 60 parishioners have completed the program.

EFM meets weekly from September through May for discussion, reflection, worship and mutual support. EFM members and graduates report that the program is "life-changing" and helps to form their personal theologies as well as to understand the role that each of us plays in ministry in our daily lives.

Please congratulate Jody and Toni on their completion of this four year program and consider joining our St. Barnabas group. Talk with any EFM graduate or current member to learn more or talk with Jim Scheffe or Elizabeth Hepp who are mentors for the program.

Check out St. B's Website

To confirm dates and times of St. Barnabas events, check the monthly calendar posted on the St. Barnabas website (www.stbdenver.org) Click on "calendar" on the upper right hand side of the home page.

Altar Guild seeks new members

The altar guild continues to set up the altar for services, keeping linens clean and supplies stocked. We work in groups of two or three, being responsible for a week out of each month. It is service to the life of St. Barnabas that is rewarding but not a big time commitment! We would love to have new members, just contact the office or Mary Duell.

New directory ready soon

The updated St Barnabas Church Directory will be ready in June. You can pick one up on the sign-up table in Lukens Hall.

Office help wanted

The church office will close at noon on Mondays. We are asking for volunteers to answer phones from noon till late afternoon on Mondays. If you are interested, please let the office or Fr. Paul know. The office will be closed June 18-25 unless volunteers can staff it.

T'ai-Chi Group reaches milestone

The five students in the Monday evening T'ai Chi group at St. Barnabas have officially reached the advanced level. They have worked diligently to learn all 108 moves of the Yang style, the long form of the T'ai-Chi Ch'uan, taught by Faith Gregor.

Congratulations to students Mary Duell, Nan O'Neal Campbell, Timothy Hepp, Mary Kelly O'Donnell and Sandra Hughes Boyd, who embarked on their T'ai-Chi journey in January 2009. They all are moving on with their study as advanced students, and next they will work on many other nuances of the form.

This "moving meditation" originated in China and has been practiced for many centuries. It's great exercise, and other benefits include improved balance, flexibility, confidence and lots more. Faith's teaching philosophy emphasizes these attributes, plus the mind-body connection and the rich spiritual symbolism of T'ai Chi.

If you'd like to learn more about this unique exercise, a two-session introduction to T'ai-Chi was offered as an auction item. There might be some spaces left if you'd like to check it out! For more information, email Faith at gregorf@comcast.net.

From the Deacon

Education key to eradicating poverty

As I get deeper into my role as the St. Barnabas Deacon, I find a greater comfort level as well as a desire to discern some of my personal goals as your deacon. At the *Bishop's Day with the Deacons* in March I met many of the 40 deacons in the Diocese of Colorado. It was a day of learning for me as well as one of reassurance from others who have sought this ministry. There is a strong sense of purpose among deacons.

As promised I will include information about the Millennium Development Goals (MDG). Goal #2 states: Achieve universal literacy. Due to extreme poverty in much of the world, there are more than 73 million children who are not in school today and 70% of them are girls. However, since 2000, the first year of the MDG, the number of children who are in school is increasing annually. We all know that increasing educational opportunity is one of the most important ingredients for eradicating poverty.

The first of the Adult Forums in the MDG series in April generated energy and hope from the participants as we began our understanding, discussions and planning about our future as a community toward the goal of a long-term project chosen by the people of St. Barnabas.

The Millennium Development Goals provide some hope for the future of the world. Commitment and individual awareness of our neighbors on this planet is essential to the success we achieve.

I love being your deacon and look forward to the growth of my relationship with each of you. I hope you found peace and rest during Lent, and the relief and celebration as we joined with all Christians at Eastertide.

Peace and blessings,
Deacon Sally Megeath

And this year's award goes to...

The Barney Award was established when Fr. and Mrs. Gilbert Dahlberg saved the glass from the windows of the newly remodeled Lukens Wing and used that glass to craft the award. The award is given in appreciation for enduring contributions to the life and ministry of the parish. This year we honor three unsung heroes who have devoted time and talent to the parish over a number of years without being recognized or thanked in any formal way for their dedication and service.

Judy Wallace

We are deeply saddened by the loss of Judy. She was courageous in her living with MS for over 35 years and then for another two years with ALS. She was in life and continues to be in our hearts a true inspiration. Awarded posthumously, Judy's Barney is in recognition of her efforts over many years to initiate and secure the work of the Share the Care Committee of St. Barnabas. She recruited volunteers, solicited meals and other ways of offering the love and concern of the parish for members dealing with illness or other challenges. The care she shared with others has been multiplied many times.

Judy Ward

Judy has been a driving force in helping clarify and simplify the finances of the parish. As outgoing chair of the Finance Committee, she has over the past few years cheerfully devoted hundreds of hours to the analysis of the many different components of the parish finances and budgets. Her detail oriented work with accountants and bookkeepers as well as overseeing long overdue audits of our books have indeed been great gifts to the parish. Her work has helped us to be better stewards of the resources entrusted to us.

Karen Hoffman

Karen has been the chair of the Auction Committee for ten years. Her dynamic and energetic leadership has resulted in the Auction being THE social and fellowship occasion of the year! Her ability to recruit volunteers and to inspire and solicit donations has meant that the Auction has grown to be a significant generator of funds to enrich the life of the parish. Her work has provided a wonderful opportunity for members of the congregation to stretch and grow as stewards of time, talent and treasure.

Our gratitude is boundless. Thank you Judy, Judy and Karen!

Birthdays and Anniversaries

JUNE—JULY—AUGUST



<p>June</p> <p>1 Kristin Feldkamp 5 Barb Mattison 5 Randy Crosby 6 Bobbi Blanc 6 Pat Gorham 6 Kathy Miles 7 Rachel Martn 7 Robert & Connie Friesen 8 Sandy Ortiz & Tammy Geissinger 8 Ed & Judy Trujillo 8 Wendy Piburn 17 Kathy & Bill Miles 17 Hal & Celeste Richardson 18 Chris Weber 19 Tom Ward 23 Ray O'Loughlin 24 Marcia Hoegberg</p> <p>July</p> <p>1 Connie Friesen 1 Andy Whitney 1 Jane & Carl Pigford 1 Zia Meyers 4 Hal Weber 4 Ken Kulch 5 Barbara Farley 7 Jack Unruh & Eloise May 9 Fred Siersma 10 Maddie Gartland 13 Steve Schefe 18 Annika Izant Mueller 20 Jim Schefe 20 Theresa Kanan 21 Spencer Conroy 24 Mary Kelly O'Donnell 26 Kieran & Michael Nelson 26 Kathy Vincent</p>	<p>July</p> <p>28 Lynn Hoffman 28 Ellen Janasko 29 Jim Hoyas 29 Jan McPhail 29 Bob & Janet Manning 30 Frank McGovern 31 Ebony Nelson 31 Coupar Lester</p> <p>Aug.</p> <p>1 Robert Friesen 1 Lily Shui Suter-Trautman 4 Faith & Gary Gregor 5 Lynette Emery 5 Karl Pigford 7 Richard & Margaret Garbe 8 Pat & John Ludwig 8 Karent & Jim Esten 12 Mike Erickson 12 Lynn & Karen Hoffman 14 Bud & Marian Hall 16 Pat Ludwig 16 Carol Wier 16 Dennis & Penny Lyon 17 Cheryl & Larry Volmert 20 Jack Unruh 20 Brian Reid 21 Cindy Lees 21 Joe Megeath 21 Gary Gregor 22 Melanie Lindahl 26 Grace Nelson 26 Conor & Barbara Farley 27 Bruno Sica 27 Collin Gorham 28 Jessica Reid 30 Lucy Gartland 30 Jana Everett 30 Eileen Manville 30 Jamie Henderson & Ray O'Loughlin</p>
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RECIPES WANTED FOR NEW ST. B COOKBOOK

In 1981, members of St. Barnabas collected nearly 200 wonderful recipes from parishioners and friends and published *The Saint Barnabas Sampler Cookbook*. Some of Bobbie Blanc's, Ellen Janasko's, Wilma McCloud's, Rhondda Grant's, and Sue Gallanter's recipes are in this first edition.

The Table of Contents includes appetizers, snacks/beverages, soups/stews, salads/salad dressings, breads, vegetables, main dishes, desserts, candies, preserves, relishes and sauces. Also included was a very valuable section titled *Special Household and Food Helps*.

A prayer of Thanksgiving or "grace" precedes each chapter such as the Scottish grace:
*Some ha'meat and canna eat,
 Some wad eat but ha'na;
 But we ha' meat and we can eat,
 And so the Lord be thanked.*

Included are some easy recipes that kids can help make and enjoy. Imagine "little" Warren Blanc on a step stool in the kitchen, stirring and tasting and getting his fingers sticky, helping his mother make Ting-a-Lings.

"Ingredients: 2 lbs of milk chocolate, 2 squares of baking chocolate, 11 cups corn flakes, nuts. Melt chocolates together in double boiler. Stir in corn flakes and nuts. Spread on flat pans or drop by spoonfuls onto waxed paper. Chill." (*Contributed by Bobbie Blanc*)

Bobbie Blanc and Carol Anderson would like to republish the book with updated recipes from our parishioners. Profits from the sale would benefit St. B. If you have a favorite recipe that others would enjoy, please send it to Carol Anderson at office@stbdenver.org or drop by her office with the recipe.

PRAYER LIST

As you all know, our prayer list is quite lengthy. At present we really don't have a way of determining when a person should come off the list, so a form has been devised so that when you put a person on, you can also tell us when to take them off. The forms will be on the sign-up table in Lukens. A sample of the new form is below:

PRAYER LIST REQUEST

Please print:

Date: _____

Name of person(s) needing prayer: _____

Reason for prayer: _____
 (i.e. surgery, cancer, personal, etc.)

Length of time on prayer list:

two weeks _____

1 month _____

6 months _____

Indefinitely _____ (or until further notice)

Name of person making request: _____

Please return this form to the office or give to Paul, Deb or Sally.

Outreach collecting for EarthLinks

During June and July, the Outreach Committee is collecting items for EarthLinks, a local non-profit that connects homeless and low income clients to nature. Useful items are: pruning shears or small clippers, wood glue, sun screen, tissue paper and raffia ribbon, gift bags (small shopping bags with handles), garden gloves, reusable water bottles, 2" PVC pipes or fittings (45 or 90 degrees), left-over or new latex outdoor paint. Please bring these items to the church and place them in the blue bin marked "EarthLinks" located in the narthex. Thank you for sharing!

St. Barnabas Episcopal Church

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Send information for The Steeple Bell and Announcements to Carol Anderson via fax, email, or U.S. mail.