



# The Steeple Bell

## of St. Barnabas Parish



March/April 2010

An Episcopal Community since 1891

## HOLY WEEK at St. Barnabas: One great litany

Holy Week begins on Palm Sunday and is traditionally a week of reflection on the events preceding Jesus' death: his triumphant entry into Jerusalem, his betrayal by Judas, his Last Supper with his 12 apostles, his arrest, crucifixion and death, and his burial in a tomb. We invite you to enter into this holy time. Come worship with us.

### **PALM SUNDAY/ PASSION SUNDAY**

On Palm Sunday we celebrate Jesus' triumphant entry into Jerusalem. The service begins with the Liturgy of the Palms. We gather in Lukens Wing, bless the palm branches and reenact Jesus' entrance into Jerusalem as we move into the sanctuary led by the children. We sing a song of celebration. Following this celebration we share the story of Jesus' Passion: his capture, trial and crucifixion. The scene shifts from one of welcome to one of despair as we are reminded of Jesus' betrayal and arrest a few days later. At 5:30 p.m. there will be a special Agape Service based on The Passion Gospel Journey.

### **BIBLE STUDY/WEDNESDAY**

As we do every week, a faithful group gathers at 10 a.m. to share Holy Communion and study the lessons for the upcoming Sunday. We meet in the Brady Room of Marshall House. All are welcome to join us.

### **THE TRIDUUM: Maundy Thursday, Good Friday, Holy Saturday**

The Triduum is the three-day period marking Jesus' death and burial. It begins on Maundy Thursday and concludes as Easter begins. Some Christians observe the Triduum by attending a worship service on each day, including the Easter Vigil service on the night before Easter. Some believe that these three services are not separate but they are linked together into one great litany.

### **MAUNDY THURSDAY**

The term *Maundy* comes from the Latin word *mandatum*, a verb that means to give, entrust or order." From the Gospel of John we learn about the Last Supper where Jesus broke bread and offered the disciples wine, saying "this is my body, given up for you." Jesus washed the disciples' feet to show them how they were to care for others. After the meal, as they walked into the night toward Gethsemane, Jesus taught his disciples a new commandment: "*That you love one another; even as I have loved you. By this everyone will know that you are my disciples, if you have love for one another.*" (John 13:34-35)

We gather in Marshall House at 5:30 p.m. We begin by sharing a Seder meal and hear the story of the exodus from Egypt. On each table there is a Passover Seder Plate containing symbolic foods used by Jews during their Passover Seder. Each of the foods has significance to the retelling of the story of the exodus from Egypt.

Following the Seder, we share our Pascal meal of lamb, salads, vegetables, water and wine. At the end of our meal, we hear the story of the Last Supper, have an opportunity to wash one another's feet and celebrate Holy Communion.

### **PRAYER VIGIL AT THE GARDEN OF REPOSE**

A Prayer Vigil at the Garden of Repose begins in the sanctuary at St. Barnabas following our meal on Thursday. The reserved sacrament, the body and blood of Christ, resides on the altar. The sanctuary is lit by candlelight. This is a time when individuals come to be quiet, to pray and prepare for Good Friday and Easter Sunday. Because of safety we no longer hold an all night vigil. Please sign up if you plan to participate. The Vigil will resume at 6 a.m. Friday morning.

## All Parish Art Show a success!



Thanks to the 33 artists and 10 performers in the parish who participated in the 12th Annual All Parish Art Show and Coffee House. Both events were fantastic. Works included oils, sketches, photography, wearable and functional art, costumes, quilts, digital images, three-dimensional creations and more!

Friday's Opening Reception witnessed an enthusiastic crowd of over 100 who savored a sumptuous buffet. Saturday night brought instrumental music, vocals, and readings of all kinds transformed Marshall house to an intimate cabaret venue. What a beautiful, incredible array of talent from our congregation!

Artists in the show, willing to sell their work, took home a total of \$1,753 in sales.

Thank you also to all those volunteers who made it all possible; this couldn't have been done without you.

*Barb and Roger Mattison  
All Parish Show/Coffee House Coordinators*

## Help welcome newcomers to St. B

On Sunday, April 18, newcomers and all parishioners are invited to a brunch in Marshall House after the 7:45 service. The Newcomers Committee will provide beverages and some brunch dishes. We ask that parishioners please bring a dish or brunch treat to share. Newcomers are invited to just bring themselves and enjoy a yummy brunch and friendly fellowship welcoming you to St. Barnabas. A sign-up sheet will be available in Lukens Wing. Make sure you sign up, so we will have enough space for everyone! Please contact Celeste Richardson at 303-458-1205 with any questions.

## An intro to all things Episcopalian

Are you new to St. Barnabas? New to the Episcopal Church? Just a little curious how we Episcopalians came to be and why we do things the way we do? In April, Fr. Paul will be conducting a Newcomers Orientation to St. Barnabas and all things Episcopal. If you are interested in participating please let Fr. Paul know.

## World Day of Prayer

Let Everything That Has Breath Praise God



*Dr. Claudette Sweet, accompanied by Dr. Joyce Marie Davis, led the music of World Day of Prayer at St. Barnabas.*



## World Day of Prayer

Each year the litany of the World Day of Prayer is prepared by women of a different country. ***This year the world litany was prepared by women of Cameroon in Africa. St. Barnabas hosted the service on Mar. 5*** which was organized by Church Women United in Northeast Denver and National Baptist Convention Women's Department & Auxiliary . Visit: <http://www.wdpusa.org> for some beautiful artwork done by the women of Cameroon in celebration of this day and for more details on this worldwide event.

## Learn to prevent falling

Falling and related injuries are of major concern to your health and safety. For seniors alone, falling is the leading cause of injuries.

From recent statistics, about 11 million seniors each year require medical treatment from falling and many of those injured lose their health, their independence and even their lives.

Over \$20 billion is spent in treatment each year. Kristen Reming of Volunteers of America and Burley Shepard make fall prevention presentations in the Greater Denver Area and have scheduled one at St. Barnabas on Tuesday, April 20 at 1:30 p.m.

**GOOD FRIDAY**

Good Friday is the day that Jesus was crucified and died. It is the most somber day on the Christian calendar. We follow the Good Friday liturgy that is found in the Book of Common Prayer. The Passion according to John is read and we pray the Solemn Collects. The liturgy concludes with the distribution of Holy Communion.

**GOOD FRIDAY: Stations of the Cross and Choral Presentation**

In the evening our worship begins with The Stations of the Cross. As we recall each of the stations we visit the chief scenes of Christ's sufferings and his death on the cross. This year we follow a version of the Stations that was developed by the Iona Community.

Following the Stations, the St. Barnabas choir gives a choral presentation of Arvo Pärt's haunting and beautiful *Berliner Messe* which is at once very contemporary and spiritually ancient.

**HOLY SATURDAY: The Great Vigil of Easter**

The Easter Vigil will have a special candlelight aspect, focusing on the elements of light and freedom, and a new order for the Liturgy of the Word. It begins with the lighting of the Easter fire and continues in Lukens Wing. Deacon Sally will assist in the praying of the sung *Exultet*, the great prayer of praise for the Easter Vigil. We recall stories from the past, share wonder-filled music and share our first Easter Holy Communion. A candlelight reception follows the service.

**EASTER SUNDAY: Celebration the Resurrection of the our Lord**

On Easter Sunday we celebrate Jesus' resurrection from the dead. This joyful celebration marks the beginning of the Easter Season, which lasts for 50 days. On Easter Sunday we celebrate Holy Communion at 7:45 a.m. and 9:30 a.m. Please invite your friends and family. The bell choir will accompany our singing during the 9:30 service. Our traditional Easter potluck brunch will begin at 8:30 a.m. Volunteers are needed. Please sign up to be a helper and let us know what you will be sharing. Following the 9:30 service the annual Children's Easter Egg Hunt will take place. All will have a fun time.

**Check out St. B's Website**

Check the monthly calendar on the St. Barnabas website ([www.stbdenver.org](http://www.stbdenver.org)) Click on "calendar" on the upper right hand side of the home page.

**PALM SUNDAY, HOLY WEEK & EASTER SUNDAY**

Unless otherwise noted all worship services take place in the sanctuary

**Sunday, Mar. 28 PALM SUNDAY (Passion Sunday)**

7:45 a.m. Spoken, Holy Communion  
 9:30 a.m. Sung, Holy Communion  
 (Procession begins in Lukens Wing)  
 5:30 p.m. AGAPE service: The Passion Gospel Journey



Tuesday, Mar. 30, 7 p.m. Choir rehearsal

Wednesday, Mar. 31, 10 a.m. Holy Communion followed by Bible Study

**Thursday, April 1 MAUNDY THURSDAY**

5:30 p.m. Seder Meal followed by foot washing and Holy Communion, Marshall House  
 7:30 p.m. -Midnight Prayer Vigil at the Garden of Repose, Sanctuary (please sign up)

**Friday, April 2 GOOD FRIDAY**

6-7 a.m. Prayer Vigil at the Garden of Repose  
 7 a.m. and 12 Noon Liturgy for Good Friday with Holy Communion  
 7:30 p.m. Stations of the Cross followed by a Choral presentation

**Saturday, April 3 HOLY SATURDAY**

7:30 p.m. Easter Vigil with Holy Communion, Lukens Wing, Reception follows

**Sunday, April 4 EASTER SUNDAY**

7:45 a.m. Spoken, Holy Communion  
 8:30 a.m. Easter Brunch  
 (potluck—please sign up)  
 9:30 a.m. Sung, Holy Communion  
 Easter Egg Hunt following the 9:30 a.m. service (location determined by weather)  
**Note: No Evening Service.**



# Family Ministry News

## Rite 13

### Recognizing the passage from child to adult

On Sunday, April 11, St. Barnabas will hold a Rite 13 liturgy. Rite 13 is a liturgical ceremony acknowledging youth group members as they pass from childhood to young adulthood. Typically, the liturgy takes place twice a year as members of the group pass their 13th birthdays. This year we are playing catch-up, with the young people to be celebrated ranging from just turned 13 to already 14 and a half.

*Drawing from the Jewish bar/bat mitzvah tradition, the liturgy will look similar to a baptism or confirmation, as youth, parents, leaders, clergy and congregation all stand together to acknowledge and pledge our support to the young people in this new chapter of their lives and spiritual journeys: the transition from child to adult.*

The youth to be celebrated on April 11 are: Claire Bednarek, Luke Bednarek, Rebecca Martin, Alice Cordova Potter, Claire Wiley and Jack Withrow.

## Youth Group retreats in Breckenridge

On a February afternoon, the Rite 13 Youth Group and Kevin Lindahl and Tina Clark set off from St. B's with six kids, two cars and several iPods. After a reminder from Paul that our goal was not only fun but also faith and reflection, and a prayer for our safety and growth, we were off!

Saturday was spent skiing, riding the gondola for fun, ice skating, and time simply to be together, unstructured and unpressured, and often silly. Cards around the big dining room table made for fun and laughter.

Sunday morning found us gathered for worship. Amazing Grace, via iPod. Psalm 4—Be still, and know that I am God—reflection, writing letters to God, and making a personal offering to God—all in blessed silence. We finished by remembering the members of our group not present and greatly missed. Adults and youth alike agreed afterward that silence is indeed golden and all too difficult to find in our lives. ***Tina challenged each student to make it their Lenten goal to find time for a moment of silence each day and to invite God to share that moment.***

Despite a five-hour drive back to Denver in heavy snow and heavy traffic, the kids' spirits remained lively and all agreed it was a wonderful adventure and retreat.

## Family Ministry Calendar

- **March 27:** Palm Saturday Potluck and Fellowship, 5-7:30 p.m., Marshall House
- **April 4:** Easter Egg Hunt following the 9:30 Service
- **April 24:** Parents' Pause: Parents' Pause is a St. B's Families in Faith Event where adults gather for fellowship and fun at one parishioner's home while kids gather for dinner and fun at two nearby homes (divided by age) with professional babysitting for the younger group and adult volunteers with the older group.
- **June 21-25:** ARTS Camp, with a performance on Sunday June 27.



The kids who served the spaghetti dinner at the auction get a well earned round of applause.

# What does our parish nurse do for us?

More churches employ nurses, either full-time, as at Denver's Augustana Lutheran Church, or part-time, like St. Barnabas. This trend acknowledges the vital connections between mind, body and spirit, each nourishing the others.

Exempla pays one quarter of our parish nurse Joan Jarboe's salary while St. B, Warren Methodist and St. John's Episcopal Cathedral pay the remaining three quarters. Because of St. B's budget difficulties, Exempla is also assuming a quarter of St. B's share.

Joan's contract requires her to devote 30 hours a week to parish services and 10 hours to the hospital. Her office is in the Spiritual Care Department at the hospital and is open to all members.

**Joan carries her pager 24 hours a day so that members can reach her when in urgent need.**

Several weeks ago, for example, an older parishioner who lives alone called for help in the middle of the night. Joan drove to her home, assessed the situation, summoned an ambulance, accompanied the individual to the hospital. Joan handled admissions paperwork, consulted with medical personnel, and only returned home when the patient was out of danger. In the following days, Joan continued to work with the parishioner's family and medical personnel to assist the member in transferring to follow up care that met the needs of the patient and the family.

Joan views her role as a ministry: by addressing our healthcare concerns, she assists the clergy and family minister in developing and supporting healthy minds and spirits. Here are the many services she provides parishioners:

- Attends medical appointments with parishioners and can provide transportation in critical situations;
- Home, hospital, nursing home, and rehabilitation center visits;
- Interpretation for patient of medical diagnosis, prescriptions, and instructions for medication;



*Our parish nurse Joan Jarboe RN*

- Counseling and education for parishioners of all ages on health issues;
- Referrals to community resources and assistance in obtaining needed health services;
- Assistance with paperwork, insurance claims, financial management;
- Monthly blood pressure checks, personal health consultation and flu vaccinations.

Joan attends staff and Share the Care meetings to insure that she is informed of individuals who might benefit from her services, proactively reaching out to parishioners. For the many she has served, she is an angel, helping to navigate through insurance, medical treatment, pain, depression and other challenges to recovery. Her warmth, understanding, practical services and good counsel help to restore mind and spirit. Those of us who have benefited from Joan's services are anxious to keep her at St. Barnabas. One parishioner described her experience, "I was sick, injured and vulnerable, fatigued and in pain. I was lonely, frightened, depressed and overwhelmed. With Joan by my side helping me over the rough spots, I was able to recover, restored in body and spirit."

**Joan is often in the field. To contact her for services, call her pager at: 303-866-8366 or through email: [jarboej@exempla.org](mailto:jarboej@exempla.org).**

## Help keep our parish nurse

St. B parishioners stepped forward offering to assist in fundraising efforts to pick up a portion of parish nurse Joan Jarboe's salary. St. B's contribution comes to \$2,091.75 per quarter or \$8,367 for the year.

To date generous parishioners have contributed \$2,500. There is \$1,400 already allocated in our budget to cover Joan's annual salary. Our goal is to raise \$4,467.

Knowing what a stretch it is to contribute beyond your pledge, we deeply appreciate parishioners who are rallying to contribute and raise money for the cause. If you would like to help with fundraising efforts, please contact Mary Kelly O'Donnell at [mkellyo@comcast.net](mailto:mkellyo@comcast.net).

To contribute to the Parish Nurse Campaign, please write a check to St. Barnabas, note Parish Nurse in the memo line and send to the office or drop in the Sunday plate.

## New wardens serving St. B

**Senior Warden Jody C. Will**

I have been a member of St. Barnabas for three years. I was a longtime member of Good Shepherd in Englewood when we lived in that area. At Good Shepherd, I was a member of the Vestry and the Altar Guild as well as other committees.

I am a recently retired nurse psychotherapist having been in private practice for many years working with children, adolescents and their families. Following my cancer diagnosis in 1999, I worked for my oncologist as an in-house psychotherapist for three years. I returned to private practice where I continued working with cancer patients and others.

I was privileged to be a part of the Search Committee's quest for a new rector at St. Barnabas. I'm a good listener and want to help St. Barnabas continue to be inclusive and welcoming to all viewpoints.



**Junior Warden Jim Scheffe**

I was first attracted to St. Barnabas in the late 1970s by the various musical programs held here, usually on Sunday afternoons. I was no stranger to the Episcopal Church, having been married in St. Martin's Chapel of St. John's Cathedral in 1976. My son, Stevan, was baptized here in 1983. When Rev. Kay Ryan was our Interim Rector, I began serving as clerk of the Vestry, and one day she asked me if I had ever considered becoming an Episcopalian. I had and was received into the Episcopal Church by Bishop William Frye. I guess I then became a "canonically correct" clerk.

Since then, I have found myself serving three terms on the Vestry and leading various activities such as the Every Member Canvass and the BAGY Sale. People have seen me organizing the work around our gardens and doing a number of odd jobs. The result is that I have become familiar with how things work around our building and grounds.

Needless to say, I'll always need a little help from my friends.



## Sanctuary boxes are 'non-verbal reflections'

Several years ago Ken Phillips created "meditation boxes" for the sanctuary during Lent, based on the gospels for each of the Sundays of Lent. The box is full of sand indicating the desert in which Jesus begins his reflection on his call, his formation by the Spirit. Each Sunday the objects in the box change according to the gospel for the day.

The box for the First Sunday of Lent was created by Helen Barron.

The Gospel of Luke describes Jesus tempted to turn a stone into bread, which he does not. Next he is offered all the kingdoms of the world, if he will surrender to the devil, which he does not. Finally, in exasperation, the devil tells Jesus to throw himself off the top of the temple as angels will surely catch him. No way, says Jesus, and continues on the path to the light as he understands the light.



The Second Sunday of Lent was created by Janet Manning and her grandson Ogden Mayes. Oh, Jesus sighs, how I long to gather you as a hen gathers her chicks.



The next two Sunday sand boxes will be created by two Sunday School classes, under the direction of Tina Clark. The Fifth – and last box – will be created by the Youth Group.

The purpose of these boxes is to provide a non-verbal reflection point for people's "interior sermon."

## Help St. George's serve Baghdad

The St. Barnabas Soup Group will continue to make soup to benefit St. George's clinic in Baghdad. We hope the generous people of St. Barnabas will continue their support through soup purchases and join many around the world in prayer, volunteer service and donations to keep the clinic running.

There is soup in the freezer at church (\$4/pint, \$8/quart). Please enjoy.

# Auction 2010

Photos by Jack Unruh



## A Great Fun-Raiser!

The Auction drew 119 items to share our sense of community and brought together over 160 adults and children of the parish (and a few friends) to share a meal. Early calculations indicated we made the target for church budget and maybe a little more, if all donations are received. We are so blessed!

## When Archie Goes to Mass

by Jack Keables

My name is Archie. I am a pretty good dog. I go lots of places with my friend Bill and his partner Frank. In fact, we are like the three musketeers. Usually on Sundays, the three of us go to church. I like church. There are a lot of humans there who often say "Hi" and call me by name. I like that.

Someone starts things when they ring a big bell. That sound is a little hard on my ears. I try not to bark. Then all the people sing a song. Singing is fun. I sometimes dog-hum along with them quietly and wag my tail to keep them all in time.

Then it's time for the stories. Sometimes I lie down and rest a little, except when there are some good tales with animals like donkeys and camels and doves and people with wings, and whales. I am not sure what to think about whales. All the people stand up for the last story. I usually stand up too. Then we all sit down, including Bill and Frank and me.

Next, one of the humans in special clothes stands up and talks with the people about why they're there and how they should live their lives and why church has been going on for a very long time. Everyone listens carefully. I like to try to read the expressions on the people's faces as they listen. I like people. Most of them like dogs, especially me.

After the special talk, everyone stands up and says the same words altogether in a serious voice. I take that to mean that they all belong to the same group like I am surely a Golden Retriever. I wag my tail and smile.

Then I listen to a long prayer which talks about a lot of things, but not dogs. I listen politely; I don't know about prayers. I am not sure I get the idea right. I always try to do my best. Sometimes, I don't. My people tell each other they don't always get it right either.

Here is one of the best parts. Everyone

stands up and walks about and is friendly to each other. Everyone seems to like me and Bill and Frank. This is one of my favorite parts of Sunday. I smile and wag my tail.

When the people in the green clothes stand up and sing, they are fun to listen to. Sometimes they sing high and sometimes low. I am tempted to howl on the high notes and give a little growl on the low notes. I think I might have made those sounds once or twice. I like it when people sing. If the people clap, I like to give a little bark.

Then Bill and Frank and I get up and walk to the front of the church to participate in a special ceremony. Everyone gets a little drink and a little bite to eat. Everyone takes this ceremony really seriously. At the end, lots of kids come up. I like to watch little boys and girls. They do funny things which make me wag my tail and smile.

After all the people and Bill and Frank and I have gone back to our places, Sunday is about over. All my friends end it by shouting the word that begins with a big "A"—my name begins with "A."

The lady plays some more pretty music and Bill and Frank and I go out into the next room. I wag my tail and smile a lot. Then we talk to people, and sometimes a kid drops part of a cookie. I like going to church on Sunday with Bill and Frank.

### Put it in writing

Your vestry asks for your help. If you have an idea to improve St. B, please share it. The vestry has placed a suggestion box on the sign-up table in Lukens Wing. **Drop your suggestions or complaints in the box. All items will be reviewed at the monthly vestry meeting.** Don't be shy. Your ideas on liturgy, building and grounds, programs, community presence, etc. are welcomed and valued.

### St. Barnabas Episcopal Church

1280 Vine St., Denver, CO 80206-2912

Telephone: 303-388-6469 Fax: 303-333-0512

[www.stbdenver.org](http://www.stbdenver.org) [email:office@stbdenver.org](mailto:office@stbdenver.org)

The Steeple Bell is published five times a year and distributed mostly by email. Co-editors are Timothy Hepp, Mary Kelly O'Donnell and Ray O'Loughlin, with assistance from Carol Anderson, parish administrator. To request a mailed copy, contact Carol at the above address.

**Deadline for the next issue of Steeple Bell is Monday, May 10, 2010.**

Send information for The Steeple Bell to [steeplebell@stbdenver.org](mailto:steeplebell@stbdenver.org).

**Weekly Announcements deadline is the end of the day Tuesday for Sunday publication.**