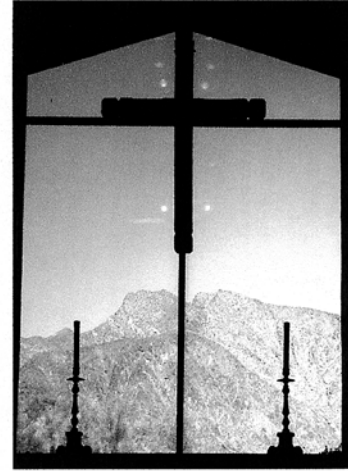


# Carillon

St Barnabas Episcopal Church

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Our Mission: To Share the Love of Christ / Compartir el amor de Cristo

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Borrego Springs, California

November 2010

Volume 13, No.11

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## Preparing for a New Year

As the “season” begins again in Borrego and our social calendars begin to fill up again, life seems to be starting anew. A new year is nearly upon us. Not the calendar year, although that is close as well, but the church liturgical year, which begins with the season of Advent.

The rhythm of our experiences and commitments shapes each of us, and provides a context in which we can search for meaning in our personal lives, in our relationships with God and each other, in work and play, in joy and pain, in our very living. The church liturgical year gives us Christians this opportunity. At every point, the focus is upon what God has done in Christ for all people in all the ages, including our own day. Throughout the liturgical year, we celebrate our Christian heritage and are drawn into the story of our salvation, to encounter and to ponder, to proclaim and show forth Jesus Christ, who is the “*same yesterday and today and forever.*” (Heb. 13:8)

Advent is the Latin word meaning “coming.” In the season of Advent we are preparing for the coming of the Lord. We prepare for:

The coming of the Messiah promised by God and foretold by the prophets;

The coming to earth of our incarnate Lord Jesus born of Mary in Bethlehem – for him to be born anew in our hearts;

The coming again of Jesus Christ in glory, at the close of the age and his rule as Lord of the kingdom of God;

And we pray and prepare for the coming of God’s kingdom – the reign of God in our lives, now and in the fullness of time.

As our “season” begins anew here in Borrego, let us prepare our hearts for the coming of Jesus anew in our lives as we begin anew our liturgical year. And may we invite Jesus to be the context, the meaning, the shape and the purpose of our lives. Prepare the way!

Blessings, Laura+

## DO-GOODERS DO GOOD

Everyone who participates in the Barnabas Bakers event at Christmas Circle the morning of December 10<sup>th</sup> is a do-gooder! The Women of St. Barnabas are all busy right now baking cakes and muffins and cookies and pies. They are making pickles and chutney, jams and jellies. They will add festive wrappings on Thursday, the 9<sup>th</sup>, and with help from the guys will set everything up near the Farmers' Market pre-dawn on Friday the 10th. Now comes the really exciting part!

YOU become the Do-Gooders! You come down to the Circle, have some free coffee and buy our goodies. We donate money raised from the sale of our delicious delicacies to "meals on wheels", Boys and Girls Club, theater and Horizon Hospice. Ernie Loza's Slab City ministry folks get gallons and gallons of water in the summer months. So join us for a special morning of doing good in our community. And have some yummys, too!

~ Nancy Bye

### **Bible Study** beginning in November Mondays, 4PM at the Rectory

Come study the Scripture readings for the coming Sunday!  
We will gather each week at the rectory: 3425 Santa Saba Rd.

Bring your Bibles, open hearts and open minds!

We will read them together, and explore  
how they resonate in our own experience, and touch our  
lives.

It will be powerful, life changing and fun.

See you there!

## Vestry Meeting— October 25<sup>th</sup>, 2010

A lovely cool morning to greet most of our members and some guests. David Leibert delivered his last Financial Report and handed over the reins to our new Finance Director, Richard White. Without question Lynn Wilderson needs a paid understudy. Her job has grown in the last year or so—who will step up? Cathy Gay volunteers to help in the interim (who else has such an "institutional memory" and is so willing to help?) but we really need to hire someone—you?

Unfortunately, the meeting ran well over the usual less than two hours. There was long-winded discussion of whether or not to move back to having a 7 a.m. service. Most Vestry members felt we had developed a real community of members attending one service, and wanted to keep it that way. A few disagree. We really want and need your opinion on this. Feel free to discuss it with Laura+ and the Vestry members. And be prepared to vote on it soon. Thank you.

~Nancy Bye

## NOVEMBER PRAYER LIST

We pray for healing for  
for Hugh McLean, Larry Johnson,  
Nancy Nagy, Nancy Groll, Walt Moore,  
Lynn Wilderson, Barbara Scott,  
Beverly Kuhrts, Kurt Levens, Guy  
Beaulieu, Fred Owen, Dan French,  
Evelyn Parks, Mary Hunt, Joyce Girard,  
Agnes Schleicher, and  
Peggy Brown.

# Something new at our Sunday Services! Come Join in the Blessing of Serving at the Altar at St. Barnabas.

This summer we initiated something new at our Sunday Services.

In the past at Sunday service, we have combined the functions of three different lay ministries into one: 1) the ministry of *server* (an acolyte who assists the priest at the altar); 2) the ministry of *prayer leader*; and 3) of *chalice bearer*/Lay Eucharistic Minister (LEM), which requires a license from Bishop Mathes. But they do not have to be done by one person. In fact, it is common practice in Episcopal churches to have the *chalice bearers* come up from the congregation to assist in administering the cup for communion.

The Worship Committee decided to offer more people the opportunity to participate in the lay ministries by separating them out, rather than continuing to combine them into one.

This summer, I provided training for those interested in becoming LEMs, and we have begun having them serve as the second *chalice bearer*. Our second chalice bearer may either be at the altar, vested throughout the service or come up to the altar from the congregation at the time of communion. This is a blessed and powerful ministry for those who feel called to it, as are the ministries of *server* and *prayer leader*.

In recent years, the server at the altar has performed the ministry of prayer leader at St. Barnabas. However, in the history of the church, that ministry was done by a person, vested and seated by the organ. (There are fond memories of Colonel Bottoms doing this ministry here.) The *prayer leader* announces the hymns, the psalm, and starts the Prayers of the People. We offer this opportunity again, and are looking for people with strong voices.

I invite those of you who feel a sense of call to serve in any of these ministries to let me know – we want you and need you! We will be offering training again November. This is new, but we hope that you find that it enriches your experience in worship and opens new possibilities for your ministry in the service.

~Laura+

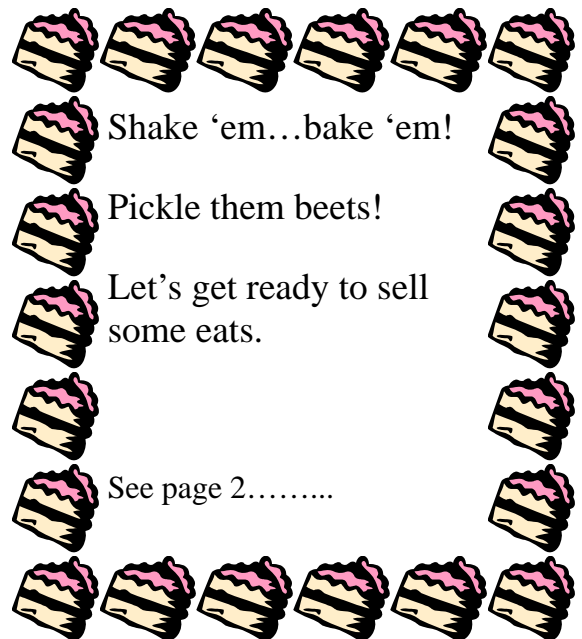
**Training for new LEMs – Nov 4<sup>th</sup> in the church at 4PM**  
**Training for Server/LEM – Nov. 11<sup>th</sup> in the church at 4PM**  
**Training for Prayer Leaders – Nov 18<sup>th</sup> in the church at 4PM**

## REPORTING SEXUAL MISCONDUCT

Dear Brothers and Sisters in Christ,

Our diocese values the tenet of our baptismal covenant to "respect the dignity of every human being." Part of the way we live into that is to train people in the prevention of sexual misconduct. Another part that goes hand-in-hand with training is reporting incidences of sexual misconduct. Our bishop, the Rt. Rev. James R. Mathes, takes reports seriously and investigates them thoroughly and confidentially. If you believe you have experienced sexual misconduct of any kind, please contact Bishop Mathes immediately: [bishopmathes@edsd.org](mailto:bishopmathes@edsd.org), 619-481-5450.

~Bishop Mathes



# BLESSING OF THE ANIMALS

It was a sunny, breezy day on Monday, October 4, when over 30 parishioners and other community members gathered on the church patio for the annual Blessing of the Animals. The date was chosen because it is the feast day of Saint Francis of Assisi, known for his love of animals.

Over half the attendees were joined by animal companions. Dogs had the majority, but there were also a number of cats, one rabbit (Jesse James), and Dan the stuffed panda. All were anointed with holy water, blessed and presented with a Saint Francis medallion for their collars. Laura+ led a beautiful service, including singing, prayers and responsive readings. It was a special moment for many when she gave us an opportunity to remember pets who have completed their earthly journey.

After the blessings, refreshments were served in the Parish Room. (Thanks, Women of St. Barnabas!) There were even dog biscuits available. It was a beautiful occasion and heartwarming to everyone who participated. The animals were all quiet and well behaved. Even they seemed to be at peace.

~ Wendy Quinn



# WELCOME BACK YOU WONDERFUL SNOWBIRDS!

You will be greeted by a group of parishioners who have become more tightly knit because of Laura's presence. And we welcome you back into our circle!

Join us for a lovely cocktail and dinner party on Sunday evening, November 7<sup>th</sup> from 5 to 7 at the RoadRunner Club. Bring what you would like to drink before and with your dinner and bring a dish for the potluck meal. Please come! We are eager to see you again and to hear of everyone's summer adventures!

~Nancy Bye

## Health Notes An irregular report on the state of our health

### Extreme Eating

Arteries don't pay attention to how delicious a meal tastes or how wonderful it feels going down. Arteries simply do their job. They transport oxygen-rich blood from from the heart to lungs, brain and extremities.

The question is, what happens to a human body after a delicious, 3-course meal that's extraordinarily high in saturated fat and calories?

That was the question asked by two healthy reporters from ABC News, both young and in excellent physical health. Their answer involved the eating of a three-course lunch which left their arteries struggling with total calorie count of 6,190, along with 187 grams of saturated fat.

Their story began with a measurement of the pre-meal condition of their blood vessels at a university lab in Baltimore.

Following that, they ate an extreme lunch: a deep-fried macaroni and cheese appetizer, a bacon cheeseburger wrapped in a quesadilla and, for desert, a giant cookie topped with ice cream.

The astounding toll on their arteries: over six thousand calories and almost two hundred grams of saturated fat.

Note: before the meal, their arteries were functioning optimally. Two hours after the meal, lab tests at the same university lab found their blood discolored with fat and their endothelial function impaired, to the point where sensors reported on the struggle of their heart and arteries to keep blood flowing. One meal!

Imagine the effect on the arteries of a few more meals like that. Check it out for yourself: [blogs.abcnews.com/the-world-news/2009/07/](http://blogs.abcnews.com/the-world-news/2009/07/)

~Victor A. Levine

# BITS & PIECES

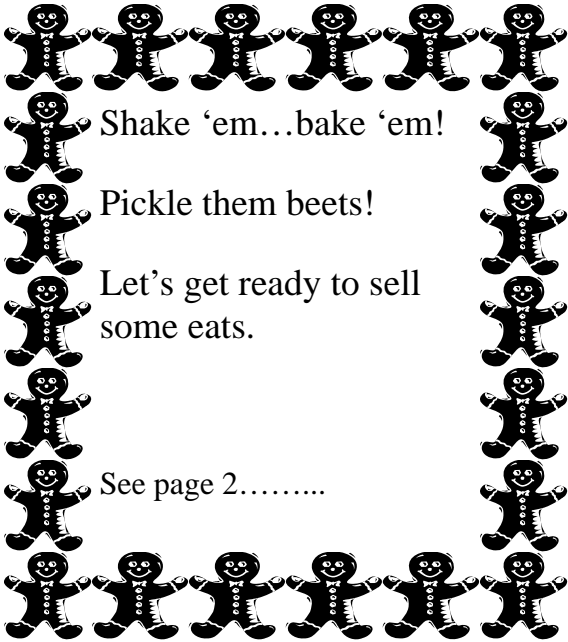
## ANGELS IN OUR MIDST From the desk of Nancy Bye

WHO has kept this newsletter coming to you every month despite her battle with cancer and the nausea, fear, and fatigue that comes with it?

WHO is going to help transfer the management of our finances to a new house (Wells Fargo) and a new Treasurer?

WHO is our new Treasurer?

WHO makes us smile with joy and peace every Sunday when she ends the service with



***! planning ahead ! planning ahead ! planning ahead !***

**Advent Study – beginning Dec. 3<sup>rd</sup> - Wednesdays at 4PM** in the parish hall, and followed by Compline in the church at 5PM

We will be reading and discussing the book: “**Made for Goodness, and why this makes a difference,**” written by Archbishop Desmond Tutu and Mpho Tutu. In this treasure of a book, Bishop Tutu and his daughter call us “to hope, to joy, and to claim the goodness that we are made for and take on the disciplines of goodness – the practices that are key to finding fulfillment, meaning, and happiness for our lives.”

Please contact Laura at [laura.brecht@gmail.com](mailto:laura.brecht@gmail.com) or call me at 760-767-3620 if you need the book ordered for you.

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**Morning Prayer in Advent – beginning Dec 2<sup>nd</sup> – 7AM, Thursdays** at the rectory. And stay for coffee or tea and fellowship, if you have the time!

***! planning ahead ! planning ahead ! planning ahead !***

**The St Barnabas Prayer Chain of Eleven .....**  
.....continues to provide prayers to those in need.  
We invite you to join us. We also invite those in need of prayer to let us know how we may help. All prayers and persons requesting those prayers are confidential and known only to those of us in the Prayer Chain. Contact Victor if you have prayers, questions, concerns: 767-7746 or <[ravok@nethere.com](mailto:ravok@nethere.com)>

# WOMEN OF ST. BARNABAS REPORT

You can always count on the Women of St. Barnabas' potlucks to provide delicious food. The selection was especially outstanding at our October 6 meeting, with many of our snow birds returning and a large turnout. Nancy Bye was a terrific hostess, arranging a lovely buffet with Faye Dorsey's assistance and of course providing plenty of wine glasses!

Our speakers were Dennis Nourse, representing Rotary, and Joe Gustafson, Computer Repair & Technology Consultant. They outlined a program which Nancy introduced at the September WOSB meeting, provision of a trailer outfitted with computers and supplies for children at the Ocotillo Oasis Mobile Home Park. Elementary School Principal Martha Deichler has obtained grant funding for the project, and Rotary is seeking additional tax-exempt donations to the Rotary Foundation, earmarked for Oasis Technology.

We enjoyed lunch with our guests, bid them good bye and turned to business. Nancy presented the Treasurer's Report. The group voted to donate \$250 to the Performing Arts Center and table the decision on a donation to Meals for the Homebound pending possible assumption of this program by the Borrego Community Health Foundation. After the bake sale, we will consider earmarking funds for Oasis Technology, to be donated when the project has progressed further.

Christmas will be here before we know it, and this year donors will have a choice whether to provide flowers for holiday services or contribute items to be included in gift baskets for the needy. Other upcoming events are the Welcome Back Snowbirds potluck (11/7, 5:00 p.m. at the Roadrunner Club), the Ministry Fair to provide information on volunteer opportunities at the church (11/14 on the patio after the service), and the Bake Sale (12/10, 7:00 a.m. to 11:00 a.m. at Christmas Circle). Jean Smith and Irene Foster will coordinate the Sale.

It was a productive meeting and fun as always. Please join us on November 3 at the Rectory, when Laura+ will be our hostess and Lyle will speak to us about the Water District.

~ Wendy Quinn



Left: Joe Gustafson with Laura and our hostess Nancy Bye

Right: Dennis Nourse with Nancy

# Mark Your Calendar

## NOVEMBER

SERVICES 8:30 AM

November 2—8:00 AM Worship Meeting

November 3—Noon Women of St. Barnabas @ Rectory

November 4—4:00 PM Lems

November 2,9,16,23, 30 Tuesday at 7:30 AM The Men of St. Barnabas  
@ Kendall's Café

November 11— 4:00 PM Service Lems

November 14—Ministry Fair following church service

November 16—10:00 AM Discernment Day

November 18—4:00 PM Prayer Leaders

November 20—11:00 AM Frisbie Killman's Memorial Service

November 22- 1:00—5:00 PM Food Bank Distribution

November 22—8:00 AM Vestry Meeting

November 28-ADVENT

### LOOKING AHEAD:

December 24— 7:30 PM Lessons and Carols\*\*\*\*December 25- 8:30 AM Holy Eucharist

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