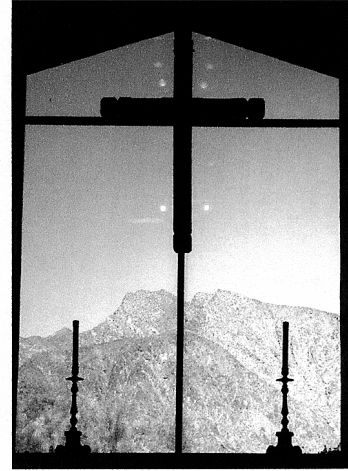


Carillon

St Barnabas Episcopal Church



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

Borrego Springs, California

June 2011

Volume 14, No.5

Receive the Holy Spirit

The Risen Jesus breathed on his disciples and said: "Receive the Holy Spirit." In Acts the Holy Spirit descends upon the disciples in roaring wind and tongues of fire. In gentle intimacy and in stunning power the Pentecost event infused Jesus' gathered disciples with her life-giving Spirit to be with them everywhere and forever. In the coming of the Holy Spirit to those first disciples the church was born! And the presence of the Holy Spirit sustains the life of the church and its members to be the body of Christ in the world.

We, Jesus' followers in our day, receive the gift of the Holy Spirit at our baptisms. We are "sealed with the Holy Spirit and marked as Christ's own, forever." Sometimes we feel the Spirit in gentle nudges and sometimes in awesome manifestations of her power among us as in that first Pentecost.

Dwelling in us, the Spirit raises us to new life and opens our hearts and minds to know and love God, provides courage to witness and to persevere in doing God's will for us, and offers us the joy and wonder of seeing and participating in God's work in the world. The Holy Spirit dwelling in us makes us holy, makes the church holy, and in us Christ lives and pours out healing and hope and life.

Jesus said: 'Out of the believer's heart shall flow rivers.'

~Laura+



The Spirit is the lifeblood of the church --

FATHER'S DAY

The first observance of Father's Day is believed to have been held on June 19, 1910 as a result of the efforts of Sonora Dodd, of Spokane, Washington, who was inspired by her father, William Smart, a widower and Civil War veteran, who had single-handedly raised all six of his children.

Soon, the idea of Father's Day caught on throughout the rest of the country to become an unofficial US holiday. However, it would be decades before President Lyndon Johnson issued a proclamation in 1966 designating the third Sunday in June to be Father's Day, and it only became a national holiday when President Nixon signed the official proclamation in 1972.

Today, Father's Day is celebrated in various ways and on different days around the world. The German tradition for honoring fathers, for example, is on Ascension Day in May (with lots of wine and beer!) and in some Roman Catholic countries [St. Joseph's Day](#) on March 19 is the customary day to honor all fathers. In Russia, fathers are customarily honored on "Defender of the Fatherland Day" on February 23.

However, worldwide - from the US, Canada, and Europe to countries as far-flung as China and Zimbabwe. - the third Sunday in June remains the most traditional day to celebrate Father's Day. **In 2011, Father's Day is celebrated on Sunday, June 19.**

***We may not shower him with praise
Nor mention his name in song,
And sometimes it seems that we forget
The joy he spreads as he goes along,
But it doesn't mean that we don't know
The wonderful role that he has had.
And away down deep in every heart
There's a place that is just for Dad.....***

Author Unknown

~taken from the internet

VESTRY REPORT

The Vestry met after church on Sunday, May 22. Laura+ announced her vacation plans for August through September 4, and we will be blessed with visits from Revs. Al Smith and George Keith.

Drafts of a parish brochure were circulated, with photos by Cathy Gay and text by Laura+. They did a great job, and we look forward to the finished product.

Tracey Alexander presented the Buildings and Grounds report, focusing on the need for a thermostat timer in the church to prevent the air conditioning or heat being left on after choir practice and other activities.

Before adjournment, we discussed the Memorial Garden at length, including placement of names on the crosses, plaques and expenses involved. Next month the Vestry will return to its regular Monday meeting schedule and convene on June 27.

~ Wendy Quinn

WANT TO WRITE?

The Carillon NEEDS writers!

Call or email Lynn (760) 767-3914 or lynnwilderson@gmail.com or Wendy Quinn at quinns@cablusa.com. The deadline for each issue is the 16th of the month emailed to Lynn.

JUNE PRAYER LIST

We pray for healing
for **Phil Decker, Mary Mitts, Janell Vesci, families of Sergio and Andrew, Jennifer Levine, Richard Bye, Addis Ward, Mary MacDonald, Merryn Lorraine Oliveira, Frank Crowley, Tony Ward, Carol Kittelson, Nancy Bye, Hugh McLean, Nancy Groll, Bev Kuhrts, Kurt Levens, James Carroll, Robert Heylman, Dan French, Evelyn Parks, Agnes Schleicher, Joyce Girard, Peggy Brown.**

Episcopal Night at the Padres

Baseball season is officially here! Save Friday, July 15 for Episcopal Night at the Padres.

This year's game is versus the world champion San Francisco Giants!

Please put this fun, diocesan-wide event on your calendars and plan on attending. Stay tuned for ticket information. Contact Hannah Wilder with questions or to give the name and contact information of your church's Padres night coordinator: 619-481-5456.

SIGN UP QUICKLY IN THE PARISH ROOM

Friday, July 15
Petco Park
vs. SF Giants
7:05pm

NEW ADDRESS FOR ADDIS WARD

**Addis Ward
C/O Tom Ward
10271 East Rosemary Lane
Scottsdale, AZ 85255
Call 602-418-4460 for authorization to see
Addis—(son's phone number)**

Dear Friends,
Please remember in your prayers Bishop Ron Shepherd who is in the hospital. He is being treated for anemia and bladder/kidney problems. Please also pray for strength for his wife, Annie.

**ADDRESS FOR BISHOP RON
3051 #311
Victoria, BC
Canada V8R6T2**

Telephone: 250-370-1398



A beautiful Western Kansas wheat field! Photo taken by Jeff Wilderson

I spent about 10 days at my sister's house on vacation looking across the road at this beautiful field. It is a perfect stand of wheat and God willing and the weather doesn't ruin it there will be a good harvest at their house. It is starting to ripen as you can tell by the color.....

~Lynn Wilderson

My son Jeff with a couple of new calves!

Photo by Kris Wilderson



BITS & PIECES

The St Barnabas Prayer Chain of NINETEEN

.....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>

Durable Fantasies?

by VA Levine

1 Calories don't count if you eat:

- a. Standing up.
- b. Off someone else's plate.
- c. The untidy edges of a pie you've just baked.
- d. While the refrigerator door is still open.
- e. Really quickly and swallow the food without tasting it.

2 All foods identified as organic are better than non-organic foods. Consider this:

Recently, researchers at U Michigan tested participants in a study which offered participants a choice of two identical products, one organic, the other not. The organic was chosen because participants believed they were superior to the non-organic. Before you dismiss university studies, remember what happened awhile back at St Barnabas one Sunday morning following the service. Two bowls of red, seedless grapes were offered in the parish room. The organic grapes were identified as such. The non-organic were not identified. At the end of the late-morning feast, the servers discovered that the bowl of organic grapes was empty. The other bowl remained full.

What had the organic grape eaters gained? What if they'd had a choice of chocolate cookies, say between 'Newman's Own' and 'Oreos'? Would they have chosen, as the U Michigan participants chose, the Newman's brand because it contained ingredients grown without pesticides or other additives? Yet the contents were the same for both brands, in terms of fats and sugars.

3 Foods identified as 'Natural'.

Does that mean they are as same as 'Organic' or that they are not artificial? What about 'Natural'? There's a definition for 'Organic'. There is none for 'Natural'. Same thing for 'Health Food'. What in the world could that mean? Isn't all food supposed to be healthy?

4 How realistic are the USFDA 'Nutrition Facts' labels that appear on all foods, including ice-cream?

Everybody loves ice-cream, especially the kind that contains just 150 calories and is low in saturated fat, sodium and sugar. But that's only for 4 ounces (size of two golf balls). Or how about 2 Tbs of hummus, 50-70 ounces (1 golf ball). Or how about pasta? 200 calories sounds reasonable but that's for only 2 ounces, uncooked. Cooked it's 1 cup, the size of a baseball (2 golf balls?)

5 What about popular items like Coffee-mate?

The label says "Fat Free". Is it? Well, yes, as long as you use less than a level teaspoon. Why is that? Sounds goofy but the FDA defines 0 sugar and fat by the half-gram rule. Meaning that zero=half a gram (or fractionally less). Now, spoon two tbs of the powder into your coffee (12 oz cup). You may enjoy it but the charge (add it up) is 40 calories and 2 grams of saturated fat.

Source: 'Nutrition=Action Newsletter', April 2011.

WOMEN OF ST. BARNABAS REPORT

JUNE 2011

On May 4 the Women of St. Barnabas were treated to a presentation and slide show by Richard Orne and his wife Susan on behalf of the Borrego Village Association. The BVA began six years ago and is focusing in the beautification of Palm Canyon Drive between the XL Station and Christmas Circle. They have held workshops in the community to get public input, gained the support of the Community Sponsor Group and are now beginning the implementation phase. On Arbor Day, April 7, 38 trees were planted on the south side of Palm Canyon Drive. Future plans include more landscaping, signage and walkways. Artist's renderings of the finished product impressed all of us, and it was a pleasure to meet the Ornes and learn about their worthwhile projects.

Sue Salt was our gracious hostess and as always we enjoyed a delicious potluck lunch in her lovely home before devoting ourselves to business. A schedule for Holy Happy Hour was circulated, and we have a number of hostesses already for June and July. Thanks, ladies! We voted to donate \$200 each to the Senior Center, the eighth grade Catalina Camp and Slab City water. Joya Hoyt is continuing her good work with the San Diego Hunger Coalition to provide children's lunches during school vacations.

Our next meeting will be on **Friday**, June 3 at Nancy Bye's home. It will be great to see Nancy, who has been out of circulation lately due to Richard's medical problems. Discussion topics will include possible increases in our donations and the addition of a contribution to BVA, as well as fundraising ideas – a fiesta maybe? So please bring your thinking caps and appetites and join us in June.

~Wendy Quinn



THANKS FOR YOUR GENEROUS DONATIONS OF THE FOLLOWING MEMORIAL GARDEN ITEMS

- 4 RED CLIMBING ROSES
- 1 BOXED 3X4' PALO VERDE TREE
- 1 BIRDBATH

THANKS, THANKS, THANKS, THANKS, THANKS, THANKS,

Mark Your Calendar

JUNE

SUNDAY SERVICES 8:30 AM

June 14, 21, 28, 24, 31 Tuesday at 7:30 AM The Men of St. Barnabas @ Kendall's Café

June 15, 22, 29— 5:00 PM Compline

June 16, 23, 30—Morning Prayer at Rectory 7:00 AM

June 20— 12:00—5:00 PM Food Bank Distribution

June 27—8:00 AM Vestry Meeting

St. Barnabas Carillon

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