

# The St. Barnabas' Reporter



The Rev. Canon Carol Cole Flanagan  
Interim Rector

## We Follow Day by Day

Our lives as believing, practicing Christians, for the most part, seem to fit seamlessly into the social, cultural, and political fabric of our local communities, our workplaces, and our nation. For most of us, this is what we strive for. We don't want others to regard us as odd, difficult, and troublesome. We want to stay within the borders of acceptable behavior. And we are followers of Christ.... There may be some tension between our desire to fit in and our commitment to follow.

Indeed, tension we may feel could be a sign of the depth of our commitment to follow Christ. I am writing this on the fifteenth Sunday after Pentecost, September 22. The gospel for this day, Luke 16:1-13, presents the tension by speaking of the "children of this age" as being "more shrewd" in dealing with secular society than are the "children of light." The implication seems to be that the children of light are not to be naïve. They should know the ways of the world and should be able to live and operate within them. And they should be able to do this while keeping clearly in mind that we cannot serve two masters. "You cannot serve God and wealth (*mammon*)."  
*(Luke 16:13)*

But we live in a society in which many institutions and individuals are powered by the pursuit of *mammon* almost as though *mammon* and accumulation of it were an end in itself.

We sense the difficulty of the word from Jesus. Think about this word as we live today and the following days. There probably will be moments when the words, the presence of Christ, will fade, and moments when it may seem inappropriate even to try to remember that presence, when the matter at hand properly demands all of our attention. To try to remember the presence of Christ in these moments may be a distraction that leads to confusion.

And yet Jesus does not let us off the hook. We cannot serve God and *mammon*. There is no doubt that God is the master we are to serve. And we live in this age. There is a tension here that Jesus does not resolve for us. It may be that St. Paul had this tension in mind when he wrote in the letter to the Philippians:

*....work out your own salvation in fear and trembling....(2:12)*

*(continued on p. 7)*

## SPECIAL POINTS OF INTEREST

- *Stewardship Message*
- *Thank You - Margot Donnelly*
- *Mission Success (Cuba)*
- *Parish Work Day*
- *A Peanut-Free Environment*
- *Blessing of the Animals (photos)*
- *Scarf, Jewelry, and Purse Request*
- *Concert November 10: Capella de la Torre*
- *Shrine Mont - The Parish Retreat*

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**St. Barnabas'  
Episcopal Church**

4801 Ravensworth Road  
Annandale, VA 22003  
703-941-2922

**Parish Staff**

The Rev. Canon Carol Cole  
Flanagan, *Interim Rector*

Ms. Mariel York  
*Dir. of Christian Education*

Vacant

*Interim Minister of Music*

Ms. Catherine Dubas  
*Parish Administrator*

Ms. Maria Bottlick  
*Bookkeeper*

Mr. John Otwell, *Sexton*

**Vestry & Parish Officers**

Maria Macfarlane  
*Senior Warden*

Jack Miller  
*Junior Warden*

Alan Phillips  
*Asst. Junior Warden*

John Westerlund  
*Treasurer*

PJ Kennedy  
*Assistant Treasurer*

Ann Sayles  
*Register*

Jonathan Barber  
James Carroll  
Dick Crutchley  
Art Hamerschlag  
Sharon Jones  
Grace Robbins

—  
Catherine Dubas  
*Newsletter Editor*

**Schedule of Services**

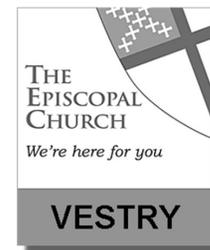
**Sunday**

8:00 a.m. Holy Eucharist  
9:15 a.m. Adult Choir  
10:15 a.m. Holy Eucharist  
*Nursery available  
at 9:00 a.m.*

**Wednesday Morning**

10:00 a.m. Worship  
*Holy Eucharist and Healing  
on the first Wednesday  
of each month*

## Vestry Highlights—October 2019



- The Junior Warden reported that the Building & Grounds Committee has agreed to research the possibility of having the mulch in the upper parking lot dividers replaced with gravel.
- Monies have been allocated for a cleaning team that will work on Tuesdays and Fridays while the sexton is out.
- A commercial can-opener has been obtained to be used by FACETS.
- Treasurer reported that the total income to date is \$298K and our expenses are \$250K.
- The Parish audit is continuing.
- St. Barnabas' pledge to the Diocese was raised from 11% to 12% of our annual income.
- Our disability insurance is being reviewed to ensure that we have the best coverage for the least cost.
- Parish Retreat (Shrine Mont): Mrs. Sayles plans to call a committee meeting soon. We will ask for feedback from the committee and the attendees concerning preferences for "uphill" or "downhill" venues.
- Mr. Westerlund will update our website. We need to ensure that our website reflects St. Barnabas' so that interested Rector applicants will be able to learn about us.
- Sharon Jones is our delegate to Diocesan Convention. Katie Westerlund (current Alternate Delegate) will succeed Sharon for a two-year term, 2020 and 2021. A new Alternate Delegate will need to be appointed to succeed Katie. Suggestions are welcome.
- Mr. Crutchley, Mr. Miller, and Mr. Carroll, outgoing vestry members, will be the nominating committee for the Vestry of 2020.
- The review/update of our By-Laws is ongoing. The By-laws need to dovetail with the canons of the Diocese and the wider church.
  - Canon Flanagan will be reviewing the By-Laws of other parishes. Canon Flanagan and Mr. Ed Ing will continue the review and amendment process.
- The Bishop's visitation is tentatively planned for Advent. Most likely, it will be the newest Bishop on the Diocesan staff.

**St. Barnabas' Mission: Serving our community, the world, and each other  
through the love of Jesus Christ.**

## Stewardship Message

by Molly Newling



The theme for our Stewardship campaign for this year is “Wonder in All.” This theme can lead us in two directions: finding a sense of awe and love for what God has provided us, and also thinking more about what we can do to advance God’s work in the world.

At our Parish Activities Fair in August, the Stewardship Committee gave St. Barnabas’ members an opportunity to respond to questions about where they find Wonder among us. Some of the questions and responses are:

I see the wonder in St. Barnabas’ in...

*all the people gathered in worship*

*the children in the choir*

*the increased diversity of our church*

*all the friendly people who are open and willing to meet new people*

I wonder how St. Barnabas’ can fulfill the spiritual and communal needs of parishioners...

*by having a really good pastor*

*by accepting all in Christ*

I wonder how St. Barnabas’ can positively impact local, regional, and global communities...

*by inviting all to the Christian community*

*through our Cuba Mission*

*by exploring and learning about more local and other charities*

*by finding ways to express our stewardship of creation*

*by holding a Health Fair for the local community*

One way to fulfill these dreams and aspirations is to provide resources to make them a reality. Resources come in several forms. Money, yes, but also your donation of time, your gratitude to those who are working on a project, and your openness to try new things.

The Stewardship Committee thanks everyone who has pledged this year. For those who may not have turned in a pledge for 2020 yet, please find cards in the hallway, or contact Janice or James Carroll. With the help of your resources, we can find Wonder in All that we do.



Thank you to everyone for your expressions of sympathy and prayers during the recent death of my close cousin Marilyn. The altar flowers were lovely and taken to the funeral home on Sunday. It is a difficult time and all the thoughts and prayers really help. Margot Donnelly

## Baptisms

All Saints’ Sunday  
November 3, 2019



### Lionel Walters

Son of  
Hale & Nick Walters

&

### Taylor Peter Cannon

Son of  
Elsa & Scott Cannon  
and grandson of  
Camille & Ken  
Mittelholtz



## Transferred In

Hale Walters  
from  
St. George’s Episcopal  
Arlington,  
Virginia

## Mission Success

### San Juan Bautista (St. John the Baptist) ▪ Palma Soriano, Cuba

by Len LeRoy and Ed Ing

In 2012, spurred by President Obama's loosening of the rules for visiting Cuba, four members of St. Barnabas' went on an exploratory mission trip to the Episcopal Diocese of Cuba. They visited the cathedral and four church buildings, but it was the ruins of a small church that captured their attention. The congregation of about two dozen worshipped next door to the ruins, up a narrow stairway with no railing, crowded into the living room of a small duplex. When the congregation of St. Barnabas' heard about this, they raised the funds necessary to restore the ruins of San Juan Bautista (St. John the Baptist) in Palma Soriano to a usable church building.

In 2018, General Convention restored the membership of the Diocese of Cuba and asked that congregations get to know their brothers and sisters in Cuba. In response to this call, St. Barnabas' organized a mission trip to visit St. John the Baptist. It was mutually agreed to conduct a Vacation Bible School (VBS) program. San Juan Bautista usually has a two-day VBS: one day of Bible study and one day at the beach. With extra people and materials from St. Barnabas' it was decided that VBS would be two days of Bible study and one day at the beach.

San Juan Bautista is a small chapel with a sacristy on the back. The deacon, Noel, who runs the church lived in a small rented house with his wife Teresa. The bishop had purchased a large lot with the ruins of a house, planning that it could gradually be built into a parish building with office, residence, storage, and a guest room. Hurricane Sandy had since damaged the ruins of the house so that it would take considerable funding to do anything with it.

This year, the congregation of St. Barnabas' gathered funding for church linens, candles, and other liturgical needs; VBS supplies; and funds to begin work on the parish building. On July 15, Norma Ricketts, Wendy Williams, Eileen Walsh, and Len LeRoy set out for Cuba. One of the keys to mission work is flexibility.

Shortly before we arrived in Cuba, the deacon and his wife were evicted from their rented home because the owner was going to sell the house. They were now living in the sacristy, as rentals are very difficult to find in Cuba. The day before we arrived, the bus drivers in that area went on strike, so transportation to the beach was questionable.

After a day of travel and orientation, we had a great VBS. The people of San Juan Bautista were thrilled to have a visit from an American parish. They loved us and we loved them. At the end of the second day of VBS, there were no busses to be had for a trip to the beach. Wendy suggested that we take the sports gear that she had brought to an athletic field in walking distance from the church and have a field day. The field day was a huge success. Noel said that it was better than the days that they had gone to the beach. I think that the people who had the most fun were the older women who came back laughing and teasing each other about how slowly they ran the bases in baseball.

The week after we returned, Noel's former landlord informed him that the sale of the house had fallen through and Noel could buy it. We discussed it with parish leaders at St. Barnabas' and with the Archdeacon who has responsibility for San Juan Bautista. Following our discussions, the bishop gave Noel permission to spend some of the money intended for the parish house to purchase the former rental house for the church.

Now we are looking forward to helping San Juan Bautista with Christmas/Epiphany and to Noel's ordination to the priesthood (date TBA). Then we'll start planning for next summer.

*(See photos, facing page)*

## Adult Forum Schedule for November “A Time of Transition”

by the Committee on Adult Education



Join us Sundays at 9:15 in the Richardson Room. We continue this year’s Adult Forum theme, “A Time of Transition,” with the following sessions in November:

### November 3: A Time of Transition

Continuing our discussion from this year’s opening forum, we’ll discuss our church: past, present, and future as we prepare for our new rector. Led by The Rev. Canon Carol Cole Flanagan

### November 10: Hypothermia Shelter

St. Barnabas’ will host the Hypothermia Shelter program again this year. Join us to hear Cindy McLaughlin tell us about this important ministry to the homeless.

### November 17: Vestry Candidate Dialogue

Here’s your chance to hear from the Vestry candidates, and an opportunity for them to hear from you!

### November 24: Annual Meeting - 9:15 a.m.

## Mission Success *(continued from p. 4)*



Clockwise from top left:  
The church was decorated for VBS before we arrived.

Wendy with some of the kids.

Young people showing their Flat Stanley booklets.



Adults showing their Flat Stanley booklets.

## ACCA News – Annandale Christian Community for Action

**CROP Walk** - Thanks to all who supported, walked or helped with the Annandale CROP Hunger Walk, which was held on October 19. St. Barnabas' team of walkers and volunteers included Jay Carroll, Simone Dugger, Sheena Friend (and Darcy), Amy Grupp, Lulu Harris, Frank Spink, Cindy McLaughlin, Elsa & Scott Cannon (and Taylor), and Camille & Ken Mittelholtz. Thanks to Francine and Malia Conteh, Joshua Dugger, Ciaran Jackson, Alison Kennedy, Jordan Kennedy, Adam Schaefer, Noah Schaefer, Joaquin Tamanaha, Leah Westerlund, and Laura Westerlund, who made CROP Walk posters.



The walk raises funds for Church World Service (CWS) programs around the world for hunger, disaster and refugee relief, and sustainable development. ACCA will receive part of the funds raised. We celebrated the Annandale walk's fortieth, and CWS' fiftieth anniversary of the first CROP Hunger Walk. If you would like to donate, please give a check payable to CWS/CROP or cash to Camille or to a walker by November 10,; give to St. Barnabas' and designate CROP Walk in your check's memo line; or give online at [www.crophungerwalk.org/annandaleva](http://www.crophungerwalk.org/annandaleva) (look for the St. Barnabas' team). In addition, we are collecting items for hygiene kits for disaster victims and displaced people - see the box in the narthex and list of needed items on the bulletin board in the Richardson Room.

**Furniture Program** - St. Barnabas' provides volunteers to help deliver furniture to needy households and pick up donations of gently used furniture. St. Barnabas' is scheduled to serve on Saturday, November 9, followed by January 11, 2020. Volunteers report at 8 a.m. to the warehouse, on the grounds of Annandale United Methodist Church, 6935 Columbia Pike, Annandale. To volunteer or to donate, please contact Ken or Camille.

**Challenge Campaign** - ACCA's annual Challenge Campaign began in October and continues through January 31, 2020. Funding from the campaign will enable ACCA to continue to help our neighbors in urgent situations with rent, utilities, prescription drugs and food. ACCA also helps with furniture and other needs and operates a quality Child Development Center. ACCA has been named several times as "one of the best" small nonprofits in the area by the Greater Washington Catalogue for Philanthropy, most recently for 2017-2020. To donate, please make checks payable to ACCA and mark "Challenge" in the memo line. You can mail your gift to ACCA at 7200 Columbia Pike, Annandale VA 22003 or give it to Camille Mittelholtz. More information and pre-addressed envelopes will be available on the shelf near the nave entrance.

**Thanksgiving service** - All are welcome to attend the ACCA Ecumenical Thanksgiving service, Tuesday, November 26, 7:30 p.m., at Annandale United Methodist Church, 6935 Columbia Pike, Annandale.

**Shelter** – The new homeless shelter in Bailey's Crossroads opened in October .

For more information, please contact Camille or Ken Mittelholtz at [kcmittelholtz@gmail.com](mailto:kcmittelholtz@gmail.com) or 703 573-0074.

## Reporter Deadline ▪ Office Hours

The deadline for the December 2019/January 2020 combined issue of *The St. Barnabas Reporter* is Friday, November 15th. Please submit announcements and/or photos to Catherine in the Parish Office at [stbarnabaschurch@outlook.com](mailto:stbarnabaschurch@outlook.com). Hard copies of announcements and photos are welcome, as well.

The Parish Office will be closed on Monday, November 11, 2019 in observance of Veterans' Day, and Thursday and Friday, November 28 and 29 for the Thanksgiving holiday. Thank you for your understanding.

## Parish Work Day - Saturday, November 2nd



We need your help! No on-going commitments. Work at your own pace. Just a few hours on a Saturday morning. We need volunteers, young, old, and everyone in between. We will be tidying up St. Barnabas', both inside and out, for the coming winter season. And ... there will be PIZZA for lunch. We will put a sign-up sheet in the Richardson Room, but please come whether you sign up or not. Raking up leaves will be a primary activity, so if you have rakes and/or a tarp, please bring them with you. Thanks. – Mark Patterson

### We Follow Day by Day *(continued from p. 1)*

Paul doesn't leave us with this word. Nor does he give us a detailed "how to" plan for achieving salvation. He recommends "on the job" training, training not only on Sunday in church, but training in the midst of the secular world, in the world of our occupations and social activities, in our lives of getting and spending. He does offer this word of encouragement to the Philippians and to us:

*...for it is God who is at work in you, enabling you both to will and to work for his good pleasure. (2:13)*

Although my words are written in late September, you are reading them in November. In the interval of a month and more much has happened in our world, in our nation, in our individual lives. I invite you to reflect on your life as you have lived it in the interval, your life as a child of light and as a child of this age.

Perhaps Luke's version of Jesus' invitation to discipleship may be helpful as we think about ourselves as disciples. In almost the same words Matthew and Mark record Jesus' invitation to the Twelve and to everyone to follow him.

Matthew says this:

*If any want to become my followers, let them deny themselves and take up their cross and follow me. (16-24)*

Luke adds a word to the invitation not found in Matthew and Mark.

*If any want to become my followers, let them deny themselves and take up their cross daily and follow me. (Luke 9:23)*

The implication offered by this word is that we follow day by day. The word does not change the nature of discipleship. The cross taken up daily still means dying to self and embracing Christ. But the commitment to follow is not given in one final, dramatic decision. We renew it one day at a time as we offer our lives in service to others.

We are "children of this age," wise in the ways of the world, and simultaneously in training to be "children of light." Playing an essential role in this daily taking up of our cross is the community of followers—the church—offering us teaching and support, encouragement and forgiveness as we, together, make our way with Jesus to the day of Resurrection.

Faithfully,  
Bob Macfarlane+

## A Peanut-Free Environment

Please refrain from bringing food items containing peanuts or tree nuts, or food cooked in peanut oil to share at church. Because cross contamination of allergens is very dangerous, be sure to label purchased food items whose manufacturer labels indicate that the item "contains", "may contain", was "manufactured on shared lines", or was "manufactured in a facility that processes tree nuts or peanuts". Thank you for helping keep all of our parishioners safe.

**Ingredients:** Granola (whole grain rolled oats, brown sugar, crisp grain rolled wheat, soybean oil, whole wheat flour, sodium bicarbonate), rice crisp (whole grain brown rice, sugar, malted barley flour, salt), syrup, semisweet chocolate chips (sugar, chocolate liquor, cocoa (sugar, palm kernel and palm oil, partially defatted peanut flour, li salt, vanillin [artificial flavor]), oligofructose, polydextrose, glycer sugar, calcium carbonate, salt, soybean oil, natural and artificial f

**CONTAINS WHEAT, PEANUT, SOY AND MILK INGREDIENTS.  
MAY CONTAIN TRACES OF TREE NUTS.**

\*Sugar Content (on 40 gram basis): Regular Peanut Butter Chocolate Chip Quake

## Thanks and More Thanks...

- To the Men's Group for a wonderful Oktoberfest, and Young Min Kwon for the lively music.
- To Librada Estrada for her leadership of Trunk 'n Treat.
- To Simone Dugger and Mark Patterson for their leadership of Rite 13 this year.
- For the renewed interest in planned giving and the support of Peter Badger and his team.
- To Art Hamerschlag who accepted appointment to the Vestry following the departure of Sarah Kiely.
- To Stephen Ackert for leading our music ministry during this time between organists AND chairing the Minister of Music Search Committee.
- To Norma Ricketts for lending her expertise to our audit.
- To Joan Blair for her dedication to the Godly Play students.
- To Rotha Frye for sorting greeting cards donated by parishioners.
- To Camille & Ken Mittelholtz for seasonal adjustments to outdoor lighting and indoor thermostats. Thank you for keeping us safe and warm/cool!
- To Mark Patterson for being available to assist with opening the building for community groups.
- To the Parish Office for getting 3rd quarter giving statements ready quickly.

## In the Presence of God

*We pray for God's strength and healing* ... Bernard Blair, Emma Blevins, Maggie Bottlick, Jean Anne Braddon, Margot Donnelly, Frank Donnelly, Rotha Frye, Janet George, Lee Gibbs, Sharon Jones, Carolyn Kercheval, Tom Lyles, Bob Macfarlane, Cindy McLaughlin, Marion Meany, Doug Merchant, Barbara Metz, Rusty Moore, Jane Moya, Marie Pannier, Aliyah Phillips, Beth Phillips, Barbara Rigden, Ann Sayles, Frank Spink, Kathleen Stark, Dana Wiseman, Ann Woodle, and Mary Yeaman.

*For the Church* ... the Archbishop of Canterbury, Justin Welby; our Presiding Bishop, The Most Rev. Michael Bruce Curry; and our Diocesan Bishops, The Rt. Rev. Susan E. Goff, The Rt. Rev. Jennifer Brooke-Davidson, The Rt. Rev. Robert Wilkes Ihloff, The Rt. Rev. Shannon S. Johnston, The Rt. Rev. David Colin Jones, The Rt. Rev. Ted Gulick, The Rt. Rev. Peter James Lee, The Rt. Rev. F. Clayton Matthews, and their families.

For our Interim Rector, The Rev. Canon Carol Cole Flanagan, and her family; for Cindy McLaughlin (in discernment); for our vestry, wardens, and staff; for the work of the Rector Search and Minister of Music Search Committees, and for the work and ministry of St. John the Baptist Episcopal Church, Palma Soriano, Cuba.

# THE ASYP TIMES

by Rotha Frye

We're back in the "swing of things!" Our students will soon be getting their first report cards of the year, and should look promising. Homework comes first. Fun comes afterwards!

Already we are planning for our 2020 Summer Program. In addition to Math and Music, we will cover Civics and are planning a "Young Philosophers" camp (intro to logic). More information to come!

*Tempus fugit* and now is the time to announce the ASYP holiday gift schedule:

- November 24 - student lists are distributed
- December 15 - Gift Wrapping Party after the service
- December 8 - gifts due back to church
- December 19 - ASYP Holiday Party

All are welcome to attend our Holiday Party, and we hope many of you will volunteer to wrap gifts on December 15<sup>th</sup>.

Finally, I frequently receive questions about becoming an ASYP mentor. First, let me know your interest, and we will schedule an orientation session. All volunteers must submit TB test results and complete a background check. Usually, the background check is completed within four to six weeks. Please consider volunteering. You will probably benefit more than the students!

That's all the Breaking News.

Rotha Frye

## Blessing of the Animals ▪ Sunday, October 6, 2019



## Scarf, Purse, and Jewelry Request

The WOSB is offering gently used scarves and purses for sale at our “Deck the Halls” Christmas Bazaar November 15 and 16. If you have scarves and purses in good condition that you no longer wear or use, please consider giving them to us for our bazaar. In addition, we accept donations of costume jewelry – rings, bracelets, earrings both clip and pierced, necklaces, pins, and watches which we will sell. We also ask for broken pieces or single earrings which we can use in crafts. Please drop off



your donations in the Business Office or give to a member of the WOSB. The bazaar is our main money raiser for the outreach/inreach charities and organizations we support. Thank all for your support.

- Gertrude Jones

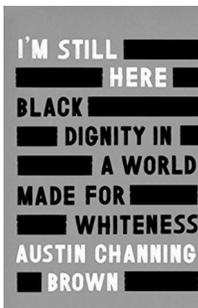
## Beginnings Book Group

*Beginnings*, our parish book group, will be meeting on Monday, November 4 at 7:00 p.m. at the home of Gertrude Jones. The book we will be discussing is "I Am Still Here: Black Dignity in a World Made for Whiteness" by Austin Channing Brown. This book will help continue our discussion on race relations started at the Parish Retreat (Shrine Mont) and the Adult Form. We hope to make this an ongoing discussion at St. Barnabas' and in our individual lives.

All are welcome to join the *Beginnings* book group. We love having newcomers. Even if you haven't had time to read the book come be part of the discussion. For any questions or directions to Gertrude's house, contact Kathleen Stark 703-941-2922. Hope to see many of you in November.

Thanks Kathleen

Note: If ordering through Amazon, choose St. Barnabas' Church as your designated charity through the Amazon Smiles program. Pay the same amount you normally would for the book, but have a donation made to the parish by Amazon. There is a link on our home page at [www.st-barnabaschurch.org](http://www.st-barnabaschurch.org).



## Women of St. Barnabas' (WOSB) News

At their October meeting, the WOSB discussed their Christmas bazaar which will be held Saturday, November 16 (10 a.m. to 2 p.m.). The theme will be a “Deck the Halls” Christmas. We will have our usual sale of handmade ornaments and Christmas decorations, and this year will add a White Elegance table to offer gently used household and Christmas items. We will have a jewelry table and will sell donated scarves and also purses for the first time. Our raffle will include a large nativity set, a framed jewel tree, gift baskets, and a wall hanging. There will be a bake sale, and we will also offer lunch.

We invite the members of the church and their friends to come to our Friday Night Preview on Friday evening, November 15 (6-9 p.m.). There will be complimentary snacks and beverages. We appreciate the support of St. Barnabas' for our bazaar. !

Concerts at St. Barnabas' presents

## *Capella de la Torre*

Sunday, November 10, 2019

8:00 P.M.



*Music from the Time of Leonardo da Vinci*

*Marking the 500th Anniversary of His Death*

Founded in 2005 by oboist and shawm virtuoso Katarina Bäuml, *Capella de la Torre* specializes in Renaissance music for winds. Using shawms, recorders, dulcians, and sackbuts in combination with rhythm and plucked string instruments, the ensemble explores the music of composers such as Michael Praetorius, Orlando di Lasso, Hans Leo Hassler, and Leonardo da Vinci. (Yes, he wrote music, too!) Admission to the concert is free; a free-will offering will be collected.

St. Barnabas' Episcopal Church  
4801 Ravensworth Road, Annandale, Virginia  
[www.st-barnabaschurch.org](http://www.st-barnabaschurch.org)

## Shrine Mont—The Parish Retreat

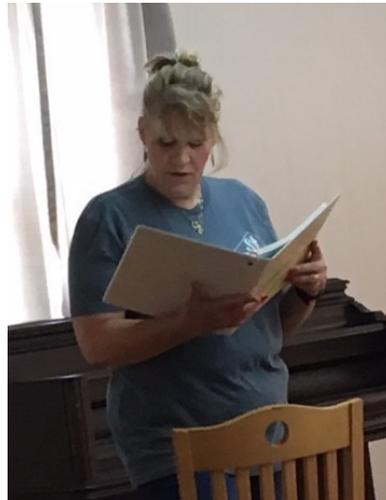
by Beth Harper

Thirty-seven St. Barnabas’ parishioners attended the annual Parish Retreat at Shrine Mont September 27-29. Our facilitators, former St. Barnabas’ parishioners the Rev. Deacon Monnie Riffin and Mareea Wilson, led us in a discussion of racial healing. Over the course of the weekend, we all had an opportunity to reflect on our experiences with racism and bias. We also explored the African American musical tradition of spirituals and freedom songs. Teresa Merchant led the children’s program.

We all enjoyed the beautiful setting and ate far too much fried chicken and other traditional Shrine Mont goodies. During our free time on Saturday afternoon, Leigh and PJ Kennedy led the kids in a hike up North Mountain while others visited wineries, explored the Route 11 Potato Chip factory, or relaxed on the porch with a good book. On Saturday night the children presented a fractured fairy tale version of *The Three (or was it five?) Little Pigs*, written and directed by Jessica and Andy Riddle, followed by a campfire and s’mores. On Sunday morning we joined St. Alban’s for Eucharist in the Shrine.

The retreat built on the work St. Barnabas’ has been engaged in for several years around the broad topic of racial reconciliation. We hope to continue the discussion over the next several months.





## It's Time to Take a Breath



Has the Fall season felt like a blur, filled with obligations? Maybe it's time to take a breath. Yoga offers us the chance to slow down, put aside our To Do lists, and recharge our batteries for the next commitments.

Join us in the Richardson Room for a slow flow Vinyasa yoga class on **Tuesdays, 7:00-8:00 PM**. Cost: \$10/class. Your first class is free! For more information or for class cancellations, see the Yoga with Friends website:

<https://www.findyouryogablog.com/yoga-with-friends>.

► **November 2019 Schedule of Participants – St. Barnabas' Episcopal Church** ◀

If you cannot serve as assigned, please find a replacement and notify the Altar Guild Chair / Team Captain / Parish Office. Thank you.

Church Office: 703-941-2922 email: [stbarnabaschurch@outlook.com](mailto:stbarnabaschurch@outlook.com)

DATE	ACOLYTES	LECTORS	READINGS	CHALICISTS	USHERS	COFFEE HOUR HOSTS	OPENERS / GREETERS / VESTRY-CLOSERS
<b>November 3</b> 8:00 am All Saints' Sun 10:15 am Daylight Saving ends	TBA	B Rigden Cricket Camp S Newman G Sinclair	Daniel 7:1-3, 15-18 Psalm 149 Ephesians 1:11-23 Luke 6:20-31	B Rigden S Newman G Sinclair	Charles Camp L Stark J Aikin	C & C Camp F Spink & K Mittelholz	Vestry Robbins Opener: M Patterson Greeter: C Badger Greeter: P Badger Flower Guild: K Steidel Flower Del: E Riddle
<b>November 10</b> 8:00 am 22 Pentecost 10:15 am	TBA	J Henry J Matadial A Riddle E Riddle	Haggai 1:15b-2:9 Psalm 145:1-5, 18-22 2 Thessalonians 2:1-5, 13-17 Luke 20:27-38	M Macfarlane E Riddle M Dugger	D Rogerson A Hamerschlag R Erskine	D Batten & M Yeaman J & A Riddle	Vestry: Barber Opener: M Macfarlane Greeter: S Erskine Greeter: R Erskine Flower Guild: J George Flower Del: Badgers
<b>November 17</b> 8:00 am 23 Pentecost 10:15 am	TBA	C McLaughlin B Rigden L Harris M Patterson	Isaiah 65:17-25 Canticle 9 2 Thessalonians 3:6-13 Luke 21:5-19	C McLaughlin M Patterson A Sayles	Charles Camp T Greer K Mittelholz	M Macfarlane & M Donnelly K & C Mittelholz	Vestry: Carroll Opener: M Patterson Greeter: A Kanu Greeter: K Steidel Flower Guild: Merchant Flower Del: H Agnew
<b>November 24</b> 8:00 am Last Pentecost 10:15 am Annual Meeting 9:15 am	TBA	Cricket Camp M Macfarlane B Harper K Stark	Jeremiah 23:1-6 Canticle 16 Colossians 1:11-20 Luke 23:33-43	B Rigden G Sinclair S Newman	D Rogerson C Tamanaha A Kanu	BJ Fortune C Gribbin	Vestry: Crutchley Opener: M Newling Greeter: P McKoy Greeter: P Badger Flower Guild: M Newling Flower Del: BJ Fortune

**Counter Schedule**

DATE	TEAM
<b>Nov 3</b>	Crutchley, Lilienthal, TBA
<b>Nov 10</b>	Hammerschlag, K Mittelholz, L Stark
<b>Nov 17</b>	Bradton, Lilienthal, Hammerschlag
<b>Nov 24</b>	Robbins, C Mittelholz, Phillips

**Altar Guild Schedule**

DATE	CAPTAIN	TEAM
<b>Nov 2-8</b>	Miller	Ayala, G Jones
<b>Nov 9-15</b>	Yeaman	Badger, S Jones
<b>Nov 16-22</b>	Miller	Sayles, Bottlick
<b>Nov 23-29</b>	Lilienthal	McKoy, Anderson
<b>Nov 29-Dec 6</b>	Yeaman	Leatherwood, Robbins

► November 2019 - St. Barnabas' Episcopal Church Activities ◀

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p><b>21 Pentecost</b> End Daylight Saving Time</p> <p>8:00 am Holy Eucharist 9:15 am Adult Forum – RR 9:30am Children's Choir Cail-CL 10:15 am Holy Eucharist with Baptism</p> <p>After service Youth Committee &amp; Teachers – B Tweens Rm 1-3:30 pm Oneness Mission 4-6 pm FACETS Team 1 - RR</p>	<p>4</p> <p>10:00 am Al Anon - RR (No ASYF)</p> <p>7 pm Beginnings Book Group-Geirtrude Jones</p> <p>Veteran's Day Parish Office Closed</p>	<p>5</p> <p>Election Day</p> <p>10 am WOSB - RR 10:30 am Planned Giving - RO (No ASYF)</p> <p>7-8 pm Yoga - EW</p>	<p>6</p> <p>10:00 am Holy Eucharist w/ Healing - L</p> <p>3:45 pm ASYP - RR</p> <p>7-8:30 pm Adult Forum - L 7:30 pm Adult Choir - EW 8:30-10 pm AA - RR</p>	<p>7</p> <p>10 am Barnabees - RR</p> <p>3:45 pm ASYP - RR</p> <p>7 pm Ryders' Rounders - RR</p>	<p>8</p> <p>7 pm Reiki Friends-RR</p>	<p>9</p> <p>8 am ACCA Furniture Ministry-AUMC</p> <p>2 pm Memorial Service - Sue Fenn</p>
<p><b>22 Pentecost</b></p> <p>8:00 am Holy Eucharist 9:15 am Christian Formation for All Ages &amp; Adult Choir 10:15 am Holy Eucharist &amp; Children's Chapel</p> <p>After service Children's Choir-EW EW: Vestry Officers-RO 1-3:30 pm Oneness Mission 8 pm Concert: Capella de la Torre</p>	<p>11</p> <p>10:00 am Al Anon - RR (No ASYF)</p> <p>7 pm Finance - L</p>	<p>12</p> <p>3:45 pm ASYP - RR</p> <p>7-8 pm Yoga - RR</p>	<p>13</p> <p>10 am Morning Prayer - L</p> <p>3:45 pm ASYP - RR</p> <p>7:30 pm Adult Choir - EW 8:30-10 pm AA - RR</p>	<p>14</p> <p>10 am Bazaar set-up</p> <p>3:45 pm ASYP - EW</p> <p>7 pm Building &amp; Grounds-EW</p>	<p>15</p> <p>Reporter Deadline Dec/Jan issue</p>	<p>16</p> <p>10 am-2 pm WOSB "Deck the Halls" Christmas Bazaar</p>
<p><b>23 Pentecost</b></p> <p>8:00 am Holy Eucharist 9:15 am Christian Formation for All Ages &amp; Adult Choir 10:15 am Holy Eucharist &amp; Rite 13</p> <p>After service Children's Choir-EW 1-3:30 pm Oneness Mission</p>	<p>18</p> <p>10:00 am Al Anon - RR</p> <p>3:45 pm ASYP - RR</p>	<p>19</p> <p>3:45 pm ASYP - RR</p> <p>7-8 pm Yoga - EW</p>	<p>20</p> <p>10 am Morning Prayer - L</p> <p>3:45 pm ASYP - RR</p> <p>7:30 pm Adult Choir - EW 8:30-10 pm AA - RR</p>	<p>21</p> <p>10 am Bazaar set-up</p> <p>3:45 pm ASYP - EW</p> <p>7 pm Building &amp; Grounds-EW</p>	<p>22</p> <p>6-9 pm Bazaar Preview Party</p>	<p>23</p>
<p><b>24 Pentecost</b> Christ the King</p> <p>8:00 am Holy Eucharist 9:15 am Annual Meeting with Adults, B Tweens, Rite 13, and J2A classes</p> <p>9:15 am Godly Play 10:15 am Holy Eucharist &amp; Children's Chapel</p> <p>After service Children's Choir-EW 1-3:30 pm Oneness Mission</p>	<p>25</p> <p>10:00 am Al Anon - RR</p> <p>3:45 pm ASYP - RR</p>	<p>26</p> <p>7-8 pm Yoga - RR 7 pm Vestry - EW</p>	<p>27</p> <p>10 am Morning Prayer - L</p> <p>3:45 pm ASYP - RR</p> <p>7:30 pm Adult Choir - EW 8:30-10 pm AA - RR</p>	<p>28</p> <p>Thanksgiving Day Parish Office closed</p>	<p>29</p> <p>Parish Office closed</p>	<p>30</p>

Legend: Library - L; Richardson Room - RR; Education Wing - EW; Annandale Safe Youth Project - ASYP; RO - Rector's Office; CL - Choir Loft  
RO - Rector's Office

As of 10/15/2019



**ST. BARNABAS'  
EPISCOPAL CHURCH**

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**Change Service Requested**

**Annual Meeting of the Parish**

**Sunday, November 24th at 9:15 a.m.  
(between services)**

**Election of the Incoming Vestry Members**

**Look for your copy of the  
Annual Report on November 17th.**