

# The St. Barnabas' Reporter



## Celebrating the First 60 Years of St. Barnabas'

The Rev. John Bolin Shellito  
Rector

Dear St. Barnabas' Church Family,

I am so thankful that we could gather together for our St. Barnabas' Homecoming weekend, to celebrate the 60<sup>th</sup> Anniversary of the church. What a joy it was and is to hear all the different stories and perspectives from those who have shared in the leadership of the church across the years. How amazing to be able to celebrate the naming of the Lyles Room, in thanksgiving for Joy Lyles as well as the Rev. Bob Lyles.

And, at the same time, I'm aware of others besides the Rev. Bob Lyles, whose presence and influence are still with us, even though we see them no longer. Among the many unnamed individuals connected to St. Barnabas', I'm giving a particular thanks for the ministry and inspiration of countless individuals who our congregation has unfortunately had to say goodbye to more recently, as they have passed from this earth into Eternal Life. Especially in the past couple years since Covid-19, I'm mindful of Golnoush Ackert, Patricia (Pat) Batten, Emma Blevins, Frank Donnelly, the Rev. Betty Dunlop, the Rev. Canon Clinton Dugger, Steve Helferd, Maxine Lisi, the Very Rev. Samuel Lloyd III, Gloria Matadial, Phyllis McKoy, Barbara Metz, Susan Onderdonk, Michael Sears, David Steidel, Tim Wilson, and Ann Woodle. These are among the names we have lifted up in the past or may lift up in the future, in our Necrology. I say this realizing that there are many others not on this list, given the unfortunate limitations of my memory amid the rapid speed of life during the years I've been here. The Episcopal catechism answers the question of why we remember the dead in prayer: page 862 of the Book of Common Prayer affirms that "We pray for them, because we still hold them in our love, and because we trust that in God's presence those who have chosen to serve him will grow in his love, until they see him as he is."

Those who I love but see no longer are also a part of why stewardship of the church is so important to me. In my own life prior to St. Barnabas', I'm

*(continued next page)*

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

### SPECIAL POINTS OF INTEREST

- *A "Note" from David Palmer: These Are the Times*
- *2022 Parish Retreat*
- *Ordination & Consecration of 14th Bishop*
- *Parish Workday*
- *Parish Ski Trip*
- *60th Anniversary*
- *UTO Ingathering*
- *Announcements*
- *Sermon Series*
- *Grief Support Circle*

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**St. Barnabas'  
Episcopal Church**

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

***Parish Staff***

The Rev. John Bolin Shellito  
*Rector*

David Palmer  
*Music Minister*

Catherine Dubas  
*Parish Administrator*

Maria Bottlick  
*Bookkeeper*

James Harris, *Sexton*

Delilah Stearns, *Nursery*  
Randolph Jones  
*2022 ASYP Tutor Coordinator*

***Vestry & Parish Officers***

Ellen Riddle  
*Senior Warden*

Larry Stark  
*Junior Warden*

John Westerlund  
*Treasurer*

PJ Kennedy  
*Assistant Treasurer*

Ann Sayles  
*Register*

Behn Ayala

Sam Batten

Sheena Friend

Beth Harper

Shirley Newman

Norma Ricketts

Dawn Schaefer

—  
Catherine Dubas  
*Newsletter Editor*

***Sunday  
Worship Schedule***

8 a.m. Holy Eucharist

10:15 a.m. Holy Eucharist

## Celebrating St. Barnabas' *(continued from p. 1)*

aware of many wise individuals who have been a strong inspiration to me in my life and ministry—not only from my congregation during college, but also from other churches of which I've been a part, both before and after that time. Judith and Allison are coming to mind for me, as well as many family members who have gone on to the greater Glory. Perhaps you have individuals who have influenced your approach to service and who have been a significant part of your story. For me, it is helpful to consider that the best of their example and their values are still with us.

When I was growing up, my parents didn't talk in detail with me and my brother about all of the expenditures in the family budget. I wonder if their choice to share that information gradually, on a more "need to know" basis, was partly born of a desire to protect us from becoming consumed by the topic. Perhaps it was also partly done to protect me and my brother from making unhelpful comparisons in our more informal conversations with classmates. I remember my father repeating the aphorism over and over, that comparisons just make one vain or bitter. So, while I was aware that different families approached their relationships with money in different ways, and I was aware of the church's efforts to make service trips and other church events accessible to all, regardless of finances, I admit that stewardship wasn't something that we talked about a lot. In adulthood, however, ministry and life has helped me recognize that there are many different ways that we can think about caring for our resources in order to share them effectively, whether they are resources of talent, time, or treasure. I wonder if our stewardship conversations can be like our Celebrations of Life, in a way—an opportunity for us to recognize and share our most important family values and the gifts that we have received from those who have helped prepare the Way for us, by God's grace. Our most significant conversations can help us to clarify where we are now and where we would like to be in the future, with God's help. And our 60<sup>th</sup> Anniversary Celebration was just one such space for those kinds of conversations: to learn about the service and ministries that St. Barnabas' has been able to undertake in the past, through the love of Jesus Christ—and to dream together, with God and with one another, about the many good things still to do in the future! And for that, I am deeply thankful.

With gratitude for our shared ministry, as St. Barnabas' Church here in northern Virginia,

John+

## Recently Moved

**Jennifer & Michael Henry**

903 Haskell Street • Reno, NV • 89509

## A "Note" from David Palmer

### *These Are the Times That Try [People's] Souls*

by David Palmer, Music Minister

What does the word "soul" mean to you? It gets used in a lot of ways. In 1968, my music-loving big brothers were talking about an increasingly popular type of rhythm and blues that came to be called Soul, a term that seemed to be codified when Time magazine came out with a cover story on soul that featured Aretha Franklin. "Soul" had been used for the sound of many earlier artists, from Ray Charles to Etta James to Sam Cooke, all of whom brought certain elements of gospel style into the secular world.

Outside the world of music, I think most of us use "soul" to refer to the deeper part of a person, the part that transcends one's body. It comes up in the Catholic and Episcopal church when we pray for the souls of the departed to rest in peace. Regardless of whether one's prayers can affect one who has passed to eternity, we are acknowledging that, though one's body be dead, something immortal persists.

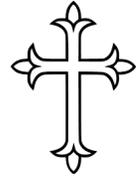
In this life, we experience soul as the deepest part of ourselves that underlies ego and persona, that reminds us of who we truly are, and that responds to transcendent qualities of love and beauty. Thomas Moore, who has written such books as *Care of the Soul* and *Soul Therapy*, defines soul as "not a thing but a quality or dimension of experiencing life and ourselves. It has to do with depth, value, relatedness, heart and personal substance." Moore has also written about the dark night of the soul, an expression that goes back to St. John of the Cross of the 16th century. To my way of thinking, it was as if St. John gave a name for an experience not uncommon to humanity; I would describe it as a difficult experience that cuts one to the core, to the soul.

The turbulent experience of the soul was described 2500 years before John in many verses of the psalms, mostly in ones attributed to King David, who had his share of difficulties. Psalm 6:3: "My soul is greatly dismayed." Psalm 42:5: "Why are you cast down, O my soul? And why are you disquieted in me? Hope in God." Psalm 69:1: "Save me, O God; for the waters are come in unto my soul." (A modern translation says, "God, God, save me! I'm in over my head." Whatever the correct translation, the psalmist was overwhelmed!) Many verses in Psalm 119: "My soul breaketh... My soul cleaveth unto the dust... My soul melteth for heaviness... My soul fainteth for thy salvation... Quicken me, O Lord, for thy name's sake: for thy righteousness' sake bring my soul out of trouble."

While listening to speakers at an online conference about a year ago, I was captivated by the idea of "world soul." The speakers used the expression in a mostly poetic fashion, that is, if the whole world had a soul, some aspect of being/thinking/feeling that unites the human family, what would it be like? What would it be experiencing now? At some point, I decided that this would be the title of my next album, and, for the months that followed,

*(continued on next page)*

### In Memoriam



**Robert Ellis (Bob)  
Wakefield**

June 3, 2022

Summerfield, Florida

~

*Rest eternal grant  
to your servants, O Lord;  
and let light perpetual  
shine upon them.  
May their souls, and the  
souls of all the departed,  
through the mercy of God,  
rest in peace. Amen.*

*BCP p. 503*

### Welcoming



**Sawyer Scott Yurs**

Great-grandson of  
Barbara Rigden

September 2022



### November

Janet George

Molly Newling

Bob Macfarlane

Bernadette Lowrey

Penelope Lowrey

Desiree Rampersaud

Joy Lyles

Marie Pannier

Sharon Jones

Noah Schaefer

Art Hamerschlag

*O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.*

BCP p. 830

## These Are the Times... *(continued from p. 3)*

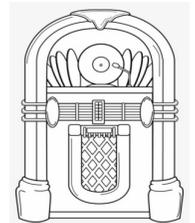
I considered ideas for songs in the light of world soul. While my conscious mind is always part of my creative process, the idea of apocalypse seemed to emerge naturally in a few songs, but not always in its dreadful sense. The most serious statement of apocalypse comes from the *music* (the lyrics aren't entirely serious) of a piece called Apocalypse in 9/8, a 1973 composition by the rock group Genesis. (Here is a live version, with a sound clip added later to the beginning, of David and his band performing this in the 90s: <https://www.youtube.com/watch?v=635HFGjAyfc>) Throughout this year of preparation/composition, I have thought that much of the human race has been feeling overwhelming fears that could reasonably be called apocalyptic, but, ultimately, I became less drawn to world soul than to "Whirled Soul" (see those Bible verses), and that's the name of the album that has just been released. It makes no dire pronouncements on the future of humanity; most of its songs are instrumentals and probably sound upbeat. At least one song gently but transparently expresses hope. I do feel that our collective soul is being whirled right now, so I offer a gentle piece at the end that I hope is good for going to sleep to. I invite you to listen to another of its tracks, Adaptation, here <https://youtu.be/svBpk0DylCg>:

What about you? If the whole world shared a soul (kind of like Jung's collective unconscious), how do you think it would be feeling right now? Feeling cast down? Feeling disquieted? Having trouble adapting to the demands of our times? Hoping in God? Maybe St. Barnabasians would be interested to hear your thoughts. I know I would be.

David Palmer  
704-449-4755

## Men's Group

The Men's Group meets for a Men's Breakfast on the first Saturday of each month. The November date is Saturday, November 5th. We meet at the Juke Box Diner, 7039 Columbia Pike, Annandale. All men of the parish and their guests are welcome to attend. For more information please contact the Parish Office.



## Birthdays



We include a list of birthdays in each issue of the Reporter. Please make sure your information in Realm (our parish database) is up-to-date. Also, please contact the Parish Office if your name is missing and you would like it included.

## 2022 Parish Retreat - Shrine Mont

by Ann Sayles

Shrine Mont remains a “Special Space Apart” that allows us to take a break from our hectic world and just relax in the ambiance of love and fellowship. This Space Apart is a perfect setting for our annual Parish Retreat.

The weather for this year’s retreat was rainy and generally gloomy on the mountain, but that did not deter our joy and fun. We were so blessed to have Monnie Riffin and Mareea Wilson with us this year. Their program, *Our Journey to Racial and Social Justice*, provided us with so much thought-provoking information. We engaged in meaningful discussions that helped us formulate our own ideas about our experiences with racial concerns. We were encouraged to take hard looks at our pre-conceived notions of racial issues, to discover the flaws, if any, and to develop new approaches to the racial issues we face in our lives.

In addition to the adult sessions, our youth attendees met together for meaningful discussions and activities. Many thanks and blessings go to the Riddles for their leadership of the older youth and to Theresa Merchant for her leadership with the younger ones.

We encourage everyone to think about joining the retreat next year. It has been tentatively set for September 22-24, 2023 at Shrine Mont.



Left: Youth preparing first aid kits to donate to ACCA

Right: The beauty of this Special Space Apart



### Baptized into the Household of God

**Hailey Virginia Cannon**

**August 21, 2022**

Big Brother - Taylor ▪ Parents - Elsa & Scott Cannon

**Bernadette Kimberly Lowrey and Penelope Eve Lowrey**

**October 9, 2022**

Big Sister - Beatrice ▪ Parents - Erin & John Lowrey

## ASYP News - Annandale Safe Youth Project

The ASYP program has more than doubled in the last few weeks. The soccer field is again seeing use. I recently brought in my microscope. I don't think any of them have ever used a proper microscope before! Even just viewing some leaves, flowers, and newspaper print opened up a new world for them. I will definitely be bringing it in again in the future. Most of the new students do not have a strong grasp on English, so if anyone wants to practice their Espanol, we could use help in this regard.

Thank you, Randy Jones

## ACCA News -Annandale Christian Community for Action

On Saturday, October 15<sup>th</sup>, we enjoyed beautiful weather for the Annandale CROP Hunger Walk at Lake Accotink. Thanks to our walkers Behn Ayala, Bob & Connie Gribbin, Jocelyn & Steve Leatherwood, Molly Newling, Grace Robbins, and Delilah Stearns & Owen Moore, and to volunteers Elsa Cannon and Ken & Camille Mittelholtz. Thanks to the children who made CROP Walk posters - Cat and Amos Shellito, Darcy Elliott, Owen Moore, and Cat and Amos' friend Marley. The children's chapel volunteers Joshua Duggar and Laura and Leah Westerlund joined the fun and also made posters. The posters were displayed at the walk opening. If you haven't yet donated and would like to, you can make a gift to St. Barnabas' and designate CROP Walk or you can give a check payable to CWS/CROP to Camille Mittelholtz.

Thanks to John+ and to Ken & Camille Mittelholtz for volunteering for the ACCA furniture ministry on October 8. The volunteers made a total of four deliveries and picked up furniture from five donors. Our next scheduled volunteer day is in January. The ACCA Child Development Center is near its capacity of 200 infants and preschool children. The Center will soon be renewing its accreditation. The requests for food from the ACCA pantry are somewhat fewer than this past summer's requests, but remain strong. Donations of non-perishable food and hygiene products are welcome, and may be left in the basket in the narthex.

For more information on ACCA programs or to volunteer, please contact Ken or Camille Mittelholtz or the Parish Office. *Left: Walkers at sign-in; Right: Signs made by the children of St. Barnabas'*



**News from the Diocese of Virginia**  
**Ordination & Consecration of the 14th**  
**Bishop of the Diocese of Virginia**  
**Saturday, December 3, 2022**



Dear Diocesan Family,

The Standing Committee requests the honor of your presence at the Ordination and Consecration of the Rev'd Canon E. Mark Stevenson as XIV Bishop of the Diocese of Virginia, December 3, 11:00 a.m. at The Saint Paul's Baptist Church in Henrico, Va.

Bishop-Elect Stevenson would be honored to have every parish in the Diocese represented at the Consecration. (Clergy register separately.)

All attendees must register in advance.

**The deadline to RSVP is November 9.**

<https://www.eventbrite.com/e/the-consecration-of-the-revd-canon-e-mark-stevenson-tickets-429199335767>

**Parish Workday - Saturday, November 5, 2022**

Our next Parish Workday is scheduled for November 5. Please come when you can between 9 a.m. and 12 noon. We will focus on raking and other fall clean-up tasks. Please bring rakes and gloves and if you have a tarp, please bring one. The rain date is November 12.



**Parish Ski Trip - February 17-20, 2023**



Plans are being finalized for the Parish ski trip at Canaan Valley Resort, West Virginia, February 17-20, 2023. Skiers and non-skiers are welcome. The weekend is fun for all, with activities such as tubing, ice skating, and trips to nearby Davis, WV. Costs will be available soon. Please contact Keith Peyton or Ken Mittelholtz if you would like to attend.

## 60th Anniversary Celebration



Our 60<sup>th</sup> Anniversary was a lovely time to look back, celebrate the present, and imagine our future as St. Barnabas'. We appreciated very much the visit of former Rector Linda Wofford Hawkins and former Interim Rector Carol Cole Flanagan, as well as the greetings of many former parishioners, including Joy Lyles, wife of former Rector Bob Lyles.

Thank you to all who contributed so generously to our celebration, and to John+ for his fearless embrace of the first-ever Dunk-the-Rector event!

*Above:* John Bolin Shellito, Linda Wofford Hawkins, Joy Lyles, and Carol Cole Flanagan *Below L-R:* John Westerland, Carol+, Camille Mittelholtz, Ellen Hawkins, Katie Westerland, Linda+; Carol+ and Linda+ addressing the gathering

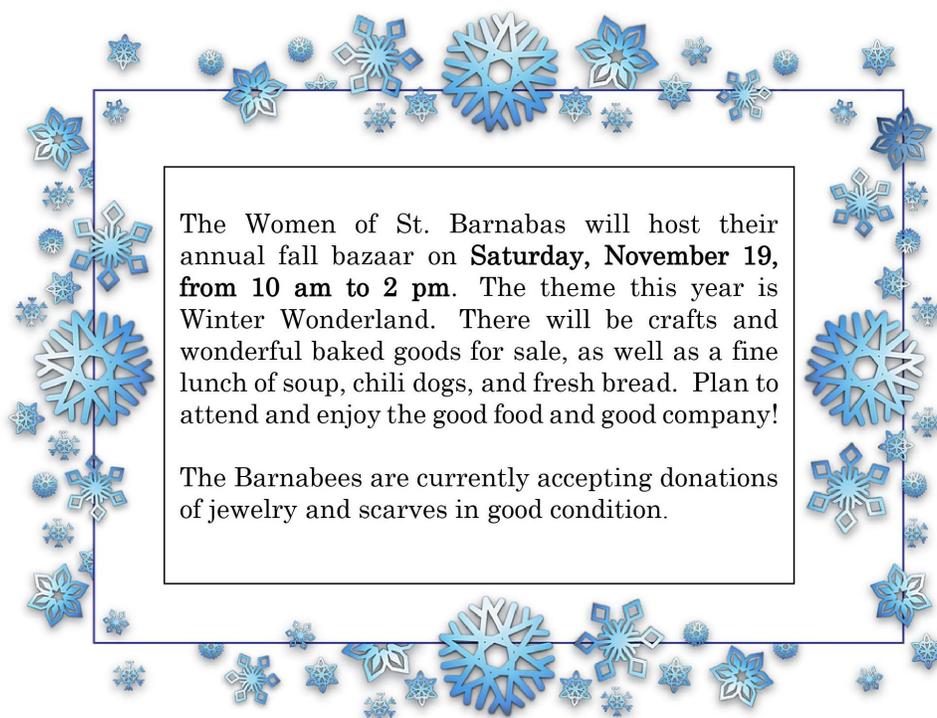


## A Hearty Thank-you!

A hearty thank-you to all of you for the generous vacation time afforded me for a two-week trip to Germany in late September. I had a wonderful time visiting many beautiful churches and historic sights – so many wonderful memories, and irreplaceable time with my dear friends.

Thank you especially to John+ and the Vestry for their support of this extended time away, and to the volunteers without whom the office could not have stayed open: **Cindy McLaughlin, Anne Radway, Len LeRoy, Beth Harper, Wayne Bottlick, and Ann Sayles.**

Sincerely, and with a full heart,  
Catherine Dubas



The Women of St. Barnabas will host their annual fall bazaar on **Saturday, November 19, from 10 am to 2 pm**. The theme this year is Winter Wonderland. There will be crafts and wonderful baked goods for sale, as well as a fine lunch of soup, chili dogs, and fresh bread. Plan to attend and enjoy the good food and good company!

The Barnabees are currently accepting donations of jewelry and scarves in good condition.



This beautiful handmade jewelry wreath will be offered in the Raffle at this year's *Winter Wonderland Bazaar*. Make sure you purchase lots of tickets!

Dear Women of St. Barnabas,

Thank you for your generous response to our annual UTO campaign. The total count, so far, is \$2,305.00...amazing!

Blessings,

Cricket Camp  
UTO Chairperson



## Reporter Deadline, Office Hours, and Schedule

The deadline for the December 2022/January 2023 issue of *The St. Barnabas' Reporter* is **Tuesday, November 15**. Please submit announcements and/or photos to the Parish Office at [stbarnabaschurch@outlook.com](mailto:stbarnabaschurch@outlook.com). Hard copies of announcements and/or photos are welcome, as well. Regular Office hours are Monday through Thursday from 9:00 a.m. to 4:00 p.m.; the Parish Administrator works remotely on Fridays.

Reminder: The Parish Office will be closed for the following federal holidays: Friday, November 11 (Veterans Day), and from 12 noon Wednesday, November 23 through Friday, November 25 (Thanksgiving holiday).

## Update Your Preferences

Please help us keep our database up to date by notifying the Parish Office if your contact information changes: 703 -941-2922 or [stbarnabaschurch@outlook.com](mailto:stbarnabaschurch@outlook.com).

## Announcements

**Love, despite; A Conversation with Bishop Gene Robinson ▪ Saturday, October 29** You are invited to the Falls Church Episcopal on Saturday, October 29<sup>th</sup>, for an event called “Love, despite; A Conversation with Bishop Gene Robinson.” The morning will be a conversation with the bishop about his journey in the church and what the future of queer Christianity might look like amidst a changing faith landscape. The event will be held in the Historic Church (South Washington and East Fairfax Streets, Falls Church) from 9 AM-12 Noon, and is free and open to the public. Please register through Eventbrite (<https://www.eventbrite.com/e/love-despite-a-conversation-with-bishop-gene-robinson-tickets-435990157297>) so that our hosts know what size crowd to expect.

**Trunk ‘n’ Treat ▪ Sunday, October 30<sup>th</sup> from 4:30-5:30 PM ▪ Consider Volunteering *Goblins, ghouls, and ghosts, oh my!*** Join us for the 2022 Trunk N’ Treat on Sunday, October 30<sup>th</sup>. The event takes place from 4:30-5:30 p.m. in the front parking lot and Richardson Room. Please contact Cindy McLaughlin for details and to sign up to host a trunk (parking lot) or table (Richardson Room): [tenorperson@aol.com](mailto:tenorperson@aol.com). Volunteers may be needed to direct traffic and help direct kids if necessary.

**Names for Necrology due NLT 12 Noon on Monday, October 31** On All Saints’ Sunday, November 6, 2022 we will offer remembrances those who have died in the past year. Please notify the Parish Office of any names you would like to have included in the service. A form to list names is available in the hallway at church. Please submit names no later than 12 noon on Monday, October 31<sup>st</sup>. Parish Office: 703-941-2922 or [stbarnabaschurch@outlook.com](mailto:stbarnabaschurch@outlook.com)

**Bishop Goff Artwork Fundraiser and Auction closes November 12<sup>th</sup> – funds go to The Bishop Goff Fund for Racial Justice Initiatives** We are pleased to announce the opening of an auction and sale of art by Bishop Susan Goff. Many have admired Bishop Goff’s creative expressions, and you now have the opportunity to own a piece that speaks to you artistically and spiritually. She has generously provided 33 of her original works for an art sale, the proceeds from which will be used to support the **Bishop Goff Fund for Racial Justice Initiatives**. The sale is being hosted by Gala-Bid, and can be accessed at: [Celebration of Bishop Susan Goff - GalaBid](#). The site will be accepting bids through 6:30 p.m., November 12. To place a bid, you will have to register with the site. Payment can be made by providing a credit card through the site’s payment processing platform, and buyers will be able to indicate arrangements for receiving their purchases. Questions about the art or the auction can be submitted to the “Contact Host” button at the left sidebar on the auction site.

### Other Ways to Celebrate Bishop Goff

**Letters of Appreciation** Many people wish to share words of appreciation for Bishop Goff’s ministry among us. The Transition Committee will be collecting your writings, printing them, and collating them in a book that she can enjoy and revisit often in the years ahead. You may choose your personal or congregational stationery. Feel free to contribute brief cards or longer letters. These letters of memories and expressions of care can be sent via email to [bishoptransition-va@gmail.com](mailto:bishoptransition-va@gmail.com) or by post (in a flat envelope, letter unfolded), to: Cindi Bartol, 3709 Fort Worth Avenue, Alexandria, VA 22304. Please send your contributions by November 8, so we have sufficient time to print, collate, and assemble the book.

**Gifts to Bishop Goff’s Retirement and Travel Fund** When ordained clergy retire, it is traditional to gather financial gifts, known as a "purse," from grateful disciples among us. Bishop Goff has expressed an interest in travel following her retirement, so her "purse" would support this well-deserved interest. These gifts may be made using the diocesan

*(continued next page)*

## Sermon Series

### *Three's Company: The Miracle of Showing Up*

**November 6<sup>th</sup>**

“Blessed are you who weep”  
*Acknowledging the more difficult emotions –  
 What does it mean to Revisit, Restart,  
 (or simply Start) Grief?  
 Accompanying the Bereaved and  
 Remembering the Good*

**November 13<sup>th</sup>**

“Risen with healing in his wings”  
*Service as a conduit for our own  
 healing and wholeness*

**November 20<sup>th</sup>**

“Be still then, and know that I am God”  
*Expectant faith, persistent hope, and  
 the art of letting God lead the dance*

**November 27<sup>th</sup>**

“They shall beat their swords into ploughshares, and  
 their spears into pruning-hooks”  
*Repurposing our painful experiences  
 for God's goodness*

**Dec. 4<sup>th</sup>**

“A shoot shall come out from the stump of Jesse,  
 and a branch shall grow out of his roots”  
*Those times when God's abundant new life  
 unexpectedly shows up*

**Dec. 11<sup>th</sup>**

“Sorrow and sighing shall flee away”  
*Preparing for the victory: trusting that, in the end,  
 God will melt the clouds of sin and sadness*

**December 18<sup>th</sup>**

“An angel of the Lord appeared to him  
 in a dream”  
*Joseph beyond the technicolor dreamcoat  
 (and Barnabas beyond the technicolor dreamcoat)  
 Dreaming new dreams  
 with God and God's people*

## **Announcements** *(continued from previous page)*

online giving portal or by check, made out to the Diocese of Virginia, memo line "Bishop Goff's purse," and mailed to The Diocese of Virginia, 110 W. Franklin St., Richmond, VA 23220.

**Adding the Cuba Mission to our Ministries Fair Booklet** We are adding our Cuba Mission to the 2022 Ministries Fair Booklet, in our “Outreach Ministries” section. See below for information about it! Copies available at church have been corrected.

**Cuban Mission in Palma Soriano** – *For the past 11 years, St. Barnabas' has been helping Iglesia Episcopal San Juan Bautista, a mission church in Palma Soriano, Cuba, with funding to help rebuild the church building, gifts of new pews and various liturgical items for worship, ongoing support of their food ministry to the poor, and the acquisition of nearby property to support and expand the church's ministry in the community. We visited last in 2019, and look forward to our next trip when the time is right. We welcome you to join us, either in person or with your financial support, as we seek to serve our brothers and sisters in Cuba through the love of Jesus Christ. Contact: Len LeRoy*

## **Six-month Grief Support Circle**

Are you seeking healing after the heartache of losing someone close to you? Ever feel like others “don’t get it”? Or, perhaps you feel like the various other challenges of life have gotten in the way of being able to grieve a past loss right after it happened? Our modern society doesn’t always seem to understand bereavement and certainly doesn’t always provide the space needed for mourning.

Here is a great way to get support and a helping hand as you endure the journey we call grief.

*\* Please note: This circle of support is ONLY for those grieving and not a fit for those dealing with other issues. \**

**St. Barnabas’ Episcopal Church is partnering with Vitas Healthcare to offer this support group to those who grieve. A *Circle of Support* is provided to you via a Zoom or phone-in format. Our Group is open to ANYONE grieving and to caregivers for those who are terminally ill.**

Our Group is facilitated by a professional specializing in support for those who grieve. The group is free from “pushing” any particular agenda or perspective. Respect for each individual’s unique grief trek is paramount. Our group is *free*. You do not have to *sign up*. You can use Zoom or just call in.

HELD ON the Second Wednesday of the month, 7-8 PM from November ’22 thru April ’23

### **ZOOM**

<https://us06web.zoom.us/j/88624138289?pwd=M0E4YXlmU3k4ak5hNXBtYnRoR1pIZz09>

Or, go to Zoom, then ‘Join a meeting’.

Enter Meeting ID: 886 2413 8289 and Passcode: 2022

### **Phone**

Or, just use your phone to call in. Dial: 1-301-715-8592. When prompted, enter Meeting ID: 886 2413 8289. Next, when prompted, enter Passcode: 2022

What is expected of you? You only have to say, “Hello.”

We hope the space of this circle can support you in these extremely difficult times.

*Many thanks for Grace Jones Robbins making this partnership possible.*

*John Bolin Shellito is also planning to be present with the group.*

## Vestry Highlights

### September 21, 2022

- The Vestry approved a pledge of \$30,092 to the Diocese of Virginia for 2023, in preparation for the Diocesan Annual Convention this November. The figure is in accordance with the Virginia Plan for Covenantal Giving, which requests that each parish pledge 8% of their average income, calculated from the Parochial Reports from the past three years, or apply for an exception.
- The Finance Committee will begin work on the 2023 budget in October/November. The Treasurer also mentioned that the parish's insurance policy could potentially be reviewed for updates, as the contract was originally signed over ten years ago.
- Planning is underway to potentially partner with a hospice organization in order to offer a six-month Grief Support Circle program, from November 2022-April 2023; meetings will be held via Zoom.
- With Pride Month complete, our Pride flags have been moved to the Lyles Room and Rite 13 classroom, where they can continue to be appreciated. The new banners out front will help to spread the word about our Services, our Christian Formation hour, as well as our Youth Choir and Cherub Choir.

### October 19, 2022

- The Vestry agreed that St. Barnabas will participate in the 2023 Hypothermia Shelter program. We will provide and serve meals for the week of Feb. 26-Mar. 4. Specific locations are being finalized, but the locations are likely to be in or around Annandale. Cindy McLaughlin has agreed to be the Coordinator.
- The Trunk 'n' Treat party will be held on Sunday, Oct. 30 from 4:30-5:30 PM. Cindy McLaughlin is Coordinator for this event, as well.
- The Vestry discussed the proposal from James Hughes+ for an Advent and Lent series on "The First 100 Years of Christianity". This program might be given as part of the Adult Forum. Details are being finalized.
- The Vestry discussed the question of logistics and coordination of setup for future outdoor services as weather allows (and when temperatures are above sixty degrees). A particular hope was expressed for a warm and peaceful atmosphere for our next St. Francis Sunday, in 2023.
- The Finance Committee will begin working on the 2023 budget. The budget will be presented to the Vestry for approval in Nov./Dec.
- The Vestry expressed its thanks to Behn Ayala who is serving as Chair for the 2023 Stewardship Campaign.
- A *Grief Support Circle* will be held on the 2<sup>nd</sup> Wednesday of the month beginning Nov. 9 and will run through Apr. 2023. The program will meet via Zoom.
- Our congregational celebration of Christmas Eve is intended to begin at 4:30 PM with a prelude prior to our 5 PM Eucharist on Saturday, December 24<sup>th</sup>. The plan for Christmas Day is to have one service of Holy Eucharist that Sunday, December 25<sup>th</sup>, at 10:15 AM.

## Thanks and More Thanks...

- For Ellen Riddle, Senior Warden, Larry Stark, Junior Warden, and John Westerlund, Treasurer.
- For Ann Sayles, and her leadership with the Shrine Mont Retreat as well as with the 60<sup>th</sup> Anniversary.
- For Carolyn Lillienthal, and her care with the Prayer Chain.
- For the Altar Guild members, and for Molly Newling's leadership of that ministry.
- For Marcel Lisi, and her kindness in managing the Prayer List (family and friends).
- For Grace Jones Robbins, and her generosity to make our six-month Grief Support Circle happen.
- For Simone Dugger and Ellen Riddle, and especially for their generosity in making the roller skating event happen.
- For the Sunday School teachers of St. Barnabas'.
- For Theresa Merchant, and her leadership with Godly Play and at Shrine Mont,
- For Delilah Stearns and her care for the Nursery,
- For Ken and Camille Mittelholtz, and especially for their leadership with Building & Grounds, Rebuilding Together, and the ACCA furniture ministry.
- For all who participated or contributed to the Crop Walk.
- For Mary Yeaman and Janet George, and their leadership of the WOSB.
- For all the WOSB, and their ministries, including the Bazaar.
- For the Men's Group, hosting our October TGIF, and for Larry's leadership.
- For Haley Bolin Shellito, and her leadership with Children's Chapel.
- For Jessica and Andy Riddle, and their generosity in serving as our Youth Group leaders and Videographers.
- For Randolph Jones and all those who have helped the ASYP children in their learning.
- For the Flower Guild, and for Anne Radway's leadership and the beauty and care shared through our flowers.
- For the many gardeners of St. Barnabas'.

## In the Presence of God

*We pray for God's strength and healing for ...* Bernard Blair, Jean Anne Braddon, Charles Camp, Cricket Camp, Margot Donnelly, Rotha Frye, Preston George, Lee Gibbs, James Harris, Roger Hefferan, Sharon Jones, Alusine Kanu, Joy Lyles, Tom Lyles, Cindy McLaughlin, Helen Mosher, Shirley Newman, Keith Peyton, Beth Phillips, Grace Rampersaud, Norma Ricketts, Barbara Rigden, Ann Sayles, Adam Schaefer, Dawn Schaefer, Jeff Schaefer, Noah Schaefer, Frank Spink, Karen Steidel, Mareea Wilson, Dana Wiseman, 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 Ellyn Goff and the Rev. Canon Mark Stevenson (Diocesan Bishop-Elect) and their families. For our Rector, the Rev. John Bolin Shellito, and his family; for Cindy McLaughlin (in discernment); for our vestry, wardens, and staff; and for the work and ministry of the Rev. Noel Josue Rodriguez Santos and his parish of San Juan Bautista in Palma Soriano, Cuba.

**KIDS COLORING PAGE**





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**Change Service Requested**

**All Saints' Sunday - November 6, 2022**  
*With a reading of the Necrology*

**Youth Sunday with Eucharist - November 13, 2022**  
**10:15 a.m.**

**Fall Bazaar - November 19, 2022**

**Annual Parish Meeting - November 20, 2022**  
**9:15 - 9:50 a.m. (between services)**

**The First Sunday of Advent - November 27, 2022**

**Ordination & Consecration of the 14th Bishop of  
the Diocese of Virginia - December 3, 2022**  
*(RSVP deadline is November 9)*