

The St. Barnabas' Reporter



Preparing the Way for Lenten discipline and Easter Joy

Dear St. Barnabasians,

As we prepare to return once again to our celebrations of Shrove Tuesday with our 7pm Farewell to Alleluias, and our Ash Wednesday liturgy on the following day, I'm reminded of my Lenten undertakings from years past. Although different years brought differing degrees of success, each of my chosen disciplines during those seasons brought their own opportunity to go deeper in faith. Each year I noticed similarities and differences in terms of my hopes, concerns, and life circumstances from year to year.

In the broader arc of Church history, the forty days of Lent have also been a time of intentional preparation, not only for Holy Week but also for Baptism and other congregational and individual expressions of renewal and reconciliation. In the northern Hemisphere, Lent is a season of steadily increasing light bringing warmth and the underground beginnings of spring's new life. For many humans engaged in subsistence agriculture in the northern hemisphere, it was frequently a time of stretched food supplies, as farmers foraged for food and awaited the first fruits from their spring planting. Whether Baptism precedes or follows Lent, Lent has consistently been a time for embracing voluntary, self-imposed limitations in the power of the Spirit.

The Gospel of Mark in the New King James Version uses an evocative phrasing, that following Christ's Baptism, "Immediately the Spirit drove [Christ] into the wilderness" (1.12). The fourth chapter of the Gospel of Matthew uses the Greek word "anagó," to say in effect that by the Spirit Jesus "set sail" into the desert for forty days, perhaps also suggesting that Christ was "brought up" into the wilderness for forty days.

This Lent, as a part of our spiritual exercises as a congregation, I'd like to try resuming Wednesday Morning Worship at 10am. We can offer particular prayers for healing in that service, and we can also celebrate Holy Eucharist on the two first Wednesdays of the month that occur during Lent: March 1st and April 5th. I hope this routine might help us consider some of the ways that the earliest Christians prayed together and worked together beyond the regular routine of Sunday morning worship.

(continued next page)

The Rev. John Bolin Shellito
Rector

SPECIAL POINTS OF INTEREST

- *With Gratitude-Margot Donnelly*
- *Meet the Vestry*
- *Adult Forum Lenten Series*
- *Christmas Thanks to the Altar Guild*
- *TGIF Hosts Needed!*
- *Stewardship Update*
- *Hypothermia Meals*
- *Parish Workday*
- *Black History Month Book Recommendations*
- *Parish Ski Trip*
- *Cuba Mission*

INSIDE THIS ISSUE:

ACCA	6
In the Presence of God	8
Kids' Page	15
Men's Group	11
A Note from David Palmer	3
Thanks and More Thanks	14

**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

PJ Kennedy
Treasurer

John Westerlund
Assistant Treasurer

Ann Sayles
Register

Sam Batten

Michael Dugger

Beth Harper

Leigh Kennedy

Mark Patterson

Norma Ricketts

Jeff Schaefer

—
Catherine Dubas
Newsletter Editor

Sunday

Worship Schedule

8 a.m. Holy Eucharist

10:15 a.m. Holy Eucharist

Preparing the Way *(continued from p. 1)*

I'm also mindful that, for me personally, the exercises of Lent have also been an integral part of my own internal preparations for the joy of Easter. Lenten routine and Easter rejoicing go hand in hand: the work of Lent often prepares the way for a deeper appreciation for the joy of the Resurrection.

So, amid the brokenness of the world, and however daunting the challenges of 2023 might seem right now, I hope and pray that your practice of Lent brings renewal and refreshment in the faith, hope, and love of Christ—for you as well as for your friends and family.

With gratitude,
John+



With Gratitude

I want to thank everyone for your prayers and concern during the difficult and stressful time my daughter and I had over her broken leg and other related issues that came up. She did have surgery on her leg, which went well, and is recovering. I was a long way from home and the prayers and concern were very comforting. Thank you so much for the support! Margot Donnelly and Lori

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

A "Note" from David Palmer *Ready for Jazz?*

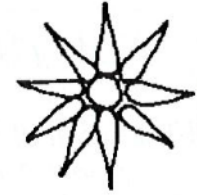
by David Palmer, Music Minister

At the end of the opening track from *Wardenclyffe Tower*, the 1992 album by the late Allan Holdsworth, a male voice calls out, as if from another room: "Hey! Hey! What are you guys playing? Jazz?! I hate jazz!" It's so funny that Allan would put this on a recording: it's as if the person calling out were saying, "How can this be jazz? I like it, but I hate jazz," or "Now that I know what your music is called, I hate it." Both interpretations point to problems in defining jazz. Pat Metheny, one of the great living guitarists who is called a jazz musician, prefers to say that he is an improvising musician. Improvisation is a big part of what people call jazz, but there are some so-called jazz musicians, like jazz singers, who don't really improvise. Tadd Dameron, one of the most influential arrangers of the 40s and 50s (the bebop era), seldom chose to improvise. Why is he still considered a jazz musician? The answer is obvious to some: it sounds like what they consider to be jazz. But jazz is not a static art form, and jazz musicians since the bebop era have moved on from both the harmonies and the rhythmic feeling of traditional jazz.

One of the innovations in jazz styles occurred around 1969 when musicians began to fuse traditional jazz with soul, funk, and rock music. The resulting genre, called fusion, has produced multiple sub-genres, including punk jazz, jam jazz, progressive fusion, and smooth jazz. It's the last of these that will be most apparent when St. Barnabas hosts a fundraising event for the Bishop John T. Walker School for Boys, Washington, D.C., a tuition-free school for boys, which strives to alter the educational and social trajectory of children from traditionally underserved communities, preparing them for leadership and service in their communities and beyond.

In instrumental pieces, it is common for jazz musicians to first play the song's melody and then take turns playing "solos." Each musician, with the possible exception of the bassist and drummer, makes up melodies that go with the underlying chords. These solos can be muscular and showy or creative and compelling. As each musician solos, the others support them with their playing, even improvising "comments" on what the soloist is doing. The music could be completely improvised, with no pre-determined harmonic or rhythmic structure. For an example of what this might sound like, listen to the music that John Coltrane was creating in his last year, like the piece, *Love*.

When a group is effectively improvising, it resembles the Church, the body of Christ as described by the apostle Paul in 1 Corinthians 12: there is one body and many parts but one head, Jesus, who (ideally) directs things. The parts of a jazz group have different functions but cooperate in the creation of music that the individuals cannot make alone. It's interesting that in jazz the main melody is called "the head." "The head" dictates the



The Work of Christmas

by Howard Thurman

*When the song of the
angels is stilled,
when the star in the sky
is gone,
when the kings and
princes are home,
when the shepherds are
back with their flocks,
the work of
Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace
among the people,
to make music
in the heart.*

From
www.IgnatiusSpirituality.com

(continued next page)



February

Taylor Cannon
 Maria Bottlick
 Jordan Riddle
 Elizabeth Meenan
 Bob Gribbin
 Marcel Lisi
 Ann Sayles
 Karen Steidel
 Wayne Bottlick
 John Blevins
 Josephine Lilienthal
 Amos Shellito
 Matthew Rhodes
 Carolyn McWright
 Behn Ayala
 Virginia Dugger
 Paul Palmer

*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

Ready for Jazz? *(continued from p. 3)*

key, tempo, and mood of a song. Paul says that, under the headship of Christ, “when each separate part works as it should, the whole body grows and builds itself up through love.” (Ephesians 4:16)

So, how about it? Are you ready for jazz at St. Barnabas? The fundraiser will be held at 4:00 PM on Saturday, January 28 in the Richardson Room. Stephen Crochet from the school will be on hand to say a few words, answer questions, and hand out materials, and a band I’ve been playing in for several months, Cityline, will play a couple of hours of light and funky jazz. Can you come? Can you bring a friend?

David Palmer



Meet the Vestry Class of 2025

Hello! My name is Jeff Schaefer, and I have been a member of St. Barnabas’ for just over 10 years. During my time with St. Barnabas’, I have supported the development of our social media presence on Facebook as part of a Tech Committee, as well as serving as Chair of the Adult Christian Education Committee. When we were all quarantining in the early days of the pandemic, I led a weekly Coffee Hour and Bible Study session over Zoom, which has been offered on occasion during our Adult Forums.



Outside of church, I am the President of the North Springfield Civic Association, proud husband of Dawn, and father to two funny and precocious boys, Noah and Adam. In my regular work-a-day life I am a government contractor, program manager, and analyst with Systems Planning and Analysis.

More new Vestry member introductions coming in the March/April issue!

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.

Lenten Series for the Sunday Morning Adult Forums Conducted by the Rev. James A. Hughes

On Ash Wednesday our Rector, in the name of the Church, will invite us to observe a holy Lent by, for one, reading and meditating on God's Word.

Starting February 23rd, and on the following four Sundays of Lent, the Christian Education Committee has scheduled a series of discussions on the Passion of our Savior. The Rev. James Hughes, who led our Advent Forums, will conduct the series.

The discussions will follow St. Mark's account of Jesus' teachings in Jerusalem leading to the Upper Room, Gethsemane, the Sanhedrin, Pilate, Golgotha, and the Tomb. The focus is to deepen our understanding and experience of Lent, Holy Week, and Easter.

Fr. Hughes offers the Lenten discussions *gratis*, as he had the Advent series. In gratitude the Vestry with the Rector created The Rev. James Hughes Fund to support Christian Education at St. Barnabas'. Parishioners have since added their contributions to the fund.

The Adult Forum for each Sunday will take place at 9:15 a.m. in the Richardson Room. All ages are welcome to attend.

Assist us mercifully with your help, O Lord God of our salvation, that we may enter with joy upon the contemplation of those mighty acts, whereby you have given us life and immortality, through Jesus Christ our Lord. Amen.

Opening Prayer for the Liturgy of Palm Sunday: BCP p. 270

Christmas Thanks to the Altar Guild

A huge and hearty thank you to all the members of the Altar Guild, who turned out *en masse* to set up for the Christmas and Epiphany services!

Altar Guild members are Kristen Anderson, Behn Ayala, Maria Bottlick, Sheena Friend, Betty Jo Fortune, Sharon Jones, Jocelyn Leatherwood, Cindy McLaughlin, Grace Robbins, Dave Wright, and Mary Yeaman. Each of them played an essential role in making our Christmas celebrations beautiful and meaningful.

If YOU would like to join the Altar Guild and learn more about how our work is done, please contact Molly Newling.

Molly Newling, Chair

With Heartfelt Thanks - St. Barnabas' Staff

Heartfelt thanks from your St. Barnabas' staff for the generous checks you presented us at Christmastime. Thank you for your generous trust and support of our ministry here with you! We are grateful for the opportunity to serve you and this church, and are excited for what 2023 will bring.

John+, David, Maria, James, Delilah, and Catherine

ACCA News -Annandale Christian Community for Action

CROP Hunger Walk - Thanks to everyone who donated, walked or volunteered for the Annandale CROP Hunger Walk. The walk raised \$17,600 for Church World Service. Of this, St. Barnabas' walkers brought in gifts of over \$3,700. The funds raised will help CWS fund hunger and disaster relief and refugee assistance in the U.S. and around the world, and fund wells and sustainable development projects in other countries.



Rebuilding Together - ACCA will sponsor two home repair projects this year to help lower income homeowners have safer, more energy-efficient homes. St. Barnabas' has committed to provide funds, leadership, and volunteers. The workday will be on Saturday, April 29. Volunteers will be needed at all skill levels.

Furniture - St. Barnabas' next turn to volunteer to deliver furniture to needy families and pick up donations will be April 15, 8 a.m. to 11 a.m. ACCA's furniture volunteers meet at the warehouse at 5935 Columbia Pike, Annandale. Thanks to those who volunteered on January 28.

Challenge Campaign - Thanks to all who donated to ACCA in the recent Challenge Campaign. The funds raised will help ACCA aid neighbors in need through rent and utilities assistance, child development services, and other ACCA programs.

For more information on ACCA programs or to volunteer, please contact Ken or Camille Mittelholtz or the Parish Office.

TGIF Hosts Needed!

Our monthly(-ish) TGIF (Thank Goodness it's Friday) fellowship has been very enjoyable since it was revived last summer. Parishioners have been able to share delicious dishes together, as well as good conversation. And spring grilling season is not so far away! This Eastertide is your opportunity to be the host, as we had a rotation of hosts in the past.

In the warmer seasons of the year, TGIF has often been held on the first Friday of the month from 6-8 a.m. Don't have a large enough space in your home? Not enough parking? Worried that hosting is too much work? Don't let that stop you! The Richardson Room at church can easily hold everyone who would like to come, and there is plenty of parking at church. Grab a friend or two and sign up together to host a get-together. Or make a new friend through hosting together. You don't have to provide food for everyone. Just bring one dish and ask others to contribute; like the story of the "Stone Soup," soon there will be more than enough.

If you are interested in potentially hosting, please contact Haley Bolin Shellito or the Parish Office (703-942-2922, stbarnabaschurch@outlook.com), and you could become the Host or Hostess with the Mostest!

Stewardship Update

by Behn Ayala, Stewardship Chair

So far this year (as of January 15, 2023), we have had 63 families and 5 youth submit pledges of treasure to St. Barnabas'. On behalf of the Stewardship Committee, I would like to thank all of these folks for their thoughtful generosity.

Huge thanks are also due to the members of the Stewardship Committee: Maria Bottlick, Cricket Camp, Grace Robbins, Maria Macfarlane, and Ellen Riddle, and to those who provided amazing Ministry Moments that spurred the stewardship campaign forward: Cricket Camp, Len LeRoy, Molly Newling, Dawn Schaefer, and Mark Patterson.

If you haven't submitted your pledge card yet, it's not too late! *Do not be afraid!*

God bless each one of you for your generosity!

Hypothermia Shelter Meals February 26 - March 4

St. Barnabas' is excited to continue our ministry with the winter hypothermia shelter program this year. Our 2023 week begins Sunday, February 26 and continues through Saturday, March 4.

In partnership with St. Patrick's, Falls Church, we have committed to providing hot dinners for approximately 50 guests each night. We are so blessed and fortunate to work with St Patrick's, who will host the dinners for the whole week at their church, and who plan to provide meals for a few of the nights. For the nights we provide the hot meal (schedule TBD), we will set up, serve, and clean up at St. Patrick's.

In addition, we will be providing breakfast bags, which in the past have been put together lovingly and blessedly by the Youth and Children of our parish. I believe the plan at this time is for St Patrick's to provide the snack bags for the week. More details will follow very soon and we will be sending out a link to sign up online. You also can sign up by contacting the Parish Office.

It is truly my pleasure and my honor to coordinate this event with so much help from so many.

Cindy McLaughlin

Indoor Parish Workday ▪ Saturday, February 25, 2023

The Building & Grounds Committee and Junior Wardens invite you to an Indoor Workday to be held on Saturday, February 25, from 9 a.m. to 12 noon.

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, Linda Hamerschlag, James Harris, Roger Hefferan, Sharon Jones, Alusine Kanu, Joy Lyles, Tom Lyles, Bob Macfarlane, Maria Macfarlane, Cindy McLaughlin, Helen Mosher, Shirley Newman, Beth Phillips, Grace Rampersaud, Norma Ricketts, Barbara Rigden, Ann Sayles, Frank Spink, Karen Steidel, Mareca Wilson, Dana Wiseman, Dave Wright, and Mary Yeaman.

For the Church ... the Archbishop of Canterbury, Justin Welby; our Presiding Bishop, the Most Rev. Michael Bruce Curry; and our Diocesan Bishop, the Rt. Rev. E. Mark Stevenson, 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.

Reporter Deadline, Office Hours, and Schedule

The deadline for the March/April 2023 combined issue of *The St. Barnabas' Reporter* is **Wednesday, February 15**. Please submit announcements and/or photos to the Parish Office at 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.

OF NOTE:

- The Parish Office will be closed on Monday, February 20, 2023, for the Presidents' Day holiday.
- John+'s schedule: Monday is set aside for sermon preparation; Friday typically is his day off.

As always, please call ahead to schedule any in-person meetings with John+, David, or Catherine.

Update Your Preferences

Please help us keep our database up to date by notifying the Parish Office if your contact information changes or you would like any changes to how you receive parish communications:

703-941-2922 or stbarnabaschurch@outlook.com.

A Litany of Freedom and Unity with a Kaleidoscopic Closing Prayer

*The St. Barnabas' Prayers of the People for Martin Luther King, Jr. weekend based on
the words of the Rev. Dr. Martin Luther King, Jr. and Holy Scripture*

The Prayers were adapted from pp. 54-55 of "Seeing the Face of God in Each Other: The Antiracism Training Manual of the Episcopal Church." https://www.episcopalchurch.org/wp-content/uploads/sites/2/2021/02/antiracism_book-revise3.pdf. The closing prayer was drawn from p. 41.

One: "The agony of the poor diminishes the rich.... We are inevitably our sibling's keeper because of the interrelated structure of reality."

All: **"For freedom, Christ has set us free;"**

One: Lord, teach us that brotherhood and sisterhood and siblinghood begins with respect.

All: **"For freedom, Christ has set us free;"**

One: "Change is not accomplished by peeling off superficial layers when the causes are rooted deeply in the heart of the organism."

All: **Hate cannot drive out hate, only love can do that.**

One: Stir us up, O Lord, if we are at ease. Use us so that justice may roll down like waters and righteousness like an ever-flowing stream.

All: **Hate cannot drive out hate, only love can do that.**

One: "The Christian Gospel is a two-way road. On the one hand it seeks to change the souls of people and thereby unite them with God; on the other hand it seeks to change the environmental conditions of people so that the soul will have a chance after it is changed."

All: **Grant us faith and courage not to grow weary.**

One: "There are some who still find the cross a stumbling block and others consider it foolishness, but I am more convinced than ever before that it is the power of God for social and individual salvation."

All: **Grant us faith and courage not to grow weary.**

One: "I know some of you are asking today, "How long will it take?" I come to say to you ... however difficult the moment, however frustrating the hour, it will not be long, because truth pressed to earth will rise again.

All: **How long?**

One: Not long, because no lie can live forever.

All: **How long?**

One: Not long, because you will reap what you sow.

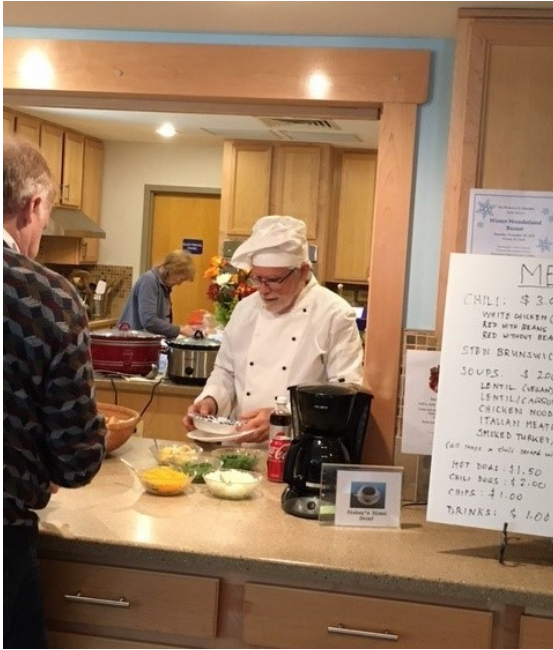
All: **How long?**

One: Not long, because the arc of the moral universe is long, and it bends toward justice.

(continued on page 11)

Parish Photos

Women of St. Barnabas' Christmas Bazaar



The St. Barnabas' Contingent at the December Consecration of The Rt. Rev. E. Mark Stevenson
(Bishop Stevenson is not in the photo!)



ASYP Gift Tree



Thirty-Ninth Annual St. Barnabas' Ski Trip: 17 - 20 February 2023

*If you plan to attend and have not already confirmed your attendance, please do so as soon as possible. Registration and a deposit must be received by **January 31st** in order to attend.*

The 2023 St. Barnabas' Ski Trip will be Presidents' Day weekend at Canaan Valley Resort State Park near Davis, West Virginia - the same place we have gone for the past thirty-eight years. We will depart town on the morning, afternoon, or evening of Friday, 17 February and return to town on Monday evening, 20 February. We will be skiing all day Saturday, Sunday, and Monday (until 4:30 PM - or when your driver says, "Let's go"). Also, we can do night skiing (if available) on Saturday and Sunday until 9:00 PM. There is an indoor swimming pool, whirlpool, sauna (and exercise area) called the Beach Club, so bring your swimsuit. They have a great tubing park, ice skating rink, and, depending on natural snow cover, cross-country skiing area.

We will have a parlor room with sofas, chairs, a table, large TV, fireplace, small refrigerator, sink, and a microwave. The parlor room will serve as our social room for happy hours, discussions, and the Complime service.

We are finalizing the room list and costs for rooms, meals, skiing and rentals, and will forward those soon to those who have already confirmed that they plan to attend. There is a meal plan available for the breakfast buffets and dinners in the resort's Hickory dining room. Prepaid group-discounted skiing and rentals are available at a lower cost. In addition, each room will receive a coupon card at check-in, tied to a credit card, which will give a 10% discount on meals at the resort; ski lift tickets, rentals, and lessons; resort activities (ice skating, tubing) and gift shop purchases. Participants who choose not to prepay for meals and skiing/rentals can use their discount card.

Please contact Ken or Camille Mittelholtz or Keith Peyton if you wish to attend or have any questions.

Men's Group

The Men's Group meets for a Men's Breakfast on the first Saturday of each month. The February date is February 4th. We meet at 8:00 a.m. 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.

A Litany of Freedom and Unity *(continued from p. 9)*

Presider

O God of radiance, fascinating in your kaleidoscopic diversity, help us to love ourselves as we mirror your image to the world. As we grow tired of this struggle, Lord, and we feel alone in our weariness, strengthen us when we grow faint of heart. Give us a memory for the victories of our ancestors: help us to remember a time when our forebears faced immeasurable pain with the sure knowledge that you were with them. Remind us that we are truly never alone. When we grow faint, gird us with your strength; when we doubt, fill us with confidence that the beauty of our skin, ebony, mahogany, lemon, ivory and taupe is but a mere reflection of the richness of your glory. Help us to understand the gifts we bring into this broken world: the love of color and variety. This we ask in the name of Jesus, who loved all. **Amen.**

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 from 7-8 PM, thru April 2023
via ZOOM.

Please contact the Parish Office for Zoom details.

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.

Cuba Mission

by Len LeRoy



Thanks to a donation from the St. Barnabas' Cuba Mission Fund, the children of San Juan Bautista were able to have a nice Epiphany celebration, in addition to a reception for the entire congregation on Christmas Eve. Traditionally, Epiphany has been as big as Christmas in Cuba. Fr. Noel sends his thanks and the gratitude of the entire congregation for helping them have a joyous holiday season in the midst of the current shortages on the island. The donation was channeled through the *Friends of the Episcopal Church in Cuba* organization. Their thank you letter is below the two pictures from Fr. Noel.

November 28, 2022

Thank you very much for your contribution of \$300 for the *Project Feliz Navidad Cuba 2022*. Your donation will help us to provide a community meal for the parish at Palma Soriano, as well as all 51 parishes and communities across Cuba.

We are so grateful for your support of the Church in Cuba. These past few years of COVID shut-down and political strife have been extremely difficult for the people of Cuba. This community meal project has reaffirmed our commitment to and partnership with the Church in Cuba in a real and demonstrable way.

We hope you will continue to follow our progress in Cuba by logging onto our website which can be found at www.friendsofcccuba.org. We will continue to update the blog with news on building projects, community programs, and general updates from mission groups as they return to their companion parishes in Cuba.

We wish you a wonderful Christmas season and thank you again for your generosity.

Pat Cage

President

Friends of the Episcopal Church in Cuba

Thanks and More Thanks...

- For Dawn Schaefer and the rest of the mighty Youth Committee.
- For Theresa Merchant and everyone who contributed to an amazing Epiphany Pageant.
- For the Cindy McLaughlin and her leadership with the Hypothermia Shelter Meals, Trunk 'n Treat, and Breakfast with Santa events.
- For the wisdom and guidance of Molly Newling and for all the members of the Altar Guild.
- For the generous artistry of Anne Radway and all the members of the Flower Guild.
- For those who deliver Altar Flowers to parishioners and friends.
- For Haley Bolin Shellito and her leadership with Children's Chapel and TGIF.
- For Michael Dugger and all those who participate in Acolyte ministry.
- For the Women of St. Barnabas' and their amazing Holiday Bazaar.
- For Nancy MacLachlan, Fiona Agnew, Hugh Agnew, and everyone who helped decorate the Richardson Room for the Bazaar.
- For Camille & Ken Mittelholtz and everyone who helped with the Greening of the Church for Christmas.
- For Catherine Dubas and her excellent management of our parish.
- For Jeff Schaefer, Chair, and the members of the Adult Christian Education Committee, and for the Bible Study group.
- For Ellen Riddle and her incredible leadership as our Senior Warden.
- For Jessica Riddle and Andy Riddle and their assistance in bringing our church into the 21st century.
- For Ann Sayles' service as the Vestry Registrar.
- For John Westerlund and his generous service as our Treasurer over many years.
- For John Westerlund's willingness to lead the Endowment Committee.
- For PJ Kennedy's willingness to step up and serve as Treasurer.
- For Larry Stark and his creative and kind leadership as our Junior Warden.
- For Mark Patterson and his generous willingness to step up and serve as Co-Junior Warden with Larry.
- For Dave Wright for his excellent proofreading of this newsletter.
- For the many volunteers who assist with parish administration.

Journey through the
LABYRINTH





**ST. BARNABAS'
EPISCOPAL CHURCH**

4801 Ravensworth Road
Annandale, VA 22003

Phone: 703-941-2922
E-mail:
stbarnabaschurch@outlook.com

We're on the Web!

www.st-barnabaschurch.org

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Change Service Requested

**Jazz Café Featuring *Cityline*
January 28, 2023 ▪ 4-6 PM**

**Rite 13 Celebration
January 29, 2023 at the 10:15 AM Service**

**Shrove Tuesday ▪ February 21, 2023
5:45 PM Pancake Supper ▪ 7 PM Farewell to Alleluias**

**Ash Wednesday
February 22, 2023 ▪ 12 Noon & 7 PM**

**Hypothermia Shelter Meals
Sunday, February 26 through Saturday, March 4, 2023**