

St. Barnabas Episcopal Church—Portland Oregon  
April 5, 2009

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## **Let's walk in the community**

**April 19th, 2:00 P.M.**  
**SW Walks for Health**

This is a great and fun way to help support the SW Community Health Center that provides health care to the uninsured. If you are interested in participating in the walk you will find all the info in the back of the church, registration forms, pledge sheets if you wish to do that part and all the instructions.

Several parishioners from St. Barnabas have been walking each month with the different faith groups.

It is a great way to get to know people in our community plus support a great cause.

Let us join together with others and walk on April 19<sup>th</sup>.

If you have any questions you can call Carolyn Nelson, 503-246-6763.

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## **Blanket Drive 2009**

Blankets were delivered to the following Shelters:

- ◆ 20 to West Women's and Children's Shelter
- ◆ 20 to Letty Owings
- ◆ 20 to Turning Point
- ◆ 19 to Good Neighbor House

Thank to all who donated to the Blanket Drive this year and those who helped deliver them.

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## Rummage Sale & Boutique Corner

**Friday & Saturday, May 8<sup>th</sup> & 9<sup>th</sup>**

An Outreach fund raising event, sponsored by the Women of St. Barnabas

We are Looking for Nearly New Donations: shoes, clothing, working small appliances, linens, blankets, toys and games.

Other Wanted Donations:

Accent pillows	furniture	Lawn
Bath mats	Garden	ornaments
Bicycles	planters and	Live plants
Bird feeders	pots	Pictures
Bird houses	Garden tools	Sewing trays
(clean please!)	Glass & mugs	Table linens
Candle sticks	Jewelry	and napkins
Craft materials	Kitchen	Tricycles
Dishes	gadgets	vases
Fabric	knick-knacks	weed whackers
Flatware	Lamps	Yarn / knitting
Frames		needles

*Sorry, we cannot accept: undergarments, TV's, used lotions or cosmetics, cribs, car-seats, computers, tires, stoves, exercise equipment, mattresses, refrigerators and medical equipment. We cannot sell these and it costs to have them removed.*

Funds will be used for various Outreach Projects! Call: Marylou McClenaghan at 503-244-9036

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## **The Journey – a monthly submission from Gary A DeRouse, St. Barnabas parishioner**

"Matthew 6:25-34, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." During this season of Lent I have found in, my reflections and the economy, I have planned little for the future. I have for the most part lived in the present. Has this been out of foolishness, necessity or a deep-seated trust that it will all work out in the end somehow, I really do not know? Yes, I am concerned about the world we now live in and do fear losing all I have but will I? It is hard sometimes not knowing what tomorrow will bring when the world is falling down around you. But is this not what the followers of Jesus were feeling on the Friday as He hung on that cross and day turned to night at the hour of His death? The great light of hope had gone out and they were afraid of tomorrow. The darkness of worry once again had closed in on them. Many years ago I heard a program by Focus on the Family with author Tony Campolo. The title of the program was, "Its Friday But Sundays coming." He talked about a Good Friday service that lasted about all day filled with back-to-back preaching. The last minister to preach only used that one sentence, Its Friday but Sundays coming and preached for a long time in the style of old tent revivals. This year I again will find the tape and spend time sitting in the pew of that church letting that message pour over me. Yes, times are bad and many people are out of work or have lost their homes. We are in two wars and families worried are about loved ones. We are all gathered together over shadowed by the darkness of Good Friday but we know the Light of Sunday is coming. The Light of the Word of God, the hope we have in our risen Lord Jesus Christ is in every Sunday and every day. His mercy and love is poured out on us continually. We do not have to worry about tomorrow, but we will. We do not have to fear the darkness we feel, but, we will. It is hard not to worry in today's world because we still live in it but we do not have to. "It's Friday but Sundays coming!" May you find a place of little worry and abundant joy at Easter.

Christ servant, Gary De Rouse

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## **“Helping Those in Need”**

“SW HOPE FEED THE HUNGRY: Local churches, synagogues and organizations working together to meet the needs of hungry people in Southwest Portland”. The youth of St. Barnabas were asked.... If you had \$20.00 to help support this cause how would you spend the money? What would you buy and why? This idea was recently put to the test. Generous donations from anonymous parishioners allowed many of our youth\* to shop, compare prices and ultimately decide how to spend the money in order to get the best values and purchase what they thought were the healthiest choices.

These are some of their selections...Canned fruit, cereal, boxes of macaroni and cheese, peanut butter, pasta, canned vegetables, chili, spaghetti sauce, tuna, soup and rice. One youth said “ these are super foods, and why are they super? They are very, very healthy and people need healthy things”. Another stated “Chili because I like chili, spaghetti sauce with meat-has some protein, corn-I like corn, tuna-it has protein. It was a challenge to stick to the \$20.00”.

According to a third youth “Finding low-priced and healthy food was really fun! I tried to find different kinds of food, food with protein, food with grains, etc. I was surprised at how much I could get with \$20.00. Actually you can get quite a lot if you look or the right brands!!” And one more....“I purchased this food because I think it is healthy and good for you.”

Many thanks to all of those who participated, our incredible young people and the parents and caregivers who supported them in their endeavors. The goal of this project that runs during February and March is to collect enough food and cash to feed all the hungry people in southwest Portland for four months.

\*Amelia, Angela, Belle, Dante, Emma, Grace, Grace, Jon, Kianne, Loren, Lydia, Thomas