



St. Barnabas Episcopal Church Newsletter

March 2018

2201 SW Vermont St. Portland, OR 97219 503-246-1949

**A Believe
Outloud Parish**

**www.saintbarnabaspdx.org stbarnabas@hotmail.com
www.facebook.com/StBarnabasPDX**

Surgery, Snow, and Lent

Wow, February vanished in a hurry. Melissa had surgery on February 2 and I took the following two weeks off (with exception of Sundays, the occasional funeral, and Ash Wednesday) to care for her. Just as I was poised to get back in the office, the snow rolled in and I spent most of another week with Melissa. Fortunately, she seems to like my company.

We are grateful for the support we received from our St. Barnabas family. Melissa was showered with cards, meals (and offers of more meals), flowers, and visits. We felt the love and care of the congregation envelop us and it was wonderful – thank you! I owe special thanks to Cathie, Glenn, and Aubin who proved that I am expendable. They did a wonderful job of conducting the business of the parish, in my absence, and I appreciate them immensely. It was a nice reminder of how fortunate we are to have a committed, capable, and dedicated staff. Thanks, again, to all of you!

We are approaching the midway point of Lent and I hope that you are finding ways to practice self-examination and repentance; prayer, fasting, and self-denial; and reading and meditating on God's holy Word (*Book of Common Prayer*, p. 265). More than any other liturgical season, Lent invites us to engage with our faith in intentional and tangible ways. Such engagement often takes the form of giving something up – that is the fasting and self-denial part of the BCP exhortation. For instance, for the first two weeks of Lent this year, I gave up coming to work. I do not recommend that as a long-term strategy, but you might consider giving up something else that has assumed outsized importance in your life. This reorganization of priorities, while not permanent, is an opportunity decrease the emphasis of things temporal in favor of things spiritual. Which leads to acts of engagement, such as reading and meditating on God's holy Word, prayer and acts of outreach.

These acts of austerity and engagement (as I called them in my sermon last week) create a fertile environment for the nourishment of our spiritual lives. However, such nourishment and growth will not happen of its own volition, but only through your active participation in your own Lenten experience. If you have already committed to your Lenten disciplines, congratulations! If you have not, it is not too late to give something up and to take something on. All with the hope that you will arrive at Easter morning equipped to fully celebrate the resurrection of our Lord.

Blessings,
Sean



Palm Sunday March 25th, at 8:00 and 10:00 a.m.
Maundy Thursday service & Agape Supper, March 29th at 6:30 p.m.
Good Friday services March 30th at Noon & 7:00 p.m.
Easter Vigil service, March 31st 7:30 p.m.

Easter services April 1st at 8:00 and 10:00 a.m.

Egg hunt after the 10:00 a.m. service.



Lent Madness 2018 continues at St. Barnabas!



If you are new to Lent Madness or St. Barnabas we invite you to join us each Sunday in Lent at coffee hour to learn about various Saints and church history. Each week we will discuss our favorites for the week ahead and see who others like and why.

The bracket and voting is similar to that of college basketball's March Madness. Bracket booklets are available from the parish office and also can be purchased online for \$3. They explain the program (created for education and fun) and give the descriptions of the saints. Descriptions are also available online and voting each day takes place online – **one vote per person per day please!**

To learn more go to www.lentmadness.org

Adult Lent Groups Continue

All interested are welcome to our two Lent groups for adult Christian formation:

"Desert Wisdom of Ancient Christianity" and "How Should Christians Change the World?"

The former meets at 6:30 PM on Mondays (in the narthex), and the latter meets at 6:30 PM on Tuesdays (downstairs in room 1). There is a reading for each meeting, which Aubin can give you in printed or emailed form.

Contact him at ymstbarnabas@gmail.com or at [414-326-4451](tel:414-326-4451).

SW HOPE Continues until April 14, 2018!

The annual campaign works to keep the spirit of generosity alive all year long by keeping the Neighborhood House Emergency Food Box Program shelves fully stocked. The following events also support the campaign:

SW HOPE Craft Fair Saturday, March 10

From 9:00am to 3:00pm, shop for locally made goods at St. Andrew's Church. All vendor fees support SW HOPE.

McMenamins Hillsdale Friends and Family Night Tuesday, March 13

From 5:00pm to close, 50% of all sales, including to-go orders, will go to SW HOPE.

SW HOPE COUPON for Fat City Café, 15% of total bill will be donated to SW HOPE through Dine Out to Donate. Pick up a coupon in the Narthex on the resource table! Good ~ Feb. 11, 2018-April 14, 2018!

www.SWHOPE.org

Spring is Coming

Which means Cleaning...



Please join us for a building and grounds spring cleaning event on Saturday, March 31, at 9:00 AM. There will be both inside and outside work as we spruce up for Easter Sunday the next day. Things will wrap up with a free pizza lunch at 11:30.

Continuing with the cleaning theme, the church office will be closed for regular business April 3-5. The staff will complete a file purge and general clean-up of the office. If you like to clean, shred, or throw stuff out, please consider joining the fun. There will probably be a free lunch involved. Contact Cathie or Sean for more information. Of course, we will be available for emergencies. Call if you need us.

NOTES FROM THE WOMEN OF ST. BARNABAS

The Women of St. Barnabas met on January 7 following coffee hour. There were 14 in attendance.

We wanted to make sure that the group knew all officer positions were open if someone felt the calling to serve. Each officer shared what their responsibilities were. No one voiced a desire to step up and current leadership did not voice any interest in stepping down. We had a proposed budget to present - the first one in several years. This opened some great discussion among us as to where **we** want to go as a group.

We will be checking with Faye at the West Women's Shelter to see if there are other ways we can help; either by volunteering or donations. We will continue to do our ingathering in June but will look at other options for the winter. We would like to reach out to our forming youth groups at St. B's to get them more involved.

We have one possibility for our Holiday Tea for 2018 - River West Village - "Neighbors helping Neighbors stay Neighbors". We are encouraging anyone wanting to suggest other options to bring them to any officer. We will put it on the slate for our next women's meeting March 18.

Kris Lunda spearheaded our annual "Soup Bowl Sunday" on February 11th. This has been our kick off for SW Hope Feed the Hungry for many years. The lunch made \$81.00 for the spring campaign for Neighborhood House. This will purchase 324 pounds of food for their pantry. Thank you to all who helped with set up, soup making, and clean up.

The Lenten season is here and the women are once again hosting our Agape Supper following Maundy Thursday services on March 29th. This is a simple vegetarian meal of bread, cheese, fruit (dried and fresh), vegetables, hummus, deviled eggs, nuts, olives, and wine. We ask that everyone sign up and bring something to share. We have a sign up for this in Grafe Hall. Please see Lisa Begley if you have questions. Please come, help, and enjoy.

The WoSB will continue to sponsor the children's Easter Egg Hunt following the 10:00 service. If you would like to help, please see Leslie Coefield.

We will continue our third year of having a "cookie potluck" on Easter Morning for coffee hour. This way no one person is strapped with having to do this on a day that is set aside for family. Bring a dozen or two of your favorite cookies (homemade or purchased) to share. Bringing these on paper plates is even better. Just set them out on the table in Grafe Hall.

Be sure to keep in your calendars other upcoming events. Our annual rummage sale will be Friday and Saturday May 4th and May 5th. Set up will be Monday April 30 - May 3. Leslie Coefield is coordinating so see her with any questions. A sign up to help will be on our bulletin board in Grafe Hall soon.

Our annual Pentecost Tongues of Fire Chili Cook-off will be Sunday May 20th. We are asking for both chilies with meat and vegetarian contributions. Start checking your favorite recipes now.

Thank you all for your continued support.

Lisa Begley-President, Leslie Coefield-Vice President,
Liz & Kay Martin-Secretaries, Anita Galloway-Treasurer

YOUTH MINISTRY AND EVENTS

There are some big, *big* announcements for our youth in the parish and in the diocese.

On March 14, we will be volunteering at Portland Rescue Mission. We will be meeting at 5:30 PM at their Burnside location (111 W Burnside St.), and we will serve meals that have been already been prepared on-site. This will be our first volunteering event as a church partner of Portland Rescue Mission, so this is very exciting.

Coming up soon, but a little further from home: **On May 4-6, our Diocese will hold its 2018 Spring Youth Event at St. Thomas Episcopal Church in Eugene, Oregon.** “Youth” here means those currently in grades 6-12. This three-day event begins on Friday, May 4, at 7 PM and goes until noon on Sunday, May 6. Admission is \$25 per person. More details will be coming soon.

But wait, there's more! **Episcopal Week 2018 at Suttle Lake Camp will be July 23-28.** This is for children and youth currently in grades 1-12. Registration is now open. **There is an Early Bird Discount for registrations made before May 5.** There are a couple possibilities to keep in mind while considering Suttle Lake: Campers who have completed grades 3-12 can sign up for a full week of camp, now called Summer Camp Week 2. Campers who have completed 1-4 grades can sign up for a few days of camp (July 23-26), now called Intro Summer Camp Week 2. Camp scholarships are available for up to \$200 per camper. (Please note: If your kid simply can't get enough camping, the Episcopal Diocese of Eastern Oregon also has a camping ministry throughout summer at the Ascension Camp & Conference Center in Cove, Oregon.)

Lastly, but with a drumroll: **The Youth Mission Trip has been announced! It will be in the Navajo Nation in northwestern New Mexico, August 4-10.** The trip begins with a group flight out to Albuquerque and continues with a journey north, with the group eventually winding back south again. Projects will include working in community gardens, painting, and minor building repair, with worship services throughout. Kids will also learn about Navajo culture, spirituality, history, and food. **The deadline for application is March 23, 2018, when all three pages of the form should be filled and \$50 deposited.**

For more information or application forms for these events, **please see Aubin.** You can email him at ymstbarnabas@gmail.com or call him at 414-326-4451.



PASTORAL CARE EASTER BASKET OUTREACH

The Pastoral Care Commission is once again sponsoring the Easter Basket Outreach. What is this you ask? We have a list of a handful of members who can no longer make it to church to celebrate with us. During the year many people send cards to let them know they are remembered and that they matter and we love them. At Easter we ask parish members to help by choosing a name to either fill a basket or deliver it. Carolyn Nelson has purchased the baskets and grass and will have them available in the back of the church with a signup sheet. If you are interested in filling one take a basket and write your name on the list. We ask that these be **returned no later than Palm Sunday March 25th** so they are ready for pick up for those who sign up to deliver. Thank you so much.

If you are interested in helping to send cards please see Carolyn as well.



JOIN OUR TEAM FOR STRIDE FOR SENIORS!

Meals on Wheels People is happy to announce our new event:
Stride for Seniors Charity Walk, sponsored by Wilsonville Subaru

This event is set to take place on Sunday, April 22, 2018, at Portland International Raceway. A noncompetitive 3K walk, Stride for Seniors will raise both awareness and funds for Meals on Wheels People and include live music, entertainment, food and drink, a Kids Zone, Walkers Village with vendor tents and more!

Here's how you can get involved:

- Form a team of walkers and participate in the event. It's easy to register and recruit your friends and family.
- Register as an individual walker.
- Raise funds by asking people to donate to your team.
- Can't walk with us? Join us and "stride in spirit" and share your involvement with others through social media.

Visit us at www.strideforseniors.org to learn more, register or donate and join us on April 22 at PIR!
Questions? Call Zac at 503.953.8105.

Family Scouting Fact Sheet

Submitted by David Piacente, Pack 254 Church Charter Representative

BSA's mission is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Scout Law. Our priority is to bring the benefits of Scouting to more youth while remaining true to our mission. We are excited to announce beginning in 2018; our Cub Scouts program will be open to boys and girls. By welcoming both girls and boys into the program, even more youth will have access to the character development and values-based leadership that Scouting promises and be better prepared for future success.

All Columbia Pacific Council (CPC) programs will be open to girls starting with Cub Scouts in 2018 and a Boy Scout age program in 2019. CPC's goal is to have as many girls as boys in our programs by 2022.

Families with Scout aged children asked for this change. 87% of families with Scout age children want the programs we offer in one place for their family. Family Scouting encourages all boys and girls to join the wide variety of scouting programs. This is based on research that says a vast majority of parents want a program for their sons and daughters. It makes it much easier for an entire family to participate in Scouting. While membership was in mind when this decision was made, increasing membership was not the driving factor. Our goal is to serve more young people through the Scouting program; this will allow us to meet that goal while working towards serving a more diverse community.

Our Cub Scout Pack, 254, is fully on board with this decision and is attempting to transition to Family Scouting at the present time. If anyone is interested in joining or would like more details, they can contact David Piacente, the Church's Charter Representative or contact Andrew Watson, at (503) 250-4848.

Photo Gallery



Shrove Tuesday Pancake Supper served by the Vestry and enjoyed by many!



Fr. Sean leads our Lent Madness discussion



Melissa and Aubin duke it out at Lent Madness



We are spellbound by the saint match ups

You can submit a photo or contact me at shunni@q.com. Sincerely, Sandy Hunnicutt, Editor/News Gatherer



Our St. B's Bio feature will resume next month. If you would like to nominate someone to be profiled, please email Sean, Cathie, and Sandy with your recommendation.



Stump the Priest

Q: What changes have we made to the Sunday liturgy during Lent? Why?

A: There are several changes in the Sunday liturgy during Lent. These changes serve many purposes, including highlighting the penitential nature of the season and the saving grace of Christ, reminding us of our mortal nature and God's immortal nature, encouraging us to refocus on worship as we use less familiar prayers, and finally, sometimes, it is just fun to try something new.

So, what are the changes? I'll go in order, hopefully not missing anything. We have moved the General Confession to beginning of the service, incorporated into Penitential Order and The Decalogue (the Ten Commandments). Of course, this highlights the penitential nature of Lent and invites us to consider how we may have transgressed God and our fellow humans and then offers the immediate opportunity to ask forgiveness and receive absolution.

Next, we replace the Gloria in Excelsis Deo (Glory to God in the highest...) with the Trisagion (Holy God, Holy and Mighty, Holy Immortal One, have mercy upon us x 3). This a traditional Lenten practice, one that reflects our mortality and God's mercy.

At the 10:00 service, we are chanting the Psalm. This fits into the "sometimes it is fun to try something new" category. I have heard some positive reviews. If you have an opinion, please let me know.

We are using Eucharistic Prayer A for all of Lent. This is actually a practical reason for this – it is the shortest of the Eucharistic Prayers and since we have Lent Madness during coffee hour, it is good to trim the length of the service.

After the fraction (when I break the bread) we say (at 8:00) and sing at 10:00 the Agnus Dei (Lamb of God, you take away the sin of the world, have mercy on us...). Again, this highlights our mortal nature and recognizes Jesus as the Lamb of God who died for our sins.

Following the Eucharist, we are using the Postcommunion prayer found on page 366. We commonly use the prayer on page 365. This is a change used to keep things fresh.

Finally, the Solemn Prayer has replaced the Blessing (I bless you in the name of the Father, the Son, and the Holy Spirit...) at the end of the service. The particular prayer changes each week of Lent, but the general theme is the same, God, despite our weakness, please bless us with your care and mercy.

Then we go to coffee hour.

You may submit questions for Fr. Sean to answer in the Stump the Priest section of our Newsletters! Questions may be emailed to rectorstbarnabas@gmail.com or stbarnabas@hotmail.com, or just drop him a written note.

St. Barnabas Vocation Statement: As followers of Jesus Christ, the people of St. Barnabas Episcopal Church are called to learn, serve, welcome, and celebrate.

Believe Out Loud Welcoming Statement: At St. Barnabas Episcopal Church we believe there is a place for everyone around God's table. With love and respect, we welcome all people into our community. Whatever your beliefs or background, your sexual orientation or gender identity, your race or ethnicity, your age or family structure, abilities or disabilities; wherever you are on life's journey, your presence is a blessing. We cherish the diversity you bring to us.

Upcoming Events – Mark Your Calendars

QUIET DAY FOR LENT

On Saturday, March 17, a mini-silent retreat will take place, God willing, at the Parish of St John the Baptist, 6300 SW Nicol Road, Portland, (on the campus of Oregon Episcopal School). It will begin at

8:30 a.m. with a celebration of the Holy Eucharist in the Chapel, followed by a free breakfast in the Ladehoff Room in the parish house.

The first meditation will follow that, with plenty of time to meditate privately or walk around the church and attractive grounds--weather permitting of course. Please bring a bag lunch as well. Freewill offerings will be accepted so that the work of the St Benedict's Guild, the sponsor of the day, can continue. In all, there will be three short meditations, given by the Rev. Julia McCray-Goldsmith, Canon for Cathedral Life at Trinity Cathedral, Portland. Julia is now in her second year at Trinity and comes from the Diocese of California where she was on the staff of the Bishop for many years. She is a former missionary and non-profit fundraiser and is fluent in Spanish. Her theological education took place at Creighton University in Omaha and CDSP in Berkeley. She will offer three scriptural meditations in the Ignatian manner of contemplation, chosen to help us encounter and accompany Jesus on the way to his passion. The Quiet Day will end at 3:00 pm.

Questions about the day may be addressed to Fr Phillip Ayers at players@hevanet.com or (971) 275-2663. Please come and prepare for Easter in this way.

NOTE: Please feel free to contact me if you've got any questions. Many, many thanks to all of you for including this in your parish! Phillip Ayers

Free Community Dinner, March 10th from 5:00 - 6:00 p.m. Volunteers always welcome, the cooking starts at 2:00 p.m. Signup sheet is on the bulletin board in Grafe Hall.

Vestry Meeting, Wednesday, March 7th at 6:30 p.m. in the Rector's Office. Guests are welcome.

Men's Breakfast 3rd Sunday between the services, March 18th See Keith Enos for more information. If you would like to help prepare and serve breakfast, please arrive in Grafe Hall at 8:45.

Women of St. Barnabas the next meeting is March 18th, 2018.

St. B's Team at Loaves & Fishes at Multnomah Center each 2nd Wednesday, 9:30 a.m.-1:00 p.m.

Second Sunday Singers meet on the Second Sunday of each month! No experience is required, just show up at 9:15 a.m. and join the Second Sunday singers. You'll learn and perform a song that day.

Choir Practices are every Tuesday at 6:45 pm. See Glenn Bjorkquist for more information. We welcome new voices.

Join us for The Bible Challenge / Adult Bible Study each Sunday in 2018 Between the 8 and 10 a.m. services

Monday Night Knitters, at 7:00 p.m. Join us for a night of knitting in Room 1 or Chapel, stay tuned. We currently are working on preemie hats, prayer shawls and more. Beginners and crocheter's are always welcome. Contact Cathie in the church office or Sandy Hunnicutt at shunni@q.com

WoSB Rummage Sale, May 4th and 5th
Pentecost Chili Cook-Off, May 20th at coffee hour

Newsletter Deadlines: each 3rd Sunday/Monday. Send articles to Sandy Hunnicutt at shunni@q.com.
(March 18th & April 22nd)

Church Office Hours

Parish Administrator, Cathie Dainton Piacente's hours, Mon-Thurs, 9:00 a.m.-1:00 p.m.

Rector, Father Sean's Office Hours: Mon-Thurs 9:30 a.m.-3:30 p.m. or by appointment. Father Sean is available by phone for emergencies

Director of Christian Education, Aubin Spice: Mon-Thurs 9:30 a.m.-3:30 p.m. or by appointment.
Please note: It is always good to call ahead to be sure that the individual you want to see is in the office, 503-246-1949.

Contact Information

Fr. Sean Wall	rectorstbarnabas@gmail.com	503-679-0634
Aubin Spice	ymstbarnabas@gmail.com	414-326-4451
Cathie Dainton Piacente	stbarnabas@hotmail.com	503-246-1949

The St. Barnabas' Vestry members are Leslie Coefield, Anita Galloway, Dorrie MacGregor, Liz Martin, Cathie Price, Justin Reel, and Betty Woerner.

If you have questions, issues, or comments, all of us are willing to talk. Vestry meetings occur the 3rd Wednesday of each month at 7pm. Meetings are held in Fr. Sean's office. Visitors are always welcome.

Our phone numbers are listed in each newsletter and in every bulletin. Emails are in the church directory and at the church office.

Senior Warden Betty Woerner	503-244-1593
Junior Warden, Buildings & Grounds: Leslie Coefield	503-244-6195
Outreach: Dorrie McGregor	503-794-3993
Pastoral Care	
Parish Life: Elizabeth Martin	503-756-9295
Finance/Stewardship: Justin Reel	503-201-2281
Vestry: Cathie Price	503-598-9363
Vestry: Anita Galloway	503-807-8047
Treasurer: Ken Ross (non-voting position)	503-245-6016
Incoming Treasurer: Vicki Church	503-841-6444

Other group's contacts:

Altar Guild President: Jackie Alexander	503-332-3242
Organist: Lewis Needham	503-628-2430
Music Director: Glenn Bjorkquist	503-245-9024
Men's Group: Keith Enos	503-244-6195
Women of St. Barnabas (WoSB): Lisa Begley	503-245-2378
Children's Fellowship Coordinator: Robbie Jessen	503-246-4035

Newsletter Submissions: Sandy Hunnicutt shunni@q.com

Do you use Facebook? Our page: St. Barnabas Episcopal Church, Portland, OR

Do you OECN? Oregon Episcopal Church News is available online. Keep up with Diocesan events and issues, at <http://www.diocese-oregon.org/subscribe-to-oecn-weekly-email-update/>

About this newsletter: Got news? Submit items (electronically is best, but we also accept paper or even phone calls) to Cathie in the church office by the last Monday of the month for inclusion in the next month's Newsletter. Or send them directly to Sandy Hunnicutt at shunni@q.com

**Thank you! St. Barnabas has already donated 17.5 pounds of brand new, unopened personal care items to Neighborhood House as part of the SW HOPE drive!
Awesome way to show support for our neighbors in need.**