

THE CHIMES of St. Barnabas, Arroyo Grande, CA

September 2010

Rector's Letter

“Teacher, which is the greatest commandment in the Law?” Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.”
- Matthew 22:36-38

Last month I wrote about peace, and how peace is much more than just the absence of conflict, but represents wholeness through healthy relationship. For example, a country is at peace with another country when the relationship between them is one of trust and mutual respect. To fully be at peace, to have the ‘Peace which passes all understanding,’ one needs to be at peace with all aspects of one’s life.

The most foundational relationship of all is our relationship with God, the divine, the source of our being, the creator of the universe. When asked about the greatest commandment, Jesus did not hesitate to refer to Deuteronomy 6:4-6 which is the centerpiece of morning and evening prayer for Jewish people. The prayer is often called the Shema Yisrael based on the first two words. For a Jew this commandment to love God is engraved deep into their hearts and minds. It states clearly what our correct relationship with God is to be - and that is one of love.

So, the foundation of our experience of peace is to love God, with all our hearts and souls and minds. Jesus told us that God loves us like a perfect parent, totally and unconditionally. Take a moment and think about someone who has deeply loved you, perhaps a parent, or a spouse, or a grandparent or friend. Bring to your mind a moment when you really felt that love. What was it like? How did you feel? Does your heart open? Does a smile come to your face? Do you want to show that person your appreciation of that love?

When I think of God, of how totally I am loved by God, of how undeserving I am of that love, I find Thankfulness welling up inside me. Everything I am, all that I have, is a free gift from God. God is the source of all, the creator of all. I would not even exist without God. How can I not be thankful.

What does it mean to love God? How can we be in a right relationship with God? Through thankfulness.

I’d like to suggest you try an experiment. Each evening, before you go to sleep, while you are lying in bed, give thanks to God. Go back through the day and find something to thank God for. Some days it might be difficult, and all you will be able to say is thank you Lord that this day is over. Other days you may find yourself overflowing with thankfulness and praise for what God has done in your life that day. Try doing this every evening for a month and see if you notice a difference. See if you find yourself a little more at peace. See if you find yourself more appreciative of the moments of your life.

Shalom,

Rev. Valerie+

Directory

The Rev. Valerie, Valle, Rector
The Rev. Sandra Barnard, Associate,
Mission & Education
The Rev. Jeremy Bond, Retired
Sandy Matson, Parish Administrator
Vacant Position, Minister of Music
Brian Petersen, Treasurer

Shelley Boehning, Pledge Secretary
Mary Ann Hjalmarson, Sunday School Director
Ann Mathias & Alison Fesler, Altar Guild Co Directress
Twila Erlewine, Thrift Shop General Manager
Stacey Cox, Peoples Kitchen Team Leader
Sherry Loomis, Web Master
Carol Wilcock, Prayer Chain Coordinator

Vestry

Michael Britton, Senior Warden
Pamela Jones, Fred Wolf, Co- Junior Warden

Vacant Position Ann Mathias
Rosemary Cleaves Marilyn Nelson
Meigs Ingham Lee Whipple
Sigrid Long

Rev. Valerie Valle, Rector
Jane Delgadillo, Clerk to the Vestry

Delegates to Convention

Judy Burdick
David Ottesen
Tricia Ottesen
Pamela Pano
Stacey Cox, Alternate
Art Delgadillo, Alternate
Phyllis Porter, Alternate
Liz Widdicombe, Alternate

BIRTHDAYS

1	Thomas Holgate	19	Chase Krukow
2	Stormi Martel		Paul Potter
	Ed Jarrett		Alexandra Scovil
3	Art Delgadillo	24	Jane Delgadillo
6	Jennifer Krukow	26	David Murray
12	Suzi Illia		Jan Potter
14	Charmaine Petersen	27	Elyse Matson
16	Erlene Leinsteiner	28	Frederick Wolf
	David Ottesen	30	Bob Hawkins

ANNIVERSARIES

1	Thomas & Shirley Holgate
3	Bob & Nancy Taylor
5	Mike & Suzi Illia
9	Mary Ehens & Stan Stanavage
13	Tom & Leesa Gonzalez
18	David & Terry Grant
23	Richard & Deborah Miller
29	Rev. Jeremy & Kathy Bond

Note: If we have missed your birthday or anniversary please contact the church office (489-2990) so that we don't miss it again.

Thanks,
Sandy

Harvest Festival, Saturday, September 25

St. Barnabas will have a booth – watch for updates in the Wednesday E

ECW GENERAL MEETING

Sisterhood in Faith & Service

Saturday, October 16, 2010

St. Andrew's Episcopal Church, 13601 Saratoga Avenue, Saratoga

Discipleship Class

Eight Tuesday afternoons - 3:00 to 4:30
Beginning September 7

The Discipleship class is an invitation to deepen ones walk with Christ. Together we will explore how we understand God, Jesus and the Holy Spirit. We will discuss the nature of scripture, church history and the sacraments. We will look at how the Episcopal Church understands life and death. Ultimately we will be exploring together what it means to be a disciple of Christ and how we can live that in our daily lives. Those who wish to make a public statement of their faith through baptism, confirmation, reception or reaffirmation of baptismal vows at the conclusion of the class will have an opportunity to do so at the Bishop's visitation on October 31.

Introduction to Centering Prayer Workshop

September 11 – 10 a.m. to 3 p.m.

Presenters: Brother Roy Parker

Donation requested - \$20.00 (no one will be turned away for lack of funds)

Coffee, tea, and snacks will be provided starting at 9:30

Bring a bag lunch

Please pre-register so that we will have adequate materials available.

Contemplative Prayer is the opening of mind and heart – our whole being – to God. Centering Prayer is a method designed to facilitate the development of contemplative prayer. It is an attempt to present the Christian teachings of earlier times in an updated form with a certain order and regularity. It is not meant to replace other kinds of prayer; it simply puts other kinds of prayer into a new and fuller perspective. Centering Prayer is perhaps more accurately referred to as “The Prayer of Consent.” During the time of prayer we consent to God's presence and action within.

Br. Roy Parker, a spiritual director, retreat leader and Episcopal priest who lives in community with the Brothers of the Holy Cross in Santa Barbara will lead the workshop that provides the background on the place of Centering Prayer within one's spiritual life, an introduction to the actual method, and two opportunities to experience Centering Prayer within the group setting. It is the first part of a Seven Session Introduction to the Centering Prayer practice program. Six additional weekly sessions to be led by Rev. Valerie Valle will be scheduled based on the availability of the participants. These additional sessions provide an opportunity for discussion and questions concerning the practice of Centering Prayer, to practice Centering Prayer within a group and to watch a half hour video by Fr. Thomas Keating.



BE OUR GUEST! SENIOR LUNCH - September 27 - 12:00 noon

The goal of our Stewardship Ministry is to help God's people grow in their relationship with Jesus through the use of the gifts God has entrusted to them.

IT'S COMING! GET READY!

St. Barnabas' Annual Response Program is just around the corner!

Watch for your personal letter from Rev. Valerie and Estimate of Giving Card which you will receive in early October.

Spokespersons from our outgoing ministries and our youth ministry will be coming to St. Barnabas on three Sundays in October – the 10th, the 17th and the 24th. You won't want to miss hearing and meeting them!

And that's not all! Your Stewardship Committee is planning a very special "Thank You" event on November 21!

Watch for more in the Wednesday E!

Diamonds and Talking Machines

There are many different occasions for giving gifts and many different gifts one can give. We give gifts to welcome a new baby or a new marriage. We give gifts to celebrate the anniversaries thereof. We give many different gifts for many different occasions. Some gifts are soon consumed, lost, or forgotten. Others last a long, long time.

We may give small token gifts for many occasions, but, when proposing marriage, it is the custom to give a diamond ring. The diamond is a token, too, but it is a rather expensive token that will last forever. One could give the price of the ring in cash, and it would soon be spent who knows where. But a diamond ring can last a lifetime and beyond.

There are other times when people would like to give a gift that will last, a "gift that keeps on giving." That expression was trademarked by the Victor Talking Machine Company. Their machine could be used for years and delight its owner with recordings which did not exist, and could not be imagined, when it was given. The expression seems to have outlived the company.

When we want to give St. Barnabas that gift that keeps on giving, where do we turn?

We turn to the Endowment Fund of St. Barnabas' Parish.

The Endowment Fund was created by the Vestry in 2005 to provide a way to allow gifts to extend far beyond the annual operating needs of the parish. Prior to that time, there had been a number of sizable gifts, which had been given to St. Barnabas by people in their wills or by heirs who wished to share some of their inheritance. We had no mechanism for holding these funds aside, so slowly, and at times not so slowly, most of the money was spent on expenses. We now have little to show for their generosity.

Donations to the Endowment Fund are invested with the intent that the income, rather than the principle, will be used in future years. There is a Board, separate from the Vestry, who oversee the Endowment Fund under established rules. The fund income is not for day-to-day expenses. It can be used for the capital needs of the parish, given as outreach grants, or used as seed money to start new ministries. Gifts to the Endowment Fund will truly keep on giving in ways we may not yet imagine.

We don't give such lasting gifts every day. It's a good thing to remember St. Barnabas in your will or trust. A big donation would be nice if you win the lottery. But, please, if you want to give a lasting gift to St. Barnabas, don't think diamonds or talking machines. Think Endowment Fund.

Bob Taylor
Stewardship Committee

Food For The Poor Presentation

On Sunday, September 26 The Rev. Jay Pierce will speak at both services about a ministry providing direct relief to the poor throughout Latin America and the Caribbean. Food for the Poor provides food, housing, health care, education, water projects, micro-enterprise development assistance and emergency relief to the poorest of the poor. Rev. Pierce will share what he has witnessed about Food For The Poor's mission to care for the destitute as a means of living out the Gospel mandate to love one another.

**2010
HUNGER
WALK
& FEED YOUR SOLE**



**Sunday, September 26 - 2:00 PM
Ramona Park, Grover Beach**

Would you like to help the hungry by enjoying a pleasant walk on a September afternoon? We are putting together a team from St. Barnabas to join the hunger walk and raise money for the Food Bank Coalition of San Luis

Obispo County. About 4.5 million pounds of food pass in and out our doors of the Food Bank each year. They work hand in hand with more than 190 agencies: church pantries, recovery programs, after school programs, homeless shelters, soup kitchens and more as well as running four of direct distribution programs: Senior Brown Bag, Harvest Bag, the USDA Commodities program and the Backpack program for school children.

Your participation in the Hunger Walk will help the Food Bank Coalition and spread awareness to help thousands of individuals, and their struggling families receive the nutritious food that they could not otherwise afford. If you would like to be a member of the team call Stacey Cox or Joyce Koehn.

Blessing of the Animals

Celebrating St. Francis
Sunday, October 3
9:30 AM in the courtyard
10:00 AM during the church service

We will once again honor St. Francis' love for all of creation by blessing our animal companions. All of our furry, feathered or scaly friends are invited to be blessed during the 10:00 service on Sunday, October 3. If you feel your companion would not do well in church, we will also be blessing our friends at 9:30 in the courtyard.



NOTE: Submission date for Chimes articles is the 20th of each month, effective with the October issue.

Thrift Shop News

GREAT JOB—The roof areas that leaked during the rains have been repaired. **Kevin Pence** replaced the damaged metal panels & replaced the aged, dirt-darkened filon panels with 3 bubble skylights that were donated by **Marilyn N.** What a nice improvement!

THANKS YA' ALL—The response by parishioners to our request for donations was fantastic. The many bags and boxes of saleable items enhanced our sales.

WANTED NOW—Clean baby & children's clothes are needed. Please bring us any saleable apparel from infant to teenage.

DEDICATION—**Lee Whipple** answered our urgent plea for a Wed. a.m. cashier. She took this on plus her scheduled cashiering 2 Sats. a month that she's done for 6 years.

ON THE RIGHT TRACK—Many issues were discussed & solved at the policy and procedures meeting. Twenty volunteer managers, cashiers & processors attended.

DRESS 4 SUCCESS—With **Rev. Valerie's** approval, we gave 11 articles of nice clothing to a needy local lady who was interviewing for a job. We hope she was successful.

OUTREACH—July's recipient is Food Bank Coalition. The Rev. Carl Hansen heads this group that collects, distributes food to the county's needy.

GETTING WELL—We're happy that **Erleen** is doing well after her radiation sessions & is back cashiering.

HELPING OUT—At the request of a teenager who needed to do community service, we supported her by giving her 6 hour of work, which was also a help to us.

TURNOVER OF TRASH—We accumulate unsalable cell phones, CD & DVD players, etc. (hazardous waste). Frequently, most of it is picked up by Grover Beach Exploration Station. Items they can put in working order are given away; they junk the rest. Our leftovers are hauled to a special area of the landfill by **Dave Bolterman**.

V.I.V.'s—**Barbara** (does most of the ironing), **Erleen** (does most of the laundry), **Jeremy** (Book Ch.), **Arlene** (Jewelry Ch.), and **Marilyn N.** (Toy Ch.).

TODAY'S THOUGHT—I need to remember that worry is a senseless process of using today to clutter up tomorrow's opportunities with leftover problems of yesterday.

Twila Erlewine
Gen. Mgr.

Welcome Back Sunday

Sunday, September 12 – One service at 9:00 am followed by parish breakfast

The choir will be singing again and the Sunday School will be in full swing so it is time to celebrate with a delicious hot breakfast prepared by the Brotherhood of St. Andrew – the next best thing to Sunday morning breakfast in bed. Come let someone else do the cooking while you reconnect with the people who attend the other service. If you would like to help with preparation or clean up, please contact Jeremy Bond.

GOOD VIBES FROM VBS!!!

As many of you know, our VBS week went very well. We used a “green” theme – an ordered curriculum that focused on God’s work in creation and how we, as God’s children, need to care for it. The twenty children who came each day enjoyed their time here. Through the week we not only taught them about Jesus but also showed them how to plant, weed and recycle. Each day items were brought in to recycle through our thrift shop.

Without the help of energetic and organized staff, we could easily have fallen on our faces. The curriculum needed a lot of imaginative twists. Our leaders led workshops in crafts, games and bible study. Several children, 7th grade and up in school, assisted our staff. I thank each one, older and younger for his or her help. I also give grateful thanks for those who labored in the parish kitchen to provide the daily snacks. I will not list all the staff names in case I miss one or two, except for my co-leader, Pamela Jones. She brought great energy and enthusiasm to our week and made possible many of our activities.

Those of you present at the 10:00 a.m. Eucharist on the 15th shared in an exciting conclusion to the week. About half our children showed up, with families, and we enjoyed the slightly different format of liturgy offered by Reverend Valerie. Thanks also to all who contributed to the VBS budget. I think we have reserves now for next year’s journey. Indeed, the whole week came across as a wonderful gift from God.

