

THE CHIMES of St. Barnabas, Arroyo Grande, CA

February 2012

Rector's Letter

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. - BCP p 265

Each year, as the rains begin, there is a ritual that takes place at homes and businesses everywhere - the cleaning of the gutters and downspouts. Here at church it has been Sandy, our office administrator, who has volunteered for this job. When she notices that leaves have fallen from the trees outside she knows where they are - up on top of the roof. On the flat roof of the office there are piles of leaves here and there as well as some that are wedged into the downspout keeping water from freely flowing. Each leaf is nothing to be concerned about, but when they collect and pile up they can begin to cause a problem, especially after a rain. The ones at the bottom of the pile begin to decay and get sticky and smelly. The longer they sit the more disgusting they become. So, once a year Sandy climbs on the roof and throws the disgusting piles down to the ground then gathers them into bags and puts them in the green waste bin.

The church offers us an opportunity once a year to clean out our own lives. Each little thing that happens, each little mistake we make, each new habit that we develop is like a leaf, perhaps not a large concern, especially if they are quickly blown away with time. But, when all the little things begin to collect, pile up and interfere with the free flow of our lives it is time to clean out the inner gutters.

As the invitation from the Ash Wednesday service above indicates, Lent is a time for self-examination and repentance. It is a time to take a deep and honest look at ourselves and how we are leading our lives. Are there mistakes that we have made that we need to acknowledge? Are there habit patterns that we would like to change? Do we need to reevaluate the direction of our lives?

Reading and meditating on God's word - Bible Study - gives us a ground against which to compare ourselves and guidance as to God's intent for us. Prayer is a dialogue with God to help us in our inner exploration. Fasting and self-denial give us a chance to be more intentional about what we do and become more aware of the power of our habits. When we decide to "give something up for Lent" we find ourselves having to be more intentional. We can no longer just pick up that piece of chocolate, or watch that TV show, or drink that cup of coffee that we have intended to give up. We have to consciously think about it, make a decision and see how our habits control us.

Lent is an opportunity to clean out the gutters of our lives. It is sometimes difficult and unpleasant work, but it is wonderful to see the waters draining freely. And of course, if you put it off too long, it can lead to severe damage.

I encourage you to fully savor the gifts that Lent can bring. Get off to a right start by joining us at one of the Ash Wednesday services on February 22. Deepen your study of God's word by joining one of the education opportunities being offered. Bob Taylor will be leading a course on the Gospels entitled, Lenten Study: The Four Witnesses, and during the Sunday morning forum time between the services Rev. Jeremy Bond will be leading a Lenten study from the diocese.

May you have a rich and Holy Lent.

DIRECTORY

The Rev. Valerie, Valle, Rector
The Rev. Sandra Barnard, Associate,
Mission & Education
The Rev. Jeremy Bond, Retired
Stacey Cox, Peoples Kitchen Team Leader
Janis Johnson, Minister of Music
Brian Petersen, Treasurer

Shelley Boehning, Pledge Secretary
Marilyn Nelson, Sunday School Director
Ann Mathias & Alison Fesler, Altar Guild Co Directress
Meigs Ingham, Thrift Shop Administrator
Sandy Matson, Parish Administrator
Sherry Loomis, Web Master
Carol Wilcock, Prayer Chain Coordinator

Vestry

Michael Britton, Senior Warden
Fred Wolf, Junior Warden

David Bolterman	Meigs Ingham
Rosemary Cleaves	Sigrid Long
Bill Craig	David Murray
Gene Duchardt	Marilyn Nelson

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

Delegates to Convention

Art Delgadillo
Jane Degadillo
David Ottesen
Tricia Ottesen
Sigrid Long, Alternate
Debbie Miller, Alternate

**Submissions to The Chimes are due the 20th of each month. Send to:
stbarnabaschimes@gmail.com**

BIRTHDAYS

4	Leda Fields	19	Rev. Valerie Valle
5	Doug Parish	21	Boots Taylor
12	Katie Boehning	23	Chris Finch
13	Roger Barnard	26	Francey Ward
14	Laura Horsley	28	Pam Jones
17	Rebecca Pence		Meigs Ingham

ANNIVERSARIES

20	Randy & Tracy Scovil
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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



Shrove Tuesday Pancake Supper
February 21, 5:30 PM in McHugh Hall.
Come and join us for the last party before the beginning of Lent.

Annual Meeting Sunday, January 29 - 11: 00 Brunch and meeting after the 10:00 service



Each year the congregation gets together to reflect on the past year and plan for the future. See pictures of the past year, hear brief reports and share fellowship with one another. Childcare will be provided during the meeting. All are welcome to the celebration whether you have been attending for a few weeks, a few years or a few decades.

Lenten Study: The Four Witnesses

Almost two millennia ago, four unsigned accounts of the life and teachings of Jesus were written. Tradition from the earliest centuries names the authors Matthew, Mark, Luke, and John. What do we know about these witnesses? Why do their stories sometimes differ? This Lent we'll take a look at the story behind the story of the Gospels. Day and time: to be announced. Keep an eye on the bulletin and Wednesday-e for details. Questions? Contact Bob Taylor.

Adult Forum

The forum continues to meet each Sunday from 9:15 - 9:45 a.m. which makes it available for adults coming to either Sunday service. The first two Sundays in February we continue our look at the Book of Common Prayer and other Episcopal Church liturgies. February 19th we focus on healthy ways to embrace the season of Lent which begins the 22nd. February 26th we begin our Lenten series that uses the lessons suggested for Lenten study by the diocese.

Centering Prayer February 6th and 20th at 5:00 PM in the Forum Room.

The Episcopal Church 101

This introduction to the beliefs, history and worship of the Episcopal Church meets on Sunday afternoons 4:00 to 5:30 PM and will continue to meet until February 19th. If you are new to the Episcopal Church or are looking for a refresher course to update your understanding of what it means to be an Episcopalian, this is the class for you. Even if you have missed the first few sessions feel free to join us any Sunday afternoon.

Valentines Day Jazz Concert / Fund Raiser for the 5 Cities Homeless Coalition

Nipomo Presbyterian Church February 12

The Nipomo Presbyterian Church will be hosting a fund raiser for the 5 Cities Homeless Coalition, an organization that is working to build a day center that will house Peoples Kitchen as well as provide a full range of resources to empower low income and homeless families, children and individuals. Your help is needed. As part of the evening there will be a silent auction and a chocolate feast. If you would like to buy tickets, donate to the silent auction or provide a chocolate creation please speak to Rev. Valerie, who serves as vice president of the board of the 5CHC.

Ash Wednesday Services

February 22 - 10:00 am and 6:30 pm. Begin the season of Lent with the quiet and deeply moving service of Ash Wednesday that includes the imposition of Ashes and Eucharist.



Vestry Retreat Saturday February 25

Please hold your vestry and clergy in prayer as we gather to plan for the future of St. Barnabas.



SENIOR LUNCHEON MONDAY JANUARY 30 – in the Parish Hall **Lunch is served at Noon**

We welcome all Seniors, Caretakers and Friends to the St. Barnabas Church monthly Senior Luncheons. This is your time to meet and greet new and old friends while partaking of the culinary delights provided by our volunteer staff! Please take a minute to sign up on the bulletin board just inside the door of the Parish Hall, it will help give us an idea of how many guests to prepare for. Even if you don't have an opportunity to sign up you are always welcome. We are always prepared!

SEE YOU THERE!

SUNDAY SCHOOL

Yum, yum. Youth Forum students Ethan, Audrey, Alexandra and Zachary and dad Jason prepared a delicious meal for the Senior Luncheon in December. Matthew and Dylan M. helped serve. Read about the details in the Diocesan newsletter, "Good News along the King's Highway" at this link: http://www.edecr.org/subscription_detail.php?si=3 > on the diocesan website.

All of the children helped the whole congregation celebrate Emma's baptism in church on January 8th.

100% of the Youth Forum class members have served as acolytes during January. The fifth Sunday in January is their turn to serve as lectors as well.

Jane & Art Delgadillo, Marilyn Nelson, Lee Whipple, Lynne Schulz, Kevin Pence, Pam Pano, Ann Mathias, Debbie Manville, Ann Napier, Sam Agbo, Mike Britton, Shelley Boehning, Annika Ladewig, Gail Applegate & Don Frommelt, Alison Fesler, Shea Scheuer, Susan & David Murray, Fred Wolf, Jason Manville and Liz Widdicombe served as teachers and activity leaders during January.

THE THRIFT SHOP

Last Thursday I had the opportunity to take the Rev. Valerie to our Thrift Shop to see the progress made on the recent improvements. The patio where we hold sorted donations to be processed had a major problem with flooding whenever it rained. We had a general contractor build a new foundation and replace the walls which were water soaked and rotting. We also had a pump installed outside the entrance to the patio where we always had a "lake" to cross after a heavy rain. When all this was finished - Voila! No more problems!

After she and I had checked out the improvements, we went in the back door of the shop to the processing room. There were Lucille and Imogene, two parishioner volunteers busily pricing clothing and kitchenware. After fervent and enthusiastic greetings by one and all, we made our way out to the front of the Thrift Shop.

Lynne, another parishioner volunteer, was at the cash register busily ringing up customers' sales. A regular customer, Gabe, came in to see what he could find as a gift for a friend. He was delighted to meet our rector. As we were chatting away, in walked Bill and Hilary! Bill of course was here to check out the pump outside to be sure all was well. Hilary had brought some donations which we put in the holding shed for Sandy, who volunteers every Friday to sort donations prior to placing them on the patio to be processed.

And there's more: volunteers process and price all donations, take collectibles to be appraised, make sure the jewelry case is well stocked, come in once a week to iron, do laundry when necessary, make sure appliances are working and make repairs when necessary, make sure the book shelves are well stocked, sort out fabric and crafts, care for donated toys and dolls that need a gentle touch, keep our roof repaired, build our shelves, make sure any hazardous waste gets to the right place. All this is accomplished by your fellow parishioners who volunteer their time for the Thrift Shop. This takes a **lot** of volunteers!

With the volunteers we have now the Thrift Shop is only open 6 hours a day Tuesday through Friday and 4 hours on Saturday. Our hope is to be able to open again on Mondays, as we used to be, and extend Saturday to 6 hours. To do this we need more volunteers. As you read this perhaps you will consider becoming a part of this flourishing Outreach Ministry and help us reach our goal of serving the community 6 days a week!

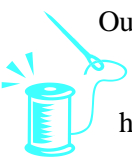
In Faith,
Meigs Ingham, Thrift Shop Administrator/Vestry Liaison

Hygiene Kits

What does a church do with about 28,000 toiletry items donated since 2002? Folks at St. Barnabas put them together in hand sewn bags containing fifteen or more hygiene items and deliver them to the Homeless Services Project at CHC for distribution to our homeless neighbors.

How did St. Barnabas get involved in this ministry? Lach MacDonald returned from a 2002 Diocesan Lay Ministry Workshop titled "Opportunities for Ministry," and shared what he had learned in a Sunday morning Forum. The Episcopal Church Women in the Diocese of Pittsburgh assembled personal hygiene kits for distribution through a walk-in ministry through their cathedral. Over the next few weeks the idea of a similar ministry here took root.

In August of 2002, an enthusiastic group of twelve met to organize and start the project under the leadership and inspiration of Carol Wilcock. We teamed up with CHC's Healthcare for the Homeless program based in Grover Beach to distribute the kits as part of their ongoing outreach to the homeless in our area. At first we met periodically as toiletry items were donated. Now we meet every other month to assemble and deliver the bags. In addition our Sunday School children assemble kits including toys and hygiene items for homeless youngsters two or three times a year.

 Our volunteers have ranged in age from 5 to 98. There are stand-up and sit-down jobs. A parishioner's daughter who lives out of the area sews bags. We have even graduated to our own storage closet. Two hours of your time bimonthly can make a big difference in the lives of our homeless neighbors, and everyone is welcome to help. Besides participating in a worthwhile project that improves people's lives, we have a good time.

Last week as we delivered seventy bags, the CHC staff thanked us profusely and told us that clients look forward to coming in for them. But they had run out of kits. The need is great. Our running total in less than ten years now exceeds 1800, and we can be sure that God's love and our concern go with each personal hygiene kit we assemble. We hope to reach 2000 by our tenth anniversary this summer.

Each personal hygiene kit contains shampoo, conditioner, toothbrush, toothpaste, lotion, Kleenex, nail clippers, hand towel, wash cloth, two soaps/liquid shower gels, laundry soap, deodorant, comb and a poem about God's love written by a local homeless man with a message from St. Barnabas. Shaving cream, razor, shower cap, nail file, sewing kit, emery boards and other items are included as appropriate.

All unopened toiletry items are welcome in the donation box in the parish hall. Things not placed in individual bags go into a "miscellaneous" bag that CHC staff members distribute as needed. Donations by check with "hygiene kits" in the memo section allow us to purchase items to complete kits. Your participation through donations and help assembling toiletry kits share God's love in a tangible way.

Calling all Kids! *Kid's Night Out* is coming to St. Barnabas!



Kids of all ages are invited to Kids Night Out, hosted by St. Barnabas on the first Friday of each month, starting in February! This free event is just for kids! *No Parents Allowed* - although we're sure you'll be able to figure out something to do with yourselves! **KNO** will include; dinner, activities and a movie! Check in begins at 5:50pm and Pick-Up at 9:45pm - for more info and to sign up your kids visit our ****NEW** KNO** website at: <http://stbarnabaskno.eventbrite.com/> Volunteers for this new ministry are needed as well! Look for the informational board this Sunday in the Parish Hall and sign up today. You can sign up for a short shift or a the whole night and help with providing a simple dinner, a movie, games or activities. If you need help planning, Alison can help with that! Questions? Email Alison Fesler: a_fesler@yahoo.com