

# St. Barnabas' Episcopal Church

**THIRD SUNDAY IN LENT | MARCH 23<sup>RD</sup>, 2025** 8:00 am & 10:00 am



Parable of the Barren Fig Tree Mazzolino, Ludovico

God's discerning, inclusive, Christ-centered church, engaged in outreach ministry, growing discipleship, and life changing worship.

### Welcome to Indoor Worship at St. Barnabas'!

Welcome to our in-person indoor worship service. In order to worship safely we will:

- Have doors and windows open to provide fresh airflow,
- Be limited to those who have no COVID-19 symptoms and have not recently tested positive for COVID.
- Recommend that a mask be worn at all times, however, masks are optional for those who have been vaccinated and are healthy,
- Please note that we do not require COVID vaccination to attend worship at St. Barnabas.

Distribution of bread and wine:

- Starting from the balcony and then the back of the room, Ushers will invite you forward to receive the bread and wine.
- Then you may take a small bowl of wine from the tray and consume the wine before returning to your seat. Empty bowls may be placed in the baskets along the side of the room.
- If you prefer, instead of an individual bowl, you may drink wine from the common chalice.
- If you are unable to come forward, let the ushers know so the bread can be brought to you.

Four courtyard and two narthex bathrooms are available for your use. Please use the disinfecting spray that is in the bathroom. If you have any questions or concerns, the Ushers are available to assist you.

### Welcome to Online St. Barnabas!

Welcome to those joining our virtual worship with Facebook Live. We are glad to have you with us in this new way. You may access our livestream starting at 9:45 am at <u>facebook.com/StBarnabasAG/</u>

A recording of the live-stream will be posted on the St. Barnabas YouTube Channel (<u>bit.ly/StBYouTube</u>) the afternoon following the service.

**Bidding (intercessory prayer) Book** – If you would like to add a prayer to be read during the church service, you may add it to the "Bidding Book" located at the back of the church to the left of the doors. If you cannot join us in person and would like to add a prayer to be read during the church service you can email the name of the person to our parish office at saintbarnabas.ag@gmail.com (before Wednesday morning), or add it to the comments section on Facebook Live during the livestream.

## Flowers and Candle Dedications:

Candles are lighted by Jerri Pence in memory of Jack Pence.

Greens are placed by Art Delgadillo in loving memory of his brother, Javier.

In addition to our Sunday morning Eucharist at 8:00 am and 10:00 am, we offer the following...

# Notable Events

SUNDAY	MARCH 30	Newcomer's Brunch 11:30 am
SATURDAY	APRIL 5	Parish Grounds Workday 9:00 am
SUNDAY	APRIL 6	Immigrant Sunday and Eucharist 8:00 and 10:00 am

#### VOLUNTARY

INTROIT

### O Nata Lux

Sung by the Choral Scholars

**ENTRANCE HYMN** Praise to the living God Praise the All to liv - ing God! his Name 1 prais - ed be 2 Form less, all love - ly forms de \_ clare his love - li ness; 3 His Spi - rit flow - cth free. high surg - ing where it will: life hath im -4 E ter - nal he plant - ed the soul; in <u></u> who was, and is, and is to be for ay the same. ho no ho - li of earth can his press. ly, \_ ness ex still.  $\mathbf{in}$ pro-phet's word he spoke of old; he speak - eth his roll. love shall be our strength and stay while ges a -The God now ap ter - nal aught that one еere pears: all. is Lord of Cre a - tion speaks his Lo. hc praise, Es change - less tab-lished is his law. and it shall stand. Praise God! All to the liv - ing prais - ed be his Name the first, the last, be - yond all thought his time - less years! a bove, be - low, his will beys. and ev - ery-where 0 hu - man heart, land. deep writ up - on the on sea, on who the same. was, and is, and is to be, for ay 4

### Introit Lyrics: Latin text

O nata lux de lumine, Jesu redemptor saeculi, Dignare clemens supplicum Laudes precesque sumere. Qui carne quondam contegi Dignatus es pro perditis, Nos membra confer effici Tui beati corporis.

### **English translation**

O Light born of Light, Jesus, redeemer of the world, with loving-kindness deign to receive suppliant praise and prayer. Thou who once deigned to be clothed in flesh for the sake of the lost, grant us to be members of thy blessed body.

Words: Latin, 10<sup>th</sup> Century

Music: Setting by Scott Villard

# THE WORD OF GOD

The people remain standing.

Celebrant **People**  Blessed be the one, holy, and living God. Glory to God for ever and ever.

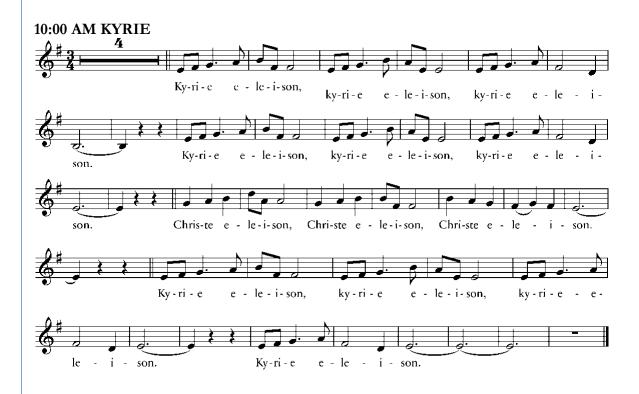
### THE COLLECT FOR PURITY

Dios omnipotente, para quien todos los corazones están manifiestos, todos los deseos conocidos y ningún secreto encubierto: Purifica los pensamientos de nuestros corazones con la inspiración de tu Santo Espíritu, para que perfectamente te amemos y dignamente celebremos tu Santo Nombre; por Cristo nuestro Señor. **Amén.**  Translation: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit that we may perfectly love you, and worthily magnify your holy Name through Christ our Lord. Amen.

## 8:00 AM KYRIE

Spoken Together

### Kyrie eleison, Christe eleison, Kyrie eleison



This prayer is called the **Collect for Purity,** and it is reminiscent of Psalm 51. As its name *implies, this is the state* in which we hope to approach God in worship. The prayer dates back to the 11<sup>th</sup> century, which means it would have originally been in Latin. In this season, as a sign of welcome, the Celebrant says this prayer in Spanish.

## THE COLLECT OF THE DAY

Celebrant	The Lord be with you.
People	And also with you.
Celebrant	Let us pray.

O Lord, you have taught us that without love whatever we do is worth nothing: Send your Holy Spirit and pour into our hearts your greatest gift, which is love, the true bond of peace and of all virtue, without which whoever lives is accounted dead before you. Grant this for the sake of your only Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**.

# THE LESSONS

The people sit.

# FIRST READING: Exodus 3:1-15

A Reading from the Book of Exodus.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, "The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you." God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever,

and this my title for all generations."

ReaderThe Word of the Lord.PeopleThanks be to God.

Each Sunday, our worship includes a reading from (a) the Old Testament, (b) the Psalms, (c) the New Testament, and (d) the Gospels.

Our readings are on a pre-set three-year cycle called "The Revised Common Lectionary" or RCL. We are currently in Year C of that three-year cycle.

We respond to the reading of Scripture by thanking God for the gift it is to us.

## PSALM 63:1-8

<sup>1</sup> O God, you are my God; eagerly I seek you; \* my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.

<sup>2</sup> Therefore I have gazed upon you in your holy place, \* that I might behold your power and your glory.

<sup>3</sup> For your loving-kindness is better than life itself; \* my lips shall give you praise.

<sup>4</sup> So will I bless you as long as I live \* and lift up my hands in your Name.

<sup>5</sup> My soul is content, as with marrow and fatness, \* and my mouth praises you with joyful lips,

<sup>6</sup> When I remember you upon my bed, \* and meditate on you in the night watches.

<sup>7</sup> For you have been my helper, \* and under the shadow of your wings I will rejoice.

<sup>8</sup> My soul clings to you; \* your right hand holds me fast.

# SECOND READING: 1 Corinthians 10:1-13

A reading from Paul's first letter to the Corinthians.

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Reader	The Word of the Lord.
People	Thanks be to God.



The **Sequence Hymn** leads us into and out of the Gospel reading.

All stand.DeaconThe Holy Gospel of our Lord Jesus Christ according to Luke.PeopleGlory to you, Lord Christ.

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

DeaconThe Gospel of the Lord.PeoplePraise to you, Lord Christ.

**SEQUENCE HYMN** 

When Israel was in Egypt's land (v 3 & 4) Prior Page

**THE SERMON** Followed by a moment of silent mediation. The Rev. Cn. Doug Edwards

# THE APOSTLES' CREED

All stand.

I believe in God, the Father almighty, creator of heaven and earth; I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Episcopal Church does not have a separate statement of faith or list of things we believe. Instead, we hold the ancient **Creeds**, such as the Apostles' and Nicene, to be our statements of faith. They contain the core of our belief as Christians, but do not limit our faith.

In this Season of Lent we are using the **Apostles Creed**.

## THE PRAYERS OF THE PEOPLE

### All remain standing.

With compassion, justice, and reconciliation in our hearts, let us pray for the needs of all people and creation.

We pray for all who hold authority in every community and every nation, that their actions and decisions show regard for our common humanity, that they seek to build up even the most vulnerable and that they protect earth's natural resources. God of unity and justice, **Hear our prayer**.

We pray that all may come to know and follow the way of Jesus's compassion; that seeking to serve him in all persons, we may find unity in the diversity of life. God of unity and compassion, **Hear our prayer.** 

We pray that, in the respect for our oneness with the earth and all that is in it, we may be emboldened to act to restore and protect all of God's creation on land, in the seas and oceans, and in the air.

God of unity and respect, Hear our prayer.

We pray that in our own struggles we may remember with love our connection to others who are struggling with poverty, hunger, and disease throughout the world and that, in your mercy, we may support and promote ways that help every person to have the resources they need to live and thrive in safety. And in our own community we pray for: **Chantelle Powell**, **Demonte, Arterio, Lyn, Shirley, Leslie, Diane Wilcock, Dave, Callie, and Susan's brother Bill.** 

God of unity and mercy, Hear our prayer.

We pray that all who have died may be received into the unity of your glory; we pray for repose of soul for: **Melody Beattle and Reuben Pineda**. God of unity and glory, **Hear our prayer**.

With the love Christ instills in us, we give you thanks for all who support the work of Episcopal Relief & Development, Ministry Partners, and Disaster Volunteers and we pray your guidance for their staff as they facilitate healthier, more fulfilling lives in communities. God of unity and love, **Hear our prayer**.

(The Intercessor then reads the petitions from the bidding book and from the comment section of FB Live.) God of unity and grace, Hear our prayer.

And after a moment of silence, the Deacon adds a concluding Collect.

In response to the Confession the Priest says the Absolution signifying the grace that we have already received through Jesus. As the Absolution is said some choose to make the sign of the Cross by using the fingers to touch the forehead, heart, left shoulder and right shoulder, and back to the heart again.

# **CONFESSION OF SIN**

The Deacon or Celebrant says Let us confess our sins against God and our neighbor. Silence may be kept.

## Minister and People

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

## The Priest stands and says

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen**.

# THE PEACE

All stand.CelebrantIn union with one and all, may the peace of Christ be always with you.PeopleAnd also with you.

Then the Ministers and the People may greet one another in the name of the Lord.

# ANNOUNCEMENTS

*The people sit.* Birthdays: Anniversaries:

# **Birthday Prayer**

Gracious God, who made us in your own image, we thank you for life, love, and joy. Send your blessing upon these your children, who have completed another year. Surround them with your grace, fill them with your love, and strengthen them to be your servants in the world. This we ask through Jesus Christ our Lord. Amen.

# Anniversary Prayer

We thank you, Gracious God, for the love you have implanted in the hearts of your servants and for your continued blessings upon them. Give them kind and loving hearts, always ready to ask forgiveness as well as to forgive. Support them through times of trial, strengthen their love for one another, and may that love empower them to be instruments of God's love in the world. This we ask through Jesus Christ our Lord. Amen.

If are joining us on Facebook Live and you have a **birthday**, **anniversary or other celebration** please type that into the comments.

### **Prayer for Travelers**

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel; surround them with your loving care; protect them from every danger; and bring them in safety to their journey's end; through Jesus Christ our Lord. Amen.

# THE HOLY COMMUNION

### The Celebrant says

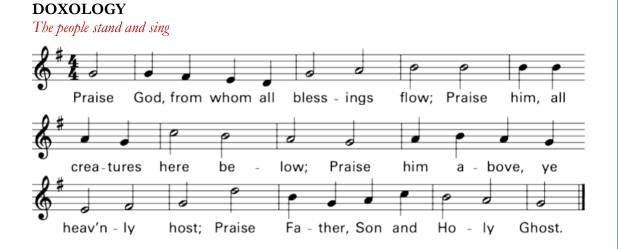
Offer to God a sacrifice of thanksgiving, and make good your vows to the Most High.

## **OFFERTORY ANTHEM**

## The Lord is kind and merciful Sung by The Choral Scholars

WORDS: Psalm 103

MUSIC: Francesca LaRosa



# THE GREAT THANKSGIVING

### The People remain standing.

	· · · · · · · · · · · · · · · · · · ·
Celebrant	The Lord be with you.
People	And also with you.
Celebrant	Lift up your hearts.
People	We lift them to the Lord.
Celebrant	Let us give thanks to the Lord our God.
People	It is right to give him thanks and praise.

### The Celebrant continues

It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

### Anthem Lyrics:

Refrain: The Lord is kind and merciful.

Bless the LORD, O my soul; and all my being, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits. He pardons all your iniquities, heals all your ills. He redeems your life from destruction, crowns you with kindness and compassion. Merciful and gracious is the LORD, slow to anger and abounding in kindness. Not according to our sins does he deal with us, nor does he requite us according to our crimes. As far as the east is from the west, so far has he put our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear him.

During the season of Lent we are using **Eucharistic Prayer D** from the Episcopal Book of Common Prayer (1979). All Eucharistic Prayers follow a set format, though some have more contemporary and inclusive language. Eucharistic Prayer D is the most ancient of the ones we use. Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we say,

At 8:00 am the Sanctus is said by the Celebrant and People

Holy, Holy, Holy Lord, God of power and might, heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

At **10:00 am** the Sanctus is sung by the Celebrant and People



## The Celebrant continues

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you. This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

## Celebrant and People

We praise you, we bless you, we give thanks to you, and we pray to you, Lord our God.

### The Celebrant continues

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, with St. Barnabas and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. **Amen**.

## The Deacon says

As now as our Savior Christ has taught us, we are bold to say,

## People and Celebrant

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

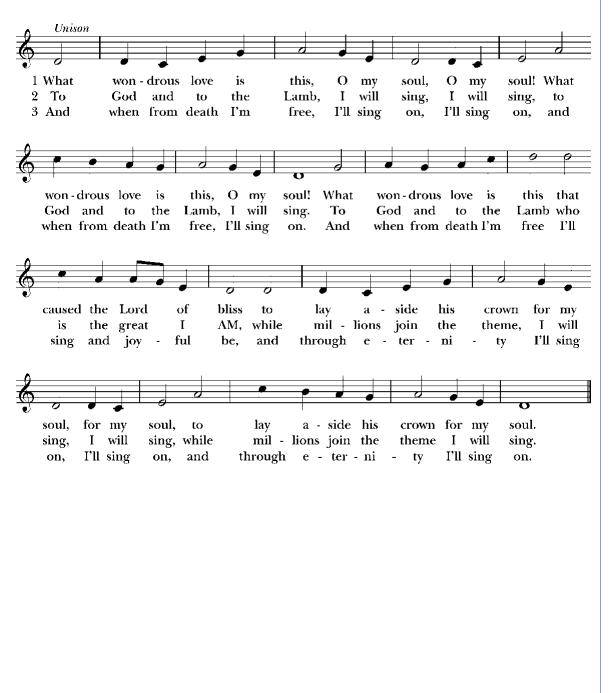


The Celebrant says

The Gifts of God for the People of God, all are welcomed at God's table.

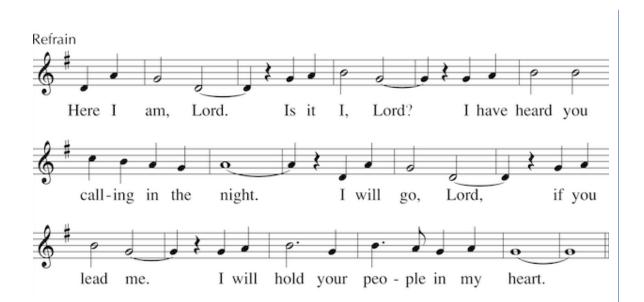
### **COMMUNION HYMN**

#### What wonderous love is this



You are welcomed to join the choir in singing the Communion Hymns. Or, you may elect to listen. You are welcomed to join the choir in singing the Communion Hymns. Or, you may elect to listen.





During the Season of Lent we will have a moment of silence at this point in our worship as we reflect on what God has done for us through Jesus.

The blessing by the Priest is a reminder of the many blessings we already have from God. We are aware of some of the blessings and unaware of others. Our response to these blessings is gratitude and joy.

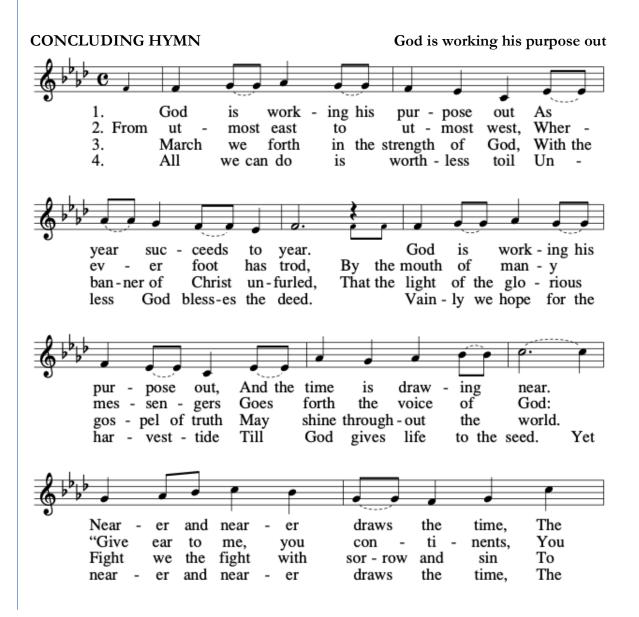
#### Let us pray.

#### Celebrant and People say together

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

### The people stand and the Priest blesses the people, saying

The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. *Amen* 





# LIFE AT ST. BARNABAS

**NEWCOMER'S BRUNCH** – About once a year, about two months before the Bishop's visit to St. Barnabas, we like to welcome newer folks who have become part of our community here at St. Barnabas.

On <u>Sunday, March 30th</u> we will do just that at both of our morning services. In addition, after the 10am service we will have a catered lunch in the Forum Room (at 11:30am) where newcomers can meet one another and ask their questions of the Rector. Please let us know if you consider yourself a newcomer at St. Barnabas' and would like to be included in this lunch.

<u>WELCOME OUR NEW PARISH ADMINISTRATOR</u> – Please join in welcoming Cole Martinez as our new Parish Administrator, replacing Adam Loveridge whose last day with us is March 30th. Some of you may know Cole from our 8am worship service. He is Candace Kincade's grandson. Cole is a 2023 graduate from Cal Berkeley and is currently working on an online Master's degree in Behavioral Psychology.

Cole will start with us on Tuesday and will cross-train with Adam for two weeks. Adam has also agreed to be available to answer Cole's questions after that time period.

Going forward, Cole should be in the office Monday-Friday mornings and once a month on Sundays.

Welcome Cole! We are very blessed.

**EMBODIED SPIRITUAL PRACTICE/BARRE CLASSES** – Our bodies, or moving centers, are a vital category of spiritual practices. For many years, here at St. Barnabas, Sigrid Long has offered chair yoga, senior fitness, and yoga. Classes are donation based which is usually \$5-10.

Wednesdays at 12:15 pm – Chair Yoga / Senior Fitness Thursday at 9:30 am – Yoga Friday at 12:15 pm – Chair Yoga / Senior Fitness

**FUNCTIONAL FITNESS WITH HEIDY!** – Join Instructor Heidy Mangiardi for a fun AND functional mobilityfocused, full-body work-out on Wednesdays at 10am. Using resistance bands and chairs, this class focuses on posture, improves your balance, increases your flexibility, and helps you develop full-body strength. This is a noimpact but challenging head-to-toe workout that is set to great music from the 50's to today to help keep you moving. All exercises can be done seated or standing and are designed to make you stronger, more stable on your feet, and give you the confidence to move through your day-to-day activities. Stay more independent, age well, get fit, and have FUN with Heidy!

# **OPPORTUNITIES TO GATHER VIRTUALLY**

<u>Sunday morning WORSHIP at 10:00 am</u> – We live-stream our Sunday 10:00 am worship services on the St. Barnabas' Facebook page: <u>facebook.com/StBarnabasAG/</u>

All you need is a computer or device with an internet connection and speakers to watch the live stream; you do not need to have a Facebook account. A recording of the live stream will be posted on the St. Barnabas YouTube Channel: (<u>bit.ly/StBYouTube</u>) following the service.

If you would like to participate more fully in the service, the order of service booklet is available for download on the St. Barnabas website by clicking the big blue "Weekly Bulletin" button on our website. Sunday morning worship bulletin is available starting at 1:00 pm on Thursday.

<u>**TUESDAY MORNING PRAYER at 9:30 am</u> – Now Hybrid on Zoom and the church library in person.** If you have a Book of Common Prayer at home that will be useful to have on hand. Click this link to attend via your computer or device: <u>bit.ly/stbarnabasmorningprayer</u></u>

To dial in call 1-669-900-6833. When prompted put in the Meeting ID of **878 6513 4138#** and when prompted for a password put in **365072#**, and then hit **#** a second time.

<u>BIBLE STUDY Tuesdays at 10:00 am</u> – Now Hybrid on Zoom and the church library in person. Bible Study will start at <u>10:00 am</u> immediately following Morning Prayer. The Zoom login is the same as Morning Prayer (above). We are studying Scripture passages that inform us about our former-Presiding Bishop's "The Way of Love.". Feel free to contact Gerti Garner at <u>ggrgarner@gmail.com</u> for more information.

**Friday 4:00 pm CENTERING PRAYER** – Each Friday afternoon at 4pm we will hold a Centering Prayer Service. After first gathering for a few minutes, we practice our 20 minutes of silent Centering Prayer. Following the practice, we will be reading and discussing a passage from Hildegard of Bingen, a mystic from the 11th and 12th centuries. She was a mystic (perhaps Germany's first) and a visionary, but she was also a prophet, a reformer, a scientist, an encyclopedist, a composer, and a dramatist – a Renaissance personality well before the Renaissance.

We are using Let There Be Light an edited collection of prayers and writings introducing some of her visions and spiritual insights.

We meet every Friday from 4:00 pm -5:00 pm. We next meet **in person** on **Friday, April 11**<sup>th</sup> (and every 2nd Friday) at St Barnabas. On all other Fridays we meet via Zoom: <u>bit.ly/stbarnabascenteringprayer</u>.

To dial in call 1-669-900-6833. When prompted put in the Meeting ID of **867 7756 1670#** and when prompted for a password put in **034979#**, and then hit **#** a second time.

# MAKING DONATIONS TO ST. BARNABAS

<u>ELECTRONIC TRANSFER</u>: You can make an electronic transfer to St. Barnabas using Quick Pay with Zelle set up. Many banks and financial institutions offer this method of funds transfer. Donations can be set up as one-time or recurring. To transfer money, use the email address of the Financial Secretary (<u>stbarnabas.financial@gmail.com</u>) as the recipient. If you have questions or difficulties setting it up, call Cassidy Rowland at 805-536-1598. There are no fees associated with is type of transfer.

PayPal is another option for electronic transfer. You can find St. Barnabas using the email address of the Financial Secretary: <a href="mailto:stbarnabas.financial@gmail.com">stbarnabas.financial@gmail.com</a> PayPal does charge St. Barnabas a processing fee.

<u>AUTO PAY FROM YOUR FINANCIAL INSTITUTION</u>: Many banks and financial institutions offer a service often called Auto Pay or Bill Pay. It's fairly easy to set up online or at the bank. The donation can be set up as one-time or recurring. The bank will issue the check on the date you give them and mail the check to St. Barnabas.

MAIL YOUR CHECK: You can also mail your check to St. Barnabas. Please put "Attn Financial Secretary" on the envelope. The address is: 301 Trinity Ave., Arroyo Grande, CA 93420

If you have any questions on how to make your donation, please feel free to contact Cassidy Rowland, Financial Secretary, at 805-536-1598. You can also send an email to <u>stbarnabas.financial@gmail.com</u>. Thank you for your continued support of St. Barnabas.



DONATIONS OF TIME AND TALENT ARE JUST AS IMPORTANT AS FINANCIAL DONATIONS.

# THANK YOU TO EVERYONE WHO HELPS SERVE EACH SUNDAY!

Vestry Members – The governing board of our parish is made up of the following: Class of 2026 – Robert Merritt, Sheila Miller, Tracy Schiro (Sr. Warden) Class of 2027 – Leslie Campbell, Tom DeNatale, Corey Kielan Class of 2028 – Deb Habr, Candace Kincade, Paula Mason

> **This Week's Altar Guild Team:** Marigay Ross, Barbara Conry, Paula Mason

> > Sunday School Teachers: Pam Pano & Aly Magno

Last Week's Coffee Hour Ministry Hosts 8:00 am: Karen Reinecke, Ken Kaisch 10:00 am: Pano & Kielan families

#### CALENDAR March 23 – March 30

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TODAY	In-Person Holy Communion	
	In-Person Holy Communion	
	Children's Sunday School	
Tuesday	Morning Prayer (Hybrid Zoom & Church Library)	
	Biblical Roundtable (Hybrid Zoom & Church Library)	10:00 am
	12-Step Meeting (outdoors)	12:00 noon
Wednesday	Senior Fitness & Stretching with Sigrid	12:15 pm
	Writing From Life class	2:00 pm
	Choir Rehearsal	5:30 pm
Thursday	AARP Tax Prep	
	Morning Yoga with Sigrid	
Friday	Senior Fitness & Stretching with Sigrid	12:15 pm
	Centering Prayer (via Zoom)	4:00 pm
Saturday	First Century Christianity Class	
Sunday	In-Person Holy Communion	8:00 am
	In-Person Holy Communion	10:00 am
	Children's Sunday School	
	Newcomer's Brunch	11:30 am
	*In-person and via Facebook Live	

### SERVING TODAY

PRESIDER/PREACHER	The Rev. Cn. Doug Edwards
DEACON	The. Rev. Dcn. Susan Arnold
8AM MUSIC	Sharon Williams
MUSIC MINISTER	Janis Johnson
CHORAL SCHOLARS	Catryna Benander, Leah Coffey,
	Zach Allen, Alexander Miller

8 am

EUCHARISTIC MINISTER	Carlos Ortiz
LECTOR	Melissa Biel
CHALICE	Karen Reinecke
USHERS	Ann Mathias, Dave Rodgers
VESTRY ON CALL	Paula Mason
Coffee	David and Sharon Williams

### 10 am

EUCHARISTIC MINISTER	Debbie Miller
LECTOR	Lynne Schulz
CHALICES	Todd Long, David Murray, Pamela Jones
USHERS	Jim and Linda Kilponen, Tom Bormes
VESTRY	Deb Habr
LIVESTREAM	Adam Loveridge
COFFEE MINISTRY HOSTS	Julie Shires and Diane Wilcock



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