

# St. Barnabas' Episcopal Church

FOURTH SUNDAY IN LENT | MARCH  $30^{\text{TH}}$ , 2025 8:00 am & 10:00 am



Forgiving Father Wesley, Frank

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 <a href="mailto:facebook.com/StBarnabasAG/">facebook.com/StBarnabasAG/</a>

A recording of the live-stream will be posted on the St. Barnabas YouTube Channel (bit.ly/StBYouTube) 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 Susan Murray in memory of Diletta Foss; Carol Wilcock in celebration of the birthdays of her granddaughters, Alisa Ann Beske and Kathryn Elizabeth Wilcock, and great granddaughter Stella Kathryn Bleske; and Bill Cockshott, in memory of his mother Bea Cockshott and in celebration of Zachary Manos' birthday.

Greens are placed by Jerri Pence in celebration of the wedding anniversary of Kevin and Satoe Pence; and by the children of Charles and Lucille Shepherd, in memory of the anniversary of Charles and Lucille.

In addition to our Sunday morning Eucharist at 8:00 am and 10:00 am, we offer the following				
Notable Events				
TODAY SATURDAY SUNDAY TUESDAY SATURDAY SUNDAY	MARCH 30 APRIL 5 APRIL 6 APRIL 8 APRIL 12 APRIL 13	Newcomer's Brunch 11:30 am Parish Grounds Workday 9:00 am Baptism of Lily Oppenheimer 10:00 am Burial for Bobby Murray at Arroyo Grande Cemetery Memorial for Shirley Holgate 11:00 am Palm Sunday and the beginning of Holy Week		

VOLUNTARY

Variations on Hamburg "When I survey the wondrous cross"

INTROIT Lord, For Thy Tender Mercy's Sake Sung by the Choral Scholars

Lord, for thy tender mercy's sake,

Lay not our sins to our charge.

But forgive that is past,

And give us grace to amend our sinful lives.
to decline from sin, and incline to virtue,

That we may walk in a perfect heart,

Before thee now and evermore.

Amen.

Words: Lidley's Prayers. 1556 Music: Richard Farrant (1530-1580)





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 WORD OF GOD

The people remain standing.

*Celebrant* Blessed be the one, holy, and living God.

**People** 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.

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 11th 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.

#### 8:00 AM KYRIE

Spoken Together

Kyrie eleison, Christe eleison, Kyrie eleison



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.

#### THE COLLECT OF THE DAY

*People* The Lord be with you.

And also with you.

Celebrant Let us pray.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**.

# THE LESSONS

The people sit.

# FIRST READING: Joshua 5:9-12

A Reading from the Book of Joshua.

The Lord said to Joshua, "Today I have rolled away from you the disgrace of Egypt." And so that place is called Gilgal to this day.

While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

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

PSALM 32

8 am & 10 am Said by All

- <sup>1</sup> Happy are they whose transgressions are forgiven, \* and whose sin is put away!
- <sup>2</sup> Happy are they to whom the Lord imputes no guilt, \* and in whose spirit there is no guile!
- <sup>3</sup> While I held my tongue, my bones withered away, \* because of my groaning all day long.
- <sup>4</sup> For your hand was heavy upon me day and night; \* my moisture was dried up as in the heat of summer.
- <sup>5</sup>Then I acknowledged my sin to you, \* and did not conceal my guilt.
- <sup>6</sup> I said, "I will confess my transgressions to the Lord." \* Then you forgave me the guilt of my sin.
- <sup>7</sup> Therefore all the faithful will make their prayers to you in time of trouble; \* when the great waters overflow, they shall not reach them.
- <sup>8</sup> You are my hiding-place; you preserve me from trouble; \* you surround me with shouts of deliverance.
- <sup>9</sup> "I will instruct you and teach you in the way that you should go; \* I will guide you with my eye.
- <sup>10</sup>Do not be like horse or mule, which have no understanding; \* who must be fitted with bit and bridle, or else they will not stay near you."
- <sup>11</sup> Great are the tribulations of the wicked; \* but mercy embraces those who trust in the Lord.
- <sup>12</sup>Be glad, you righteous, and rejoice in the Lord; \* shout for joy, all who are true of heart.

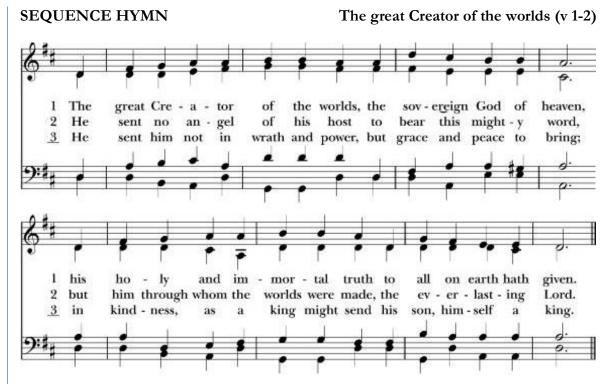
#### SECOND READING: 2 Corinthians 5:16-21

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

From now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

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

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



GOSPEL: Luke 15:1-3, 11b-32

All stand.

Deacon The Holy Gospel of our Lord Jesus Christ according to Luke.

**People** Glory to you, Lord Christ.

Now all the tax collectors and sinners were coming near to listen to him. And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them."

So he told them this parable: "There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands." So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.

"Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!' Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.""

Deacon The Gospel of the Lord.

People Praise to you, Lord Christ.

**SEQUENCE HYMN** 

The great Creator of the worlds (v 3)
Prior Page

THE SERMON Julie Shires

Followed by a moment of silent mediation.

#### 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.

Today we will welcome St. Barnabas parishioner, **Julie Shires**, back to our pulpit. Julie is a 2024 graduate of our diocesan preaching classes.

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: Charlie Gallo and family, Kevin McHugh, Diane Wilcock, Charlie & Tony, Doug Pringle, Tom Parr, Paula Smith, Marsha Fasse, Elizabeth, Dave, Kurt, Pat Dutcher, Sandra Mahmoodi, Shannon R., Roy Keelins, and Craig Martin.

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: Shirley Holgate, Bobby Murray, Dick Radez, Peter Sichel (pronounced "Seashell"), Barbara Beckett, and John De Yulia. 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.

#### **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.

Celebrant In union with one and all, may the peace of Christ be always with you.

People And also with you.

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

#### **ANNOUNCEMENTS**

The people sit.

Birthdays: Alisa Ann Bleske, Kathryn Elizabeth Wilcock, Stella Kathryn Bleske,

and Zachary Manos

Anniversaries: Kevin & Satoe Pence

#### 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.

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.

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**

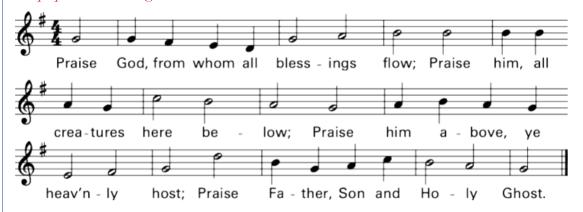
Hear My Prayer Sung by The Choral Scholars

O Lord, please hear my prayer; In the morning when I rise. It's your servant bound for glory. O dear Lord, please hear my prayer. O Lord, please hear my prayer. Keep me safe within your arms. It's your servant bound for glory. O dear Lord, please hear my prayer. When my work on earth is done, And you come to take me home. Just to know I'm bound for glory; And to hear You say, "Well done!" Done with sin and sorrow. Have mercy, mercy. Amen.

WORDS & MUSIC: Moses Hogan (1957-2003)

#### **DOXOLOGY**

The people stand and sing



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.

# 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.

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.

# Celebrant and People sing together



#### The Celebrant says

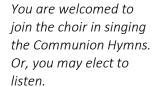
The Gifts of God for the People of God, all are welcomed at God's table.

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



#### **COMMUNION HYMN**

# Now the silence Repeat three times





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.

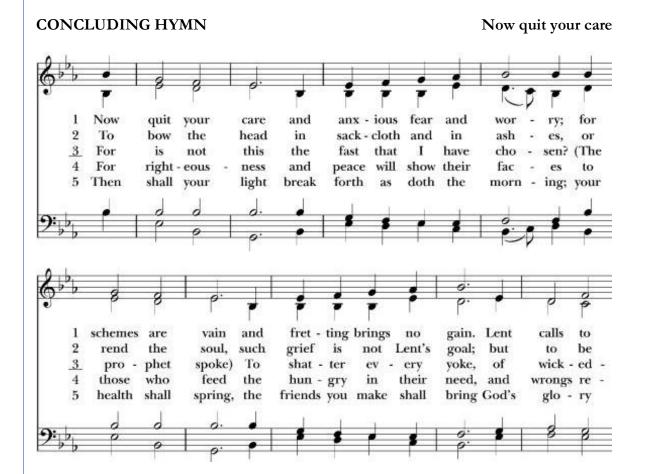
Let us pray.

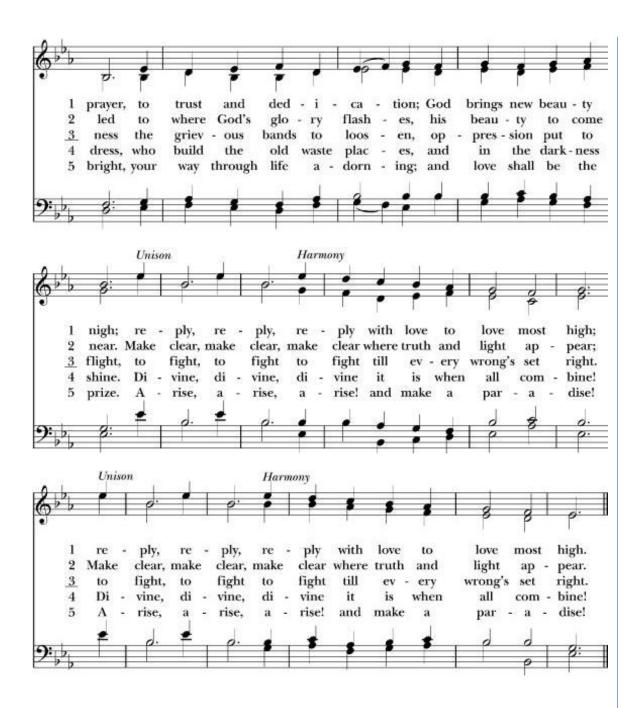
### Celebrant and People say together

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.** 





Deacon Let us go forth to love and serve the Lord.

**People** Thanks be to God.

**VOLUNTARY** 

Sollt ich meinem Gott nicht ich singen (I will sing my Maker's praises) Setting by Jan Bender

# LIFE AT ST. BARNABAS

<u>Newcomer's Brunch</u> – 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.

Today, Sunday, March 30<sup>th</sup>, 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.

NEW BIBLE STUDY CLASS – Our Tuesday morning Bible Study class is shifting to a new study book. On Tuesday, April 8th at 10:00 am we will begin "The Social Justice Bible Challenge." This study book bridges the gap between knowing the Bible and living it. For those who are invested in the work of social justice, each of the forty meditations connect their compassion to God's Word. For those who are deeply engaged in scripture, the readings, questions, and prayers of the study book command action. Featuring forty reflections by spiritual leaders and writers from around the world, "The Social Justice Bible Challenge" is an extension of The Bible Challenge, a global initiative to encourage engagement with scripture and an exploration of the Word of God. Please join us, on Zoom or in person, as we go deeper in our spiritual journey with God.

<u>EMBODIED SPIRITUAL PRACTICE/BARRE CLASSES</u> – 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 mobility-focused, 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 no-impact 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: (bit.ly/StBYouTube) 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>

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 10:00 am 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 <a href="mailto:ggggarner@gmail.com">ggggarner@gmail.com</a> for more information.

<u>Friday 4:00 pm CENTERING PRAYER</u> – 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: <a href="https://bit.ly/stbarnabascenteringprayer">bit.ly/stbarnabascenteringprayer</a>.

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

ELECTRONIC TRANSFER: 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 (<a href="stbarnabas.financial@gmail.com">stbarnabas.financial@gmail.com</a>) 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 <a href="mailto:stbarnabas.financial@gmail.com">stbarnabas.financial@gmail.com</a>. 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:

Janette Sofranko, Ann Mathias, Susan DeNatale

# **Sunday School Teachers:**

Pam Pano & Aly Magno

# Last Week's Coffee Hour Ministry Hosts

**8:00 am:** David and Sharon Williams **10:00 am:** Julie Shires and Diane Wilcock

#### **CALENDAR**

# March 30 - April 6

TODAY	In-Person Holy Communion	8:00 am
	In-Person Holy Communion	
	Children's Sunday School	
	Newcomer's Brunch	11:30 am
Tuesday	Morning Prayer (Hybrid Zoom & Church Library)	9:30 am
•	Biblical Roundtable (Hybrid Zoom & Church Library)	10:00 am
	12-Step Meeting (outdoors)	
Wednesday	Senior Fitness & Stretching with Sigrid	
•	Writing From Life class	
	Choir Rehearsal	5:30 pm
Thursday	AARP Tax Prep	
,	Morning Yoga with Sigrid	
Friday	Senior Fitness & Stretching with Sigrid	
,	Centering Prayer (via Zoom)	*
Saturday	First Century Christianity Class	*
Sunday	In-Person Holy Communion	8:00 am
,	In-Person Holy Communion	
	Children's Sunday School	
	*In-person and via Facebook Live	

#### **SERVING TODAY**

PRESIDER The Rev. Rob Keim

PREACHER Julie Shires

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/VESTRY Robert Merritt

LECTOR/COFFEE Georgianna Gleason

CHALICE Carlos Ortiz

USHERS Karen Reinecke, David Williams

COFFEE Julie Shires

#### 10 am

EUCHARISTIC MINISTER Todd Long

LECTOR John Totten

CHALICES Tom Bormes, Kevin Pence

USHERS Steve Jerrick, Harry Johnson, Diane Wilcock

VESTRY Leslie Campbell

LIVESTREAM Jeff Diehl

COFFEE MINISTRY HOSTS Art and Jane Delgadillo



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