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The Lenten Season at StB's

The Editor's Musings



It's been a busy few days. My husband's long awaited spinal surgery is over and successful and we are now in the throes of healing and resting. As a caregiver, I am juggling Ken's care and making sure that he, Lisle (puppy), and Kieran (cat) are all taken care of, while I tend to yet other responsibilities.

One of which was putting finishing touches on the *Banner*. But as often happens when too much is coming at you, I needed PEACE, I needed a moment. So I stepped from the living room a few steps out into our courtyard. A chilly February wind was blowing, the trees swaying. But as I sat in my corner chair, I was miraculously sheltered from the elements. The cold slipped away, and I felt an unexpected warmth from the February sun. I realized that this was peace. And I wondered, how could it be so wild-weathered around me and yet in this sheltered seat, I found just warmth and shelter. And peace? It was just a step away.

Sitting in the courtyard, I sensed God's Love in the warmth of the sun. Another reminder that for me, peace is everywhere.

Many writers in this issue, continue to reflect on the same. And I was struck by how many sent quotes from the bible or from other sources, to help amplify the thoughts they were trying to capture. Every word you will read should remind you - you can find peace. Seek it out at StB's and ... everywhere.

Beth





Find Time For Peace

By The Rev. W. (Will) H. Mebane, Jr., Rector

A door hangtag was distributed to clergy attending a wellness program presented by The Episcopal Church. The message on the hangtag like one of those plastic “Do Not Disturb” signs found in hotel rooms read, “Taking a 10 Minute Sabbath.” The leaders of the sessions encouraged us to find time each day...even if it’s just 10 minutes... and take a break from the hustle and bustle so common in our lives.

That little hangtag followed me from the places I served in Cleveland, OH to Buffalo, NY to Falmouth, MA. It was more than a little dogeared and held together with Scotch tape by the time I brought it to StB’s. The hangtag finally disintegrated one day when I hung it outside the rector’s office in our Parish Center. However, the lesson I learned during that weeklong retreat concerning clergy wellness found a place in my heart that remains today.

That is how I seek and find peace each day. Taking a 10-minute sabbath away from the stresses and demands that can seem to come at me like tidal waves. Not long after pausing and giving myself a break, often while looking out over Siders Pond, a smile will find its way to my face. “Ahhhh...,” I sigh to myself - sometimes out loud - and suddenly I have found P-E-A-C-E in just 10 minutes of sabbath time. “Ahhh...”

Wiest



Trust in God

By Kate Kristenson



In a complicated, broken and unpredictable world where does one find peace?

We face many challenges in our lives that test our faith. When these challenges are unresolved, we experience stress. This stress can manifest into health issues. There are many apps, products and strategies that promise us peace, but they are a temporary.

For many years I managed my stress with, exercise, journaling, yoga and meditation. After awhile I realized that real peace, the harmony and calmness of body, mind and spirit come when we trust in the power and grace of God. I focused on scripture and I found real peace.

My favorite and daily reminder to find God's peace is in Philippians 4 6:7

DON'T WORRY ABOUT ANYTHING: INSTEAD PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS.

I am at peace, most days, because I have finally realized that NO matter what I am facing, God is always with me. Around my house I have signs to remind me: WORRY LESS, PRAY MORE!

Peace be with you!

Kate Kristenson has lived in Massachusetts her entire life. She and her husband, Eric retired to Falmouth seven years ago after a 32-year career in public education as a teacher and administrator. Together they enjoy sharing the beauty of Falmouth with their adult children and grandsons. They joined the Parish of Saint Barnabas's in 2018 after a church search. Serving on the various ministries in the church brings them much JOY!



God Had Been Calling

By Alec Vaughn

Associate for Congregational Life

PEACE IN THE WORLD STARTS WITH PEACE IN ONESELF. IF EVERYONE LIVES MINDFULLY, EVERYONE WILL BE MORE HEALTHY, FEEL MORE FULFILLED IN THEIR DAILY LIVES AND THERE WILL BE MORE PEACE.

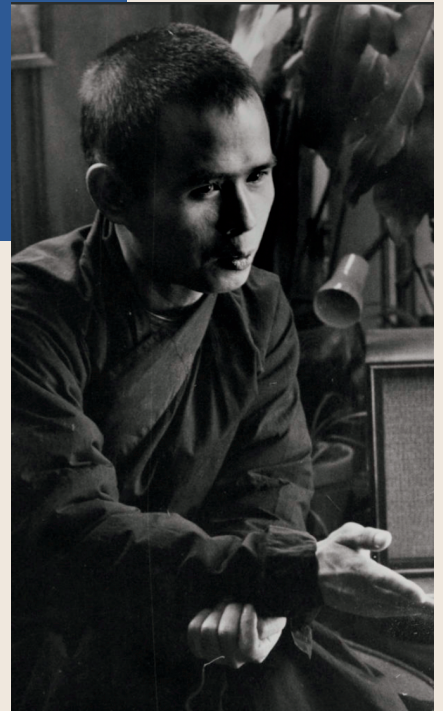
—THICH NHAT HAN

Towards the end of the summer before my junior year of college, I was at Barnes and Noble. On a display rack, a plain book stood out to me. The sketch of the subject's face on the cover emanated a warm, radiant peace that pulled me towards the display. I picked up the book and began to read. Before I knew it, I was hooked. I purchased the book, read it twice through, and, with many questions, I went to my then parish priest's office to chat with him about ministry.

This was the beginning. God had been calling me all along and I began to respond. It was at the end of that summer that I began my conversation with God and the Church about how I was to live my life.

Even though we never met face to face, I consider Thich Nhat Hanh one of my teachers and mentors. Through his writings he taught me how to cultivate peace, the inner garden of my life, and how to share it with others.

The peace, warmth, and joy that makes life worth living begins with the peace within oneself. How we share and use this peace is up to us. May it be used to spread peace abundantly.



Nobel Peace Prize. Exiled from

Speaking out for peace c.1966

© Plum Village Community of Engaged Buddhism (PVCEB)

Thich Nhat Hanh is a global spiritual leader, poet, and peace activist, renowned for his powerful teachings and bestselling writings on mindfulness and peace. A gentle, humble monk, Dr. Martin Luther King, Jr. called him "an Apostle of peace and nonviolence" when nominating him for the Nobel Peace Prize.



Alec Vaughn is the Associate for Congregational Life at Saint Barnabas's. He is hoping to one day be an Episcopal Priest and is highly motivated by the ministries he sees on campus at StB's. As a social person, Alec likes to be a part of the local trivia scene. He enjoys meeting locals and listening to their stories.

Peace in the Gifts of Life

By Kathryn Chasse

"AND THE PEACE OF GOD, WHICH TRANSCENDS
ALL UNDERSTANDING, WILL GUARD
YOUR HEARTS AND MINDS IN CHRIST JESUS!"
— PHILLIPIANS 4:7

PEACE is a word that our society uses in so many contexts. One might hear, "He is now at Peace", after a long battle with cancer. "Make PEACE" could be a decision finally made after a long battle with your conscience or a conflict with someone. "Found PEACE, maybe in a new home in a new environment, where one feels happy and content. "Be or feel at PEACE may connote a person finally retiring, or when an element of life becomes satisfying for the heart and soul. Peace can encompass both conscious and unconscious thinking.

I find PEACE in momentary glimpses of the "gifts of life" that bring a sense of tranquility, that I can feel, see, hear, touch. The music of an artist that speaks to my soul. A new fresh snow that blankets the trees. A crimson and yellow sunset that enfolds the sky. A bird coming to my feeder in search of food and company. Yoga asanas and reciting "shalom". A new bud of a peace lily, amaryllis, or paperwhites that grow in the depth of winter, and bring such beauty and permeating scents to my home. And shooting photos that reflect the tapestries of life.

Seeking PEACE is sometimes elusive, but sometimes, one has found peace and does not recognize it. It can happen unexpectedly. When we give service to others, we give them something they need. It gives them peace, and in return, we receive peace ... a reassuring peace that sustains us and them. Our universe is fraught with sadness, with conflict, and sometimes with despair, but within our small microcosm of a life, we can bring peace to others and to ourselves, that kindles both their and our heart and soul.

As I was writing this, a cardinal is singing his song to tell me: God has sent a visitor from heaven, representing love on earth and beyond, assuring me I am doing what I need to do and that ... that gives me **PEACE**.



My first introduction to StB's was at a bereavement service I attended last winter. I had lost my husband, Denis, was in a zoom bereavement group at Dana Farber, and was searching for comfort and peace. At StB's, I felt warmth, the people were graciously inviting. That was followed by a service on Martin Luther King's birthday, in which I was moved to tears with Will's words and message, and again, I felt warmth from the people. I had been brought up Catholic, but knew I had found my spiritual home at StB's.

George Liles shares this peace poem as a cause for reflection. The poet, Langston Hughes, wrote this in 1945, at the end of World War II, after Germany had surrendered and just after the atomic bombs were dropped on Hiroshima and Nagasaki.

Give Us Our Peace

Give us a peace equal to the war
Or else our souls will be unsatisfied,
And we will wonder what we have fought for
And why the many died.

Give us a peace of accepting every challenge —
The challenge of the poor, the black, of all denied,
The challenge of the vast colonial world
That long has had so little justice by its side.

Give us a peace that dares us to be wise.
Give us a peace that dares us to be strong.
Give us a peace that dares us still uphold
Throughout the peace our battle against wrong.

Give us a peace that is not cheaply used,
A peace that is no clever scheme,
A people's peace for which men can enthuse,
A peace that brings reality to our dream.

Give us a peace that will produce great schools —
As the war produced great armament,
A peace that will wipe out our slums —
As war wiped out our foes on evil bent.

Give us a peace that will enlist
A mighty army serving human kind,
Not just an army geared to kill,
But trained to help the living mind.

An army trained to shape our common good
And bring about a world of brotherhood.

Langston Hughes, 25 August, 1945



George Liles is one of the newly elected wardens at Saint Barnabas's. He was an English major in college and a conscientious objector during the Vietnam War. He has worked as a waiter, a first grade teacher, a journalist, and an administrator for science labs in Woods Hole.

A Prayer for Peace

By Ken McGrail

The “Here” for my Peace is found in 3 places: outdoors while walking on the beach, indoors while holding our new puppy in my lap in my leather recliner, and spiritually when reading either my Bible or The Book of Common Prayer.

There is much to be concerned about in the world right now but as a wise man once told me “God has a plan. We may not know what it is but we should find peace in that fact”.

When I hold our puppy Lisle, I imagine how wonderful it must be to be born without a care in the world other than walking, running, eating, drinking and getting belly rubs. There is a serious sense of finding peace in imagining a world like that.

When I walk on the beach I admire all the beauty that god has created for us to enjoy and hopefully preserve for our future generations. The crisp fresh air, the breathtaking sunrises and sunsets and the powerful and wonderful ocean waves are the very definition of peace found.

The Book of Common Prayer spells it out perfectly in this prayer for peace:



ETERNAL GOD, IN WHOSE PERFECT KINGDOM NO SWORD IS DRAWN BUT THE SWORD OF RIGHTEOUSNESS, NO STRENGTH KNOWN BUT THE STRENGTH OF LOVE: SO MIGHTILY SPREAD ABROAD YOUR SPIRIT, THAT ALL PEOPLE MAY BE GATHERED UNDER THE BANNER OF THE PRINCE OF PEACE, AS CHILDREN OF ONE FATHER; TO WHOM BE DOMINION AND GLORY, NOW AND FOR EVER. AMEN.



Ken McGrail and his new best friend, Lisle, walking on South Cape Beach. Ken became a confirmed Episcopalian last year, and he and his wife, Beth, find great peace in their Saint Barnabas's community. Beth is writing this short bio for him, as he recovers from surgery. He is on the mend and looks forward to feeling so much better, very soon!

Peace

By Sheila McCoy

When asked to reflect on where I find peace the answer readily came to me in God's natural world.

When a child I had the good fortune every summer to leave the hustle and bustle of life in the Boston "burbs" for a few weeks to visit my artist Aunt Claire in her comfortable mountainside home in the Catskill Mountains in upstate New York. There I was surrounded by nature at its finest and she acquainted me with all of its wonders.

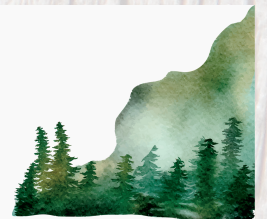


Many mornings we would wake before dawn, fill our backpacks with art supplies and hike to the top of the trail to greet the day in all of its colorful splendor. The expansive view was breathtaking and the stillness filled me with awe. What a wonderful place to attempt to capture its essence with my watercolors!

Other hot mornings we'd take our towels and a bar of soap and follow the path down to the stream and, as we descended, we listened for the sounds of the woodland and hoped to catch sight of a deer meandering down for its morning drink. My uncle had dug out an area of the stream that you could bathe in or swim around a bit, and I couldn't wait to submerge in the chilly, refreshing water and feel the warm sun that filtered through the pines on my face. I marveled at the beauty and felt that all was right in my world...I soon understood this to be my place of peace...to truly experience God's presence.

From that day forward I have sought and experienced peace in God's natural world...the view from the ski lift on a brisk, snowy morning... walking along the shores of our Cape Cod beaches...viewing the vastness of a starry sky...simply tending my garden as it brings forth flowers and food for our table... and I am grateful and recall the words of The 23rd Psalm:

"HE LEADS ME BESIDE THE STILL WATERS, HE RESTORES MY SOUL..."



Sheila McCoy moved to Falmouth and StB's with her husband Alan in 2007 after raising two children and retiring from teaching Full-Day Kindergarten in the Medford Public Schools. She presently serves StB's as a lector, is a member of the Episcopal Church Women's Ministry (ECW) and contributes and serves in the APATT (A Place At The Table) Program.

Peace Be With You

By Diane Jemmott



Peace – a feeling of calmness, security, and harmony. You can not touch or smell peace but you can feel it. Feeling peace is powerful. It is a blessing and an important aspect of joy.

Peace is necessary to help nourish the body and soul. It is a state of mind, not because of the absence of trouble but in spite of trouble. Necessary nourishment to the body and soul for the challenges we face in our life journey.

Understanding how you find peace is critical because it allows you to find it on demand. One of the most challenging times for me to find peace is at bedtime. For some reason that is when my mind starts trying to solve problems of all magnitudes. To get me there most nights it takes finding stillness and calm, giving thanks to God and welcoming the feeling of peacefulness.

Other ways I find peace are sitting at the ocean listening to the rhythm of the waves and enjoying the smell of ocean air, hearing birds singing, caring for my plants and garden, traveling the world and experiencing difference, when I take communion, when I do the best I can, when I help someone and always after prayer.

Peace is a feeling that we all need to find to help balance out the challenges of living in an imperfect world. If we could all find peacefulness in spite of our imperfections the world would be a better place.

PEACE BE WITH YOU!



Diane grew up in Falmouth and was confirmed at Saint Barnabas's. She was the second class of women to graduate from College of the Holy Cross in Worcester, MA. She relocated to Washington, DC where she spent over 30 years as a government relations professional representing public and private sector clients before the congress, state and local legislatures.


Diane purchased the house in Falmouth her parents built in 1964 and in 2015 Diane and her husband, Rod retired to Falmouth. They are avid world travelers except in the summer where you will likely find her at one of the many beautiful Falmouth beaches.

Peace in Community

SAINT BARNABAS'S EPISCOPAL CHURCH


40 Days of Peace

PEACE GROUPS



WEDNESDAY, FEBRUARY 21 @ 7PM - PARISH HOUSE
 FRIDAY, MARCH 1 @ 10AM - PARISH HOUSE
 SATURDAY, MARCH 9 - VIA ZOOM
 WEDNESDAY, MARCH 13 @ 7PM - PARISH HOUSE
 FRIDAY, MARCH 22 @ 10AM - PARISH HOUSE
 SATURDAY, MARCH 23 @ 9AM - VIA ZOOM

STARTING FEBRUARY 18
 WITH PEACE QUESTION #1
 THROUGH MARCH 28



91 Main Street . 508-548-3863
www.stbfalmouth.org

Invite a Friend to StB's



A Ministry of Invite.Welcome.Connect

MARCH 03	CELTIC VESPERS 5:00 pm in the Church
APRIL 07	FIRST SUNDAY OF EASTER 8:00 am & 10:00 am in the Church
MAY 19	PENTECOST SUNDAY 8:00 am & 10:00 am in the Church
JUNE 09	SAINT BARNABAS SUNDAY 8:00 am & 10:00 am in the Church



Saint Barnabas's Church
 91 Main Street
 Falmouth, MA
 508-548-3863
www.stbfalmouth.org

SAINT BARNABAS'S EPISCOPAL CHURCH

Hymn Sing

Join us as we sing your favorite hymns after the Social Hour!

25 February 2024
 following the 10 am service in the Parish House

This event is organized and hosted by the Invite.Welcome.Connect Ministry

Saint Barnabas's Episcopal Church
 Across from the Village Green
 91 Main Street
 Falmouth, MA
 508-548-3863
www.stbfalmouth.org



Saint Barnabas's Episcopal Church

DONATE & PACK

for *A Place at the Table*

19th of February
 10am - 12pm
 President's Day - No School!

Granola Bars, Pudding Cups, Fruit Snacks, Small Cookie Packs, Small Cracker Packs, Easy to Open Cans, Small and Large Bottles of Water, Juice Boxes/Bags, Trail Mix, Snack Crackers (Orange Peanut Butter Crackers or Orange Cheese Crackers), Candy, Ready to Eat meals (Raviloi, Spagetti-o's, Mac-n-cheese, etc) Cup-o-soup, Pre-packaged Dinners, Dried Fruit, Beef Jerky, Slim Fast like shakes, Ensure, Tuna pouches, Emer-gen-c Packets

Come and Join

Saint Barnabas's Church
 91 Main Street - Falmouth, MA
www.stbfalmouth.org





Lent at Saint Barnabas's

Seek Peace

— H E R E —

Meditations on the Stations of the Cross
 Wednesday @ 12 noon – All Saints' Chapel

Holy Week

Palm Sunday – 8:00 am & 10:00 am
 Maundy Thursday – 7:00 pm
 Good Friday – 12 noon & 7:00 pm

www.stbfalmouth.org

Peace Rises

— H E R E —

Easter Vigil on Saturday @ 7pm
 Easter Sunday @ 7am, 9am, 11am

Easter Season

Sundays @ 8:00 am & 10:00 am

www.stbfalmouth.org



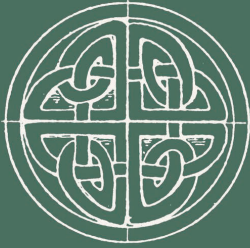
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An Episcopal Parish in the
Cape & Islands Deanery
of the Diocese of Massachusetts

★
SAINT BARNABAS'S CHURCH


CELTIC
VESPERS
OF MUSIC AND PRAYER



MARCH 3 @ 5PM

A CANDLELIGHT SERVICE
CELEBRATING PEACE IN GOD'S
PRESENCE. ★

★
FEATURING MUSIC BY:
NANCY HURRELL, HARPIST
DEBORAH GEMMA, ORGANIST & CHOIR DIRECTOR
THE SAINT BARNABAS'S CHOIR



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