

Carillon

St Barnabas Episcopal Church

Our Mission: To Share the Love of Christ / Compartir el amor de Cristo

Borrego Springs, California

November 2005

Volume 8, No.11

Reflections from the Desert

Thanksgiving and Giving Back

When most people think of November, they instinctively think of Thanksgiving. Nancy+ and I certainly do! Some people have a custom on Thanksgiving Day of remembering specific things for which they are grateful which they have experienced since the last Thanksgiving.

That for which we are most grateful is the opportunity of continuing to serve God by serving you: founding members of St. Barnabas, those who have been with us a shorter time, those who just joined the parish as well as those who support the ministry of St. Barnabas with your prayers and money who are not physically in Borrego Springs.

Your generosity to the victims of Hurricane Katrina was exemplary. I know of more than \$2,000 from those who were in Borrego in September that was sent to the Episcopal Relief and Development (ERD) fund. Others sent money to other charitable organizations helping there.

A couple from the parish offered their motor home, if the opportunity presented itself, to a family of four to use as long as needed because they had evacuated from the Gulf and were stranded in San Diego.

Nancy Bye suggested some long term assistance to a parish devastated by the hurricane. The Vestry passed a resolution to enter into a partnership with Trinity parish in Pass Christian Mississippi. I reported this both to our bishop and to our diocesan coordinator of partnerships who in turn notified the national church.

“As Christian people, if we were asked what it is for which we are most thankful, the answer would be Jesus.”

Trinity's rector, The Rev. Christopher Colby, and I have exchanged emails. We have also spoken on our cell phones because they do not foresee their land phone service restored before the end of the year. Our parishioner, Haddon Salt, has just visited there. Both my Warden, Richard Mills, and the editor of this parish monthly newsletter, Joanie Cahill, are planning to be there on November 14th. We can look forward to their first hand accounts - with pictures!

Once we know specifically what their needs are and what our assets are, our vestry, in collaboration with their vestry, will present a plan to the parish for discussion, approval and implementation.

continued on page 7

Making the Labyrinth Walk a Ritual

by Joanie Cahill

The labyrinth gives us the opportunity to use our bodies in prayer. We pray regularly through word and music, and movement adds another dimension. St. Augustine believed that “all problems can be solved by a walk.” Taking the time to ponder as we wander often fills us with calm and insight.

The holiday season is the perfect time to create your own ritual with the labyrinth. I’ve listed a few ideas below. If you’d like more information, you might want to read *Labyrinths from the Outside: Walking to Spiritual Insight, A Beginners Guide* by Donna Schaper and Carole Ann Camp. Or visit the website mentioned in the previous articles: www.lessons4living.com.

Preparing to Walk

Take time before your labyrinth prayer to prepare yourself. Consciously set aside thoughts, materials --any burden that will prevent you from fully experiencing the moment. Prepare yourself physically. Perhaps take off your shoes, or put on a special piece of clothing or jewelry that makes this time more special and focused. Find a phrase that you can repeat as you walk, in rhythm with your steps. This phrase could be the title of a song, a verse from a psalm, or a special wish for God’s blessing. Some ideas are listed at the end of this article.

The Invocation

An invocation is a prayer reminding us that God is present. We often say them at the beginning of a church service or before a meal. A nice way to begin a walk is to stop and remember that God is present. This can be as simple as saying, “God be with me.” Or it can be as elaborate as you wish. This is your ritual, so you decide.

Walking IN

There is no “right” way to walk the labyrinth. Just as in life, each of our journeys is distinctly unique

to us. Here are some suggestions to help you make the most of your walk:

- ◆ Be aware of your feet along the path.
- ◆ Be aware of your breathing.
- ◆ Repeat your phrase in rhythm with your steps.

At the CENTER

Stop. Sit or lie down if you wish. Empty your mind of thoughts. Just be, in silence, if you can. Be aware that God is with you.

Walking OUT

Continue with your phrase or focus on a new phrase as you work your way back to the world. Imagine taking a gift from the labyrinth with you. It could be a positive feeling, a plan for action, a creative idea. Continue to feel the path; hear your breath. Feel God’s presence. Take a moment as you leave the labyrinth to offer a prayer of thanksgiving.

Thanksgiving Rituals

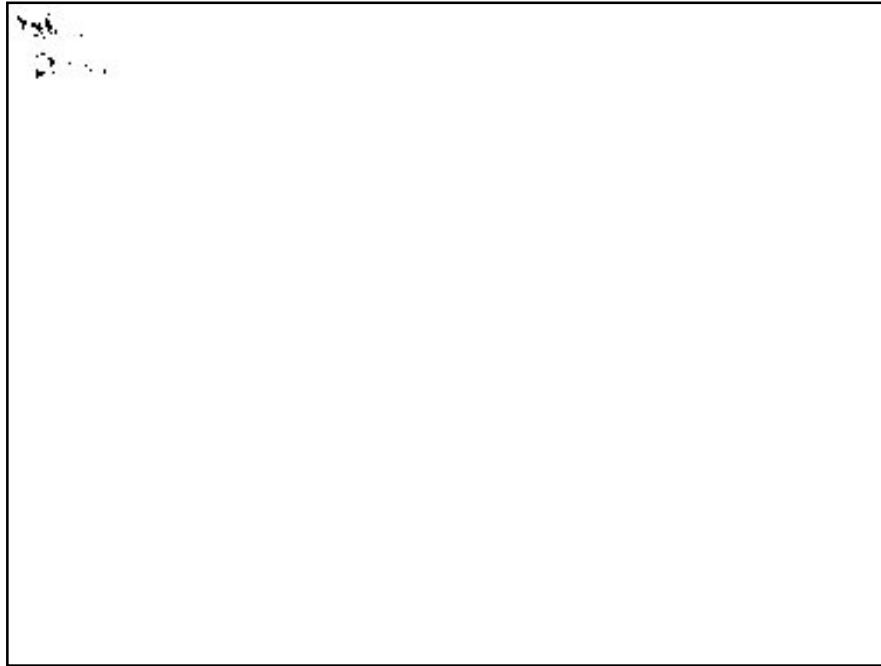
- ◆ Consider your harvest. For what are you thankful? Take an object that reminds you of your harvest and keep it with you as you walk the labyrinth.

- ◆ Palms down, palms up, palms together: As you walk into the labyrinth, concentrate on letting go of worries, concerns and fears. Walk with your hands palm down as a symbol of release. When you reach the center, turn your palms up in a gesture of welcoming whatever gifts of peace and insight are offered. As you leave the labyrinth, put your palms together in a gesture of prayer and thanksgiving as you re-enter the world.

Advent Rituals

- ◆ The four Sundays in Advent represent hope, peace, love and joy. Choose one of these words for your focus each week.

- ◆ Put a small advent wreath in the center of the labyrinth and light the appropriate candles.



Birthday Rituals

- ◆ If your mother is alive, have her join you in the labyrinth.
- ◆ Bring flowers or a balloon to place in the center or at the entrance of the labyrinth to celebrate the special occasion.
- ◆ Invite your friends to walk the labyrinth with you, each thinking of what they wish for you in the coming year. Have cake afterwards!

Memorial Walk

- ◆ Gather friends and loved ones to share in a memorial walk for someone you miss. Have each person write a special memory on a slip of paper. Carry your papers with you as you walk the labyrinth, and leave them in a glass or metal bowl at the center. After everyone is finished, carefully burn the slips of paper in the bowl in ritual fashion.
- ◆ Place a memento of your loved one in the center of the labyrinth or hold it in your hands as you walk the pathway.

Choosing Your Mantra

Repeating a phrase in rhythm to your footsteps is a powerful way to stay focused during your labyrinth prayer. Here are some suggestions, taken from the *Book of Common Prayer*. If you have a favorite way

of walking the labyrinth or a favorite mantra, consider sharing it with our Carillon readers.

Possible phrases to repeat:

- ◆ Praise God from whom all blessings flow.
- ◆ Make me a channel of your peace.
- ◆ Give peace, O Lord, in all the world.
- ◆ Glory to God in the highest, and peace to all people on earth.
- ◆ My soul doth magnify the Lord
- ◆ Lord, hold me close to your heart.
- ◆ Create in me a clean heart, O God.
- ◆ Be not afraid, I go before you always.
- ◆ Sustain me with your spirit, Lord.
- ◆ Bless the Lord, thanks be to God.
- ◆ Alleluia, praise the Lord.
- ◆ Maranatha, come Lord Jesus.
- ◆ Lord have mercy on my soul.
- ◆ The Lord is my light and my salvation.

Editor's Note: *This is the conclusion of our three part series on the labyrinth. If you haven't already taken a walk along its winding path, I hope you'll use this as a guide to take your first steps.*

Joanne McLean Takes the Baton



Joanne McLean has agreed to be St B's new choir director. Directing the choir, as well as singing in it, she sees as a calling, a ministry which enables her to celebrate the wonder of her God. As she puts it rather diffidently, though it is certainly in the tradition of Christian worship, "the way I feel about it is summed up in the words, 'Lord, let me sing to your glory.'"

She officially assumed the position October 6, 2005 when the choir met to rehearse its moves for the coming Sunday.

Joanne has a background in music. She sang in the St Albans' choir for 30 years before coming to Borrego in October of 2003. She has sung in choirs since she was a young girl, following in the tradition set by her parents.

She sang in the University of Minnesota choir on campus as well as under the auspices of the Minnesota Symphony Orchestra under the direction of Antal Dorati during the 1953-54 season. She recently sang at St Paul's Cathedral in San Diego in the choir celebrating the ordination of Bishop Mathes.

The job will entail rehearsing choir members each Thursday afternoon and directing the choir's Sunday's offering. Joanne will also choose the presentation music for each Sunday's service.

Her plan for the choir in the coming months is to rationalize the rehearsal process. That means "rehearsing way ahead by about as much as 6-weeks. That way we can know the music and be comfortable singing it." She emphasized that she is a proponent of keeping things both simple and familiar, though adding new works for special occasions, especially for Advent and Christmas.

Soon, she hopes to offer a workshop for choir members, in cooperation with the choir director at St. Mary's Church in Ramona. That project, she hopes, will offer tips to choristers on how specifically to sing for small choirs.

On the composition of the choir and the fact women presently outnumber men; she said that she hopes she can convince more men to join so that we can produce a better balanced sound. We talked about why so few men seem interested and came to no firm conclusions, though I did point out that in the past more men had been members of the choir.

by Victor Levine

Would you like to add your voice to the heavenly choir at St. Barnabas? Contact Joanne at 767-3678 or come to a Thursday rehearsal at 5pm at the church.

"Knock Knock."
"Who's There?"
"God!"

Is God calling you to be an usher or a chalice bearer? Come to the training on Nov. 2nd or 9th at 4pm. Contact Alex+ for more information.

Have You Ever Thought of Being...

Sometimes the very thing that we avoid is what will give us the most pleasure. For years I resisted becoming a chalice bearer since I felt called to be a reader. Proclaiming the Word was for me the ultimate calling. But when Alex+, who was the new vicar, asked me to take on the calling of chalice bearer, I couldn't say no.

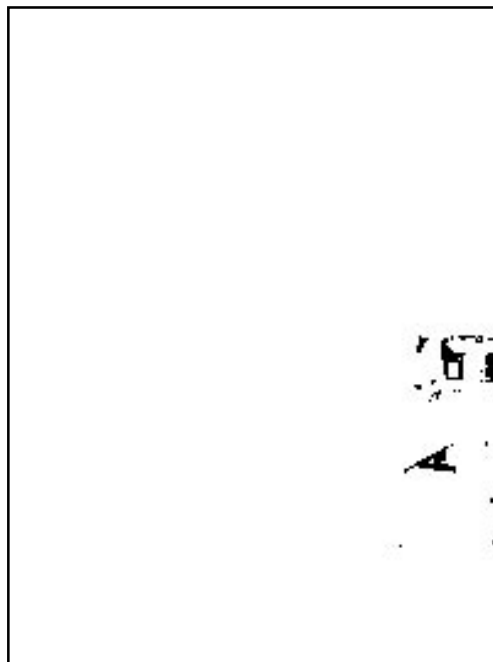
I did not realize until I began the ministry how deeply it would affect me. To look into the eyes of another person and to offer the Blood of Christ, the Cup of Salvation, the Cup of Unity— this became for me a great gift— the wonderful gift of being able to offer to another the grace of communion between Christ and all his people.

Could you be called to this ministry? Alex+ will be offering training to new and prospective chalice bearers and refresher training to experienced chalice bearers. Please attend and see if this is for you. You may find a treasure of grace.

by Mary Levine



Judy Settle and Bob Mendenhall enjoy the lovely coffee hour on October 30th. If you'd like to host the "happy and holy hour", sign up in the parish hall or call Kathleen Killman at 767-3335 for more details. It can be as simple as making punch and setting out some snacks. Share the gift of hospitality! Photo by Faye Dorsey.



Picture yourself here. Can you read well and project your voice to the back of the church? Perhaps God is calling you to be a lector! Contact Jill Bennett at 767-4065.

Join the Women's Bible Study

The Women's Bible Class will begin a study of the Book of Acts which is a treasure chest containing the only extended record of the earliest witness of the church. This study will use materials from the Liturgical Press. The study set contains a daily guide and a reference book.(\$8.50) Reading from a variety of Bibles adds interest to the group, so bring your favorite.

Feel welcome to bring a friend. Membership in the class may vary from beginner to knowledgeable. We all can make new friends, grow, learn and share together.

We will meet in the Parish room from 4-5pm on Thursdays beginning Dec. 1st and ending Mar 2nd. A specific calendar will be provided at the first meeting.

by Bonnie Walker -leader

by Nancy Bye

Special Needs, Special Meetings

Perhaps the most important item to report from your vestry's meeting of October 24 is that Alex+ has called a special meeting at 8:00 A.M. on Monday November 7th.

There are two items on the agenda. One is the request from the Diocese that we raise the percentage of our mission share for 2006, and they request our decision by November 15th. The other agenda item is the ongoing study-discussion of how to best improve and repair our parking lot. As always, all parishioners are invited to attend these very important meetings.

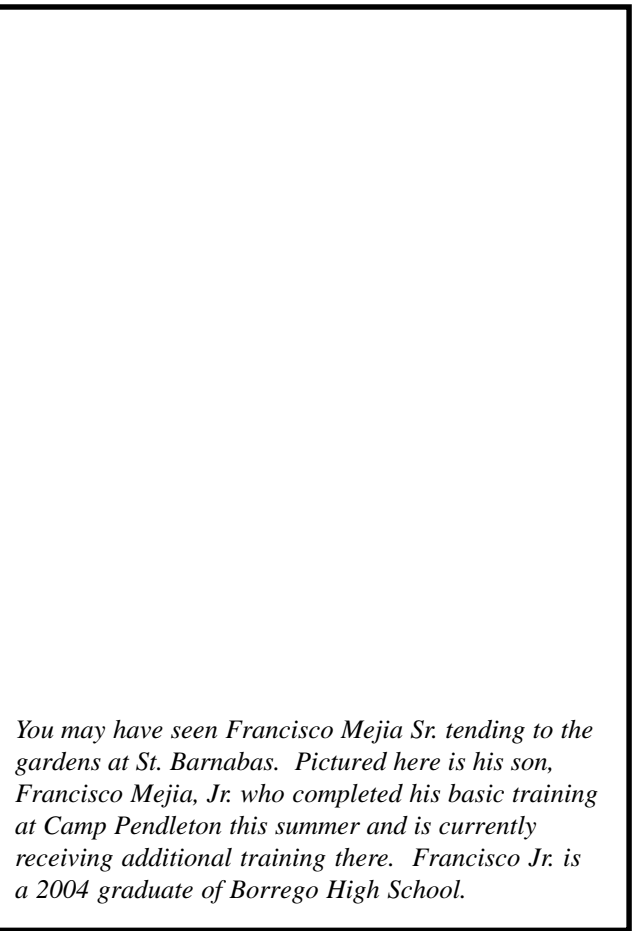
In other business we set our calendar of special events through the March 12th visit of Bishop Mathes. These events will be announced in the December issue of the Carillon. Please mark your own calendar so you don't miss anything.

Disclaimer. The pieces I write about the vestry and the altar guild while certainly not fiction, are highly personal and totally subjective. They are meant to give you an idea of what went on-the mood, the flavor, the tenor of a meeting; the creativity so prevalent within the altar guild. In my role as clerk to the vestry I must step back and record the proceedings with a clear eye, precise language, and objectivity. These formal minutes are always available for you to read. Meanwhile, for the Carillon I serve you as a columnist with ideas and opinions, not as a reporter with "just the facts ma'am." Thank you.

Stop Illegal Dumping

When people can't afford the cost of the fees at the dump, appliances often get dumped in the desert. Earlier this summer, St. Barnabas agreed to receive money from the community to help pay dump costs for residents who can't afford the disposal fees for appliances. The goal is a cleaner Borrego Springs for all of us to enjoy.

Ernie Loza of Slab City Ministries has offered the use of his personal trailer to haul away unwanted appliances or large items from any Borrego home. This service is available to those who can afford dump fees and those who can't. Loza is then reimbursed for the dump fees through the Beautify Borrego Fund managed by St. Barnabas. To schedule a pick up, call Loza at (760) 445-5368.



You may have seen Francisco Mejia Sr. tending to the gardens at St. Barnabas. Pictured here is his son, Francisco Mejia, Jr. who completed his basic training at Camp Pendleton this summer and is currently receiving additional training there. Francisco Jr. is a 2004 graduate of Borrego High School.

The People's Corner

by John Drum, The People's Warden

Tithing Your Time

We are all well-schooled in the principle of the tithe -- returning a part of our worldly goods to the work of God's church. Therefore, many people plan and allocate a percent of their income in the form of an annual pledge.

Wouldn't it be a good idea if we did the same thing with our time? If I were to pledge even five percent of my usable time, it would be about three hours a week. Of course, many parishioners devote much more than three hours a week, but if everyone pledged that amount of time and then created useful activities for the good of the church and its missions, just think of the excitement that would result!

Why not give this idea some thought when preparing for your annual support of our church? Ask yourself if it's possible for you to give three hours a week to St. Barnabas.

If that amount is a burden, then select a reasonable amount of time for your life and schedule. It would be fun to keep track of your time pledge. At the end of the year you can say, "How did I do?"

Reflections continued from page 1

As your clergy we are very excited by the resolve of the parish leadership to take advantage of this very critical opportunity for good.

At 7 pm on Wednesday, November 23rd, the evening before Thanksgiving, we will host the annual community Interfaith Thanksgiving prayer service. Members from participating churches as well as others who choose to come are welcome. If you have company, including children, be sure that they know that this celebration is meant for them too.

As Christian people, if we were asked what it is for which we are most thankful, the answer would be Jesus. Advent, which begins on the Sunday after Thanksgiving, so another November event, is the season of preparation for remembering and celebrating His birth.

Perhaps not everyone knows that Eucharist is Greek for thanksgiving. The simple every day food of bread and wine which the people of Israel used for sustenance, Jesus took, blessed, broke and gave to his friends then and today and asked them to do it also in memory of Him.

This Thanksgiving, remember, give thanks and do good as you prepare to receive Him in your heart again ... for the first time.

Sincerely,
Alex+/Nancy+

Welcome Back Potluck

***5:30PM
FRIDAY, NOV. 11TH***

AT THE ROAD RUNNER CLUBHOUSE!

Mark Your Calendar

November

Nov. 1st through April 30th Sunday Holy Eucharist 7 & 9:30 am
Nov. 2nd & 9th 4pm Ushers and Chalice Bearers Training
Nov. 11th 5:30pm Annual parish "Welcome Back" potluck at the
RoadRunner Clubhouse
Nov. 16th 6pm Sarah's Circle and Men's Group
Nov. 23rd 7pm Community Interfaith Thanksgiving Service at St.
Barnabas
Nov. 24th 8:30am Thanksgiving Holy Eucharist

December

Dec. 7th 12 noon Women of St. Barnabas meet at Evelyn Park's home.
Dec. 9th 7am Women of St. B's Bake Sale at Christmas Circle

Community Interfaith Thanksgiving

Service

7pm

November 23rd

St. Barnabas Church

Come give thanks!

St. Barnabas Carillon

Editing, & Design:

Joanie S. Cahill
JoanieCahill@stbarnabasborrego.com
760-791-4553

Production:

Lynnis Wilderson, Bob Cassidy, Victor and Mary Levine,

Newsletter Committee:

Nancy Bye, Victor Levine, Lynnis Wilderson, Alex
and Nancy Nagy+ ; Faye Dorsey, photography.

St. Barnabas Episcopal Church
2680 Country Club Road
P.O. Box 691
Borrego Springs, CA 92004-0691

Church Office: 760-767-4038
Rectory: 760-767-3620
Alex's email: nagya@cableusa.com
Nancy's email: nagyn@cableusa.com
Website: <http://www.stbarnabasborrego.com>