

# Carillon

## St Barnabas Episcopal Church

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

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Borrego Springs, California

February 2007

Volume 10. No.2

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### ***Reflections from the Desert***

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## **Helping Hospice**

“Will the certificate we receive in Borrego be valid anywhere else?”

At one of their monthly meetings last year, the Women of St. Barnabas invited a representative from Horizon Hospice in Poway to tell them more about the services of the organization to which they give monetary contributions. (The women raise money through semi annual bake sales with which they support very worthwhile causes and outreach. Horizon Hospice is one of the beneficiaries.) During the question and answer period, Bruce Ackerman, the owner, said that Hospice also trains volunteers. If there were sufficient interest, a team would come to Borrego and present the 24 hour course on site. However, the fact that most of St. Barnabas parishioners don't live in Borrego year round prompted Marian Tremain's question above. We were all delighted by the “yes” answer.

On January 7<sup>th</sup> at both services Patricia Thompson, coordinator of volunteers, and Arlana Holland, chaplain, made an announcement about the January 19/20, 26/27 training and answered questions dur-

ing coffee hour. Faye Dorsey coordinated the sign up sheet and the 30 minute interviews of the volunteers. Patricia returned the next day to meet with other ministers and agreed to make the same announcement at their churches the following Sunday. Sixteen parishioners from St. Barnabas, along with a Presbyterian and a Roman Catholic signed up.

As our training manual states: “Hospice affirms life. Hospice exists to provide support and care for persons in the last phases of incurable disease so that they might live as fully and as comfortably as possible. Hospice recognizes dying as a normal process whether or not it results from disease. Hospice neither hastens nor postpones death. Hospice exists in the hope and belief that, through appropriate care and the promotion of a caring community sensitive to their needs, patients and families may be free to attain a degree of mental and spiritual preparation for death that is satisfactory to them.”

**The focus changes from curing to preparing the patient for completing one's earthly pilgrimage by easing pain.**

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## Spiritual Practices For Lent

The Lenten Season is a time to focus on changing our lives through prayer, intentional spiritual practices, and love. The term Lent comes from an old English word that means springtime. Like the season of spring, Lent is a time of renewal. It begins on Ash Wednesday and ends on Thursday of Holy Week. Interestingly, the Eastern Orthodox Church does not begin, nor even celebrate Ash Wednesday, as we do. Rather, they begin on the Monday prior, a day they call, "Clean (or Clear) Monday." Clean away the debris that keeps us distracted from our focus on Lent; clear our agendas to make room for intentional Lenten Practices as we prepare for Easter.

This renewal time is one of discipline. It is a time to begin a course of action that sets us on a spiritual journey of transformation by Easter. The transformation will not be complete, but we will be well grounded in the process.

### Planning Positive Steps for Lent

- 1) Begin a Lenten journal or notebook and provide five sections: My Lists, Awareness, Surprises, Growth Intentions, Prayer Notes.
- 2) Pray at the beginning of each day that you will be as positive as you can, **all day long**.
- 3) Make a point of looking for the good in people you interact with or observe daily.
- 4) Compliment at least one person each day.
- 5) Examine yourself and what you do each day. Be honest. Observe how you spend your time, with whom, doing what, then note what adjustments you want to bring about.



**SECTIONS** - Be specific! Add to the sections each day and if you wish, date your entries. Here are some suggestions for each section; add to or adjust them as they make sense to you.

**List** - 1) Your blessings. 2) The persons and things you are grateful for. 3) What good things have happened this past year that you thought of today. 4) What positive things have you done for yourself / others. 5) What positive things you are going to do for yourself/others tomorrow.

**Awareness** - Of what are you becoming aware? What do you see that you didn't notice before? Are things different - if so how and why?

**Surprises** - Ah! The unexpected discoveries. Write them down, and ask yourself, "What is this telling me?"

**Growth Intentions** - Review the day; write about the areas you want to grow/improve in, both the short term and the long term. What actions will help you to achieve your intentions?

**Prayer Notes** - Here you enter anything that has to do with your prayer life; what you have read today, people you remember in your prayers, intentions you have for this day.

*May each step of this practice fill  
you with peace and gratitude!*

## Biblical Readings for Lent

A short daily reading of Scripture is another discipline for Lent. The following suggestions will take you from Ash Wednesday through the beginning of March and will be continued next month. Read the passage and reflect on it throughout the day:

1. Luke 8: 5 - 8 Plan for a rich harvest.
2. Mark 4: 26-27, 29 Plant seeds of positive thoughts.
3. Matt. 13:30 Release negative thoughts.
4. Matt. 13:31-32 You are God's creation!
5. Luke 7:42-43 God helps me forgive others.
6. Matt. 7:24-25 With God I am strong always.
7. Matt. 7:26-27 Build your life on a firm foundation.
8. Matt. 13:33 I open my heart to God's riches.
9. Matt. 13:44 Treasure God's presence within!
10. Matt. 13: 45-46 When I'm one with God I am at peace.
11. Matt. 13:47-48 I fill my heart with positive thoughts of others.
12. Matt.18:33 Act with compassion.
13. Matt. 22:2,10 I am filled with God's love; I am grateful.
14. Luke 10:36-37 Be compassionate toward myself and others.
15. Luke 11:24-26 I am God's ever-transforming creation.

## A Different Lenten Fast and Feast

Choose this Fast/Feast for your spiritual practice this Lent. Read them and apply them each day. In doing this we will fast from the temptations and actions that pull us away from God and each other. It will allow us to feast on the things that draw us nearer to God, each other and to God's wonder-filled creation. We do this in the image of God that we are.

**If I Fast from judging others**, then I can Feast on the Christ within them.

**If I Fast from emphasizing differences**, then I can Feast on the unity of life.

**If I Fast from words that pollute**, then I can Feast on phrases that purify.

**If I Fast from anger**, then I can Feast on patience.

**If I Fast from pessimism**, then I can Feast on optimism.

**If I Fast from apparent darkness**, then I can Feast on the reality of lights.

**If I Fast from thoughts of illness**, then I can Feast on the healing power of God.

**If I Fast from discontent**, then I can Feast on gratitude.

**If I Fast from complaining**, then I can Feast on appreciation.

**If I Fast from negatives**, then I can Feast on affirmatives.

**If I Fast from unrelenting pressures**, then I can Feast on unceasing prayer.

**If I Fast from hostility**, then I can Feast on non-resistance.

**If I Fast from bitterness**, then I can Feast on forgiveness.

**If I Fast from holding grudges**, then I can Feast on the beginning of reconciliation.

**If I Fast from self-concern**, then I can Feast on compassion for others.

**If I Fast from personal anxiety**, then I can Feast on God's eternal Truth.

**If I Fast from discouragement**, then I can Feast on hope.

**If I Fast from facts that depress**, then I can Feast on truths that uplift.

**If I Fast from lethargy**, then I can Feast on enthusiasm.

**If I Fast from suspicion**, then I can Feast on truth.

**If I Fast from thoughts that weaken**, then I can Feast on thoughts that inspire.

**If I Fast from shadows of sorrow**, then I can Feast on the sun light of serenity.

**If I Fast from idle gossip**, then I can Feast on purposeful silence.

**If I Fast from anxiety about problems that overwhelm**, then I can Feast on the power of prayer that sustains.

*This Lent, I will Fast from worry and Feast on trust in the love, goodness and graciousness of God!*

# Farewell, Joanie

by Victor A. Levine

We sat facing one another in the Parish Room and I said, “So, you’re really leaving?”

I was interviewing *Carillon* editor, Joanie Cahill. The subject was her leaving Borrego and St. B. and handing over the editorship to Leslie Bellah. She told me she had just gotten back from Sacramento.

Brian, her husband, was already there and in training for his new job as administrator of the portion of California parks’ bond money that goes for publications, educational signage and visitors centers, state-wide.

Joanie had spent the last weekend looking for housing. She said: “We looked at almost two dozen houses and it seems it is boiling down to something like taking a chance on living in a flood-plain or choosing another locale where we have to commute further but can feel comfortable every time it rains. There’s a light-rail system that stops close to his office. We’re hoping to find a house along that route.”

I said, “When does Brian’s job actually begin?”

“February 5.”

“Big job, big move.”

She smiled. “Yes.”

I sighed. “We’ll miss you.”

“It’s sad leaving.”

I said, “When will you actually leave?”

“April first will be my last day here. Hopefully our house here will sell quickly.”

I said, “What will you do in Sacramento?”

“I’ll probably continue to work part-time for the park system and freelance as design and exhibit specialist. I’m not really sure yet.”

“Let’s talk about the *Carillon*. How long did you work as editor?”

“Two years, from December ’04. The February ’07 issue will be my last.”

“Then Leslie Bellah takes over.”

“Yes. She’s a seasoned journalist. She used to work for the Borrego Sun, and now produces the in-house newsletter for the state park’s Colorado Desert District. She’ll be a good fit and I’m enthusiastic about her taking over. She’s very organized, a good detail person; also an experienced proof-reader.”

“She’ll be shadowing you?”

“Yes. We’ll be working together on the March ’07 issue of the *Carillon*.”

“Talking about the *Carillon*, what changes took place under your watch?”

“Because of new technology, we were able to feature more pictures and they were sharper than before; the same for the masthead; I really only changed the font and clarified the backdrop of the mountains. Best of all, though, was the balance between the graphics and the text: I tried to add more white space for easier reading.” She cited the digital camera as crucial: “Gave us the ability to produce colored pictures. That brings the newsletter to life.”

I said, “What about the balance between articles?”

She nodded. “We definitely had that, sure—between Alex’s ‘Reflections’ and Nancy’s ‘Sunday Worship’, and your reporting on the national church—not to mention articles and pictures prepared by other members of the committee, as well as contributions from writers in the congregation.”

“Including reports from you. There was one on Pass Christian, which you visited a month after Katrina. You also wrote a lovely profile of Kitty Phelps.”

She smiled. “I enjoyed writing that.”

“How about being editor?”

*continued on page 7*



*Leslie Bellah accepts the *Carillon* files from retiring editor Joanie Cahill.*

# News from Trinity Church

by Nancy Bye

Each Sunday, we include Trinity Church, of Pass Christian, Mississippi, in our prayers. Those of you new to St. Barnabas may wonder how our connection began.

As the horrors of the damage caused by Hurricane Katrina began to sink in everyone scrambled to help in some way. It was hard to know where to start.

Because I serve on the vestry as chair of gifts, I felt we should move quickly and Alex+ suggested we form a long-term partnership with a sister church. He knew of Trinity, because he had gone to seminary near there. It seemed ideal—small and somewhat remote, just like us. So we began the long and sometimes frustrating task of trying to connect. Eventually the various dioceses took over the task of coordinating efforts and we were able to communicate with Trinity Church.

The Women of St. Barnabas spent their December meeting writing Christmas cards. The Altar Guild bundled up 50 Advent calendars and sent them off. We designated one Sunday as “Trinity Church” day; the offerings from three services (smart! We chose the day for “Lessons and Carols”, too) along with donations from the two women’s groups were gathered and early in January we were able to send Trinity Church a check for over \$3,100.

Alex+ has asked me to read the very warm and touching letters he recently received from Father Colby, and I will read them to you at our annual meeting. In a separate hand-written note Father Colby said, “I remember your phone calls and the Advent Calendars more than anything else.”

As you know, we include Trinity in our prayers every Sunday. It is time for us to do another fundraiser for them. I hope your new vestry will plan it next month.

## FAST FACTS about PASS CHRISTIAN

√ Pass Christian was named for a nearby deepwater pass, which in turn was named for Nicholas Christian L’Adnier who lived on nearby Cat Island beginning in 1746.

√ The word “Christian” in the name “Pass Christian” is pronounced “kris-chee-ANN,” with a heavy accent on the last syllable.

√ On August 29, 2005, Pass Christian was almost completely destroyed by Katrina. Of the approximately 8,000 homes in Pass Christian, all but 500 were destroyed.

√ In early 2007, while rebuilding was underway in much of the city, much damage remained. Many residents were still living in FEMA trailers, and out of state volunteers were still needed for the rebuilding effort

√ The town was a famous resort prior to the American Civil War and the site where the first yacht club of the South (and second in the US) was established in 1849.

Source: Wikipedia®



Wooden carvings were just a few of the items on sale Jan. 28th to support parishes in Africa. Irene Foster and John Vissar assisted with the sales.

# Hospice Trainees Ready to Help



*New Hospice volunteers complete their 24 hour training program at Barnabas Episcopal Church. The trainees included: Peggy Brown, Faye Dorsey, Barbara Coates, Mary Hutchinson, Mary and Victor Levine, Polly Mason, Alex+, Ann Nourse, Ruth and Dave Otis, Jean Stewart, Chuck and Marian Tremain, Bonnie Walker, Kay Henry and Gary Westover. The training program addressed such topics as personal death awareness, communication skills, interpersonal relationships, physical aspects/symptoms control related to hospice care and grief and bereavement. Photo by Faye Dorsey.*

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## Vestry Report

by Nancy Bye

### The Vestry is Here for You

John Drum, Kathleen Killman and Addis Ward ended their three-year terms of service on our vestry at the end of the January meeting. This trio brought an unusual degree of matter-of-fact experience, tolerance, and fiscal responsibility to the group.

John's first year as the peoples' warden and his initiation of monthly letters to the Carillon was memorable and started a tradition we hope to continue. Kathleen chaired the stewardship committee with diligence and determination, and success. Addis has been a small, still voice of reason on St. Barnabas vestries and as junior warden, senior warden, acolyte and chalice bearer for many, many years. It was he who drew the line in the sand with then Bishop Hughes when +Ron Shepherd announced that he could not return as our vicar.

And now we have a year 'round rector.

Alex+ invited nominees for the vestry class of '07-'10 to attend the meeting. Shirley Vialpando (our

sitting clerk), David Leibert and Haddon Salt joined us. The opening prayer included our thanks for the blessings of 2006 and our hopes for graces in '07. The 2006 year end financial report was presented by treasurer Margaret Orenyak. Clean as a whistle and on time—both Margaret and her report! Ann White, the rector's warden, cited an article in the morning paper on the rifts within our church and asked us to pray for conciliation.

The new vestry will gather for a planning meeting on February 19<sup>th</sup> from 8 until noon, and adjourn to the deAnza Garden Room for a luncheon that is traditionally a welcome break as well as a good session for bonding in our new ventures and committing to our on-going goals and values. Remember, please. This vestry is here to serve you and St. Barnabas. Talk to us. Thank you.

## Talents & Treasures Sale

Do you have a hobby that results in creating beautiful or interesting items? Come sell your creations at St. Barnabas' second annual Talents & Treasure's Sale this March 4<sup>th</sup>. All proceeds will be donated to St. Barnabas. For more information, contact Faye Dorsey.



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*The Women of St. Barnabas, joined by Alex+ enjoyed their annual lunch at de Anza Country Club. From left, Mary Levine, Nancy+, Louise Burmester, Bev Ward, Kitty Phelps, Nancy Pelley and Alex+.*

***Farewell Joanie, continued from page 4***

“I was happy to be working on the Carillon. I welcomed the challenge. Also it gave me a chance to know more people in the parish. We especially loved how many caring grandparents Erin had at St Barnabas.”

“Now begins a new life.”

She smiled. “Yes.”

“For the entire family.”

“Yes.” As she got up to go, she told me that two-year old Erin had learned the high-five sign. She paused at the door, then smiled back when I called after her:

“Give Erin a high-five from all of us grandparents.”

***Reflections, continued from page 1***

Once a doctor determines that a patient has less than six months before death, hospice may be called to assist the patient and family through palliative care . The focus changes from curing to preparing the patient for completing one’s earthly pilgrimage by easing pain. No attempt is made to prolong life beyond its natural end; nothing is done to hasten death.

Given the average age of the residents of Borrego, we think this is an excellent ministry for some of us at St. Barnabas. Until now there have been only two volunteers in Borrego; now there are 20! We are neither MDs nor hospice nurses; however, we are caring people who support hospice through monetary donations and now will support it mainly by being the eyes and the ears of the hospice nurse. Where

invited, the volunteers will join the hospice team to be present in the home of someone who has chosen to prepare for a pain free death.

The certificates we received upon the successful completion of the 24 hour long course are recognized throughout the USA. We thank Horizon Hospice and congratulate Peggy Brown, Faye Dorsey, Mary Hutchinson, Lana Jones, Mary/Victor Levine, Polly Mason, Alex Nagy+, Ann Nourse, Dave/Ruth Otis, Jean Stewart, Chuck/Marian Tremain, Bonnie Walker and Garry Westover. Kay Henry from St. Richard’s and Barbara Coates from Community United Methodist Church.

Sincerely,  
Alex+/Nancy+

## Mark Your Calendar

### FEBRUARY

**Sunday, Feb. 4<sup>th</sup>** After each service: a sale of African crafts to support an orphanage and AIDS education in Uganda. During both coffee hours, Alison Royle will speak to us about her upcoming three month ministry in Nimibia working in/for an orphanage.

#### Sunday, February 11<sup>th</sup>

One Holy Eucharist at 9:30am followed by our annual parish meeting and a catered champagne brunch. (Suggested \$10 donation.)

**Wednesday, February 21<sup>st</sup>** at 4pm, Ash Wednesday Eucharist during which ashes will be blessed and imposed.

**Friday-Sunday, February 23-25:** Nancy+ assists Amanda May+ at the annual retreat for Episcopal women at Camp Stevens.

### March

**Saturday, March 3<sup>rd</sup>** at 4pm, Memorial Service for Betty Brown.

**Sunday, March 4<sup>th</sup>,** Talents & Treasures Sale

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