

The Salter

*You are the salt
of the earth.*
Matthew 5:13

2900 St. Catherine Street • Florissant, Missouri • 63033 • (314) 837-7113 • sbarnabas@sbcglobal.net

Volume 27, No. VI

July /August 2017



Please remember:

T.E.A.M.

Please donate as often as
you can.



Friday Lunch Schedule:

Our July luncheon will be
Friday, July 7, at 12:00 p.m.
Our August luncheon will be
Friday, August 4, at 12:00 p.m.
There will be a sign-up sheet
available on the table outside
of Tudor Hall.



Have a safe and happy
Summer!!

Vision and Mission

Our vision for St. Barnabas' Episcopal Church is to build and to sustain a vibrant and diverse community centered around common worship, fellowship, service and education.



The mission of St. Barnabas' Episcopal Church, a parish for all people, is to extend God's gracious love and hospitality to each other and to the community by providing worship that inspires, opportunities for service and growth on life's journey, and a sacred place in the heart of Florissant where people can find wholeness and strength.

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UPCOMING EVENTS

August 7 Blessing of Students, Teachers, and Backpacks

Just a Word...

Slow me down, Lord

Slow me down, Lord.

Ease the pounding of my heart by the quieting of my mind.

Steady my hurried pace with a vision of the eternal reach of time.

Give me, amid the confusion of this day, the calmness of the everlasting hills.

Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical restoring power of sleep.

Teach me the art of taking minute vacations — of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a good book. Remind me each day of the fable of the hare and tortoise, that I may know that the race is not always to the swift — there is more to life than increasing its speed.

Let me look upward into the branches of the towering oak and know that it grew great and strong because it grew slowly and well.

Slow me down, Lord, and inspire me to send my roots deep into the soil of life's enduring values, that I may grow toward the start of my greater destiny.

~Richard Cardinal Cushing

A clergy colleague recently posted this poem by the late Cardinal Cushing on Facebook. I found myself reading it over and over again. It was just what I needed (and others too, I imagine) as we journey through the summer months. Like many of you, I plan to take some time off to rest, have a little fun, maybe do some light reading, and do a little traveling.

Still, in the back of my mind I know that the work of the Church never stops. It continues every day as we strive to make Christ known in the world. It continues as we meet new people, experience new adventures with family and friends, care for one another, and as we look ahead to the future as a parish. Planning and visioning still need to happen.

On Sunday, July 9, the Vestry will hold a mini retreat/workday immediately following the Eucharist to review the results of the CAT survey taken earlier in the year. Then shortly afterward the Vestry will invite all of you into conversation.

As you take those strolls through the park or sit by the poolside (weather permitting!) please think of your church family. Help us discern our place in the diocese and in the community. We need your input, your help, your vision, and your gifts.

Have a safe and enjoyable summer!

Your sister in the Redeemer,

Rev. Renee+

‘FEED MY STARVING CHILDREN’ VOLUNTEERS NEEDED

Four North County churches; Lutheran Church of the Atonement, Lutheran Church of the Living Christ, Unity Lutheran Church, and Zion Lutheran Church have joined together to pack 100,000 meals for hungry kids! Let's work together to end hunger!

6,200 children die each day from hunger and we can be a part of the solution. Come join us for our very first ‘Feed My Starving Children’ MobilePack Event.

Join us on Saturday, July 15, at Atonement Lutheran Church in Florissant. There will be three shifts for packing food: 9:00 a.m., 11:30 a.m., and 2:30 p.m.

You can sign up at cismobilepack.eventbrite.com or call 314-382-4241, and leave a message.



**COFFEE TALK
'LOCK IT FOR LOVE'**

Please join us after church on July 23 for an informal gathering regarding the 'Lock It For Love' program sponsored by Women's Voices Raised and the Episcopal Diocese of Missouri. This is a community outreach and educational program. It's purpose is to educate the community about gun safety, with a focus on prevention of death caused by guns kept in homes. It also distributes free gun locks, particularly in areas where children are at greatest risk of gun violence. Carol Wofsey from Women's Voices Raised, along with a 'Lock It for Love' volunteer will present a short talk and then be available for questions.

HOLIDAY BOOK SALE

Attention St. Barnabas book fans: We have experienced a lack of interest and a lower donation of good books last year so we have decided to take a break. There will be NO book sale this year in conjunction with the Holiday Dinner. We will reevaluate this position come 2018.

In the meantime please donate your books to rehab facilities, nursing homes, senior care, Goodwill, Salvation Army, etc. They all love "new" books.

If you dropped off books at church please pick them up and re-home them.

Thanks for all the support in the past and hopefully we can do this again.

Carol

A GIGANTIC THANK YOU!!

"I just wanted to thank everyone who came to help me celebrate my birthday! It was the best time I have ever had and I'm so grateful so many of you came out to celebrate with me.

Also, you all were so generous, I had over \$340.00 in cash and bags and bags of canned goods, toiletries, and paper products to donate to T.E.A.M."

Love and Blessings to you all! Diana

THANK YOU!!!

"I would like to thank everyone for singing Happy Birthday to me!. It was a very nice surprise." Sincerely, Joan Miller

SCHOOL SUPPLIES NEEDED

It is that time of year when we need to start collecting school supplies! As in past years, ALL school supply items will be greatly appreciated. Starting Sunday, July 2 a box for your donations will be under the table near Tudor Hall.

All donations are due by July 30. Thank you!





4th OF JULY CELEBRATION

Florissant’s proud tradition of celebrating the 4th of July Independence Day will continue this year on the grounds of the James J. Eagan Center. Festivities begin with an outdoor concert performance by ‘Northwinds’ Concert Band at 7:30 pm. Following the concert, the City of Florissant is sponsoring its renowned Fireworks Display at 9:15 p.m.

Please join us on the lawn at approximately 8:00 p.m. for fellowship and a great view of the fireworks.

Bring a blanket or lawn chair and a friend or a neighbor!

Beginning Acrylic Painting

Tuesday, July 11, 2017, at 10:00 a.m.
St. Barnabas’ Undercroft. \$20 per class

Join artist Christina MacMorran for a two hour painting class exploring the fundamentals of painting: color mixing, value, brushwork, composition, and more. Each class is a new image and a new opportunity to learn.

Space is limited, so pre-registration is required via phone or text at 314-922-6576, email at christy@paintwithchristy.com or online at www.paintwithchristy.com/drawingpainting.

Supply list is on the website. Minimum of 3 students.



Episcopal Church Women

Seeking Sharing Serving

The ECW ladies met in June to review the budget and begin some preliminary planning of activities for the coming program year. We will be gathering on Wednesday, July 12, 2017, at 10:00 a.m., to continue planning for next year.

We will be lunching out – location to be determined. We would love for any of the ladies in the parish to join us. We would appreciate some suggestions for different activities that could help us with our outreach projects.

Put a note in the ECW mailbox or simply speak to any of the ECW ladies who attend meetings regularly. All suggestions welcome.

Please remember your pledges!





SAVE THE DATE

Join us Friday, July 14, at 6:00 p.m. for a movie presentation and discussion of ‘The Shack’.

Recipe of the Month July

Mandarin Orange Salad

Ingredients:

½ cup sliced almonds
 3 T plus 1 t granulated sugar, divided
 ½ head iceberg lettuce
 1/2 head romaine lettuce
 1 cup chopped celery
 3 green onions thinly sliced
 ½ cup vegetable oil
 2 T vinegar
 1 T chopped fresh parsley
 ½ t salt
 Dash black pepper
 Dash red pepper sauce
 1 (11 ounce) can Mandarin oranges, drained.

Directions:

Cook almonds in 1 T plus 1t sugar in small skillet over low heat until sugar is melted and almonds are coated. Let cool. Break apart: set aside.

Tear lettuces. Put in plastic bag. Add celery and onion to lettuce. Refrigerate several hours.

Combine oil, vinegar, remaining 2 T sugar, parsley, salt, pepper and red pepper sauce. Mix through. Pour dressing into bag 5 min before serving. Add oranges. Shake to combine. Add almonds. Shake again. Yield 10-12 servings.

Note: Large head of iceberg and romaine. I use the zip lock freezer bag.

Recipe of the Month August

Easy Grilled Chicken Teriyaki

Ingredients:

4 skinless, boneless chicken breast halves
 ½ cup teriyaki sauce
 ¼ cup lemon juice
 2 teaspoons minced fresh garlic
 2 teaspoons sesame oil

Directions:

Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large re-sealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 6 hours or less, turning every so often.

Preheat grill for high heat. (Or whatever we do with charcoal)

Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

From: Prissycat at Allrecipes.com

Submitted by Holly Garrett



July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 a.m. Weekly Maintenance
2 9:30 a.m. Holy Eucharist	3 Office Closed 8:00 p.m. N.A. (u)	4 4th of July Office Closed 10:00 a.m. Al-Anon (th)	5	6	7 12:00 p.m. Parish Luncheon 7:30 p.m. Al-Anon (th)	8 8:30 a.m. Croppettes (th) 9:00 a.m. Weekly Maintenance 1:30 p.m. Bridge Group (th)
9 9:30 a.m. Holy Eucharist 11:30 Vestry Retreat (th)	10 8:00 p.m. N.A. (u)	11 10:00 a.m. Al-Anon (th) 10:00 a.m. Painting Class (u)	12 10:00 a.m. ECW Meeting (th)	13	14 6:00 p.m. Movie Night 'The Shack' (th) 7:30 p.m. Al-Anon (n)	15 9:00 a.m. Weekly Maintenance 6:30 p.m. Gourmet Group (off site)
16 9:30 a.m. Holy Eucharist	17 8:00 p.m. N.A. (u)	18 10:00 a.m. Al-Anon (th)	19	20	21 11:00 a.m. Ladies Bridge Group (th) 7:30 p.m. Al-Anon (th)	22 9:00 a.m. Weekly Maintenance
23 9:30 a.m. Holy Eucharist 10:30 a.m. 'Coffee Talk'	24 8:00 p.m. N.A. (u)	25 10:00 a.m. Al-Anon (th)	26	27 6:30 p.m. Bunco (th)	28 7:30 p.m. Al-Anon (th)	29 9:00 a.m. Weekly Maintenance
30 9:30 a.m. Holy Eucharist	31 8:00 p.m. N.A. (u)					

August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 a.m. Al-Anon (th)	2	3	4 12:00 p.m. Parish Luncheon 7:30 p.m. Al-Anon (th)	5 8:30 a.m. Croppettes (th) 9:00 a.m. Weekly Maintenance
6 Blessing of Students, Teachers and Backpacks 9:30 a.m. Holy Eucharist	7 8:00 p.m. N.A. (u)	8 10:00 a.m. Al-Anon (th)	9 10:00 a.m. ECW Meeting (th) 7:00 p.m. Vestry (th)	10	11 7:30 p.m. Al-Anon (th)	12 9:00 a.m. Weekly Maintenance 1:30 p.m. Bridge Group (th)
13 9:30 a.m. Holy Eucharist	14 8:00 p.m. N.A. (u)	15 10:00 a.m. Al-Anon (th) 10:00 a.m. Painting Class (u)	16	17	18 7:30 p.m. Al-Anon (th)	19 9:00 a.m. Weekly Maintenance 6:30 p.m. Gourmet Group (off site)
20 9:30 a.m. Holy Eucharist	21 8:00 p.m. N.A. (u)	22 10:00 a.m. Al-Anon (th)	23	24 6:30 p.m. Bunco (th)	25 7:30 p.m. Al-Anon (th)	26 9:00 a.m. Weekly Maintenance
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July 2017 Serving Schedule

<u>Date</u>	<u>Worship Leaders</u>	<u>Lectors</u>	<u>Acolytes</u>	<u>Greeter</u>	<u>Ushers</u>	<u>Altar Guild</u>	<u>Bursars</u>	<u>Babysitter</u>
<u>7/2</u> <u>9:30 a.m.</u>	Terry Toolen Ron Grames	Diana Howarth Sam Nwaobasi	<u>C-1</u> Kelly Snider	Leah Milton	John Anselmo Dave Sinclair	Arbie Hollenberg	John Palmer Dave Sinclair	Tricia Heffner Arbie Hollenberg
<u>7/9</u> <u>9:30 a.m.</u>	Holly Garrett Clark Burton	Diana Howarth Andria Sinclair	<u>C-1</u> Kelsey Sinclair	Leah Milton	Jim Hollenberg Arbie Hollenberg	Vivian Hartsfield Janetta Roberts	Dave Sinclair Jim Hollenberg	Tricia Heffner John Palmer
<u>7/16</u> <u>9:30 a.m.</u>	Lynn Grames Lana Maggart	Harry Goff Mike Dobbs	<u>C-1</u> Ethan Grames	Leah Milton	Nancy Heinze Carol Stout	Diana Howarth Terry Toolen	Jim Hollenberg Dusty Hassler	Tricia Heffner Ajike Deinbo
<u>7/23</u> <u>9:30 a.m.</u>	Dave Sinclair Carol Stout	Harry Ragland Mary Dobbs	<u>C-1</u> Meri Grames	Leah Milton	Vivian Hartsfield Janetta Roberts	Carol Stout Nancy Heinze	Dusty Hassler Debbie Haefner	Tricia Heffner Gwen Ragland
<u>7/30</u> <u>9:30 a.m.</u>	Harry Goff Mike Dobbs	Holly Garrett Debbie Haefner	<u>C-1</u> Kelly Snider	Leah Milton	John Palmer Jim Hoefener	Arbie Hollenberg	Debbie Haefner Dave Palmer	Tricia Heffner Arbie Hollenberg
<u>8/6</u> <u>9:30 a.m.</u>	Ron Grames Terry Toolen	Nancy Heinze Rita Collins-Page	<u>C-1</u> Dave Sinclair	Lynn Grames	Kieran Murphy Jim Birr	Diana Howarth Terry Toolen	Dave Palmer John Palmer	Tricia Heffner Ajike Deinbo

Please contact the office at 837-7113 to report any changes in the schedule. Thank you!

August 2017 Serving Schedule

<u>Date</u>	<u>Worship Leaders</u>	<u>Lectors</u>	<u>Acolytes</u>	<u>Greeter</u>	<u>Ushers</u>	<u>Altar Guild</u>	<u>Bursars</u>	<u>Babysitter</u>
<u>Blessing of Students, Teachers, and Backpacks</u> <u>8/6</u> <u>9:30 a.m.</u>	Ron Grames Terry Toolen	Nancy Heinze Rita Collins-Page	<u>C-1</u> Kelsey Sinclair	Lynn Grames	Kieran Murphy Jim Birr	Diana Howarth Terry Toolen	Dave Palmer John Palmer	Tricia Heffner Ajike Deinbo
<u>8/13</u> <u>9:30 a.m.</u>	Diana Howarth Lynn Grames	Susan Oris Sharon Love	<u>C-1</u> Meri Grames	Lynn Grames	Lana Maggart Joy Lappin	Carol Stout Nancy Heinze	John Palmer Dave Sinclair	Tricia Heffner Arbie Hollenberg
<u>8/20</u> <u>9:30 a.m.</u>	Clark Burton Carol Stout	Mary Dobbs Holly Garrett	<u>C-1</u> Dave Sinclair	Lynn Grames	John Holmes Andrea Bogue	Arbie Hollenberg	Dave Sinclair Jim Hollenberg	Tricia Heffner Gwen Ragland
<u>8/27</u> <u>9:30 a.m.</u>	Lana Maggart Mike Dobbs	Harry Goff Andria Sinclair	<u>C-1</u> Dusty Hassler	Lynn Grames	Jim Birr Karen Birr	Vivian Hartsfield Janetta Roberts	Jim Hollenberg Dusty Hassler	Tricia Heffner John Palmer
<u>9/3</u> <u>9:30 a.m.</u>	Terry Toolen Lynn Grames	Harry Ragland Debbie Haefner	<u>C-1</u> Ethan Grames	Harry Goff	John Anselmo Dave Sinclair	Carol Stout Nancy Heinze	Dusty Hassler Debbie Haefner	Tricia Heffner Ajike Deinbo

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St. Barnabas' Episcopal Church
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Secretary: Marlene Martens
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Fax: (314) 837-5785
Email: sbarnabas@sbcglobal.net
Choir Director: Leah Milton
Organist: Cameron Graham
Webmaster: Ron Grames
Sexton: Dennis Haefner
Treasurer: John Palmer

Vestry

Senior Warden: Dennis Haefner (2018)
Junior Warden: Kelly Snider (2020)
Clerk: Marlene Martens

Vestry Members:

Sally Boyd (2019)
Diana Howarth (2019)
Sharon Love (2018)
Margaret Nwaobasi (2018)
Susan Oris (2020)
Deb Palmer (2020)
Kelly Snider (2020)
Dave Sinclair (2018)

Convention Delegate

Debbie Haefner (2020)

Alternate Delegate

Diana Howarth (2020)



*Please remember
St. Barnabas in your will.*

**HAPPY
BIRTHDAY**

**Please remember our members who are
unable to attend:**

Betty Hoefener, Jeanne Geise, Peggy Field,
Sara Henry, Cornelius Manuel,
and Kitty Whitling.

10 (plus one) "Rules for Respect"

Our St. Barnabas family has covenant with our rector and each other to live by 11 "Rules for Respect." We will highlight one each month in our Salter as a reminder.

7. If it's confidential, don't tell.

If you or anyone comes to me in confidence, I won't tell unless a.) the person is going to harm himself/herself, b.) the person is going to physically harm someone else, c.) a child has been physically or sexually abused. I expect the same from you.

Burnham, Max	July 3
Hartsfield, Vivian	July 5
Manton, Ed	July 9
Grames, Ryden	July 18
Vantine, Bruce	July 21
Haefner, Abigail	July 28
Bertolino, Dorothy	August 1
Fenner, The Rev. Renee L.	August 2
Boyd, Brian	August 4
Hoppe, Pat	August 5
Chukwuanu, Kene	August 11
Hoefener, Betty	August 13
Grames, Lynn	August 16
Howe, Jim	August 18
Anselmo, Mary	August 24

