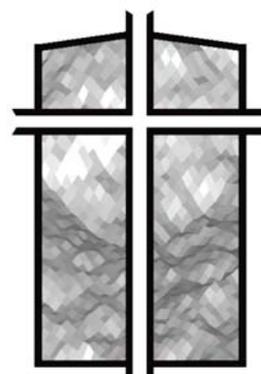


St. Barnabas' Episcopal Church

The **SALTIER**

You are the salt of the Earth. Matthew 5:13



2900 St. Catherine St., Florissant, MO 63033 · (314) 837-7113 · sbarnabas@sbcglobal.net

Vol. 30, No. 1 – MARCH 2020



ASH WEDNESDAY February 26
Holy Eucharist with Imposition of Ashes
9:00 a.m. & 7:00 p.m.

SUNDAYS OF LENT March 1, 8, 15, 22 and 29
Holy Eucharist 10:00 a.m.



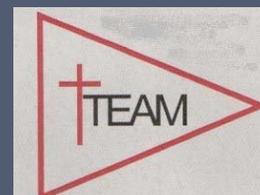
PALM SUNDAY April 5
Congregational Palm Processional
Service of Holy Eucharist 10:00 a.m.

MAUNDY THURSDAY April 9
Holy Eucharist/Foot Washing 7:00 p.m.

GOOD FRIDAY April 10
Stations of the Cross 11:30 a.m.
Solemn Service 7:00 p.m.

HOLY SATURDAY April 11
Great Vigil of Easter 8:00 p.m.
at Christ Church Cathedral

EASTER April 12
Holy Eucharist 10:00 a.m.



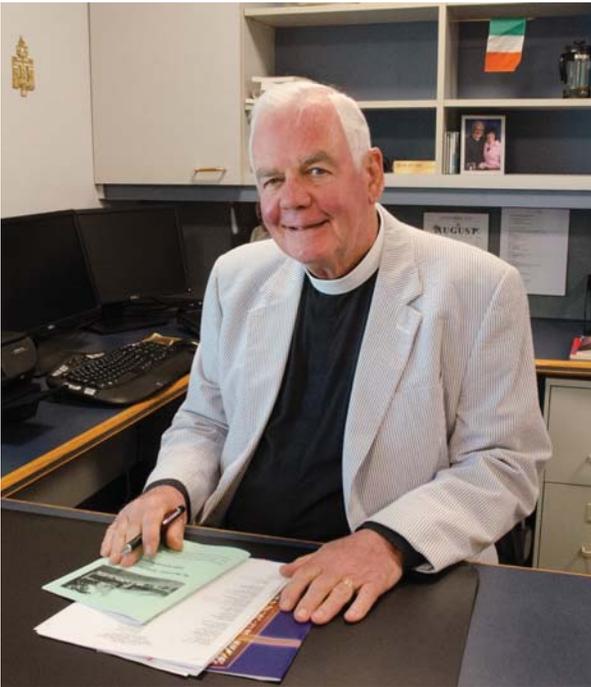
Please remember
T.E.A.M.

Suggestions:
Instant potatoes,
Rice/Dry Noodles.
Canned Soups
Vegetables, Fruits,
Stew, Meats,
Tuna, Stew,
Spaghetti Sauce,



March 20th at
12:00 p.m. will be the
next *Friday Lunch*.
*Please sign-up. The
sheet is available on
the table outside
Tudor Hall.)*

The Rev. Michael Dunnington Priest-in-Charge



GO INTO THE DESERT!

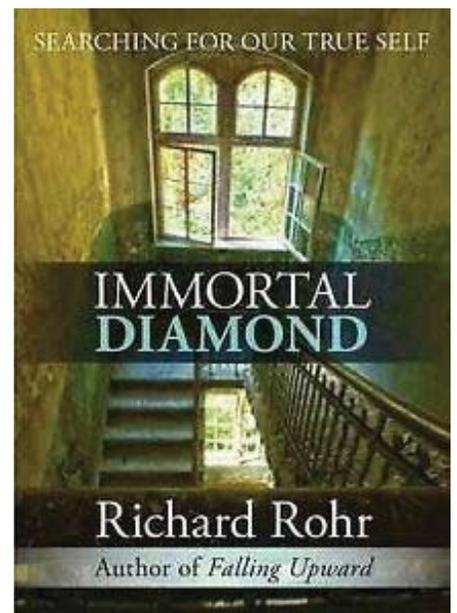
Now that we are a week or so into Lent, it's a good time to do some reflecting on the state of our relationship with God. Unfortunately, it's all too easy for us to fall into routine, and to take our loving God for granted. But Lent is a great time to reconnect, or work on deepening our connection, with God. It's not an easy process, one which involves finding our true selves (as opposed to the false selves we construct in order to deceive ourselves or others), but it's an absolutely critical one.

The process involves more than a little solitude and honest reflection. On that score, I'd like to share the following challenge from Brother Geoffrey Tristram, SSJE:

"To get at the truth is not easy. We are so prone to illusions about ourselves, we prefer to hide behind facades and masks. The sheer intractability of the task led our Christian predecessors into the deserts of Egypt --- where stripped of illusion, standing with their hearts naked before God, they could begin to face the truth about themselves, and begin the task of spiritual transformation. As we move through the season of Lent, we are challenged to go into the desert ourselves, whatever that may mean for us, and to carve out a time for deeper prayer and reflection."

If you would like to learn more about this process of uncovering our true selves, I would recommend Richard Rohr's book, *Immortal Diamond: The Search for Our True Self*, which you can find on Amazon or at other booksellers.

Peace,
The Rev. Michael+



Message from the Senior Warden Dennis Haefner

You probably have not noticed a subtle physical change throughout the St. Barnabas buildings. I will give you a hint. It is something which appears throughout the buildings and you would not need to look at them unless there was an emergency. Answer: The emergency exit signs. It is understandable if you did not guess since most people typically do not notice the emergency exit signs until they are needed. The original emergency exit signs, installed in 1992 were, still in service needed to be replaced. They utilized older technology with a dry cell battery about the size of a standard box of tea bags, which costs about \$12 each, two low voltage bulbs costing about \$10 each, which are lit during a power outage, and two standard night light bulbs, lit when there is normal utility power.



As you may have guessed by now the cost for maintenance is a bit high especially compared to the new units which cost about \$20 each. There is no need for bulb replacements since they use LEDs (light emitting diodes) in place of the night light bulbs and low voltage bulbs. The batteries are about the size of a typical AA battery but are rechargeable. The battery provides up to 90 minutes of power during a power outage and costs only about \$6.50. John Holmes has cared for our previous emergency exit signs over many years. His first task each Saturday morning during our weekly maintenance would be to walk through the buildings and replace bulbs. Thank him next time you see him for those many years of service for taking care of them. Also a big thanks to Clark Burton, Dusty Hassler, and John Holmes for completing the emergency exit sign project so that we can remain in compliance with the local fire and emergency codes. We are also in the process of replacing the emergency lights throughout both buildings. The original lights are also a maintenance problem. The new lights utilize LED and better battery technology which will reduce our long term maintenance costs for those units.

In the same thread of safety, I would like to convey to all that the Vestry has undertaken the task of discussing and developing a plan for your safety. It is troubling to hear of violence at any venue but at places of worship can be more troubling to some folks. We are currently gathering information from various resources, like the Church Insurance Corporation and local authorities to help guide us in developing the best plan possible to be prepared. We will meet with all of you in a coffee talk as soon as we have more information.

Your friend,
Dennis Haefner, Senior Warden

CHILI COOK-OFF 2020



**On Sunday, February 16,
St. Barnabas was filled
with the wonderful
aroma of eight
different chilies.**



Sylvia Robbins John Tumerallo
Debbie Haefner Rev. Dunnington



Sheron Howe Mary Anselmo
Ron Grames Clark Burton



– AND THE WINNERS ARE



Ron Grames



Debbie Haefner



John Tumbarello



The first and second place recipes are on pages 6 and 7.



Debbie Haefner

- 2 and 1/2 pounds ground chuck
- 2—15 ounce cans Armour Chili (No beans)
- 2—16 ounce cans Brooks Homestyle Baked Beans
- 1—large can tomato soup
- 1/2 cup brown sugar

Cook the ground chuck until completely done, in a large sauce pan. When done and thoroughly crumbled, drain thoroughly. Return the meat to the large sauce pan. Add the rest of the ingredients, one at a time and mixing thoroughly after each ingredient. Stir often, until the mixture is starting to bubble. Reduce the heat and continue to heat, stirring enough to prevent sticking to pan, until thoroughly heated (about 5 to 6 minutes). It is now ready to be served with crackers, your favorite bite-size pasta or rice. Shredded cheese and sour cream are the topping of choice in my family as well as serves over macaroni.

- 1 1/4 pounds ground round
- 1 small can tomato paste
- 1 regular can stewed tomatoes (I used the diced this time)
- 4 oz. medium bean and roast corn salsa – I used Newman’s Own this time
- 2 medium onions
- 1 stalk celery
- 1/2 to 2/3 medium green pepper
- Approx. 1 heaping tablespoon chili powder – I used Durkee this time
- Approx. 1 heaping tablespoon cumin powder
- Approx. 1 teaspoon Saigon cinnamon – a bit more pungent/hot than regular cinnamon
- Approx. 1 tablespoon crushed red chili peppers – I used Schnuck’s bulk this time
- Approx. 1 tablespoon minced garlic – I was lazy and used minced garlic from a jar (Spice World)
- 1 regular can kidney beans
- Salt and black pepper
- Butter

Ron Grames



Brown ground round in butter. Chop moderately one of the onions and the celery. Remove meat and brown the first onion and the celery in the butter and fat until translucent, adding more butter if necessary.

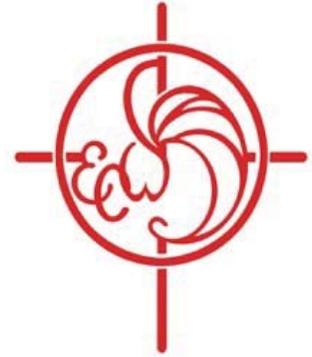
Place meat, onions, and celery in a medium-to-large slow cooker with the tomato paste, tomato sauce, stewed tomatoes with juice, and salsa. Add the spices, crushed chili peppers, and garlic. Adjust to taste but note that the mixture will become hotter over time as the crushed peppers are cooked. Add water as necessary to barely cover mixture and cook on low overnight or high for several hours until meat disintegrates. Add water if necessary and stir occasionally if cooking on high.

Coarsely chop second onion and the green pepper. Drain the kidney beans. Forty-five minutes to one hour before serving, add the onion, green pepper, and kidney beans to the mixture and continue cooking on low. Salt and pepper to taste.

Serve with grated cheddar cheese and/or sour cream for those who might want to cut the burn a bit.

Episcopal Church Women

Seeking Sharing Serving



To get us in the mood for the February meeting, we began with a special poem shared by Lana called,

“What Is Love?”

It’s silence when your words would hurt.

It’s patience when your neighbor’s curt.

It’s deafness when the scandal flows.

It’s thoughtfulness for another’s woes.

It’s promptness when stern duty calls.

It’s courage when misfortune falls.

Holly Garrett read a thank-you note from the ECW Diocesan UTO Chairperson, thanking the ECW for our gift. Holly also said what a generous parish we have. The UTO ingathering totaled \$1,054.20 for the year.

Our Annual Chili Cook-off on February 16 was a terrific success with all having full tummies plus lots of smiling fellowship. Eight people made their delicious chili. Debbie Haefner and Ron Grames tied for first place. They chose baskets for their prize. John Tumbarello came in third and received the Pirrone’s gift card. All three were awarded medals (gold, silver and bronze for first, second, and third place). A big thank you to all the participants, workers, and diners.

The ECW Lenten Retreat will be held in Springfield, Illinois, February 28 - March 1. Karen Birr and Mary Anselmo will represent the St. Barnabas ECW.

Meeting chairs: March – Mary Anselmo
April – Julie Manton May – Holly Garrett

March lunch responsibilities: Chips – Mary, Salad – Charlotte, Dessert – Lana

Next meeting: March 11 at 10:00 a.m.

***Bring a sandwich to share and join us
in fellowship and fun and
drawing closer to our Lord.***

CHRISTMAS BRUNCH



SANTA'S VISIT



BISHOP W. SMITH

Celebrating his last Eucharist with the Parish of St. Barnabas



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 First Sunday of Lent 8:15 a.m. Christian Education 9:00 a.m. Choir 10:00 a.m. Holy Eucharist	2 7:00 p.m. N.A. (u)	3 10:00 a.m. Al-Anon (th)	4 11:30 a.m. Stations of the Cross	5	6 12:00 p.m. Parish Luncheon (th)	7 9:00 a.m. Weekly Maintenance  Time to Spring Ahead
8 <i>DAYLIGHT SAVINGS TIME BEGINS</i> Second Sunday of Lent 8:15 a.m. Christian Education 9:00 a.m. Choir 10:00 a.m. Holy Eucharist	9 7:00 p.m. N.A. (u)	10 10:00 a.m. Al-Anon (th)	11 9:30 a.m. ECW (th) 11:30 a.m. Stations of the Cross	12	13	14 9:00 a.m. Weekly Maintenance 5:00-7:00 p.m. St. Patrick's Day Dinner 6:30 p.m. Gourmet Group (th)
15 Third Sunday of Lent 8:15 a.m. Christian Education 9:00 a.m. Choir 10:00 a.m. Holy Eucharist 11:15 a.m. Vestry Meeting	16 7:00 p.m. N.A. (u)	17 10:00 a.m. Al-Anon (th)	18 11:30 a.m. Stations of the Cross	19 6:30 p.m. Bunco (th)	20 11:00 a.m. Ladies Bridge (th)	21 9:00 a.m. Weekly Maintenance
22 Fourth Sunday of Lent 8:15 a.m. Christian Education 9:00 a.m. Choir 10:00 a.m. Holy Eucharist	23 7:00 p.m. N.A. (u)	24 10:00 a.m. Al-Anon (th)	25 11:30 a.m. Stations of the Cross	26	27	28 9:00 a.m. Weekly Maintenance
29 Fifth Sunday of Lent 8:15 a.m. Christian Education 9:00 a.m. Choir 10:00 a.m. Holy Eucharist with Healing Service	30 7:00 p.m. N.A. (u)	31 10:00 a.m. Al-Anon (th)				

Serving Schedule-March 2020

<u>Date</u>	<u>Worship Leaders</u>	<u>Lectors</u>	<u>Acolyte</u>	<u>Greeter</u>	<u>Ushers</u>	<u>Altar Guild</u>	<u>Bursars</u>	<u>Babysitters</u>
03/01 10:00 a.m.	Lana Tumbarello Clark Burton	Holly Garrett Debbie Haefner	Ethan Grames	Harry Goff	Karen Birr Jim Birr	Carol Stout Nancy Heinze	Dennis Haefner John Palmer	Ryden Grames Debbie Haefner
03/08 10:00 a.m.	Karen Birr Lynn Grames	Carol Stout Mary Dobbs	Dusty Hassler	Harry Goff	Jim Hollenberg Arbie Hollenberg	Diana Howarth Terry Toolen	Dave Palmer Jim Howe	Ryden Grames Julie Manton
03/15 10:00 a.m.	Ron Grames Carol Stout	Lynn Grames Sharon Love	Ethan Grames	Harry Goff	Nancy Heinze Lana Tumbarello	Diana Howarth	Jim Hollenberg Dusty Hassler	Ryden Grames Deb Palmer
03/22 10:00 a.m.	Holly Garrett Lana Tumbarello	Harry Ragland Clark Burton	Dusty Hassler	Harry Goff	Jim Birr Uzo Chukwuana	Diana Howarth Terry Toolen	Dennis Haefner Dave Palmer	Ryden Grames Arbie Hollenberg
03/29 10:00 a.m.	Ron Grames Karen Birr	Ron Grames Susan Oris	Kelly Snider	Harry Goff	John Holmes Carolyn Stout	Diana Howarth	John Palmer Jim Hollenberg	Ryden Grames Debbie Haefner
04/05 10:00 a.m. Palm Sunday	Clark Burton Harry Goff	TBD	Ethan Grames	—	John Palmer John Anselmo	Diana Howarth Carol Stout	Dusty Hassler Jim Howe	Ryden Grames John Palmer

Please contact the office at 314-837-7113 to report any schedule changes, so the bulletins will be correct. Thank You!



**Bishop Wayne Smith
blessing the meal,
after celebrating the
Eucharist with us on
February 2, 2020.**

St. Barnabas' Episcopal Church

2900 ST. CATHERINE ST.
FLORISSANT, MO 63033

www.stbarnabas-stl.org

Rector: Open

Secretary: Debbie Haefner

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Fax: (314) 837-5785

Email: sbarnbas@sbcglobal.net

Director of Music: Leah Milton

Sexton: Dennis Haefner

Treasurer: John Palmer

Webmaster: Ron Grames

Vestry:

Sr. Warden: Dennis Haefner

Jr. Warden: Dusty Hassler

Clerk: Debbie Haefner

Members:

Karen Birr (2022)

Clark Burton (2021)

Dusty Hassler (2021)

Susan Oris (2020)

Deb Palmer (2020)

Kelly Snider (2020)

Ron Grames (2021)

Convention Delegate:

Diana Howarth (2020)

Alternate Delegate:

Debbie Haefner (2020)



BIRTHDAY BLESSINGS

John Anselmo

March 5

Mary Dobbs

March 9

Debbie Haefner

March 10

Clark Burton

March 11