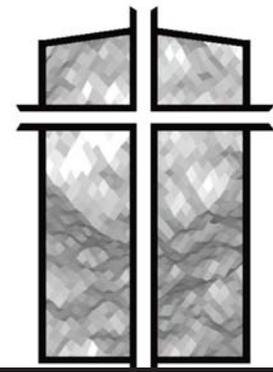


St. Barnabas' Episcopal Church

The **SALTIER**

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



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Vol. 30 No. 8– August 2020



A Prayer in Time of Isolation

(by Rev. Dr. Kate Sonderegger)

Almighty God: Our times are in your hand. We call upon you in this hour of our need, when we are lonely and must stand apart. Be our strength, O Sovereign Lord, our calm in the midst of raging seas, our refuge and our dwelling place. Sanctify to us this time drawn away from others, even as your Son, O Father, drew away to a lonely place for prayer. Deepen our need of you, O Lord, that every breath may be a whisper of the Spirit's prompting, a renewed searching of the deep things of God. Stir up in us the great act of intercession, that we may spend our time apart in prayer for the world you created and sustain. Bless us in our turning toward you, and make us a blessing to those who stand in need of you, the whole fragile earth. All this we ask in the name of the great Physician, even Jesus Christ our Lord. *Amen.*

The Rev. Mary Haggerty Priest-in-Charge



Dear Friends,

Thank you for your warm welcome in my first weeks as your priest at St. Barnabas. This time of global pandemic presents so many challenges on so many levels. It has been hard not to gather with you in person to worship and sing and to hear your stories. But I am grateful that you have welcomed me in the garden during outdoor office hours, on our Zoom virtual coffee hours on Sunday morning, on quick drop-in visits at the office, and over the telephone.

I am also grateful for the technology that allows us to continue to meet at least virtually. In the next few weeks, we will be adding opportunities to pray and learn and reach out as a community. Bible Study is coming back in late August. Evening Prayer will be offered once a week starting in mid-August. We will continue our Zoom Coffee Hour each Sunday morning at 10:30. Let's continue to be creative about staying in touch and holding each other close during this difficult time. Please let me know if you have ideas for Zoom gatherings.

Bishop Deon has set September 1st as the earliest possible opening date for resuming worship together in the sanctuary. That will be the date for reassessing where we stand with the virus and if it is safe to gather inside for worship using the detailed safety plan your vestry has developed. I am hopeful that we can carefully re-open in the Fall, with the understanding that the situation can change at any moment.

Meanwhile, we do have permission from the Bishop's office to gather outdoors for worship. The medical consultants assure us that being outside is far safer than gathering indoors right now. On August 16th at 9 a.m. we will celebrate the Eucharist in the garden using the safety procedures set out by the vestry. Masks and social distancing will be required. Many thanks to the vestry, the worship committee and the altar guild for your hard work and flexibility in making this happen. We are fortunate to have such a big, beautiful outdoor space to gather.

Our work to discern the call to share in God's mission of reconciliation of the world continues even in the face of this pandemic that has left us separated and unsure of the future. Please know that you are in my prayers and please continue to pray for me and for one another.

In Christ's love,

Mary+



Since our North County Pack was cancelled this July, we are now preparing for our August 2021 Pack.

Several of you have participated in past packs and we appreciate your volunteering with your feet and hands to pack as well as your monetary donations.

This year we are having a *“raffle.”* We will sell 250 tickets for \$100.00 each which can be purchased individually or as a group. That one ticket will supply 416 meals.

The first \$10,000 of donations is designated for our North county Pack. For purchasing tickets, we will pull numbers with the following cash prizes: 4 for \$500.00, 1 for \$1000.00, 1 for \$2000, and final grand prize of \$5000.

Due to COVID-19, we will not be able to have the dinner planned, which was a “perk” of buying a ticket, but rather a virtual zoom drawing. This is scheduled for Sunday, August 23.

ALL winners will be contacted by phone or e-mail.

So how do I get tickets? You can call Pr. BJ Arnold at 314-518-1505, or Sue Dunham at 314-229-6313. We can come to pick up your check, which is to be made out to, “Lutheran church of the Living Christ” and give you your tickets.

***In the meantime, please pray for this ministry
as we are feeding starving children in Third World Countries.***

Message from the Senior Warden



Dennis Haefner

On a particularly stressful day recently amidst all of the recent madness that encompasses what is “my job,” I had the need to pause for a while. It was one of those days when it seemed that everyone needed something from me, or for me to solve their problem. Businesses today have developed interesting ways for employees to “collaborate.” Email of course, but also instant messenger, conference call programs, and something recently introduced into my work world, yet another collaboration tool called Slack. Slack is a glorified bulletin board/instant messenger program where one’s co-workers can post messages or questions to a group or a specific individual. So I now have to monitor for work two separate email accounts:

one instant messenger program and Slack. All that “collaboration” becomes overwhelming. Where are the good old days when all one had to do was answer the phone. Or not answer it.

I am fairly certain I have now either lost your interest or you feel incredibly sorry for me. Rest assured neither was my intention. Anyway, that day was one of many that had become incredibly overwhelming with the work stress, and the covid-19 resurgence, the un-heathy political climate, and some folks apparent need to prove their point at the expense of other people’s feelings. I am sure you get the picture. I had to tell myself enough for a while. It is time to stop and do nothing. We have been trained to do that. Nothing, that is, when the stress has becomes too great. So here comes the good part.

One of the good things about working from home is that I have a nice view of my backyard out my window. The neighbor lady who lives behind us is good with plants - something by the way, I struggle with. Stop by some time and look at my yard. I could use some horticulture advice. The neighbor works very hard on her yard and it is a bit of an oasis. Many birds and butterflies frequent the bushes and flowering plants that flourish there. As I looked out my window I began to notice first the butterflies fluttering from flower to flower. Then I noticed the many species of birds. I am not a formal bird watcher but I do like to watch the things they do. There were at least two cardinals. They are majestic birds. I think as a child I liked those most. Probably because we do not see as many of them as we do other bird species. Seeing one made it special and because, well, the Cardinals are my favorite Major League Baseball team of course. There were also Turtle Doves, Starlings, and Robins about the backyard. I especially like to watch the Robins when I mow the lawn. They like to hang out about 6 feet from where I am cutting because the vibrations from the mower cause insects and worms to

come out. While amusing myself with the bird watching I noticed something small moving very fast around one plant with orange flowers in the neighbor's yard. I soon realized it was a hummingbird. We do not really see many hummingbirds in these parts. I have always been intrigued by them. How fast their wings beat and their ability to defy gravity is mesmerizing. I recall that humans would have to eat about 650 pounds of food each day if we had to expend the same amount of energy as that of a hummingbird. Watching, I also noticed that no other bird was allowed to come near the plant. I recall that they are very territorial. It was most amusing to watch it sipping at the flowers, chasing away onlookers, and resting on a nearby telephone cable in a continuous cycle.

My intention was to do nothing but I found myself doing something. Watching the glorious gift of nature from God. In those ten minutes I felt the stress was gone. At least for a bit. Some wise person once said: "Stop and smell the flowers". Good advice but I say ***stop and watch the hummingbirds***. Or any birds for that matter. My tip for your next stressful day.

Be safe and may God bless and keep you.

Dennis Haefner



GRACE HILL



Grace Hill was established by the Episcopal Diocese (Grace Church and Holy Cross Church) in 1903 to provide a comprehensive and coordinated complement of services and resources to immigrant populations, helping them “settle” into their new community. With the goal of supporting their integration into American society both socially and economically, the services and resources offered were health care, material assistance (food and clothing), English as a second language, housing, and employment readiness.

Today, that spirit of support — of neighbors helping neighbors — in geographically bound communities is working to improve lives.

Grace Hill brings together a network of services to enable healthy and productive lives through two sister agencies: [Grace Hill Settlement](#) and Affinia Health Care (formerly Grace Hill Health Centers, Inc.).

Grace Hill Settlement House was rooted in the philosophy of the Settlement Movement which began in America in 1889 with the work of Nobel Peace Prize winner Jane Addams, who founded the Hull House in Chicago.

Grace Hill works in partnership with neighbors and stakeholders to identify the social and economic challenges in North and South St. Louis, and establish families and communities that are strong and self-sustaining. Thousands of St. Louis residents are impacted each year by the multitude of resources and services that Grace Hill offers. Those services include early childhood, youth and family supports, aging, and community and economic development.

Affinia provides primary and preventive health care through five community health center locations in the City of St. Louis, primarily to uninsured and underserved residents of St. Louis and surrounding communities. Of the nearly 38,000 patients they serve, 31 percent are children, 24 percent are homeless, and another 18 percent are public housing residents. The majority of those served have no health insurance and greater than 90 percent have household incomes under 100% of the federal poverty level. Services include pediatrics, family and internal medicine, OB/GYN, dental, mental health, optometry, pharmacy, transportation, and a Children’s Developmental Center.

Affinia also contributes to overall community health through its chronic disease, health education, lead prevention and remediation, and homeless services. Staffed by highly qualified physicians and other practitioners, Affinia serves neighbors who face numerous barriers to receiving access to appropriate preventive and primary care.

CAN YOU NAME THESE HISTORIC ST. LOUIS CHURCHES?

1



2



3



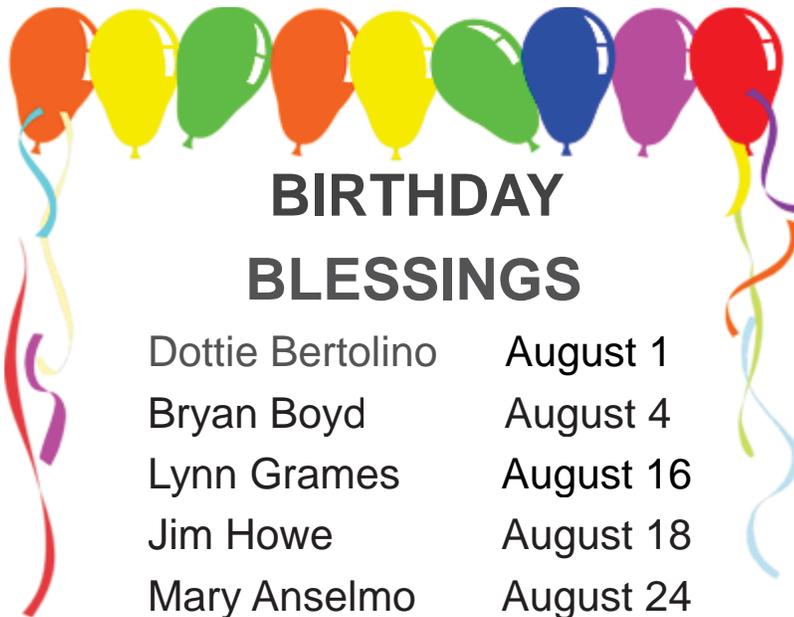
4



5



- ANSWERS**
1. Immaculate Conception (Lafayette and Longfellow)
 2. Cathedral Basilica
 3. Shrine of St. Joseph
 4. Second Baptist
 5. Christ Church Cathedral



BIRTHDAY BLESSINGS

Dottie Bertolino	August 1
Bryan Boyd	August 4
Lynn Grames	August 16
Jim Howe	August 18
Mary Anselmo	August 24

PLEASE DONATE TO TEAM

The Covid—19 pandemic has brought financial burdens on so many families. We all have a chance to help them, especially helping those with children by donating either food or money to TEAM.

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.

St. Barnabas' Episcopal Church

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FLORISSANT, MO 63033

www.stbarnabas-stl.org

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Rev. Mary Haggerty

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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 (2018)

Jr. Warden: Dusty Hassler (2021)

Clerk: Debbie Haefner

Members:

Karen Birr (2022)

Clark Burton (2021)

David Daniels (2023)

Deb Palmer (2020 ext.)

Kelly Snider (2020 ext.)

Ron Grames (2022)

Convention Delegate: Diana Howarth

Alternate Delegate: Debbie Haefner

A monthly calendar and the serving schedules will be sent out separately as soon as we know exactly when we will be resuming services.

Sincerely, thank you for your support, patience and understanding during these unusual situations.