

The Steeple Bell

of St. Barnabas Parish



October 2008

An Episcopal Community since 1891

Issue #2008-10

THE 2009 PLEDGE DRIVE IS ON NOW

Roger Mattison, Stewardship Chair

Stewardship is one part of Christian life that translates belief into actions. We are all called to be stewards of the earth, “our island home”, to be stewards for those places we value and to be good stewards of our resources in the service of the community, family and friends that we hold dear. It all derives from the offertory sentence, “all things come of Thee, Oh Lord, and of Thine own have we given Thee”.

Annually, in the fall, the focus of stewardship is on gathering together pledges of financial support for our parish community in the coming year. This year it is a privilege to have the search process behind us and to be gathering to worship with the leadership of Paul Garrett, our dynamic new rector. Since last year the financial state of the church is much more transparent and on solid footing. In 2008 we have enjoyed the benefits of grant money, a very successful auction and a carryover of resources from 2007 to make our *short term* transition to new leadership at Saint Barnabas mostly free of money headaches. The endowment continues to provide income with a prescribed percentage for extraordinary outreach projects, some capital improvements. The proceeds from the sale of 1280 Vine are safely and conservatively invested for future building contingencies.

Our story as a parish family is one of energetic family ministry, provocative adult education, lively and stimulating worship and music, and a panoply of outreach....extending , so far, 117 years.

The Saint Barnabas story continues. Our story as a parish family is one of energetic family ministry, provocative adult education, lively and stimulating worship and music, and a panoply of outreach. ***To build our story on a firm foundation requires a secure budget.*** Although the vestry is still working on the detailed budget, estimates point to our 2009 operating expenses exceeding \$400,000. Sixty percent of this budget goes to salaries; all of the paid employees are scheduled for an increase in 2009.

The Saint Barnabas family has a tradition of generous giving - sharing the bounty we have been given. Pledged income in 2008 is over \$260,000. In 2009 more children will be involved in Family Ministry programs. Outreach is expected to grow. Our position in the Diocese of Colorado as the progressive voice, leading where the Episcopal Church ought to be going, is unquestioned. Inevitably the question comes, “Where do the financial resources come from to sustain our story as it has developed for 117 years?”. ***The support for the operating budget is largely from pledged income; with growth and inflation demands, this income must grow in 2009.***

There will be many appeals to the Saint Barnabas family in the next several weeks seeking everyone's pledged donation for 2009. If you have pledged before, I urge you to consider increasing your pledge in 2009. If you have not pledged before, make your pledge now. Pledge by returning the pledge form mailed to you last week, or pick up a pledge form and look at the photo album of our parish community next time you are at church, or cut out the pledge form on page 5 of the hard copy of this issue, or download from the website (www.stbdenver.com), then fill it in and drop into the collection box. Consider setting up an automatic monthly donation if you do online banking. However you do it, please make your generous financial contribution to continue our story and our future.

GET YOUR FREE FLU SHOT

By Joan Jarboe

Please sign up for your free flu shot. I will be giving flu shots after each service on Sunday, October 12 and 19, and on October 12 after the evening service. The sign-up sheets are in the Narthex or call Carol at the church. If you have any questions call me, Joan Jarboe, your Parish Nurse at 303-866-8366.



Influenza is a contagious disease caused by a virus, which can be spread by coughing, sneezing, or nasal secretions. Other illnesses can have the same symptoms and can be mistaken as flu. Anyone

can get the flu, but children are the most susceptible. For most people the flu lasts only a few days. It can cause fever, sore throat, chills, fatigue, muscle aches and headaches. However, some people get much sicker. The flu can lead to pneumonia and is especially serious for people with a heart or a respiratory condition. Children can develop a high fever, diarrhea and seizures. On an average, every year, 226,000 people are hospitalized and 36,000 people die. The elderly are the most vulnerable to fatality.

The flu shot cannot give you the flu. Influenza viruses are always changing which is why it is necessary to receive a flu shot every year. It takes up to two weeks for protection to develop. Influenza can occur any time from November through May, but is most often peaks in January or February.

There are two types of influenza vaccine The Inactivated (killed) which is injected into a muscle and the Live, attenuated (weakened) which is sprayed into a nostril. I will not be giving the live virus.

The latest recommendation from the CDC (Center for Disease Control) is for all children six months to 18 years old to receive vaccination. They recommend that children eight years or younger receive two injections a month apart. This is one of the reasons I do not give them to children. Children over nine can receive their injection, if they have received them in the past.

The CDC is also stressing that pregnant women and adults over the age of 50 get vaccinated. It is also important for health care workers that care for children less than six months old and those caring for individuals at high risk for flu complications, such as AIDS patients. Basically anyone who cares for children, the sick, the elderly or works in community services should protect themselves by receiving the flu. For more information visit the CDC website at www.cdc.gov/flu or call 1-800-232-4636 (1-800-CDC-INFO).

ABOUT THE VIRGINIA ERVIN FUND

By Dennis Kennedy

The Virginia B. Ervin Challenge Grant Fund was established in 1995 by a generous bequest to St. Barnabas Episcopal Church. The mission of the Fund is to provide matching grants to parishes, missions, special projects and ministries in the Episcopal Diocese of Colorado to further God's Kingdom. Any individual or entity can apply for up to \$5,000 in support, provided an equal match is documented—the proposal form and submission process is found on the St. Barnabas website: www.stbdenver.org/virginiaervin/index.htm We are accepting grant proposals now for the Oct. deadline, and will accept another round of proposals for Jan. 1, 2009.

Virginia Ervin Fund Committee members include Dennis Kennedy, Nadine Cochran, Andrew Pasini, and P. McWilliams (Breckenridge). We hope to recruit two more members from outside the St. Barnabas parish community.

Four grants were given in response to proposals submitted in late 2007: \$5,000 to St. Francis Center to support a therapist working with the homeless on mental health issues; \$4,635 to Canterbury Colorado, the Episcopal Campus Ministry to CU-Boulder, for evangelization work with students, located at St. Aidan's Episcopal Church; \$4,000 to St. Martin in the Fields Episcopal Church in Aurora to help transform their old building into a Community Life Building for outreach; and \$4,000 to St. Joseph Episcopal Church in Lakewood to purchase new and safe playground equipment for the parishioners and neighborhood children.



ARTS ON VINE 2008-09 SEASON BEGINS

Mark your calendars for the following events

Sunday, October 19, 3:00 pm

A concert by the 3/4 Trio (piano, violin & cello)

Sunday, November 16, 3:00 pm

A concert by Voice of the world cello quartet

December 5 – 7

A Visual Arts Feast by Susan Rember

Opening Reception, Friday December 5, 5:00 – 7:30

Show also open Saturday, Dec 6, 1:00 – 3:00 and Sun., Dec 7, 10:00 – 12:00

Studio Demonstration: Sunday, December 7, 1:00 – 3:00

NOVEMBER 12
NOVEMBER 19
NOVEMBER 26
NOVEMBER 9



*2008's most-requested
St. B's Adult Forum series topic*

*11:00 AM, after Sunday Service
in Marshall House*

OCTOBER 12 Iiff professor **Albert Hernandez** shares the counterpoint history of “Scientia” and “Magia” through the ages

OCTOBER 19 **Rick Angell** leads us through Genesis and the Big Bang: how did we get here? (letting the days go by?)

OCTOBER 26 **Keith Wier** talks about physics, chaos and emergence: continuing creation at the borders of order

NOVEMBER 2 **Erin Bell** tackles evolution and biology's illustration of unfolding form-sense in creation

NOVEMBER 9 **Jack Unruh** shows us the neuroscience of religion: if it's all in our heads, how did it get there?

IMPORTANT! Show and tell! Bring scientific specimens or ideas*- that wow you so deeply that the experience is “religious!”

At the end of every session we'll swap wows and wallow in the wonder!

**(fossils, crystals, pictures, art, formulas, books,*

ST. B HELPS BUILD 50 APARTMENTS

By Jack Keables

The St. B. congregation has contributed \$16,000 to help St. Francis Center reach its funding goals for a new apartment complex at 2320 Curtis to house some of Denver's poorest citizens.

New residents will be provided security, auxiliary services and case management to help them have a safe, healthy and proud new existence. The new Cornerstone apartments will be ready by next spring. Drive by 2323 Curtis and see your Christian generosity in action. The members of the Outreach Committee and the Virginia Ervin fund have been the point people in this effort. Thanks St. Barnabas!

THE RAYMOND WENTZ FOUNDATION

By Jody Will

The Outreach Committee recently selected the Raymond Wentz Foundation as one of its recipients for financial support. The Foundation is most appreciative of the \$2,000 award to help cancer patients in active cancer treatment, who, because of the huge expense of treatment, are often unable to meet daily living expenses such as rent, gas, food and medication.

The Raymond Wentz Foundation was founded in 2002 by Dr. David Schrier, an oncologist in Denver who named the Foundation after his patient, Raymond Wentz, a 17-year old boy who died from non Hodgkin's lymphoma. Raymond's mother had passed away and he, his sister and his father were struggling financially and socially. Unfortunately, when Raymond was diagnosed with non Hodgkin's lymphoma, the family had very minimal financial resources to assist them in Raymond's battle. Raymond did not have access to a car, so he rode his bicycle to Dr. Schrier's office for chemotherapy. Raymond was upbeat and positive during his cancer battle.

Raymond was the inspiration for starting the Foundation because he represented the best that mankind has to offer, but experienced some of the toughest and most difficult times that life has to offer.

The goal of the Foundation is to help as many pa-

tients as possible. This year, the Foundation is anticipating helping approximately 350 needy cancer patients in the Colorado community. The generous gift from St. Barnabas' Outreach Committee will help the Foundation to achieve its goals.

Raymond made us all believe that miracles do happen. The Foundation thanks you, St. Barnabas, for helping it to fulfill this dream.

Dear St. Barnabas Friends:

After 11 years I am resigning as Share the Care volunteer coordinator. It has been a joyful experience serving the members of the congregation in times of need. In my term as volunteer coordinator, we have arranged for various kinds of assistance—rides to the doctor, meals, home visits for shut-ins and support for families who needed help with home care.

Since 1988, I've been a member of St. Barnabas. My first volunteer experience was with Project Angel Heart where I was assigned the job of volunteer coordinator. Eventually Project Angel Heart became too large for our kitchen facility and moved to another location. In the late nineties, I was enlisted as Share the Care volunteer coordinator.

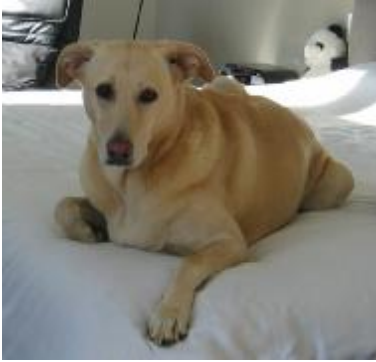
It has been a pleasure to serve in this ministry. As a result, I have developed warm friendships and heightened respect for the people who have availed themselves of services.

I would like to thank all the volunteers who graciously prepared meals, served as chauffeurs, or offered to spend time with those who were shut-in. I would like to give a very special appreciation to St. B's parish nurse, Joan Jarboe, who has been incredibly supportive of Share the Care and who has worked so hard to meet the needs of the parishioners. And a very special thanks to Irene Shepard who unfailingly called me every week to find out if anyone in the parish needed a card.

Thank you to the St. B. community for your support of this wonderful ministry.

Jan McPhail

BLESSING OF THE ANIMALS SUNDAY, OCTOBER 5, 2008



Bring your pets to Sunday morning and evening Services for a Blessing. This lovely custom is conducted in remembrance of St. Francis of Assisi's love for all creatures. Francis, whose feast day is October 4th, wrote a

Totee Rudofsky on Dad's bed Canticle of the Creatures, an ode to God's living things. "All praise to you, Oh Lord, for all these brother and sister creatures."

Our pets not only entertain us and assuage loneliness, they teach us about unconditional love. Even when we have little time for them; our pets overlook our foibles and forgetfulness, and accept and return our love—no strings attached. Share your love of your animals with Sunday worshippers and bring your pets to one of the Sunday services to be blessed.



**Installation of Father Paul
As Rector of St. Barnabas**
Please join us
for a very special celebration
7:30 p.m.
Monday, October 20, 2008
St. Barnabas Church
1280 Vine
Refreshments following
in Marshall House

St. Barnabas 2009 Commitment Form

With a grateful heart for God's boundless generosity and as an expression of my Christian stewardship, I/We make this commitment to Christ's church and the ministry of this congregation.

My/Our Commitment is: \$ _____ per week or
\$ _____ per month or
\$ _____ per quarter or
\$ _____ per year

Name (s): _____
Address: _____
City: _____ **Zip:** _____
Home Phone: _____
Email: _____

_____ **Please contact me/us regarding how to include St. Barnabas in my/our will or estate planning.**

IF YOU PLEDGE SEPARATELY, PLEASE FILL OUT SEPARATE CARDS.

SOUPS ON !!!



The St. Barnabas Soup Group will once again be making soup for donations every week and offering it on Sunday mornings to benefit this year a new mission—the Outreach Ministry of St. George's Anglican Community in Baghdad, Iraq. Last year we were able to raise over \$10,000 for the Water for People Project that provides water and sanitation to villages in Malawi, Africa. This year our focus is to bring a positive presence to the impoverished people of Iraq (Christians and non-Christians) who are provided with food and medical services by St. Georges.

Starting on Sunday, October 5 a delicious and nutritious soup will be available in pints or quarts. The suggested donation is \$4 per pint or \$8 per quart. Additional donations are always appreciated. Each week there will be a different soup.

If you are interested in joining a lively and enthusiastic band of choppers and stirrers, stop by the St. Barnabas kitchen any Wednesday morning between 9:00 am and noon. We can always use extra help! Contact the church office for more information.

ST GEORGE'S BAGHDAD CLINIC

The historic St. George's Anglican Church in Baghdad has started a medical and dental clinic. This clinic provides comprehensive health care for everybody in the area of the Church and for all the Church. The rector of the church is Canon Andrew White of FRRME* who reopened the long unused church in Baghdad after the fall of Saddam Hussein.

Recently in response to the desperate need for medical help for the area the clinic was opened and is run under the auspices of Foundation for Relief and Reconciliation in the Middle East (FRRME). It employs three doctors, three dentists and a pharmacist, all Iraqi's. Running the free clinic is a huge expense. Essentially they need over \$15,000 per month to run the clinic. Having no reserves it is always difficult each month waiting for the money but it always has come.

The Clinic provides a wonderful service to a people who have nothing. It also shows that the church is there to serve the people. For more information about St George's Church, the clinic and Andrew White read their latest newsletter at [www.frrme.org/newsletter/FRRME-Oct Newsletter-08.pdf](http://www.frrme.org/newsletter/FRRME-Oct%20Newsletter-08.pdf)



October by Robert Frost

O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild,
Should waste them all.

The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!

For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost--
For the grapes' sake along the wall.



B i r t h d a y s a n d A n n i v e r s a r i e s

- 2 Andrew Pasini
4 John Betts
5 Jim Matkin
 Merisa Trujillo
 Irene Sheperd
6 Jim Matkin & Sean Middleswart
8 Rachel Blanc
9 Susan Bender
 Dana Gielissen
 David Millis
10 Rick Friesen
 George Churchill
 Joshua Carlson
12 Kevin Lindahl & Ben Fiedler
13 Paul Kosempel
 Shelby Test-Peralta
 Alexis Grant
 Karen Burch
 Kevin Lindahl and Ben Fiedler
15 Janet & Judy Wallace
16 Claire Bednarek
 Lucas Bednarek
 Francesca Sica
 Marla Stauth
17 Claire Wiley
 Scott Varholak
19 Andres Trujillo
20 Aviella Trujillo
 Kent Mueller & Elizabeth Izant
21 Bill Lundgren
22 Heidi Carlson
 George Morton Cobb
24 Darrell Martin
 Kevin Fluke
 Judy Goebel
 Elizabeth Izant
26 John & Jane Foster
 Ken Phillips & Alec Juhan
29 Janet Frazier
 Erin Bell
30 Virgil Miller
 Francis Lyon
31 Stan Siefer
 Hal Richardson



MARK YOUR CALENDAR

Wednesday, October 1

Eucharist followed by Bible Study 10 a.m.
Soup preparation begins most Wednesdays, 9 a.m.
St. B. kitchen. All are welcome.

Sunday, October 5

World Communion Sunday

Blessing of the Animals

Eucharist Services: 7:45 and 9:30 a.m.
Contemporary Service: 5:30 p.m.

Monday, October 6

Benedictine Way, 6:30 p.m

Wednesday, October 8

Eucharist followed by Bible Study 10 a.m.

Saturday, October 11

Parents and Grandparents Retreat

Sunday, October 12

Eucharist Services: 7:45 and 9:30 a.m.
Adult Forum, 11 a.m., Marshall House
Contemporary Service: 5:30 p.m

Monday, October 13

Benedictine Way, 6:30 p.m.

Wednesday, October 15

Eucharist followed by Bible study

Sunday, October 19

Eucharist Services: 7:45 and 9:30 a.m.
Adult Forum, 11 a.m., Marshall House
Contemporary Service: 5:30 p.m.
Arts on Vine: 3/4 Trio Concert, 3 p.m.

Monday, October 20

Benedictine Way, 6:30 p.m.
Installation of the Rev. Paul Garrett 7:30 p.m.
followed by refreshments in Marshall House

Wednesday, October 22

Eucharist followed by Bible Study, 10 a.m.

Sunday, October 26

Morning Services, 7:45 and 9:30 a.m.
Blood Pressure Checks following each Service
Adult Forum, 11 a.m., Marshall House
Contemporary Service, 5:30 p.m.

Tuesday . October 28

Dances with Miriam, 6:30 p.m.

Wednesday, October 29

Eucharist followed by Bible Study, 10

A COLORFUL WESTERN HISTORY

By Jim Scheffe

Some fascinating discoveries were made as the result of a rather ordinary event. Carol Anderson, our Parish Administrator, was attending the monthly luncheon of Parish Administrators from the Diocese, and the issue of parish records came up. The conclusion was that records always need back-ups, at least two or three in the opinion of some.

There are a number of reasons. First of all, they are legal documents, and their loss could be harmful to people who actually need them, e.g., proof of place and date of birth for Social Security and proof of citizenship for applications for passports. Second, while less useful during this age of the Internet, church records can be valuable for people researching their genealogy.

Guess what? St. Barnabas has no back-up. We have some very old records. There are eight books in all, dating from 1891 to the present. There are books for baptisms, confirmations, marriages, baptized persons transferring from another parish to St. Barnabas, and burials.

Carol, on her own initiative, has decided to use some time in the late afternoon, when all other parish business for the day has been completed, to enter our re-

records into the computer. She estimates that this is a two-year process. The result will be the original documents plus two back-ups: storage in the computer and on discs.

The burial records reveal something of what life was like in the late nineteenth and early twentieth centuries. Causes of death (do not read this list if you are squeamish): consumption, pneumonia, diphtheria,



Spanish influenza, shootings, murder, tuberculosis, typhoid fever, appendicitis, exposure (people found frozen), drowning, suicide, scarlet fever, apoplexy, and old age. Take your pick. The second burial book includes railroad and streetcar accidents.

The first burial book includes a colonel and general from the Civil War. There is also an entry for one William Cody, followed in parenthesis by the words "Buffalo Bill". He was seventy-two years old at the time of his death. Address: 2932 Lafayette Street; date of death: January 10, 1917; cause of death: brain embolism. Memorial service conducted by C. H. Marshall at St. Barnabas on January 14, 1917, followed by interment on Mount Lookout. Can you top this?

Thank you, Carol. We'll see what else we learn about the history of St. Barnabas as you continue your big project.

St. Barnabas Episcopal Church

1280 Vine St., Denver, CO 80206-2912

Telephone: 303-388-6469 Fax: 303-333-0512

www.stbdenver.org

[email:office@stbdenver.org](mailto:office@stbdenver.org)

The Steeple Bell is published at the beginning of each month and distributed by email. Co-editors are Timothy Hepp and Mary Kelly O'Donnell, with assistance from Carol Anderson, parish administrator. To request a mailed copy, contact Carol at the above address. The **Steeple Bell deadline is the 15th of each month.**

Weekly Announcements' deadline is the end of the day Tuesday for Sunday publication

Send information for The Steeple Bell and Announcements to Carol Anderson via fax, email, or snail mail.