



The Saint Barnabas Connection

Fall 2014

The Newsletter of Saint Barnabas by-the-Bay Episcopal Church
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**From Mother Lisa
Pastor**

As our summer season has been winding down and coming to an end, I have found my mind shifting to the concept of Shabbat or Sabbath. I find it an interesting time to be dwelling on the concept in the time of year following the season where many of us have taken some sort of time away or vacation.

Perhaps this is because many people who have taken a break from their ordinary schedule find themselves returning to their routines in need of a “vacation from their vacation.” After all, there is pre-planning, the planning, the packing, the departing, and arriving, and all of the places you want to go and the people you want to see. Then there is the repacking (which never goes as easily as the initial packing), the travel back, the unpacking and the return to a life which has continued on in your absence creating even more work for you to do! And if you have pets or children, that adds a whole new layer to the experience. Who has time to rest when they are away!

But God intends for us to rest and to take care of ourselves. God sets the example and expectation for us in the very first story that

we hear from the scriptures: “And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.”

God set apart a part of the week that he had created in order to not only rest but to bless and sanctify the time as holy. We are commanded to do the same. And many of us are just so bad at doing that! Self-care is often times at the very bottom of our to-do list. But perhaps if we look at the time we set aside for the care of ourselves as a holy time, we might begin to be more attentive to our needs and nurture as a part of God’s wondrous creation.

Taking Sabbath doesn’t mean that you must retreat to a corner in silence and contemplate the nature of the universe. But what it does require of you is being intentional about stepping away from the busyness that saps your energy. Go for walk, a bike ride. Read a book. Play golf. Pick up your needlework or woodworking. For some, ironing and doing laundry is restful and meditative. This is what is at the heart of Sabbath. Finding a time and a space that you set apart and make

holy for yourself, a time when you let go and allow God to recharge your batteries.

You might not be able to set aside an entire day. Don't let that discourage you! Start small. Find 15 minutes in your week - an hour - an afternoon. This is your chance to rule time rather than letting time rule you. Abraham Joshua Heschel tells us in his book *The Sabbath* that "The Sabbath is all holiness. Nothing is essentially required save a soul to receive more soul. For the Sabbath maintains all souls. It is the world of the souls; spirit in the form of time."

Sabbath is a gift from God intended for the benefit and care of our souls. Remember, Sabbath is holy work and it takes time. Take the time; do the work. You, my friends, are worth it.

In Christ,
Mother Lisa+



**From Maureen Kersch
Senior Warden**

Saint Barnabas Church participated in "Whale of a Day" for a second year. We have a new canopy tent. We had a lovely time. So many people came by to visit our display. We are spreading the word that Saint Barnabas Church is here and doing great things.

For our teens, this was their second year to camp. We had a great time. We learned how to put a tent up in the wind by ourselves. We also learned how to keep it up in the pouring rain. The band and the guest speakers were fantastic. We hope to do this again next year.

Our backpack drive was a success once again this year. We helped Lower and Middle Township schools by offering them 100

backpacks to start off their school year. A very generous donation from a visitor at Saint Mary's in Stone Harbor provided us an extra thousand dollars, so we were able to add lunch boxes to the backpacks.



**From Leslie Flick
Treasurer**

Thank you to all who support our fundraisers. Your participation attending, helping set up, or working the day of an event is gratefully appreciated. We just had our end of the summer hoagie sale which was sold out. Sorry, we were unable to provide for those who dropped by to purchase hoagies but, come next Memorial Day, please be sure you fill out the forms and pre-order.

In the narthex, we have a beautiful handmade twin bed comforter set (pillow sham, skirt, sheets) made by our own Jean Miller, to be raffled off on November 16. Tickets are only \$5.00 each. Win an early Christmas gift!

By the time you read this, we will have had our Pasta Supper, but on Saturday, October 11 we will hold our famous Turkey Dinner from 4 to 6:30 PM. Please put this great dinner on your calendar and spread the word. If you can lend a hand cooking turkey breasts, setting up or cleaning up, please let me know by Wednesday, October 1.

Our next fundraiser - a Bake Sale and Holiday Bazaar - is on Saturday, November 15 from 9 AM to 1 PM. Please bring your new or gently used clean items for the bazaar (no clothes, please) not before October 1 as we have limited storage space. Don't forget to start your baking and freezing foods for our great bake table now.

I know that this is far away but please put it on your calendar: January 10, 2015 (wow) our Meatloaf and Mac and Cheese dinner. Last year was our first and it was a great hit. All these fundraisers will be in our bulletins as reminders.

Our food pantry runs solely on donations and is not subsidized by any funds from our Sunday collections. If you would like to make a financial contribution to our food pantry, that would be wonderful. Please note clearly that you want the donation to go to the food pantry. For food donations, please pick from the list posted on the narthex bulletin board. Feel free to come to the parish hall to see what items are always needed. Over the summer we provided non-perishable items to an average of 80 families per month. Now that the part-time jobs are ending, we expect between 120 to 150 families per month, so your help is greatly appreciated.

If anyone wishes to purchase homemade soups (vegetable, split pea, chicken noodle, and turkey rice) for only \$3.00 a pint, let me know any Sunday since we have a supply now.

Please don't forget to bring your empty ink cartridges to the church and drop them into the green box on the floor of the narthex. Each one helps to offset the cost of office supplies.

Dates to remember:

Saturday, November 22, 9 AM, Parish Hall,
packing Thanksgiving Boxes

Saturday, December 20, 9 AM, Parish Hall,
packing Christmas Boxes



From Deacon Sue

Dear Friends,

Summer is quickly passing and soon autumn will be upon us. Like most of you, I have really enjoyed the fruits and vegetables of our local farms; both large and small. I thank those of you who have generously shared the produce from your backyard gardens with me. The tomatoes, eggplants and zucchinis have been especially good this summer. I suspect that our rather cold and snowy winter had something to do with that.

Autumn will bring an abundance of squash, pumpkins and sweet potatoes along with her cooler winds and colorful breezes. I love to make soups from these fall vegetables. The smell of them and the spices cooking transport me back to my childhood and the love that exuded from my mother's kitchen when she and Aunt Dot made batches of soup to be frozen for the winter to come.

Below is my recipe for sweet potato soup. I love to make it as much as I love to eat it. Friends and family have told me it's not bad. So, I share it with you. May the smell of it cooking warm your heart and the heartiness of it fill your belly.

God's Peace,
Deacon Sue

Deacon Sue's Sweet Potato Soup

Ingredients

- 2 tbs olive oil
- 1 ½ - 1 ¾ lbs peeled raw sweet potatoes, cut into 1 inch chunks
- 1 large onion
- 1 tbs butter
- 1 pinch sugar
- 3 large cloves of garlic, thickly sliced
- 1 ¾ tsp ground ginger (I adjust amount of ginger according to audience.)

- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp fresh ground pepper (or equivalent pepper corns)
- 3 cups chicken or vegetable broth
- 1 ½ cups half and half (or whole milk)
- 1 tbs honey
- Salt to taste

Directions

1. Heat oil over medium-high heat in large, deep sauté pan until simmering.
2. Add sweet potatoes, then onion; sauté, stirring very little at first, then more frequently, until vegetables turn golden brown, about 7-8 minutes
3. Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are spotty caramel color, about 10 minutes longer.
4. Add ginger, nutmeg, cinnamon and pepper; continue to sauté until fragrant, 30-60 seconds.
5. Add broth; bring to simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until sweet potatoes are tender, about 10 minutes.
6. Puree, using immersion blender or traditional blender, until very smooth.
7. Return to pan (or soup pot); add honey and enough half and half so the mixture is soup-like yet thick.
8. Taste, and salt and pepper as needed.
9. Heat thoroughly, ladle into bowls and serve. Tastes even better the next day.

Note: You can substitute pumpkin or butternut squash for sweet potatoes for yummy variations.



From Doris Dorsett

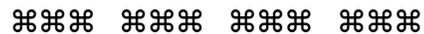
Festive Egg Dish Recipe

Ingredients

- 1 lb pork sausage, cooked - drained
- 12 med eggs
- 4 oz mushrooms - sliced
- 1 C milk
- 1/2 C scallions
- 1 1/2 tsp salt
- 2 med tomatoes - chopped
- 1/2 tsp pepper
- 2 C mozzarella cheese - shredded
- 1/2 tsp oregano
- 1/4 C Bisquick

Directions

1. Layer sausage, mushrooms, scallions, tomatoes and cheese in greased 9x13 baking dish.
2. Save some tomatoes and scallions to sprinkle on top for color.
3. Beat together remaining ingredients.
4. Pour over sausage mixture, then garnish with extra tomatoes and scallions.
5. Bake uncovered 350 degrees for about 40-50 minutes or until golden brown and set.
6. This may be made the night before and refrigerated.
7. Remove from refrigerator about 1/2 hour before putting in oven.
8. I use the Jimmy Dean savory sausage.



**Saint Barnabas by-the-Bay
2014-2015 Concerts**

Saint Barnabas by-the-Bay Church is happy to offer Sunday afternoon concerts once again in 2014 and 2015. The performers are:

- Carlos Bedoya, classical guitar, November 23
- John Gottschall, organ, December 21
- Tom Werkheiser, guitar and singer-songwriter, January 25
- David Condo, organ, February 22
- Judy Curtis, soprano, and John Curtis, organ and harpsichord, March 22
- Scott Breiner, organ, April 26
- Karen Buckley, Turtlesinger, Charlie Buckley, Turtletoter, and the famous Turtlesinger Turtles, May 17

All are welcome. All concerts start at 3 PM. Light refreshments follow each performance. Freewill offerings will be accepted at each event. For more information, please call Anthony Navarra at 609-889-0667.



WHAT ELSE HAS BEEN HAPPENING HERE AT SAINT BARNABAS?

Welcome to the newest members of our church: Jim and Lorraine Bray, Hannah Simons, Patti Craig, Mike and Kathy Torpey, Theresa McGinley, Kimberly Eisele, and Wayne and Karen Runner. May you find folks here at Saint Barnabas a Christian, caring family.

Please pray for Norman Craig Jr. who passed. Let light perpetual shine upon him. May he rest in peace.

We welcome all who recently were baptized into the family of Jesus: Sheilla Elizabeth Clifford, Joseph Mastalski V, Stephan William Frame, and Vincent Walter Frame.

Bon voyage to Larry and Peggy Stephens who moved to northern New Jersey. We wish them all the best.

Thank you to Amanda Chiaro who sang the Easter Proclamation (The Exsultet) for us at the Great Vigil of Easter. Not an easy piece of music for anyone, let alone a young person. Bravo, Amanda!

Speaking of Easter and Holy Week, this year was special because, on all the days of Holy Week we had at least one service and on some of the days, two or even three so that folks could spend some time in prayer despite their hectic schedules. We also had times for Confession, that is, The Rite of Reconciliation of a Penitent. ... Many thanks to all who made Holy Week and Easter a special time here at Saint Barnabas.

Let's not forget our Easter Egg Hunt on Holy Saturday for all the kids in our community. Thanks to all who pitched in.

We celebrated the feast of Saint Barnabas the Apostle, our patron, in June.

Have you noticed how fantastic our Memorial Garden and all our church gardens look? Thanks to our members who use their green thumbs and do such incredible work.

The carpeting in the church finally has been replaced. In addition, the altar area is now all on one level, eliminating the tripping hazard. The white altar furniture also was rearranged a little and will be repainted. All this was made possible by a generous donation left to the church from the estate of William Sheppard.

Work on the stain glass window which Dot Yeast left to the church is completed. The window has been blessed too.

Zumba is now offered at Saint Barnabas. Please join us at 6 PM on the first and last Thursdays of the month in the parish hall. Our own Robin Schafer is the instructor.

Our Sunday morning Adult Christian Education Forum recently completed studying two books: *The Fed-Up Man of Faith* by Shmuley Boteach and *The Liturgy Explained* by James W. Farwell.

Our Kids Summer Fair was a hit. We had it on the same day we held our Summer Bazaar, another success.

Members of the Diocesan Youth Council and their mentor, The Reverend Canon Debi Clarke, came to talk at services one Sunday about the importance of youth ministry and what opportunities there are for youth and the adults who work with them. They will be back to help establish the connection between the youth of our diocese and the diocese.

Since Larry and Peggy Stephens no longer are with us, Robin Schafer is our new sexton and Leslie Flick is our new office secretary. The position of Junior Warden will be filled at our next Annual Meeting. Robin's husband, Larry, will be helping out with maintenance needs in the meantime.

Please check out the beautiful quilt that is being raffled off by the church. You may see this wonderful quilt handmade by Jean Miller in the narthex.

Our new parish directory has hit the streets. Thanks to all who helped make this a successful project.

Thank you to all our bakers who have been baking our Communion bread. If you would like to join us and help out, please see Mother Lisa.

Thanks to our teens who offer us refreshments after the Sunday 10 AM Eucharist. Much appreciated!

Our worship and picnic with folks from Saint Mary's at the Cape May County Park and Zoo was a pleasant event once again this year. Thanks to all who pitched in and helped, and all who attended.

In addition to being our pastor, Mother Lisa also now is teaching at the Diocesan Deacon School in Trenton. We wish her all the best.

Our Sunday School children decorated name tags for us to wear on Sundays so that we can get to know each other better by name. The name tags are on the name tag tree which is in the narthex.

The Saint Barnabas Art Group held its 53rd annual exhibition this summer. We are grateful for the group's support of our church. A video about the group may be viewed at <http://www.youtube.com/watch?v=pwiWcsx8JTk> (or just search within YouTube for "St. Barnabas Art Show.")

Genesis Healthcare visited us on September 23 and gave a presentation on a number of topics for seniors and those interested in healthcare issues for seniors. We are grateful for their visits and presentations.



**"He says it is a matter of faith...
Personally, I think I'll stay in the boat!"**