



# The Saint Barnabas Connection

Easter 2014

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

A Very Blessed and Happy Eastertide to you!

After a long, dark and unusually snowy winter (for those of us who did not make the trip to sunny Florida this season ☺), we are finally seeing signs of spring! How wonderful it is that this change coincides with the celebration of Easter and the glorious resurrection of our Savior!

As Episcopalians we are Easter people, people of the resurrection. While our Lenten journey takes us through the trials and despairs that our first century brothers and sisters endured and literally drops us at the foot of the cross on Good Friday, we were never meant to stay there. Christ's rising from the dead takes us past and through the cross and into the glory of God's unbounded love and the joy of his forgiveness.

The signs of the resurrection and God's wondrous love are all around us. With the coming of the spring, the grass once again is taking on its green hue, the sleepy flowers have poked their colorful heads through the hardness of the cold earth and the light of the day grows longer. The sounds of the birds calling, the laughter of children who can finally play outdoors and the noise of the traffic as people

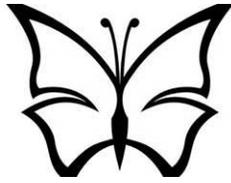
return to the shore area have once again replaced the silence of winter.

Signs of resurrection are also evident in our own church. We have been blessed with the presence of visitors and new members, long time members have made the journey back home and our parish hall is filled with continuing and new opportunities for ministry, education and fellowship. St. Barnabas is a vital presence in the community with a growing reputation as a place where people can come to worship, to gather, and to be lifted up when they are in need. St. Barnabas by-the-Bay is a place where the resurrection is alive and well. It is a place where the people proclaim the Good News of the Gospel of Christ outside of the church's four walls with the enthusiasm of Mary Magdalene as she rushed from the tomb to share the news with the disciples on that first Easter morning.

We are Easter people and we are surrounded every day with signs of the resurrection. Take the time each and every day to look around you and to celebrate the signs of life and the glory of God that are all around you.

Alleluia! Christ is risen!

Easter blessings,  
Pastor Lisa+



## Saint Barnabas Memorial Garden Report

In the autumn of 2013, a suggesting was brought forward by Pastor Lisa for the creation of a memorial garden on the church grounds. The garden would be a place for reflection and spiritual renewal, and for memorials, with an area reserved for the sprinkling of ashes by, and at the discretion of, the vicar.

We, Janice Ablett and Nicki Wynnefield, agreed to oversee the creation of the garden. In consultation with Pastor Lisa, the area that covers the south-west corner of the church near the parking lot was proposed.

A proposal for the memorial garden was brought before, and passed by the vestry on September 28, 2013. Also, the vestry voted Janice Ablett and Nicki Wynnefield on the committee for The Saint Barnabas Memorial Garden.

Notice of the garden proposal was announced to the congregation on November 17, 2013, and we broke ground on November 18, 2013. Since then, with the aid of donations and volunteers, walls blocks have been laid to outline the garden, and topsoil and mulch was added to the area. A statue of the Good Shepherd has been donated as a spiritual focal point. Letters of thanks have been sent to those who have made contributions to the memorial garden.

As weather permits, the final wall blocks will be laid around the garden, stone and the statue will be placed in the rear area, and plantings of donated bulbs, shrubs and other perennials will be placed in the front area

and surroundings (some are in and already breaking ground!) A stone bench and shrub, also donated, will be placed near the garden. Protocol for memorials, memorial plaques and placement, and distribution of ashes will be discussed and determined at the discretion of the vicar and committee.

We anticipate that The Saint Barnabas Memorial Garden will be ready for consecration and opening sometime in the spring.

To date, expenses and donations of time, effort, materials and money have been recorded. An account has been established and will be entered into the church budget for 2014.

Respectfully submitted,  
Janice Ablett and Nicki Wynnefield  
Saint Barnabas Memorial Garden  
Committee



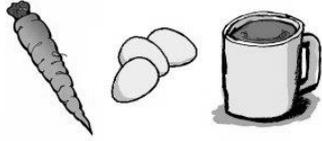
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***The next time you find yourself in pain,***  
whether it be from external or internal forces, try the following exercise: Close your eyes and picture Jesus standing before you. He is risen but he bears the marks of his passion. Place your pain into his wounded hands. Let him hold it, transform it, and hand it back to you.

Author Unknown

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Many thanks to Paula Cassidy for sharing the articles *The next time you find yourself in pain* on page 2 and *Carrots, Eggs, or Coffee* on page 3.



### Carrots, Eggs, or Coffee - "Which are you?"

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see?"

"Carrots, eggs, and coffee," she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they got soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, she asked her to sip the coffee. The daughter smiled, as she tasted its rich aroma. The daughter then asked. "What's the point, mother?"

Her mother explained that each of these objects had faced the same adversity -

boiling water - but each reacted differently.

The carrot went in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

"Which are you?" she asked her daughter.

"When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Think of this: Which am I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff?

Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

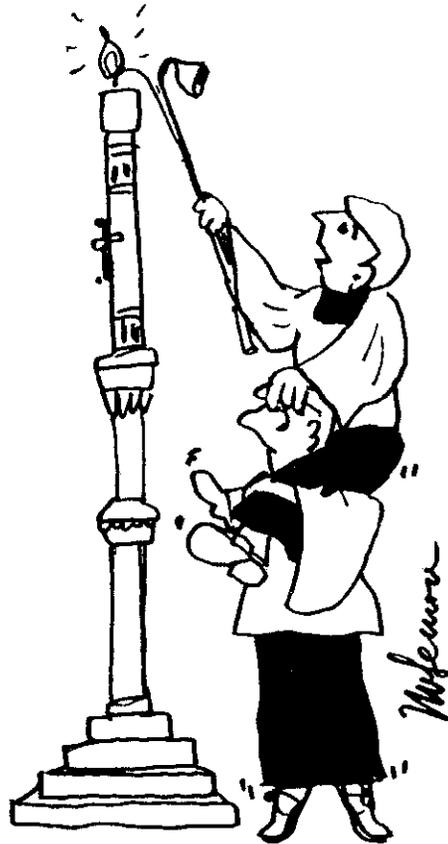
Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hours are the darkest and trials are their greatest do you elevate to another level?

Author Unknown

**Alleluia.**

**The Lord  
is risen.  
The Lord  
is risen  
indeed!**



**Alleluia.**