

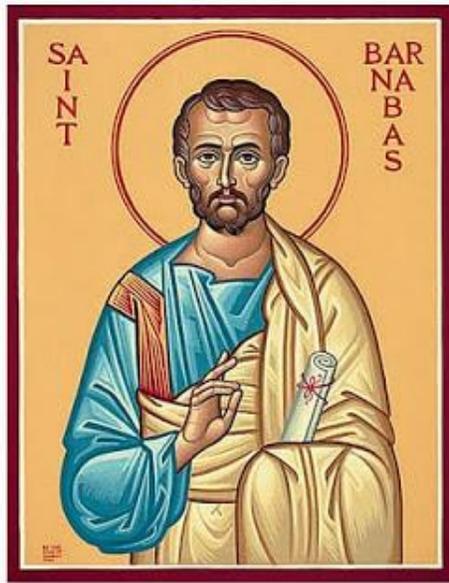
The Encourager

The Mission of St. Barnabas Church is to live and spread the Gospel of Christ as disciples making disciples.

Saint Barnabas Church
3257 Post Rd., Warwick, Rhode Island 02886
www.stbarnabaswarwick.org

401-737-4141

November 2020



Some FatherLee thoughts . . .

The prodigal son set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Luke 15:20

Right now, physical contact with people outside of our immediate group is practically taboo. We are asked to avoid handshakes, hugs, and other gestures of affection. This is for a very good reason, obviously, but it is not without significant consequences.

We are social beings. We need to see others and be seen, hear others and be heard, and we need to touch others and be touched. Are these needs being met in your life?

Fortunately, the telephone affords us the ability to hear others and be heard. We can even see others and be seen through the technologies of Zoom, Facebook, FaceTime, etc. I encourage you: Increase the frequency of conversations with friends and family. We need these social interactions.

Physical contact, however, cannot be virtual in my opinion. There is an exchange through appropriate touch that is meaningful at an incredibly deep level. The story of the Prodigal Son, for example, would have had far less impact if the father had just waved from a distance. There was urgency and sincerity in the way the son was met by the warm embrace of a father who rushed into reunion.

Psychology Today has posted several articles on the importance of a hug. In addition to the feeling of acceptance a hug conveys, there are other benefits. Hugs can reduce the risk of catching a cold. Hugs also reduce blood pressure. Hugs can make you feel better, even on a particularly difficult day. Do you have a person you can hug?

With the election and the pandemic, there are legitimate reasons why a person might be more anxious than usual. However, it is my opinion that the growing angst many are experiencing has to do with the fact that possibly our best way to cope, hugging a loved one, is now considered unacceptable.

One of the most amazing things about the ministry of Jesus is that every need was met for every person. Physical, emotional, and spiritual needs were all met when a person encountered Christ. Take time to consider what needs are not being met in your life. Then, reach out in a healthy and appropriate way to have those needs met by someone you can trust who will also keep you safe from the dreaded virus.

Finally, someone suggested that we have used the wrong terminology during this pandemic. We are being asked to keep “social distance.” If there was ever a time for us to be very deliberate about being “social,” it is now. Our bodies, minds, and spirits need interaction. Keep yourself safe from CoViD, definitely, but do not fail to have your fundamental human needs met.

Faithfully,
Fr. Scott

"Grace to you and Peace from God"

Church Service Reminder



Fr. Scott will continue with the outdoor 8 a.m. & 9 a.m. services in the Park as long as weather permits. Watch for the reservation email each week to sign up. You can also call Robin during office hours (M-F 9 – Noon) and she will take care of it for you. The 10:00 a.m. indoor service will continue to be streamed via Facebook for those who are more comfortable watching from home.

Reminder



We return to Eastern Standard Time at 2:00 a.m. on Sunday, November 1st. Remember to set your clocks back one hour before going to bed on Saturday night (Halloween). Enjoy the extra hour of sleep!

Thanksgiving Day Service



We will have a short Thanksgiving Day service at 10:00 a.m. It will be a Eucharist with particular focus on giving thanks to God from whom all things come. Just as we have been doing with Sunday services you will need to call the office (737-4141) by Wednesday (11/25) to make a reservation. If you leave a message Robin will call you back to confirm.

Episcopal Diocese Covenant for Regathering

I promise, to the best of my ability with God's help, to abide by the guidelines of the Diocese of Rhode Island for participation in church as we regather during the COVID-19 pandemic.

In faithfulness to the Baptismal Covenant (BCP p. 304-305), I will strive to:

Love my neighbor as myself, I will...

- Wear a mask or scarf over my nose and mouth at all times in church buildings, except momentarily to receive the sacrament or lead worship by an assigned speaking part, and follow public health guidelines for hand sanitizing and disinfecting.
- Only attend worship if I am non-symptomatic for the COVID-19 virus or any other transmittable disease that could compromise the health of another person also attending.
- Abstain from attending if doing so would put me at greater risk due to my own health status.

Respect the dignity of every human being, I will...

- Make no physical contact with people beyond the members of my own household.
- Maintain a six foot or more distance from other members of the congregation.
- Respect any requests for distance, masking, cleaning, and disinfecting to ensure the safety and comfort level of others.

Seek and serve Christ in all people...

- Support the decisions of my diocesan and congregational leaders.
- Stay connected with others in my community by telephone, video chat, mail, or other means.

This is our expectation for all those who wish to worship with us in person. By participating in our worship, you assume responsibility for following the above, and acknowledge the risks of participation in an in-person gathering.

Dear Parish Friends



I hope all of you are well and staying safe and healthy during this time of pandemic.

While we continue to hold worship services outdoors in the park at 8 a.m. and 9 a.m., and have now also resumed indoor worship at the 10 a.m. service, many of us have not been comfortable with or able to attend, so we continue to ask everyone, as you are able, to mail in your pledge and other offerings to the parish office. The response to this ongoing request has continued to be very generous and we are asking that you continue this practice, until you are able to resume coming to services in-person.

Many of you may have been impacted by job reductions and layoffs due to the pandemic, so if you are in that situation, please do not worry about trying to pay your pledge right now. The parish does have a small fund of money, known as the Discretionary Fund that is to be used to assist those in financial need. Please contact Fr. Scott if you need assistance from this fund. As always, please feel free to contact me directly with any questions or concerns you may have.

Faithfully, Stan Schofield – Parish Treasurer

Fall Cleanup



Fall Clean-up Day is scheduled for Saturday November 14th at 9 a.m. (rain date Nov. 21st) at St. Barnabas. We will meet in front, near the office door. Please bring rakes, gloves & dress for the weather. Let Heather know if you have any questions and are planning on attending. Please call the office if you need her contact information.

Happy Birthday



We would like to wish those celebrating birthdays in the month of November a Happy Birthday!

Aiden Hammond	Mike Patterson
Bob Buker	Dorothy Albert
Carissa Martin	George Morgan Jr.
David McIntyre	James Drew
Deirdra Patterson	Erin Thornton
James Mixner	Paul Tetreault
Janelle Mixner	Riley Nelson
John Mixner	Scott Pratt
Jared Wheeler	Emerson Seavey
Sarah Nicholson-Conde	London DeVito
Lee Whitaker	David Dolbashian
Marilyn Davis	Muriel Buckley
Marilyn Varden	Parker DelSesto
Stephanie Boocock	

Prayer Request



Our prayer chain is organized to meet the prayer needs of our parish family as well as those in our community of family, friends and neighbors. It functions as a rapid response to anyone in need of prayers. Because prayer requests are communicated by e-mail, the Prayer Chain is available 24/7. The coordinator keeps a list of voluntary prayer intercessors, and we always welcome new volunteers! Please contact Robin Beckwith our prayer chain coordinator if you have a prayer request or would like to volunteer. Contact Robin Meunier in the office at 737-4141 or by email at parishadmin@stbarnabaswarwick.org for Robin Beckwith's contact information or to simply take your prayer request.

Wedding



Congratulations to Brent Palmer & Erin Merrill, Matthew Farley & Kimber Wilbur, and James Whiteley & Kathleen Mattice who celebrated the Sacrament of Marriage here at St. Barnabas in September, 2020.

Social Media



If you haven't already, please like our Facebook page (St Barnabas Episcopal Church, Warwick, RI), and our Instagram page ([stbarnabaschurchwarwick](https://www.instagram.com/stbarnabaschurchwarwick)). With everything going on, you won't miss out on any parish news.

Parish Office Closed



The parish office will also be closed on Wednesday, November 11th, in celebration of Veterans Day and on Thursday, November 26th and Friday, November 27th in celebration of Thanksgiving.



House of Hope, Warwick



House of Hope would like to thank you for your past support! Our donations were used to directly support those they serve, ensuring those who are living on the streets have stable housing, and more importantly, helping them flourish. They are always in need of items; if you are able to and would like to donate they are in need of men's boxer briefs or boxers, socks, small deodorants and travel size items, air mattresses, and unperishable foods. You may drop donations off at the church anytime between 9:00 a.m. – 12:00 p.m. during the week. Thank you for your generosity.

Christmas Bazaar



It is with a heavy heart that the decision was made that St. Barnabas will not hold our Bazaar this year. In the interest of everyone's health and safety, it seems best to wait for 2021 to resume this wonderful opportunity for fellowship and fundraising.



It's hard to believe, but Christmas is just around the corner! Looking ahead to the holidays, we will do a Christmas drive again this year to benefit The House of Hope. For safety reasons, this year's drive will primarily be a Gift Card Drive. So if you're out doing some early shopping, please consider \$25 gift cards to your favorite stores. More specific information to come in next month's Encourager, but rest assured, any and all donations will be most appreciated.

Please reach out to either of us with any questions. Peace, health and God's blessings to all,
Heidi Seddon & Therese Beauregard



God blesses us so we can help others ...

This year, more than ever, it's evident just how much we have to be thankful for. However, we must not forget our neighbors who are struggling with need or misfortune. St. Barnabas Church is once again committing to helping feed those in our community who might otherwise go hungry. Once again, we've partnered with The House of Hope to supply local families with a Thanksgiving meal.

Please consider making a donation. A list of suggested items is below. This year, in light of the pandemic, we are also collecting gift cards to local supermarkets which will be distributed to families in need, or you might prefer to make a monetary donation which will be used to buy any needed additional food items once all collections are in. Please be sure to clearly note on any gift card or check "*Thanksgiving Food Drive.*" Any donation, no matter how large or small, will make a significant difference to this drive. We will be collecting donations during November through the Sunday before Thanksgiving.

Donations can be brought to church on Sunday mornings; you can drop your donation off during office hours (M-F | 9 a.m. – noon); or you can send your check and/or gift card(s) by mail. Any time you donate in person, *please show how much you love your neighbor by remaining respectful of social distancing guidelines.*

Thanksgiving Blessings to you and your family,
Heidi Seddon Therese Beauregard

Please reach out to either of us with any questions. If needed, please call the office for their contact information.

TURKEYS

10-12 lb. bird – Monetary donations to sponsor turkeys

NON-PERISHABLES

- Candied yams
- Chicken stock
- Biscuit mix
- Canned corn
- Canned green beans
- Canned fruit
- Cranberry sauce
- Gravy (jar or mix)
- Stuffing mix
- Pudding and/or Jello mix
- Cookie mix
- Cake and/or brownie mix

FRESH PRODUCE

- Potatoes
- Onions
- Carrots
- Celery
- Fruit

EXTRAS

- Plastic Wrap
- Aluminum Foil
- Napkins

GIFT CARDS

- Max \$20 denomination/card
- ✓ Stop & Shop
- ✓ Shaw's
- ✓ Dave's
- ✓ Price Rite

