

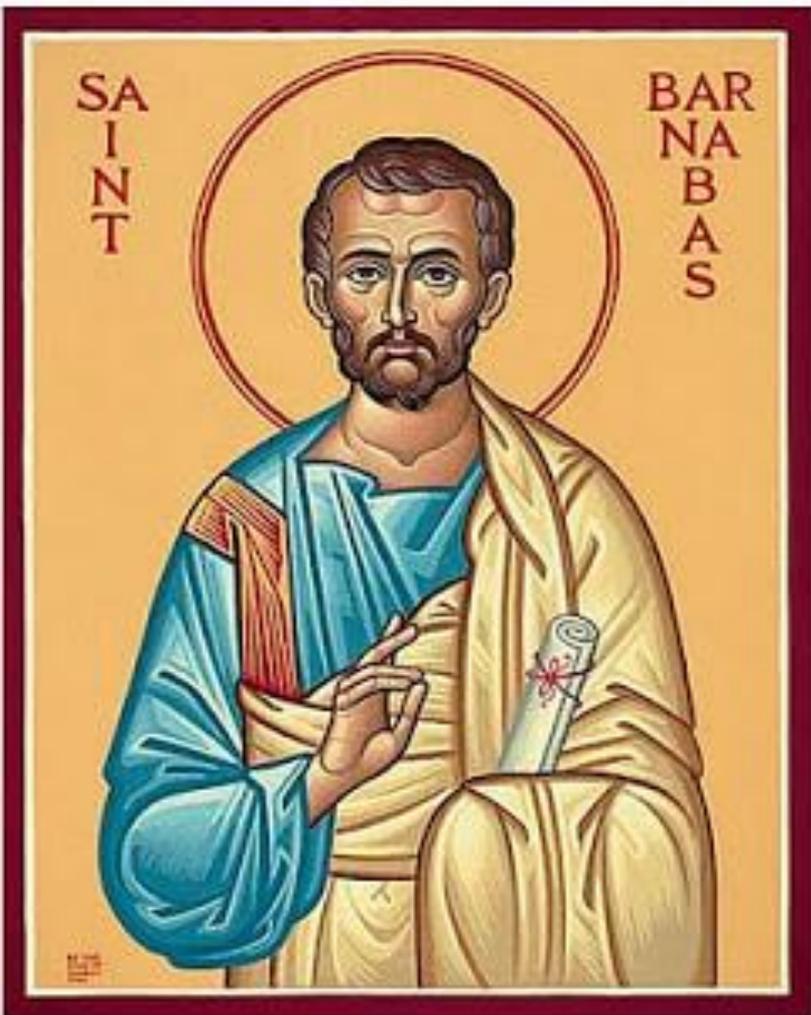
The Encourager

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

Saint Barnabas Church
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March 2026



Some FatherLee thoughts:

*See that none of you repays evil for evil,
but always seek to do good to one another and to all.
Rejoice always, and pray without ceasing.*

(1 Thessalonians 5:15-17)

Twice, Paul writes to the people of Thessalonica. In these letters to the Thessalonians, the apostle is giving encouragement to believers who are being persecuted. Why are they being persecuted? Because they placed all their hope in God, alone, so they refused to participate in the corrupt and oppressive system that was Rome.

Our system isn't as oppressive and corrupt as Rome, but this letter does cause me to pause and wonder: How am I supporting the corruption and oppression of my city, my state, my country, and the world? Are there things I should remove myself from because it contributes to a system that is harmful to God's people?

By excusing myself from activities that exploit the innocent, will there be some form of persecution to me, personally? There probably should be. There is a famous quote, attributed to Alexander Hamilton among others, "If you don't stand for something, you'll fall for anything." What are you falling for? What are you standing for? What are the consequences of standing up for what you believe in? What are the consequences if you don't?

But, how do we resist a system of oppression and corruption?

First, you must resist the temptation to become like that system, don't "repay evil for evil"! I have watched as hatred is filling the eyes of many of my clergy peers. Look, I know things are not the way they should be in our city, our state, our nation, and the world, but we won't stop hatred by being hateful; we don't stop evil by letting evil rule our hearts.

Second, "seek to do good to one another and to all." We, as a community of faith, mitigate the oppression by taking care of each other. Then, from the extra abundance we have, we reach out as best as we can to help others caught in the oppression and corruption of the system. For example, I have a discretionary fund to help our people with food, shelter, heat, clothing, etc. Beyond that, we regularly assist people through The House of Hope. Why? Because it is really hard to afford a place to call home in Rhode Island, and our generosity goes to set people free from the systems

of oppression in our community. What else might God be calling us to do? We help our people, then try to help all to the extent we can.

Third, Paul tells us to “Rejoice always!” Many of you have noticed that this has been my struggle lately. I see most people falling for all sorts of worldly things, instead of standing firm in eternal things like faith and hope and love. We must realize that this life is a precious gift, a gift we get to share with one another. And, there is much to rejoice! We are to “give thanks” for the many blessings we have. Why? Because just as hatred and bitterness can grow like a snowball, so can joy and hope. When we rejoice, we are participating in the goodness of God, which distances us from the evils of the world.

Finally, in the few short verses I chose to include in this letter to you, Paul teaches the Church to “pray without ceasing”. How is your prayer life?

Now, what Paul ultimately means by this is that we are to cultivate a life in which we invite God into every second of our every day. It is an awareness of God’s presence “at all times and in all places . . . (and) it right to give God thanks and praise” (Eucharistic Prayers, BCP). That said, the only way to naturally invite God into every aspect of our life, is to set aside time each day to deliberately begin a conversation with the Lord, a conversation that can then lovingly permeate into every part of our daily life. Do you have time set aside each day for conversations with God?

What would your day look like if you began each day with a prayer? What would happen if, for the rest of Lent, you began your day with a prayer and ended with a prayer? If you only have a minute or two, I suggest “A Prayer Attributed to St. Francis” (BCP 833) or one of the other, short prayers in the prayerbook. If you have a little more time, a service like “Compline” (BCP 127) or “The Great Litany” (BCP 148). The goal of course would be to let those words become part of your everyday language, to bring them to mind all day, every day, which will keep you in mind of God’s perpetual presence.

Rather than falling into whatever the system we live in tries to force us into, may we stand firm in our faith, and may that bring about positive change in our city, our state, our nation, in the world, and in ourselves.

Faithfully, Fr. Scott Lee

Greetings from Deacon Andrea



Each year at this time we revisit the question of what to give up and/or what to take on for Lent. Fasting is an ancient practice that encourages to let go of an attachment to something, even temporarily, as a spiritual discipline that helps us let go of the things we carry and have our hands, and hearts, more open to God and our neighbors.

In the book *Traveling Light: Releasing the Burdens You Were Never Intended to Bear: The Promise of Psalm 23*, author Max Lucado he visualizes the concept of carrying life's heavy burdens - literally, as people in the book (and companion video series) carry multiple bags and suitcases as they go about their day. The suitcases represent burdens such as guilt, fear, despair, shame, grudges, and contempt that we may be carrying ...ones we may be so used to carrying that it's become our normal. In the book, Lucado encourages us to pray and reflect on the 23rd Psalm and to ask God for help in putting down those burdens, those suitcases and bags, so that we may travel lighter.

If you, too, have been carrying multiple suitcases, will you consider God's invitation to lay them down at the foot of the cross? It's a process, and we might find ourselves putting them down and picking them back up repeatedly, at least for a while. The promise is that, throughout the healing process (and no matter what that needs to look like for each of us) God is with us, loves us, and will never leave us.

If fasting as a spiritual discipline is meaningful to you, I encourage you to do so. May it give you a renewed focus and draw you deeper into God's love. If you're also looking to add something this season, and for those who find meaning more in "taking something on" than in "giving something up," consider praying the 23rd Psalm, and some of the other 149 Psalms, this Lent.

Here is the King James Version of the 23rd Psalm:

Psalm 23 (KJV)

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

If you're interested in reading *Traveling Light* by Max Lucado, you're invited to borrow the book from our parish library. A variety of daily devotional books (small in size and designed for bedside tables and purses/pockets) are also available to borrow, and I've displayed the ones made for daily short readings and reflections for the season of Lent. Books are borrowed on the honor system. Simply write the title and your initials on the clipboard sheet, and when you're done with the book place it in the red return bin.

Whether you give something up or take something on this Lent, may it be a blessed season that draws you into the heart of God. The God who loves you, died for you, and promises to always be with you. The Holy One who waits respectfully, longingly, and patiently for you to whisper "Yes" and to open the door of your heart.

God's Peace,
Deacon Andrea

Archdeacon's Library



All are invited to browse and borrow books from the Archdeacon's Library and pick up a few bookmarks too. If you have questions about the library, please reach out to Deacon Andrea.

Michelle's Memo



My dearest Saint Barnabas family, with the help from devoted parishioners, we had a great turnout for the pancake breakfast. Thank you all for getting me through my first social event and instilling confidence in me as Sr. Warden. I could not have done it without you.

I look forward to serving you. Also, i am available to listen to your concerns and bring them to vestry.

We want to get an updated directory in motion.

My warmest regards, Michelle Gilbert, Senior Warden

Parish Directory Photos



We are working on getting the directory completed. We would like to take pictures for the directory after church in front of the altar. This will allow parishioners to put a face to a name. If you still need your picture taken, please see Michelle Gilbert, Dave Dolbashian, Gail Frueh, or Fr. Scott after Sunday services.

HOLY WEEK



WORSHIP SCHEDULE

Palm Sunday – March 29th

The Sunday of the Passion

8:00 a.m. Rite I

10:00 a.m. Rite II

Maundy Thursday - April 2nd

Holy Eucharist

7:00 p.m.

The church will remain open for 1 hour after the service, giving the opportunity to “Keep Awake” with Christ, to pray.

Good Friday – April 3rd

12:00 noon

7:00 p.m.

Easter Vigil April 4th

Holy Eucharist Rite II

7:00 p.m.

Easter April 5th

6:00 a.m. Sunrise Service with many local churches

Warwick Neck Lighthouse

8:00 a.m. Rite I

10:00 a.m. Rite II



H.O.P.E.

Hospitality, Outreach, Pastoral Care, and Education



We're growing and so are our opportunities for connecting with our parish family and the wider community! Prayfully consider where you might like to get involved to help with supporting and expanding *H.O.P.E.* as we discern the intersections of our deep joy and the world's deep need. For questions, please contact Fr. Scott or Deacon Andrea.

Stations of the Cross



Stations of the Cross will be held on Fridays during Lent at 12:00 noon. The service itself is about 20 minutes. I invite you to make it a part of your preparation for Easter this year.

Sunday Evenings in Lent



Sunday evenings in Lent we will be transitioning from watching and discussing Psalm 23 to *The Chosen*. Join us at 5:00 p.m. for a light meal, followed by selective videos of *The Chosen*, leading us to Holy week with Jesus. We will close with Compline.

Daylight Savings



Daylight Saving Time begins at 2:00 a.m. on Sunday, March 8th. Don't forget to set your clocks ahead one hour before you go to bed on Saturday evening, or you may be arriving to church just as the service ends.

St. Barnabas Church is on YouTube!



Please visit the link below to watch our first video featuring Fr. Scott and be sure to subscribe. <https://youtu.be/tUOnRWfSo8s>
The plan is that you will be able to watch us live on YouTube or our website. After worship, the video will be shared back to Facebook, so it will be available after the fact on all three platforms. Thank you for your patience during this transition and for regularly joining us both in person and online.

Please like our Facebook page (St Barnabas Episcopal Church, Warwick, RI) and our Instagram page (stbarnabaswarwick). With everything going on you won't miss out on any parish news.

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Follow us 😊



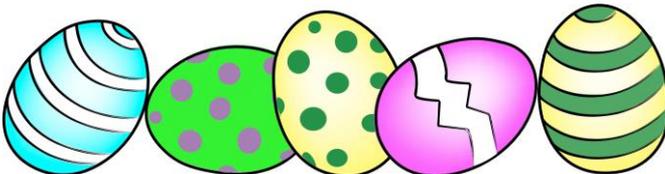
Easter Outreach



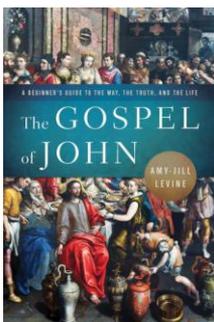
Once again, we'll be collecting Easter baskets and Easter dinners for constituents of The House of Hope in our Warwick community. Beginning on the first Sunday in Lent (2/22), you'll find tags for Easter Baskets at the back of church indicating age and gender of a child in need of an Easter basket.

There will also be a supply of meal boxes available for Easter dinner donations. Please consider taking a meal box home to fill for a family in need during Lent. Meal boxes should contain food items for an Easter dinner (no meat, please) and can also contain anything else you think a family might enjoy.

In addition to food items, we've seen some creativity in the past! Examples: egg decorating kits, Easter plant, Easter candy, novelty decorations, coloring books, etc. Please add any perishable items like fresh vegetables, bakery items, etc. only at the last minute. No minimum or maximum dollar value. If you'd prefer to make a *monetary donation*, we'll use funds collected to purchase a supermarket gift card for each filled box so the recipient family can purchase their own meat of choice for their Easter dinner. Everything must be returned to church by *Palm Sunday, March 29*. Please reach out to me with any questions. Easter Blessings to you and your family, and on behalf of the constituents of The House of Hope, *thank you for your generosity!* Heidi Seddon;
HJSeddon@GMail.com; 401-241-1983



Adult Book Study
St. Barnabas Church
through March 28
Saturday mornings – 9:00 – 10:30 am



In *The Gospel of John*, Amy-Jill Levine uses her wit and charm to introduce readers to the world of John's Gospel by unpacking the stories in their original context, while also examining how the text is read today. John's Gospel offers us a new language – one of being born anew, of living water, of wind and spirit, of the "I am" that enhances how we understand the divine, experience the world, and participate in the mystery of faith. Books can be purchased online or through most bookstores. For more info, please reach out to Heidi Seddon at HJSeddon@GMail.com or 401-241-1983.

March 7	Chapter 3 - The Healing of the Man at the Pool
March 14	Chapter 4 - The Man Born Blind
March 21	Chapter 5 - Foot Washing
March 28	Chapter 6 & Epilogue - Mary Magdalene and Doubting Thomas

Happy Birthday



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

Alfonse Palazzo	Courtney Griffith-Dionne
Amanda Hinger	Rod Robinson
Charles Winter	Marybeth Denooyer
Christine Lindopp	Steven Marcks
Ella Spearman	Susanne Berry
Erica Simonian	Teagan Marble
Ernest Coolen	Ashton Rogers
Gail Frueh	Emily Riley
Kathy Fraits	Stevie Marcks
Malinda Shearen	Carolyn Spinney
Mary Spearman	Maureen Volk
Patricia Burdick	Jane Jellison
Roland Dionne	Darlene Gagnon

Have you ever wanted to go on a Mission Trip



Our brothers and sisters at Warwick Central Baptist Church are planning a mission trip to Oklahoma this Summer. They have invited anyone from St. Barnabas who may be interested to join them. Please contact Pastor Sam at W.C.B.C for more information, he can be reached at 401-739-2828. Warwick Central has a Ministry Team meeting the first Thursday of every month at 7:00 p.m. Perhaps some of our Outreach can be partnered together.



Donate Pull Tabs for Recycling

Minutes of expensive treatments and other support services for the children are supplemented by selling the recycled metal. Whenever you pop a top, say a prayer for the children and bring your tops to church and place in the collection containers! Keep those tab tops coming and transform them into a blessing instead of sending them to the landfill. Just another small way you can make a difference! Ronald McDonald House is extremely grateful for our donations.

Thank you!!!



Thank you to those who continue to donate to the Food Bank during these difficult times, they are greatly appreciated and help local residents in need. You can bring them to church on Sunday mornings; there is a donation bin at the back of the church or to the parish office during office hours. Thank you to Richard Carr who has volunteered to bring the donations to Westbay.

Mid-week Eucharist & Bible Study



On Wednesdays, there is another opportunity for worship and study. At 10:00 a.m. there will be a Rite I Eucharist immediately followed by a Bible study. All are welcome!

Soup-er Bowl of Caring



A HUGE thank you to everyone who made a donation for our Soup-er Bowl of Caring Collection. Together, we collected many different kinds to donate to West Bay. We are always amazed and grateful for the generosity and willingness to help others from our parishioners. Thank you!



Flowers & Sanctuary Candle

If you would like to have flowers on the Altar or the Sanctuary Candle lit in memory of someone special or in celebration of a special event, there is a calendar with envelopes located in the back of the church. Please complete and drop in the collection plate or you may hand to an usher.

Morning Prayer



On Tuesdays & Thursdays mornings at 10:00 a.m. Fr. Scott holds an abbreviated Morning Prayer Service. This gives us another chance to pray for this world, this nation, our church, our friends, family and even our enemies.

There will no morning prayer on March 10th or March 17th

Safe Church Training



Registration is now open.* This is an opportunity for Safe Church In-person training for **LAY PEOPLE**.

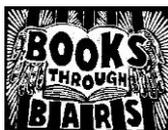
Diocesan Safe Church Trainers will conduct this important training in-person for lay leaders and church staff on **Saturday, March 14** at **Christ Church in Westerly** from **8:30am check in** with program promptly starting at **9am to 12:30pm**. Coffee and snacks will be provided.

Universal training is required for church employees, volunteers working with youth, home visitors, church leaders including vestry members, volunteer program leaders and Altar Guild. Certification of training shall be renewed every three years.

The obligation to seek and serve Christ in all persons and to respect the dignity of every human being is binding for all the baptized. This Safe Church Training session will show how to help keep church safe for children and our vulnerable populations with best practices and policies. Please email maryann@episcopalri.org with any questions.

*If you would like to register, please call Robin in the office and she will email you the link needed.

Books Through Bars



Providence Books Through Bars is running low on mystery, thrillers, sci-fi, fantasy including Steven King, David Balduchi, CJ Box, James Patterson, etc. Remember paperback (no hard cover). You can place books in the box in the church or leave on the table in our area. Thanks, as always.

EASTER FLOWER MEMORIALS AND THANKSGIVINGS

The Sanctuary will be decorated at Easter with beautiful plants and spring flowers given in memory and thanksgiving of loved ones. If you would like to donate to these decorations, a \$25.00 gift is typical, but no donation is necessary. Please print the names of those you would like to remember and submit no later than Palm Sunday, MARCH 29TH.

In Memory of _____

In Thanksgiving for _____

Easter Memorials & Thanksgivings Given By:

Name _____

Telephone _____

*Please make check payable to St. Barnabas Church and note
"Easter Memorial" on memo line.*