



the Beacon

St. Barnabas Episcopal Church

Vol. 3, No. 2

March 2012

RECTOR'S MESSAGE

Dear Brothers and Sisters in Christ,

What are you giving up for Lent? When I was a teenager, this question was asked each year. It always filled me with a sense of dread and trepidation. I wanted to make sure I gave up something meaningful. It was not enough to say I would give up skydiving or ice fishing since neither held any appeal to me. Nor did I wish to go too big and make it too much of a sacrifice or worse yet, risk failure and disappoint Jesus. So giving up TV, reading or fighting with my brothers was also off the table.

Needless to say this decision would often haunt me for days, even weeks. I remember a few times being so wrapped up in the decision, Lent was half over by the time I had made up my mind. Of course by that time, I had failed so miserably there was really no point in even trying.

But as I got older that question no longer threw me off my game. I could rationalize my decisions. Do you really think Jesus cares what, if anything, I give up for Lent? He has got to have bigger things on his mind than that. Is he going to love me less because I put restrictions on my giving up TV or treats rather than give them up out-right? (Boy it is easy to self-justify if you just put in a little effort isn't it?)

Of course the problem with this sort of rationalization is that we know we are only deceiving ourselves with these false thoughts and making up excuses to make ourselves feel better. So where do we go with the question, "What are you giving up for Lent?"

Giving up something (or picking up something), is not something we do because we think it will help us find favour with God, or so that Jesus will think us more committed or so that others will think us more spiritual. We do not do it because it is just something Anglicans do, nor do we do it out of a sense of duty or responsibility. We do it, I think, for two reasons. First because it is a spiritual practice and a spiritual practice, like any other type of practice, helps us to grow and develop. The desire here is to learn better what it means to live our life with God day by day.

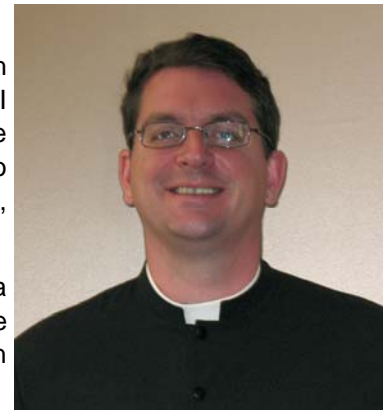
The second reason is that it is a symbolic, though tangible, response to the love God has shown He has for us, by giving us His Son to become incarnate, become 'insignificant', to invite us into His Kingdom and to sacrifice His life for our sake. It is a sacramental act on our part, to acknowledge His suffering for our sake and then for us to enter into that suffering, if even in only a small way.

My giving up of something I enjoy (note not something I ought to give up anyways like gambling or gossiping) but giving up a pleasure and then picking up a daily spiritual practice is an outward and visible sign of a spiritual grace which is taking place within me; that spiritual grace being something like forgiveness, devotion, mercy or love. It is a willingness to look beyond my own selfish wants, needs and likes for the sake of loving Christ and serving others. While this sacrifice pales in comparison to His, it is a step towards Jesus' provocation, "*If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it.*" Luke 9:23-24

So...What are **you** giving up (or taking up) for Lent this year?

Under His Mercy,

Fr. Murphy, SSC



CHURCH LIFE

WEDNESDAY LENTEN PROGRAM

The 2012 Lenten Program has already begin! The Lenten Program will be held every Wednesday for the remainder of Lent ending **March 28th**. The evening begins with Evening Prayer at 5:30pm in the church proper and is followed by a light supper in the parish hall. Fr. Murphy is presenting a series of meditations on *the Lord's Prayer* in an effort to enrich and help us all with our Lenten journey.



RSVP cards can be found in your pew and we ask that you fill one out each week you plan on being in attendance. This will greatly help those who host the meals. Nursery Care will be provided by the EYC as an *in-reach* to the parish family!! See you there!

Schedule of Hosts

February 29th – Vestry
March 7th – Outreach
March 28th - EYC

March 14th – Daughters of the King
March 21st – Chancel Choir

EYC MARCH MEETINGS



Greetings to all 6th – 12th graders! Instead of our regularly scheduled bi-monthly meetings, we meet every Wednesday in the month of March!! The meetings will be an open format setting to allow for homework and fellowship and best of all play time with the littlest saints of St. Barnabas!

Notice to all families with young children who plan to attend the Lenten Program! The EYC will be fulfilling their in-reach project during the season of Lent. They would like to assist the parish family by watching the little children so as to allow their parents to attending the Lenten Program. The EYC will be available for babysitting each

Wednesday in Lent from 5:15 – 7:30 p.m. Feel free to bring your youngsters by the Youth Room!

FIRST FRIDAY DINERS

First Friday Diners will meet at **Emil's Restaurant**, 210 East Lincoln, in Tullahoma, at 6:30 p.m., March 2, 2012. Please call (931) 461-9062 - or email Marianne macavett@aol.com for number of reservations needed. See you there..."



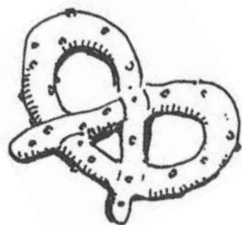
PRETZELS!

The pretzel has been used during Lent for over 1500 years. It is thought that originally pretzels were made to resemble arms crossed in prayer. This bread can have deep spiritual meaning for us during Lent. Since flour and water are the main ingredients used, pretzels can remind us of Lenten fasting. They are also reminders of the call to deeper prayer which we hear at Lent. Here is a recipe which the whole family can make together. Why not invite friends to an evening of pretzel making and prayer?

CHURCH LIFE

Soft Pretzels

Dissolve 1 cake of yeast in 1½ cups of water.
Add 1 teaspoon of salt and 1 tablespoon of sugar.
Blend in 4 cups of flour.



Knead the dough until smooth. Cut into small pieces. Roll into ropes and twist into desired shape. Place on lightly greased cookie sheet. Brush pretzel with beaten egg and sprinkle with coarse salt. Bake immediately at 425 degrees for 12-15 minutes.

Pretzel Prayer

Heavenly Father, we ask you to bless these little breads. Each time we eat them, may we be reminded of the special season of prayer and fasting that we are keeping. May they remind us of our need to come closer to you in prayer. May they remind us of those in need. Keep your loving arms around us, O Father, to protect us always, through Jesus Christ our Lord. *Amen.*

Happy St. Patrick's Day!

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.



I bind unto myself the Name,
the strong Name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.
Of whom all nature hath creation,
eternal Father, Spirit, Word:
praise to the Lord of my salvation,
salvation is of Christ the Lord.

~ Cecil Alexander, 1889

MARCH BIRTHDAYS

Grace Crosby	March 1	Joseph Harmon	March 10	Kendall Lapczynski	March 13
Alexandra Leigh Ivins	March 1	Jonathan Woodfin	March 10	Gary Boyd	March 14
Bill Robinson	March 2	Hugh Killingsworth	March 11	Judy King	March 14
Richard Emmett	March 3	Carolyn Mackersie	March 11	Dr. Bruce Galbraith	March 18
Marian Galbraith	March 6	Jim Enos	March 12	Kent Lowrance	March 25
Gina Gallutia	March 6	Alex Colvin	March 12	Will Duncan	March 26
Karen Fishman	March 6	Wendy Colvin	March 13		

Watch over thy children O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passeth understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

MARCH ANNIVERSARIES

Howard & Carolyn Frederick	March 8	Joe & Mary Barnes	March 16
David & Andi Woodfin	March 10	Denis & Claire Root	March 17
Gary & Virginia Boyd	March 14		

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with

CHURCH LIFE

MY LENTEN RULE

When you complete your resolves, remember to post them somewhere you will see during Lent.

Fasting – The weekdays of Lent (not the Sundays) are traditionally *all* fast days, meaning that the amount of food eaten is reduced. A good rule may be no snacks, no seconds, no desserts and no alcohol. If you don't normally eat snacks or desserts or drink, you may want to consider some favorite food. The idea is to undertake something sacrificial, yet not overwhelming. In addition, Ash Wednesday and Good Friday are strict fast days; a light meal or collation of breakfast and lunch in the afternoon, one full meal in the evening. All persons whose health, work and age permit should fast. *This Lent I resolve to:*



Mass – Lent is a good time to add a weekday Mass to your usual observance. The weekday Masses are of a rather intimate and quiet nature than the Sunday ones and this can be a great blessing. Weekday Masses are held on Wednesday at 12pm. *This Lent I resolve to:*

Stations of the Cross – Each Friday in Lent at 6:00pm, we will follow Our Lord's way to the Cross, using the stations displayed in the Church. This devotion makes His crucifixion ever more real to us. If you cannot be present with the parish for Stations, you can do the devotion privately. *This Lent I resolve to:*

Spiritual Reading and Classes– An ancient custom is to pick a spiritual book for regular reading during Lent. This can be a book of Scripture or one of the spiritual classics. For ideas and suggestions, please speak with Fr. Murphy. In place of our regular meetings of Theology Night, Wednesdays in Lent we will have a focused meditation following Evening Prayer and a light meal. *This Lent I resolve to:*

Daily Office – If you do not now read Morning or Evening Prayer from the Prayer Book, Lent is a great time to start. It takes a little effort and discipline to get the habit established, but once it is there, it can bear great fruit. The regular prayers and psalms and Scripture draw us out of our narrow spiritual views and nourish us with riches of the Faith. The Office may be read alone or with others, at home, in church, or elsewhere. It is a wonderful tool for growth in Christ both individually or for a family. Evening Prayer will be prayed each Wednesday at 5:30 p.m. in Lent prior to the Lenten Program. *This Lent I resolve to:*

Confession: A sacramental confession at the beginning and end of Lent is not only an opportunity for a thorough self examination, but also a powerful weapon against the temptations which come our way in Lent. Nothing helps a shop-keeper plan for the future like a good stock taking. Private confessions are available at any time, please speak with Fr. Murphy to schedule yours. *This Lent I resolve to:*

Service – As well as giving-up in Lent, some wish to take on some special service, such as visiting the sick or shut-in, volunteering at a hospital, taking special care of a neighbor who may be in need, or some special project at church. *This Lent I resolve to:*

CHURCH LIFE

Abstinence – Abstaining from meat on Wednesdays in Lent as well as Fridays is a common discipline for Lent. At the very least, no meat should be eaten on Fridays in Lent. *This Lent I resolve to:*

Self-Denial – You may want to give up some special pleasure or recreation for Lent, and perhaps give what you would have spent on it to the Church. *This Lent I resolve to:*

In addition to the above, I would like to:

Achieve:

Overcome:

Renounce:

Adapted from Pascha Nostrum, the Parish Magazine of The Church of the Resurrection, New York.

LAST CHANCE!

Please contact the Parish Office no later than **THIS Monday, March 5th** should you have contact information to update or add to the new parish directory. If you were NOT in the 2011 directory, we want to include you also! Please be sure the parish office has a listing of your family's special dates (birthday/anniversary) so you may be also included in the parish's prayers on your special day. Lastly, to assist in mailings, please be sure to give the names and ages of your children so they are not overlooked for events!

DEO GRATIAS!



The EYC would like to thank the parish family for their generosity this past Shrove Tuesday. A total of \$323.00 was raised at the Pancake Supper! Besides everyone having a very merry time complete with great food – you helped **Tullahoma Day Care!** We couldn't be more thankful!



DON'T FORGET!

Sunday, March 11th
Daylight Savings time begins!! Be sure to set your clocks one hour **AHEAD** before you go to bed on Saturday!

— Notable Lenten Services and Times —

Evening Prayer and Meditation
Every Wednesday in March 5:30 p.m.

Stations of the Cross
Every Friday in March 6 p.m.

THOSE WHO SERVE

VESTRY

Evans Baird	931-728-3818
Virginia Boyd, Clerk	931-455-0804
Lee Cavett	931-461-9062
Elaine Doxey, Sr. Warden	931-952-0798
Dot Duncan	931-455-3087
Marge Henderson	931-455-7205
Jim Jolliffe	931-393-2552
Liz Jolliffe, Treasurer	931-393-2552
Denis Root	931-808-0876
David Thomas	931-454-1285
Mark Williamson, Jr. Warden	931-393-2502

STAFF

Verger	Crawford Parrish, Sr.
Organist	Nelda Lowrance/Marjorie Collier
Choir Director	Evans Baird
Youth Director	Ginni Bagsby
Nursery	Yvonne Gilliam
Parish Secretary	Tricia Blowers
Sexton	Steve Whitaker

QUESTIONS ABOUT . . .

Acolytes	Crawford Parrish	393-3225
Altar Guild	Anne Hightower	455-5127
Beacon/Website	Fr. Murphy	455-3170
Chancel Choir	Evans Baird	728-3818
Christian Education	Fr. Murphy	455-3170
Daughters of the King	Fran Parrish	393-3225
	Marianne Cavett	461-9062
Evangelism	Rick Crutcher	455-9619
	Erica Murphy	461-9566
ECW	Linda Rittenhouse	695-5494
	Georgia Mahan	455-2913
EYC	Ginni Bagsby	637-2252
Fellowship	Mickey Crutcher	455-9619
Greeters	Lee/Marianne Cavett	461-9062
Knitting Guild	Pat Rhudy	434-2369
History of St. Barnabas	Marjorie Collier	455-4186
Lay Readers/ Chalice Bearers	Crawford Parrish	393-3225
Lydia Guild	Mickey Crutcher	455-9619
Outreach	Robbie Williamson	393-2502
Recycling	Elaine Doxey	952-0798
Ushers	Jim Enos	455-5080
Use of the Church	Fr. Murphy	455-3170

LAY MINISTRY SCHEDULE

Position	March 4 2nd Lent	March 11 3rd Lent	March 18 4th Lent	March 25 5th Lent
Service Time	8:00 A.M.	8:00 A.M.	8:00 A.M.	8:00 A.M.
Lector/Chalice	Crawford Parrish	Richard Doxey	Jeff Emmett	Max Lamont
Service Time	10:30 AM	10:30 AM	10:30 AM	10:30 AM
Lector 1	Wilma Lynn	Lee Cavett	James Jolliffe	Joseph Harmon
Lector 2	Lee Cavett	James Jolliffe	Virginia Boyd	Ann Young
Prayers of the People	Crawford Parrish	June Debatin	Crawford Parrish	Wilma Lynn
Chalice 1	Marianne Cavett	Crawford Parrish	Lee Cavett	Carol Rose
Chalice 2	Carol Rose	Tom Bagsby Sr	Marge Henderson	Marianne Cavett
Usher 1				
Usher 2				
Greeter 1				
Greeter 2				
Fellowship Hour				

MARCH 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4 2nd Lent 8:00 a H. E. Rite I 9:30 a Christian Education 10:30 a H. E. Rite I 11:30 a Fellowship Hour 12:15 p Handbell Rehearsal</p>	<p>5 5:30 p Evangelism Committee Mtg 7:00 p BS Troop 303</p>	<p>6 5:00 p Cub Scouts Troop 360</p>	<p>7 12 Noon H. E. Rite I 5:15 p EYC Mtg 5:30 p Evening Prayer 6:00 p Lenten Supper Series 7:00 p Chancel Choir</p>	<p>1 6:00 p Knitting Guild</p>	<p>2 Ember Day 6:00 p Stations of the Cross 6:30 p First Friday Diners meet at Emil's</p>	<p>3 Ember Day</p>
<p>11 3rd Lent 8:00 a H. E. Rite I 9:30 a Christian Education 10:30 a H. E. Rite I 11:30 a Fellowship Hour 12:00 n Daughters of the King 12:15 p Handbell Rehearsal</p>	<p>12 7:00 p BS Troop 303 BEACON Deadline</p>	<p>13 12:00 n Staff Meeting 5:00 p Cub Scouts Troop 360</p>	<p>14 12 Noon H. E. Rite I 5:15 p EYC Mtg 5:30 p Evening Prayer 6:00 p Lenten Supper Series 7:00 p Chancel Choir</p>	<p>15 6:00 p Knitting Guild 7:00 p Vestry Meeting</p>	<p>16 600 p Stations of the Cross</p>	<p>17 St Patrick's Day</p>
<p>18 4th Lent 8:00 a H. E. Rite I 9:30 a Christian Education 10:30 a H. E. Rite I 11:30 a Fellowship Hour 12:15 p Handbell Rehearsal</p>	<p>19 St Joseph 5:30 p Evangelism Committee Mtg 7:00 p BS Troop 303</p>	<p>20 5:00 p Cub Scouts Troop 360</p>	<p>21 12 Noon H. E. Rite I 5:15 p EYC Mtg 5:30 p Evening Prayer 6:00 p Lenten Supper Series 7:00 p Chancel Choir</p>	<p>22 6:00 p Knitting Guild</p>	<p>23 6:00 p Stations of the Cross</p>	<p>24</p>
<p>25 5th Lent 8:00 a H. E. Rite I 9:30 a Christian Education 10:30 a H. E. Rite I 11:30 a Fellowship Hour 12:15 p Handbell Rehearsal</p>	<p>26 The Annunciation of Our Lord Jesus Christ to the Blessed Virgin Mary 7:00 p BS Troop 303</p>	<p>27 5:00 p Cub Scouts Troop 360</p>	<p>28 12 Noon H. E. Rite I 5:15 p EYC Mtg 5:30 p Evening Prayer 6:00 p Lenten Supper Series 7:00 p Chancel Choir</p>	<p>29 6:00 p Stations of the Cross</p>	<p>30 6:00 p Stations of the Cross</p>	<p>31</p>

SUNDAY SERVICE TIMES

8:00 a.m. Holy Eucharist
9:30 a.m. Christian Education*
10:30 a.m. Holy Eucharist*
11:30 a.m. Coffee Hour

*Child care is provided on Sundays for ages five and under

CONTACT US

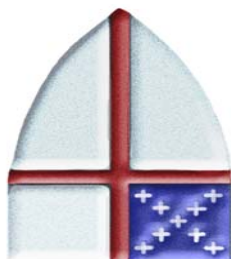
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Phone: 931-455-3170
Fax: 931-454-3194
Email: stbarnabas@lighttube.net

OFFICE HOURS

Monday — Thursday, 9 a.m. — 12 noon

The Reverend Michael J. Murphy, SSC, Rector
110 East Lincoln Street
Tullahoma, TN 37388
Office: 931-455-3170 Cell: 931-215-1435
Email: frmmurphy@yahoo.com

Bishop of Episcopal Diocese of Tennessee
The Right Rev. John Bauerschmidt
50 Vantage Way, Suite 107
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