



Our Mission: To Share the Love of Christ/ Compartir el Amor de Cristo

Borrego Springs, California

February 2023

Volume 26 Issue 2

The Presentation of Our Lord in the Temple

This year we celebrated the feast of Jesus' Presentation in the Temple on Sunday, February 5, though the feast actually falls on the 2nd of February. It is one of the major feasts, celebrated ecumenically, that is, by most churches East and West. It is the end of the part of the church year devoted to the Incarnation, the Christmas cycle. The Epiphany season will continue though till the Sunday just before Ash Wednesday, when Lent begins.

The Presentation is one of those encounter events. In fact, the Eastern Church also calls the feast by this name. The feast first appears in the 5th century in Rome and spreads throughout the churches from there. Some of us also know the feast as the Purification of Mary, since that was also part of the 40th day rite, a blessing after childbearing. And since Christians began to think of the trip to the Temple as resembling baptism, a christening, they began to bless candles for the rest of the year on this day. So the feast is also called Can-

dlemas. In Latino culture, the one who discovered the image of the child Jesus in the Rosca de Reyes or Three Kings' Cake at Epiphany is responsible for making tamales for Presentation. Later in England and other

European countries, February 2 was seen as the beginning of spring, with some preparation of the fields starting if they were thawed. Here in the valley, some trees start flowering at the beginning of February. Actually we have had some early desert blooming already—verbena, primrose, desert daisies and sunflowers.

Presentation is an encounter between the parents of Jesus, Mary and Joseph and two elders, the priest Simeon, who receives their

offering of turtle doves for the event of their first born son's dedication to the Lord on the 40th day after birth, as prescribed in the Torah. (Lev. 12: 14, Exod. 13: 12-15). Simeon is joined by the prophet Anna, a holy woman well on in years, who lives in the Temple precincts, given over to prayer and fasting.



cont. The Presentation of Our Lord in the Temple

Simeon sees in this new born boy the fulfillment of what had long been awaited. The child would be the Savior of the people—his very name, Jesus, means the one who saves. And this child would also be the Light of the whole world, not just the people of Israel. This little hymn into which Simeon erupts, is called the *Nunc dimittis* from its first two words in Latin, “Now let your servant go in peace.”

The feast is, as it is also called, a meeting not only between the Old Covenant—in the persons of Simeon and Anna—with the New: Mary, Joseph and Jesus. It is also a meeting between earth and heaven. Or better, it is one of many scenes in the gospels in which our old idea of heaven “up there,” somewhere else than earth is shattered. The coming of God among us, as one of us, means heaven is now here. Now you may say, what a cruel joke, with all the violence, all the warfare, all the division and hatred we hear every day, about even things so basic as the care of older people by Medicare and Social Security and of low income people by Medicaid. How could such essential things be opposed, scorned as contrary to the American way when we actually pay ourselves for these service all through our working lives and by our taxes. I could go on, bring up the suspicion for anyone different, for refugees and those fleeing violence or trying to find work. How could the “land of opportunity” slam the door shut. Is this really heaven or has it become hell?

Well, around us there is certainly hell, but there is also heaven—the hope and the promise that the one who is the Light of all the world has come...and remained. And that this Light is within us and shines through our generosity, our compassion, our trying to heal the divisions. That’s what we celebrate on Presentation. Michael Plekon

Wonder why the Carillon is so late— AGAIN

This time it is all my fault. (Margaret). I’ve bitten off more than I can chew. There are lots of things I could ask others to do but it just doesn’t occur to me.

One of the most important is making the Office look like an Office before the new Rector comes. Much of it has to do with shredding old papers, filing things, organizing drawers, etc. Let me know if you are interested in putting in a few hours helping me with that. 858-752-7264

Also, Chuck Bennet and I were talking about having a repair and clean up day - repairing screens, painting doors, cleaning out storage sheds and topping it off with a barbeque. Any one interested? Stay tuned!

Prayer Requests



Prayers By the People

We name before God those for whom we offer our prayers. We pray especially for Our President, Our Nation, Our Men and Women in uniform, for all victims of any violence, for Laura Buckner, Barbara Ocola, Pat, Calleena Harper, Will Hamilton, Teresia, Trudy, Jan Jones, George Keith, Chuck, Dacilia, Rosemary, Jim and Karole Fuller, Dorothy Tooley, Trent, Karen and her family, Steve, Alma and Catherine, Julia, Renee Davis, Pam McEvoy, Mark Young, Elizabeth and Nate, Sophie, Jamie, Barb Green, Ward Staff, Don, Virginia Perrine, Victor, Julianna, Tho, Lauren, Nadia Ritchey, Paul, Kristen and Coles, our Guatemalan students: Hector Castellanos, Jason Garcia, Victor Herrera, Brandon Garcia, Maria Zamora and Angelica Abixel. We pray for all frontline workers, care givers, COVID patients and their loved ones, for all migrants and asylum seekers, and those with decision making power over their lives, and for those we now name . . .

The Episcopal Diocese of San Diego Cycle of Prayer

The week of February 5, 2023 – Fifth Sunday after the Epiphany
For all congregations of the diocese in transition

The week of February 12, 2023 – Sixth Sunday after the Epiphany
Clergy and people of: St. Peter's, Del Mar

The week of February 19, 2023 – The Last Sunday after the Epiphany
Clergy and people of: St. Alban's, El Cajon and for our full communion partners, especially the ELCA on the World Day of Prayer, March 4

The week of February 26, 2023 – First Sunday in Lent
Clergy and people of: Sts. Peter and Paul, El Centro
The students, teachers and staff of The Bishop's School, La Jolla
For our Bishop and all other bishops attending the House of Bishops Spring Meeting

INTERNET RESOURCES

Morning Prayer <https://www.missionstclare.com/english/>

Centering Prayer Resources

<https://www.contemplative.org/contemplative-practice/centering-prayer/>

Meditation on Scripture <https://www.thereligionteacher.com/lectio-divina-steps/>

Google “daily Bible verses” to choose from multiple resources.

A wonderful before bed exercise, “Reimagining the Examen”, can be found as Android and iPhone apps at Google Play and Apple App Store.

BE MY VALENTINE

No one can miss the fact that Valentine's Day is coming up on February 14, as it does every year. This is a time when we give flowers and candy to our spouse or significant other, enjoy a romantic dinner and generally celebrate romantic love. Why do we do this?

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a public holiday in any country. Several martyrdom stories are associated with various Valentines. One is a popular account of Saint Valentine of Rome, which indicates he was imprisoned for performing weddings for soldiers, who were forbidden to marry, and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, Saint Valentine healed the daughter of his jailer. Before his execution, he wrote her a letter signed "Your Valentine" as a farewell.

Valentine of Terni became bishop of Interamna and is said to have been martyred during the persecution under Emperor Aurelian in 273. It is said that "abstracts of the acts of the two saints were in nearly every church and monastery of Europe." The Catholic Encyclopedia also speaks of a third saint named Valentine who was mentioned in early martyrologies under date of February 14. He was martyred in Africa with a number of companions, but nothing more is known about him.

February 14 is celebrated as St. Valentine's Day in various Christian denominations; it has, for example, the rank of "commemoration" in the calendar of saints in the Anglican Communion. In addition, the feast day of Saint Valentine is included in the calendar of saints of the Lutheran Church. However, in the 1969 revision of the Roman Catholic Calendar of Saints, the feast day of Saint Valentine on February 14 was removed from the General Roman Calendar and relegated to local or national calendars for the following reason: "Though the memorial of Saint Valentine is ancient, it is left to particular calendars, since, apart from his name, nothing is known of Saint Valentine except that he was buried on the Via Flaminia on February 14."

The day first became associated with romantic love in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their affection for each other by presenting flowers and candy and sending greeting cards. This tradition has lasted into modern times, so whatever you choose to believe about one of the original St. Valentines, don't forget to do something special for your sweetheart!

Wendy Quinn



Centering Prayer Retreat – October 2022 – A Tender Time

By Cary Page

(Part 1)

It was a tender time and I took it seriously and yet sometimes not so much – I had come to a time before I turned 80 where much more silence was required, another shift of consciousness, and then came the news of a Centering Prayer Retreat at Holy Cross Monastery overlooking the Hudson. I signed up, absolutely confident, as in full of faith that this was exactly the right next step with no idea of what such a step would mean. Right away I began to wonder, not on the end of awe, more like a worry wonder – would the Centering Prayer offering be already fully subscribed. It wasn't. I no longer drove, how would I get there? – we'll make it happen my children said without the slightest hint of judgement or burden – was it safe to go? Protocols were in place, they assured me. Why such trepidation oh my soul? It was a seven-day silent retreat. We sat in contemplative silence 6-7 times a day. Many of us attended the 5 daily offices in the chapel. The bell would be rung and the community would gather "ora and labora" prayer and work in equal measure for a better promise of a balanced life. Leslee was our lay leader. Brother Bernard, ex-Wall Street Finance Executive now Holy Cross Brother of 16 years was her supportive assistant-in-training. Brother Bernard had been assigned also to support me through this process in two twenty minute and one ten minute concluding conversation. I also saw Leslee for another 20 minute conversation as I felt called to spend more time learning this life-giving process. I did not plan my sessions except for the last one – I spoke from my heart about that which was on my heart – arising to answers through the deep silence of prayer.

And what was on my heart surprised me and moved me and shifted me as I had prayed.

"Brother Bernard, it has come to me through logic that I know God loves me unconditionally and without ceasing but it is very puzzling to me how I can know that God loves me and yet I absolutely cannot say "I love You" back. I remember very well being surprised as it was my son Anderson – all six foot seven of him and between 250 and 300 pounds of him – as a young father who began as the first one in our family to say "I love you" first to his sons, within my hearing – it sounded very strange and yet strangely right coming from him – it was authentic – yet, though I saw the beauty and felt the rightness, I could not say those words myself to him although I loved him as my life – saying I love you just in the thought felt awkward to the point of not right for me and yet I longed to do just that – I suppose now it was the beginning of being ever more drawn forward to the deeper desire that I barely knew yet longed for. Was it later or before, I can't honestly tell you this saying out loud "I love you" gradually worked to articulation for my first boyfriend and then for my later high school boyfriend and I did not say "boyfriend" either as what I was feeling felt trivial with such a word – I said "I love you" – I could more easily write it in a letter or a note – as if my shell would crack open and everything would come spilling out ungatherable – we were standing in my little kitchen in a rented home, he looked down at me and put his hands on my shoulders and looked at me with tender wonder, bewilderment and warmth at the woman who loved him so much with her given life and said, "You don't know we love you do you?" and I said with all

Continued on next page

Centering Prayer Retreat – October 2022 – A Tender Time (Part 1 cont.)

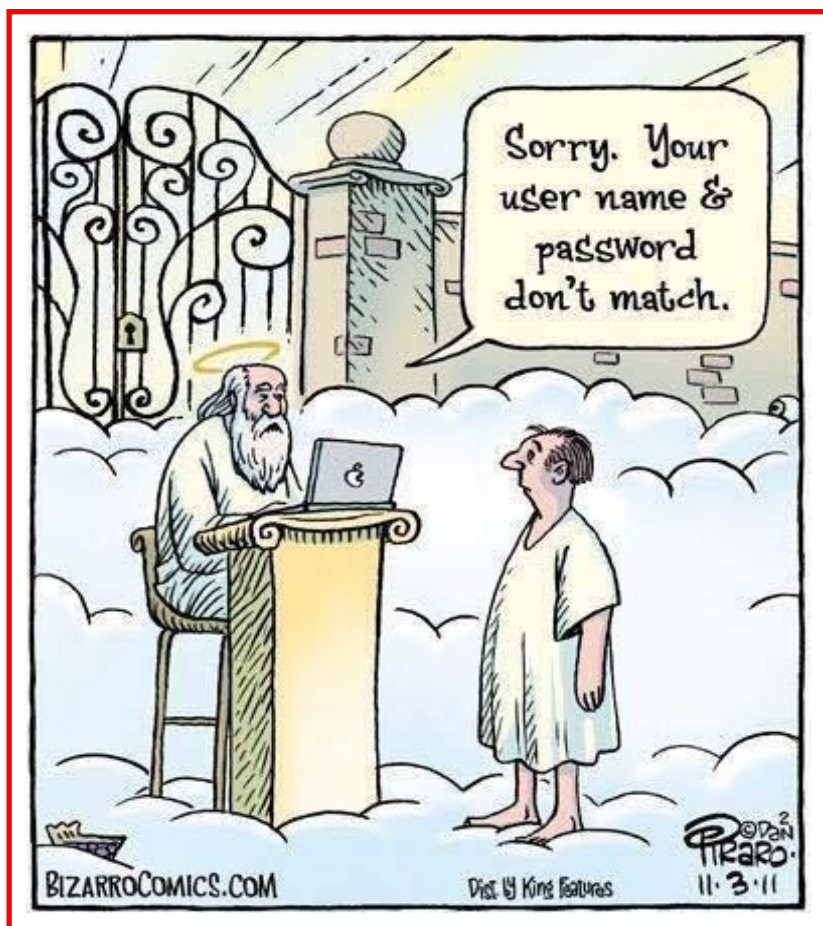
honesty and quite astonishingly to both of us, “No, I guess I don’t.” Such a strange response I felt it in my bones without further explanation – I wondered at that response for many years – it was not unloving, it was very authentic, honest, truthful as it was unexpected. Why I thought did I not know? One day many years later it came to me, knowing that my children loved me was never anything that concerned me – all I knew was to love them and almost everything I did every day was for them – I never thought, do they love me?” – It never crossed my mind.

As their father was dying of cancer and they were so devastated as they tended to him in the final months and weeks and minutes of his life, I found myself knowing that it was too soon for them to let him go, they wanted more from him, more than he was able to give them early but lately they were gaining with him in loving relationship and naturally they wanted him to stay for more and given the progression of the disease and the limit of medical knowledge there would be no miracle to delay the enormous pain of his leaving too soon – a pain I would have given my own life to stave off for each of them so much I loved them - it was very hard to bare their oncoming and growing and for many years thereafter unrelenting grief – there was in fact little relief, except perhaps that I was there – although that seemed almost insignificant at the time.

Overtime, not avoiding the pain, their loving wisdom grew to depths unexpected and rich for all of us, we grew closer as we grappled to understand what life had so cruelly handed out – we still miss him - his children try to gather on his birthday to feel all of the many gifts he gave to them each alone and altogether – not perfect, he gave them what he could of himself at his core a loving and honest man – a good man – his own son would learn from him how and grow to be a better loving present son , brother, and father dear and trusted friend full of wisdom, generosity and joy – his daughters too felt his support for their journeys into the world of making it better from a systemic point of view with absolute full and loving care for the wants and needs of others a trait given to them through many grandparents and great grandparents before them – each have taken it all in and given more to all who came within their reach – and their children promise more and sooner – it is a great blessing for me to witness the beauty of their strength and loving vulnerability. And so I took the whole of what was on my heart and left my twenty minute session and continued the silent retreat praying 6-7 times a day and attending daily offices, walking to the river and back – dining in silence with the others overlooking the Hudson River and sleeping.



To be continued in next Catillon



Saturday, February 18th from 11 am to 2 pm at the Community Resource Center

St. Barnabas is sponsoring a program that provides support for families experiencing dementia. A woman by the name of Teepa Snow (Google her) developed a practical approach to care partnering and the skills needed to improve the quality of life for both the person with dementia and the care partner. It is being taught by Anne Cox Bailey who was trained by the originator of these skills. If you know anyone who might benefit with this information, tell them about it.

St. Barnabas Carillon

stbarnabasborrego@gmail.com
(760) 767-4038

Production:

Trudy Richard
trudyrichard032@gmail.com

Newsletter Committee:

Trudy Richard, Michael Plekon, Wendy Quinn, and Margaret Liggett

St. Barnabas Vestry

Margaret Liggett, Senior Warden	(858) 752-7264
Llouise Jee, Junior Warden	(706) 767-3674
Jan Jones	(760) 518-1231
Chuck Bennett	(760) 485-2984
Cary Page,	{267} 325-8513
Patrick Grannan	(760) 315-6616
Cathy Gay	(760) 767-3455
Jeanne Plekon	(845) 702-6974