

CARILLON

ST BARNABAS EPISCOPAL CHURCH



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

Borrego Springs, California

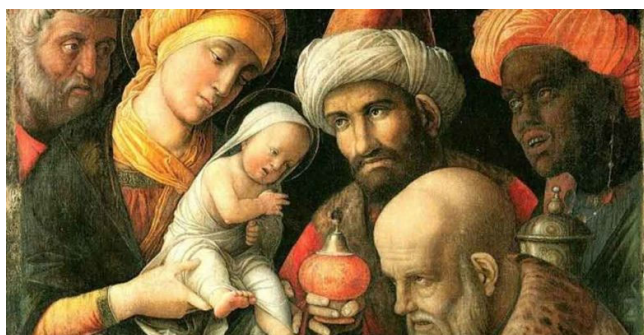
January 2023

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Happy New Year!

Happy New Year! This year we celebrate it on the first Sunday of January, a very good way to start the New Year. This used to be called the Circumcision of Jesus but is now called the Holy Name of Jesus since he was named on the 8th day after birth, when he also was circumcised into the Covenant of the people of Israel with God. All of the month is Epiphany time, with the feast actually on the 6th but celebrated by us on January 8, with the Baptism of the Lord.

This is one of the events that long ago were linked together as manifestations—epiphanies—of Christ as the Messiah and savior come to bring us to the kingdom. In the antiphons for Lauds and Vespers of



Epiphany, the three wise men, having come to visit the Child, hasten to the wedding

feast at Cana, where water is changed to wine, Jesus' first act or sign of his ministry, a sign of the love of God in the kingdom of God. And in the water of the Jordan, Jesus is baptized by John and the Father's voice is heard, calling Jesus his beloved son, and the Spirit, in the form of a dove descends on Jesus, as he begins his work of preaching and healing us.



What does this mean for us, here and now? The accounts of the events in Jesus' life we hear in the Sunday gospels are stories. Many of these we know so well that when we hear the first line, we recall all of the rest. In the coming of the wise men, we are reminded that Jesus came and remains with us and for the whole world.

Jesus is not just for Sunday morning, not just for church. Today especially, that Jesus came and is with **all** of us is important to grasp. I say this because we are tragically so

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The Little Owl

(The Incarnation - The Soul - The Love of God)

Suddenly
A Great shadow was born from the tree
It was a tiny owl
Landing on a wire
Half way between my heart
And the desert mountain receiving the setting sun

By Cary Page

...continuation of Happy New Year!

divided, by political views, by social preferences, even by religious beliefs. We easily isolate ourselves from so many others, simply because they are different from ourselves. And we often feel justified in suspecting, even vilifying the “other.” Our national political discourse seems to have made shooting one’s mouth off legitimate. Jesus thinks otherwise. Epiphany is one more reminder that when Jesus came, and since he has stayed, heaven and earth have gotten mixed up with each other. We should be thankful for this. It is perhaps easiest to see the eternal party God has thrown in the many jars of water changed into wine at the Cana wedding. May this good wine of the kingdom gladden our hearts and change our minds. Amen.

Michael Plekon

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**, **Trudy Richard**, **Barbara Ocola**, **Pat**, **Calleena Harper**, **Will Hamilton**, **Teresia**, **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**, **Sonja McGrath**, **Hilda McFarland**, **Victor**, **Juliana**, **Tho**, **Lauren**, **Nadia Ritchey**, **Paul**, **Kristen and Coles**, our Guatemalan students: **Carlos Jose Yucute Coc**, **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 mi- grants and asylum seekers, and those with decision making power over their lives. In the Diocesan Cycle of Prayer, we pray for the children, staff and board of Vida Joven de Mexico and for the growth of service in the diocese and for those we now name...

The Episcopal Diocese of San Diego Cycle of Prayer

The week of January 22, 2023 – Third Sunday after the Epiphany
The children, staff and board of Vida Joven de México
For the growth of service in the diocese

The week of January 29, 2023 – Fourth Sunday after the Epiphany
Clergy and people of: Christ Church, Coronado
The students and teachers of Christ Church Day School

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

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.

The Greatest Thing in the World

The other day I was browsing through the things on the tract rack near the side door of the church and noticed a small book titled *The Greatest Thing in the World*. It was a sermon written in 1890 by Henry Drummond, a nineteenth century Scottish evangelist, biologist, writer and lecturer. Being a curious person, I picked it up and started to read it and discovered a wonderful thing. It is a small book about love which he asserts is the supreme good but is only meaningful when it is lived. The style of writing is dated but the content is wonderful. It is based upon I Corinthians 13 which follows.

1 Corinthians 13 New International Version

13 If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

Drummond points out that Paul points out in Romans 13:8 that “Love fulfills the law.” The Hebrews had not only the ten commandments but a hundred or more other laws they had to obey. Jesus came and basically told us all we needed to do was to love one another.

There are nine components of love according to Paul. Drummond expands on them:

Patience – This is the normal attitude of love, love waiting, love waiting to begin.

Kindness – This is love active. Have you ever noticed how much of Jesus’ active life was spent doing kind things?

Generosity – Love envies not.

Humility – After having been kind or generous, go back into the shade and say nothing.

Courtesy – This is love in society “love does not behave itself unseemly”

Unselfishness – “It is more blessed to give than to receive” – Jesus

Good temper – Think of examples of bad temper to understand why having a good temper is love.

Guilelessness – Love thinks no evil,

Sincerity – Love rejoices in the truth

Drummond concludes –

To love abundantly is to live abundantly, and to love forever is to live forever. Love must be eternal because God is love.

– and he challenges the reader to read the last chapter of this little book once a week for three months. Want to try it? There are three or four of these books in the rack.

Margaret Liggett

An Agape Is Coming!

Reserve February 11th at 5 pm for an Agape at Sherry and Dick's. It has been a long time since we have done this in person. We did it on Zoom during the year or two that COVID had us physically separated. If you are concerned with Covid now, feel free to wear a mask.

There may be some new people who don't know what an AGAPE is. First of all, it is a potluck. So, nothing new there. But after we eat we break into groups and discuss our faith journey. There will be a series of questions which you draw from a basket. If you are uncomfortable with the question you drew, you can draw another. You then share your answer with the group. Your answer may initiate a discussion. Each person in the group does this. If there is time, there may be more than one round of questions. There are rules and a facilitator who assures that there is nothing hurtful that might be said.

The objective of this exercise is to create an intimate, safe space where we can share a part of ourself that we don't usually discuss and allow a bit of our hidden selves be shared with people we may have known for years. There are never questions that may cause you to be embarrassed—and you do have the choice to choose another question if the one you drew would make you uncomfortable. The idea is to get know each other on a different level which is a wonderful way to build community.

The people who have participated in these in the past have found these rewarding and look forward to these events. If you haven't attended one, please give it a try, It is fun and very rewarding.

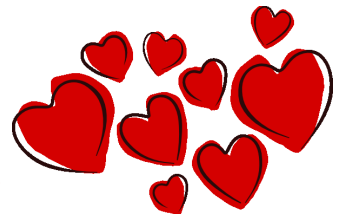
So I hope to see you Saturday evening, February 11th at Sherry and Dicks. Please let me know if you plan to come because it helps us know how to set things up. Margaret

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Wonder why the Carillon is so late?

First, Trudy Richard, the editor, was having trouble getting content. Most of the usual contributors were busy doing other things. Then Trudy fell and broke her hip and is in rehab. You might say a prayer for her and, if you have writing skills, you might volunteer in the future to write something. None of us (except Michael Plekon, author of multiple books) are professional writers. Check with Trudy or Margaret.



All are Welcome!!

...to our St. Barnabas Thursday Morning Centering Prayer, a practice begun by Shirley Vialpando in the Memorial Garden at noon every Thursday often followed by lunch together either around a table in the Parish Hall or a local restaurant. I joined this wonderful practice almost eight years ago shortly after I arrived in Borrego Springs having driven across the country to see the magnificent night sky, the vast array of interstellar space and the priest who was “spirit-led” and found my desert home at St. Barnabas and a wonderful spirit-led community who welcomed me with open arms and soon became my friends!!

Before I embarked on my cross-country adventure, I had attended a Quaker Sabbatical hosted by Pendle Hill, A Quaker Education and Retreat Center outside Philadelphia where I had grown up, lived and worked and raised my children. It was during that month long retreat that I came to realize my two favorite activities, worship and breaking bread. It was also when I learned that I did not have to choose between one religious practice or another. As Thich Naht Hahn suggests, “The jewels at the heart of all religions are the same.” The Quakers had a word for me “QuakEpalion” - I love the deep silence and stillness of Quaker Meeting, the meeting of my grandmother and I love the richness of the Episcopalian liturgy in the manner of my grandfather. My grandmother and grandfather are both entwined and embedded deep within my heart.

When I came to the desert, I found both the stillness and the rich word proclaimed at St. Barnabas in worship and daily life and now with wonderful Charles’ arrival as organist – the best of all worlds. It was at St.

Barnabas that I more deeply connected with the ancient practice of Centering Prayer - the apaphatic (silent) prayer of stillness practiced each week by Shirley as a free will offering in our own St. Barnabas Memorial Garden. Shirley had first been introduced to Centering Prayer in the early 80’s when she both attended and worked for the San Diego Episcopal Cathedral of St Paul. Shirley had been going through a rough patch in her life when a friend scooped her up and introduced her to St. Paul’s and Centering Prayer.

Father Thomas Keating, Catholic monk, Christian theologian and resurrector in the 1970’s of this ancient Desert Prayer of the Early Desert Mothers and Fathers, calls Centering Prayer “Divine Therapy” where the deep, deep stillness achieved over time heals



us from the inside so that we can more fully and lovingly participate in our daily lives. I had practiced Centering Prayer or Christian Meditation for over 20 years mostly by myself. I found that worshipping in community brought additional healing and a deeper quiet and peaceful joy. In the early 80’s and 90’s, Shirley discovered the same evolving peace and joy as the stillness gradually worked within her effecting her everyday life in ever growing positive small ways. The practice had such a profound effect on Shirley’s life that she has stayed with it all these years by bringing the practice with her to St. Barnabas. During COVID, St. Barnabas’ Centering Prayer moved from the Memorial Garden to our Zoom platform where

...continuation of All are Welcome!!

Shirley welcomes us at 8:30 (PDT) every Thursday morning - including this coming Thursday!!

Here are some YouTube links to help you learn more about Centering Prayer.

A 5 part series where Keating explains the method of centering prayer—

https://www.youtube.com/results?search_query=+The+Method+of+Centering+Prayer+-+Part+1%2C+with+Thomas+Keating

Fr. Thomas Keating unpacks the process of Divine Therapy which involves disassociating with a false sense of self and over identification

<https://www.youtube.com/watch?v=uJ-0WxRISWY>



Come and join us on Thursday Mornings for St. Barnabas Centering Prayer!!

Annual Meeting

January 29th is the Annual Meeting held after the service. Please stay and participate. You will hear about what we have achieved this year. Our accountant will be present to explain the new way we are looking at our finances both with a 2022 Financial Report and the 2023 budget and will vote to accept the budget. We will elect new vestry members and you can run to be a delegate to Diocesan Convention. **AND** we will all learn where we are in the calling process for a Rector!

This is normally the only time the congregation gathers to make decisions, ask questions, and to complain (should you need to!). So we hope you will stick around for an extra half-hour and participate.

Margaret Liggett, Senior Warden

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