

# THE BANNER

## Saint Barnabas's Journal of Reflection



### The Editor's Musings **Love Forgives, Love is Alive**

It's coming! (as Reverend Will describes it on page 2): the trifacta of Love; Lent, Easter and Pentecost.

Easter's significance of Jesus's victory over death and sin, followed by Pentecost which celebrates the empowerment of Jesus' followers to continue his mission and spread Good News feel particularly needed right now .

Nothing is better than the sheer joy of Easter, and yet it is Pentecost's calling to spread Good News that feels even more connected to my mind these days. With the persistent hum of intolerance and anger flowing through our news channels, I am reflecting more than ever: how can I make a positive difference? How I can continue Jesus' mission? And happily, I am finding ways.

Our contributors to *The Banner*, too, delve into the theme of *Love is Alive* and *Love Forgives*, to unmask an emotional spectrum: joy, reflection, and yes, even some pain. For all who helped me with this issue of *The Banner* – thank you. And for you, the reader, may you take something away that will serve you. Be well and let us enjoy the wonderful season ahead.

Love and Peace,  
Beth Bullock-McGrail





# A Trifecta Of Love

By The Rev. W. (Will) H. Mebane, Jr., Rector

Lent, Easter, and Pentecost. What a perfect trifecta. A trifecta of love! Each of these seasons of the Church year is by itself an example of G\_D'S perfect love. Taken together, they have the unmatched ability to transform our lives like nothing we can experience otherwise.



- Lent – Many of you know that Lent is my favorite of all liturgical periods. It is a time when we are invited into an intentional period of self-examination, prayer, fasting, and self-denial. We are reminded that G\_D forgives us if we accept the invitation to the observance of a Holy Lent and make a right beginning of repentance, no matter the wrongs we have done.
- Easter – There is no more powerful example of love than the assurance of Jesus that we will be resurrected with him because of G\_D'S love for us! That love overcomes death and the grave to which we shout ALLELUIA!
- Pentecost – Jesus asked G\_D out of love for us to send the Holy Spirit to comfort, guide, protect, and advocate for us until we make our home with him and our Father in Heaven. No person on Earth loves us so much or has such power.

May you experience this trifecta of love as you join others in worship at StB's during Lent, Easter, and Pentecost in 2025!

In love,



## IN THIS ISSUE

**p3: Rev. Everett (Perry) Perine, Associate Priest**

*The Parable of the Prodigal Son*

**p4: Phoebe Office**

*Heaven's Love*

**p5: Katherine Chassé**

*Love Arrives*

**p6: Bronwen Walsh**

*Blossoming Faith in God's Love*

**p7: Irene Ledwith**

*Love Thy Neighbor*

**p8: Thomas Moore, III**

*Love Forgives*

**p9: Deborah Gemma**

*Living Love Through the Baptismal Covenant*

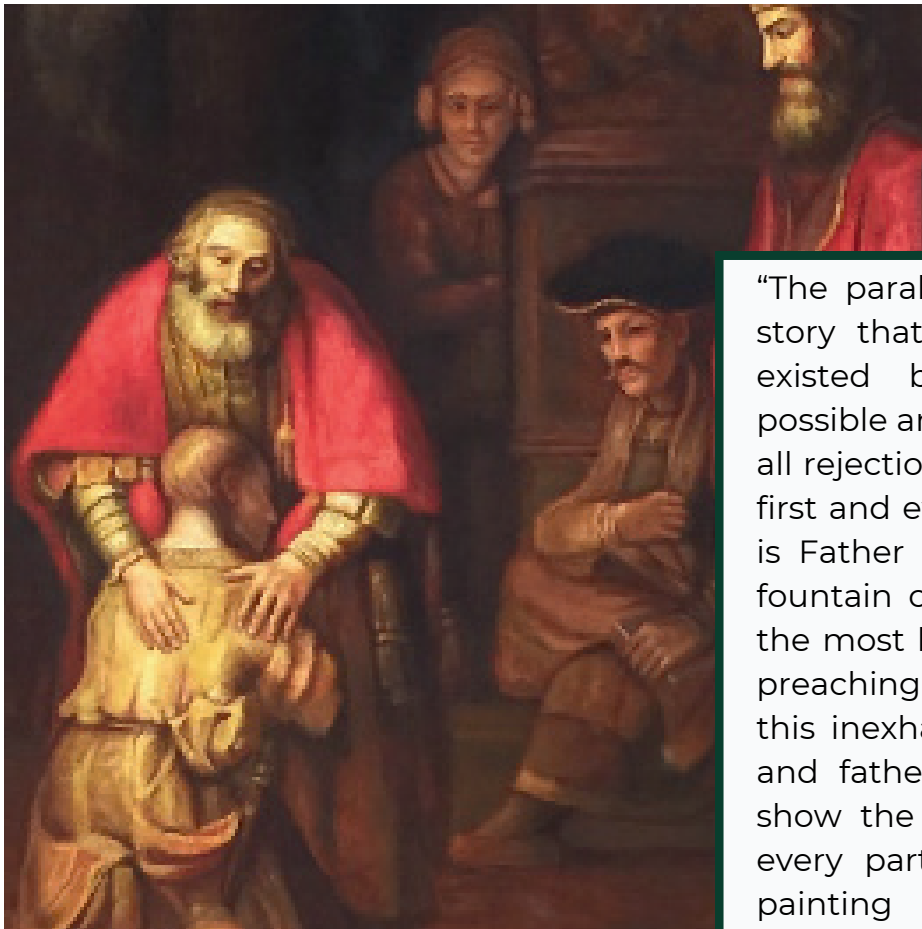
**p10: Woods Hole PEP Program**

**p11: Seasonal Services & Events**

# The Parable of the Prodigal Son

By Reverend Everett (Perry) Perine, Associate Priest

The parable of the prodigal son has been for me the defining image of what it means to love and be loved. Henri Nouwen's book, which is essentially a meditation on Rembrandt's painting, speaks powerfully to the breadth and depth of God's love. I invite you to make this a Lenten read.



"The parable of the prodigal son is a story that speaks about a love that existed before any rejection was possible and that will still be there after all rejections have taken place. It is the first and everlasting love of a God who is Father as well as Mother. It is the fountain of all true human love, even the most limited. Jesus' whole life and preaching had only one aim: to reveal this inexhaustible, unlimited motherly and fatherly love of his God and to show the way to let that love guide every part of our daily lives. In this painting of the father, Rembrandt offers me a glimpse of that love. It is the love that always welcomes home and always wants to celebrate."

Henri Nouwen

*The Return of the Prodigal Son:  
A Story of Homecoming*



Rev. "Perry" retired in 2017 after 40 years in parish ministry. He has served as Associate Priest at StB's for the last two years. A biologist by training, he takes every opportunity to drink in the natural surroundings of Cape Cod, whether he's walking along the Bike Path or watching the birds (and squirrels) that frequent his backyard.

# Heaven's Love

By Phoebe Office

The following poem was found through ChatGBT as I was searching for inspiration about God and love. When "Love Eternal" appeared, I knew I had found my inspiration. I feel that this poem portrays God's divine love as timeless, unwavering and boundless, woven into the fabric of our lives and reflected in the wonders of nature. During these times of transitions and trials, God's love offers us well-needed comfort.

To me, this poem also emphasizes the transformative power of love that teaches forgiveness, purpose and resilience in our darkest moments. "Love Eternal" conveys that God's love is not only a source of strength for us but also a guiding light that reminds us that love and divinity are one and the same and rest in every heart.

## Love Eternal

In the quiet hush of the soul's deep place,  
There blooms a love, wrapped in divine embrace.  
Not bound by time, nor space, nor tide,  
A love eternal, where hearts abide.  
God whispers softly through winds that sing,  
A melody carried on an angel's wing.  
In every sunrise, in the stars above,  
His presence speaks of unending love.  
Love that bends but does not break,  
A balm for wounds, for sorrow's sake.  
A light that shines when shadows fall,  
A voice that answers the faintest call.  
Through trials deep and joys untold,  
God's love remains, a shelter to hold.  
It teaches hearts to give and forgive,  
To live with purpose, and truly live.  
For love is God, and God is love,  
A boundless gift sent from above.  
In His embrace, all fears depart,  
For Heaven's love rests in every heart.

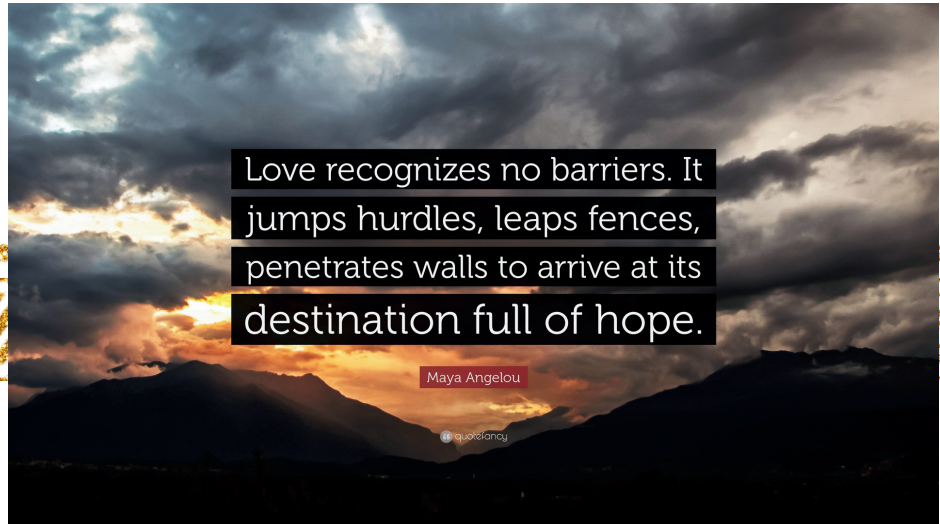


Phoebe joined the welcoming community of StB's in 2005 and now serves as a Lay Eucharistic Minister, Lector and Co-Chair of the Pastoral Care Ministry. She loves spending time with her friends and family (four amazing children, ten grandchildren, and four great grandchildren and her loved dog). She is active in the arts, Book and Bridge Clubs and gives workshops (similar to the grief workshops she facilitates at StB's). She remains grateful every day for all blessings.



# Love Arrives

By Katheryn Chassé



Jumping hurdles? Leaping fences? Penetrating walls? Love is clearly unstoppable and as Maya Angelou reflects, it does so to arrive full of hope. How is that possible?

I believe it is because Love sets us free to become what we want to do or to become in our lives. This was relayed to us when Reverend Will shared that it was Ronnie, the love of his life, who told him to accept the calling he had been hearing for a long time.

Love is alive when we follow our hearts to a place we've never been before, to a skill we never thought we possessed, to art, to music, to theater, even to science and math.

Love is alive in nature when we observe God's greatness on a beautiful sunny day, when the birds are creating their magic in the sky! And it's alive as we travel our day, when visiting someone with cancer, writing a card to a friend, or holding our grandchildren.

Love is alive if we only have the eyes to see and the ears to hear. In the cacophony of confusion and tragedy in our society, it may sometimes become muted, but know that love can still thrive in its aliveness. We need to determine its direction and then follow.

In the past few weeks, I have lost two dear friends, whom I loved. I ask the question: Do they still feel my love? Did they feel it when they were alive? Time is of the essence. Tell them now.



Katheryn Chassé joined StB'S in 2023. She continues to enjoy participation in the services and StB's many activities with a community of caring and loving people.

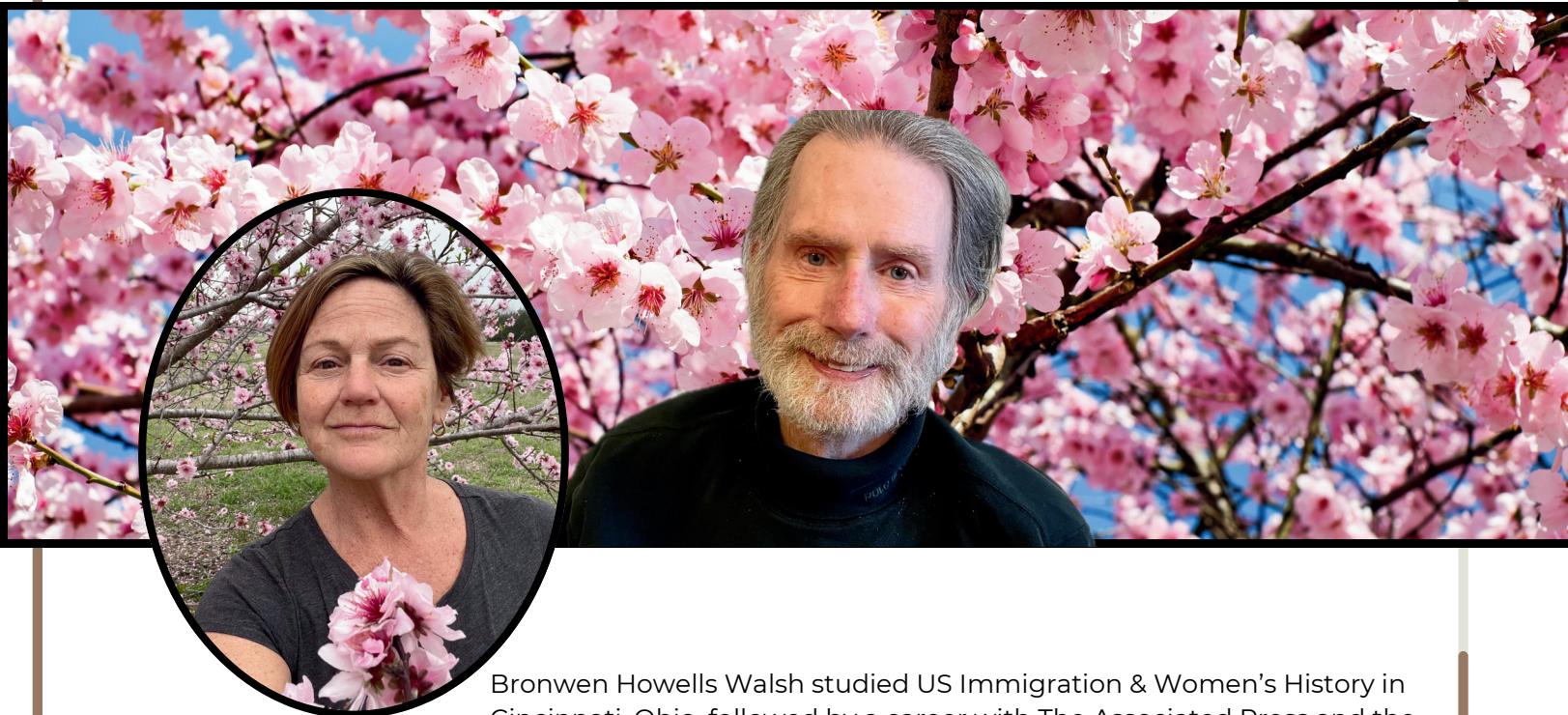
# Blossoming Faith in God's Love

By Bronwen Walsh

The loss of the love of my life and widowhood led me back to my childhood home – the Episcopal Church. Two years ago, following my husband's death from late-stage cancer, Saint Barnabas's offered me grief support through weekly meetings with Phoebe Office and a small group of wounded souls. Those initial acquaintances grew into the comfort of a like-minded community of parishioners, all of us led by Reverend Will, our own drum major for justice.

Now, a shared conviction motivates my weekly return to Sunday worship. Our congregation's collective faith presents an opportunity to contemplate ancient readings. Together, we craft contemporary interpretations of Jesus's teachings and God's eternal message. Initially, I suppose, I simply sought further evidence of heaven and an afterlife, assurances that my late husband would know that I pray in his memory, as if we are engaged in some mystical correspondence. Through StB's, however, I have gained so much more than a means of moving on from devastating loss. I developed a deeper faith, the confidence of a fuller appreciation of God's eternal kingdom, and the company of new friends who share music, joy, hope and purpose.

Trust in God's love has helped fill the void of widowhood. A blossoming faith has yielded the richness of a new way forward, where there is no such thing as alone.



Bronwen Howells Walsh studied US Immigration & Women's History in Cincinnati, Ohio, followed by a career with The Associated Press and the Dallas Morning News' interactive division. Bronwen joined StB's in 2023.



# Love Thy Neighbor

By Irene Ledwith

At some point in my adult life, I began a morning habit of listening to the news on the radio, while sipping my coffee. I would learn of the expected weather, some major global affairs, along with a gruesome murder somewhere or whatever else the radio station felt would keep my attention. Maybe 5 years ago, my adult daughter, not usually up as early as my husband and I, conveyed that she found this an awful habit. Why she asked me, would I start my day with such heartbreak and negativity. I stopped listening to news on the radio, mostly for her sake, but alas, started reading it on my phone.



The news this last year has been particularly grueling—more deaths in the Ukraine; North Korea joining Russia in its invasion; depictions of Hamas's attack and horrid murder of Jewish settlers; followed by Israel's massive bombings and killing of Palestinians in Gaza. But still I read the news each morning, looking for some hope amongst the tragedies.

In early January, this news junkie finally stopped reading the news. It had become too much. President Trump was unveiling his agenda; immigrants were scared of possible deportation and families being broken up; LGBTQ people too felt threatened and marginalized. Even churches, considered sanctuaries since the 1800s, would no longer be able to protect individuals, leaving clergy desperate to find solutions. However, on January 22, the words of Bishop Mariann Budde caught my attention, and I felt hope. I smiled. A person of God was speaking out on behalf of those who were suffering, and it was all over the news. A person of God was not just preaching to us, to learn from Christ, she was doing what Christ has taught. With every press outlet in the country covering the National Prayer Service, Bishop Budde asked for our President to have mercy on those who are now scared and threatened, and to treat our neighbors with dignity.

As Christians, we are taught to love our neighbor. As well, in the bible, Proverbs 31:8-9, God asks each of us to: "Open your mouth for the speechless, in the cause of all who are appointed to die. Open your mouth, judge righteously, and plead the cause of the poor and needy." Bishop Budde was doing just that.

Irene grew up in the Catholic Church as part of a large and loving Irish-German family. Relocating from Hastings-on-Hudson, New York in 2022, she and her husband, Neill Bogan moved to Mashpee and joined Saint Barnabas's. They have two adult children, Sam and Gretchen. Irene is a visual artist and has spent her career as an art director in publishing.



# Love Forgives

By Thomas Moore, III

The phrase "Love Forgives" immediately takes my mind to *Time* Magazine and the Bible. *Time* Magazine for memorable cover stories on forgiveness, such as the families of Emanuel AME Church in Charleston, South Carolina forgiving the white supremacist killer of Bible study participants and Pope John Paul II meeting with his attempted assassin.

The Bible for Jesus' multiple words about forgiveness -- statements which often seem counter to our nature, take time to ponder, and challenge us. Jesus' response on how we should pray: "Forgive us our sins, as we forgive those who sin against us;" Jesus' parable of the Prodigal Son; and the first of Jesus' last words on the cross: "Father, forgive them, for they know not what they do." If anyone in world history has changed the view of forgiveness, it is Jesus.

In this past year my son's anger and behaviors split our family apart. His unforgettable, indefensible behaviors and words damaged his wife, four sisters, his beloved son and my sense of our loving family. Were his actions unforgivable? My heart said real love was not to condone or forget but to forgive and walk with him. I accepted his phone calls, listened without expressing judgment, and especially without making him feel abandoned. He is now in rehab with a chance. Love forgives. Love is alive. And so is hope.

Tom has been active at StB's since his move to Falmouth in 2023 and recently completed his tenure as StB's Treasurer. A life-long Episcopalian, Tom enjoys attending Saint Barnabas's with Katheryn Chassé whom he met in a Dana Farber Bereavement Group over Zoom in 2022.





# Living Love Through The Baptismal Covenant

By Deborah Gemma



We, the community of Christians at Saint Barnabas's Church, have been exploring the theme of love since September. Our Baptismal Covenant provides a roadmap for what it means to live out Jesus' way of love. In our covenant, we make the following promises, "with God's help:"

- Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?
- Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?
- Will you proclaim by word and example the Good News of God in Christ?
- Will you seek and serve Christ in all persons, loving your neighbor as yourself?
- Will you strive for justice and peace among all people, and respect the dignity of every human being?
- Will you cherish the wondrous works of God, and protect the beauty and integrity of all creation?

Although there is only one explicit reference to love in the covenant, the implication is clear. We will love and care for the creation that nourishes us. We will actively seek to include all of our diverse neighbors and share God's message of love with all. We will resist the evil that crushes love, both in ourselves and in the world. And we will remain engaged in our community of faith where we are strengthened by word, sacrament and prayer, and encourage each other in bringing justice, peace and love to the world.

---

## **ALL ARE WELCOME FOR A SERVICE OF WORD, MUSIC AND PRAYER SUNDAY, MARCH 30TH, 5PM, CHURCH OF THE MESSIAH, WOODS HOLE**

Please join the combined clergy, choirs, and congregations of Saint Barnabas's and The Church of the Messiah for a Lenten Vespers service, a fresh approach to evening worship, exploring the themes of the Baptismal Covenant and their relevance for today's world.



Deb Gemma is the Director of Music at Saint Barnabas's. She has served as Dean of the Cape Cod and Islands Chapter of the American Guild of Organists. She enjoys attending concerts, reading at the beach and her husband's delicious cooking.



**ON THE FIRST DAY OF THE WEEK, VERY EARLY IN THE MORNING, THE WOMEN TOOK THE SPICES THEY HAD PREPARED AND WENT TO THE TOMB. THEY FOUND THE STONE ROLLED AWAY FROM THE TOMB, BUT WHEN THEY ENTERED, THEY DID NOT FIND THE BODY OF THE LORD JESUS. WHILE THEY WERE WONDERING ABOUT THIS, SUDDENLY TWO MEN IN CLOTHES THAT GLEAMED LIKE LIGHTNING STOOD BESIDE THEM. IN THEIR FRIGHT THE WOMEN BOWED DOWN WITH THEIR FACES TO THE GROUND, BUT THE MEN SAID TO THEM, “WHY DO YOU LOOK FOR THE LIVING AMONG THE DEAD? HE IS NOT HERE; HE HAS RISEN!”**



## SEASONAL SERVICES



### *Ash Wednesday*

EVERYONE IS WELCOME

WEDNESDAY, MARCH 5, 2025

8AM, 12PM IN ALL SAINTS CHAPEL  
7PM IN THE CHURCH

ASHES TO GO @ 1PM

SAINT BARNABAS'S EPSICOPAL CHURCH  
91 MAIN STREET - FALMOUTH

[WWW.STBFALMOUTH.ORG](http://WWW.STBFALMOUTH.ORG)

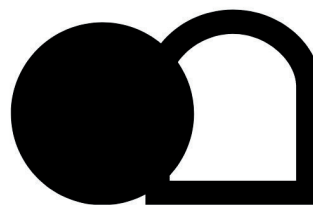
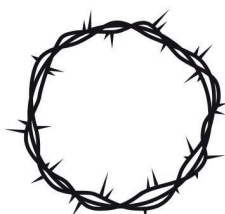
## LOVE IS ALIVE

Easter Vigil  
Saturday, 7pm

### Easter Sunday

8am - Holy Eucharist Rite II  
10am - Festival Choral Eucharist

Saint Barnabas's Church - 91 Main Street - Falmouth  
[www.stbfalmouth.org](http://www.stbfalmouth.org)



## A LOT HAPPENS IN 7 DAYS

April 13 - Palm Sunday @ 8am & 10am

April 17 - Maundy Thursday @ 7pm

April 18 - Good Friday @ 7pm

Saint Barnabas's Church  
91 Main Street - Falmouth  
[www.stbfalmouth.org](http://www.stbfalmouth.org)



Non-Profit Org.  
U.S. POSTAGE  
**Paid**  
Falmouth, MA  
Permit No. 24

Saint Barnabas's Episcopal Church  
91 Main Street  
P.O. Box 203  
Falmouth, MA 02541

An Episcopal Parish in the  
Cape & Islands Deanery  
of the Diocese of Massachusetts



A LOT HAPPENS IN 7 DAYS

April 13 - Palm Sunday @ 8am & 10am

April 17 - Maundy Thursday @ 7pm

April 18 - Good Friday @ 7pm

Saint Barnabas's Church  
91 Main Street - Falmouth  
[www.stbfalmouth.org](http://www.stbfalmouth.org)