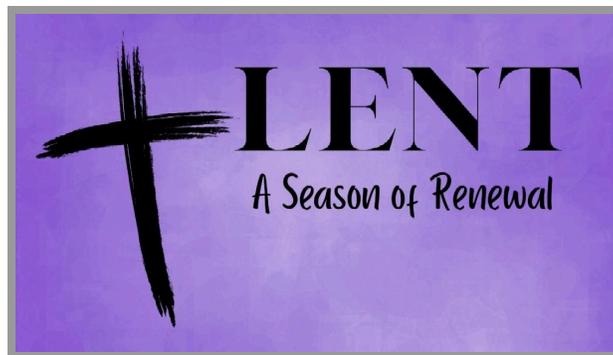




Greetings!

Here's what's happening @ StB's!

WORSHIP @ StB's



The Second Sunday in Lent

Sunday, March 1, 2026

- 8:00 am - Holy Eucharist Rite I
- 9:00 am - Sunday Forum in the Parish House
- 10:00 am - Holy Eucharist Rite II
- 11:00 am - Social Hour in the Parish House

The Rev. David M. Rider, Preacher

Faithful Reflections

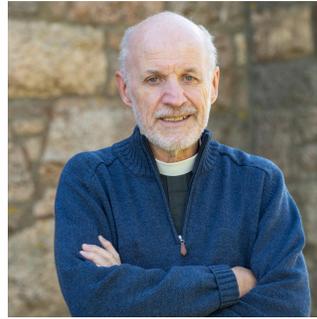
As we walk with Jesus during his preparation for Holy Week, Lent provides an important context for our own reflection on life's end for ourselves and our loved ones. On four Sundays starting March 1, our 9:00 Sunday Forum explores the spiritual and practical realities of impending death

and funerals. All of us will die, and most of us will support a loved one in their final days. Let's explore this reality together.

Our March 1st session discusses the evolving cultural changes in funeral rites, especially with the increased practice of cremation. March 8th addresses human agency at the end of life, including choices regarding medical aid in dying (MAID) and diminished choice due to dementia. March 15th explores family conversations at life's end, including unfinished emotional business and the importance of deathbed blessings. On March 22nd, we will address the practicalities of funeral planning.

For more details, **click here** with the understanding that forum sessions may evolve slightly based on earlier discussions.

--David



IN OUR PARISH

"You shall not oppress the stranger"
—*Exodus 23:9*



 The Episcopal Diocese of
Massachusetts and St. Barnabas
Episcopal Church affirm the inherent
dignity and rights of all **immigrants
and asylum seekers.**

The Banner

Calling All Journalists or Writers!

The Banner continues its journey of reinvention - and we'd love to have more writers involved! The Banner now includes both contributions of personal expression as well as interviews about happenings, ministries and people in our parish. Would you like to try your hand at either of these? Guidance on topics will be provided! Please reach out to Becky if you have interest in joining the Banner writing team? Or ... if you're an artist or photographer and would like to submit an image for the April Banner - we'd love to showcase your talent!

Thanks for helping to make The Banner a publication that we all can create together!

Thanks to you,

Beth Bullock-McGrail
The Banner Editor

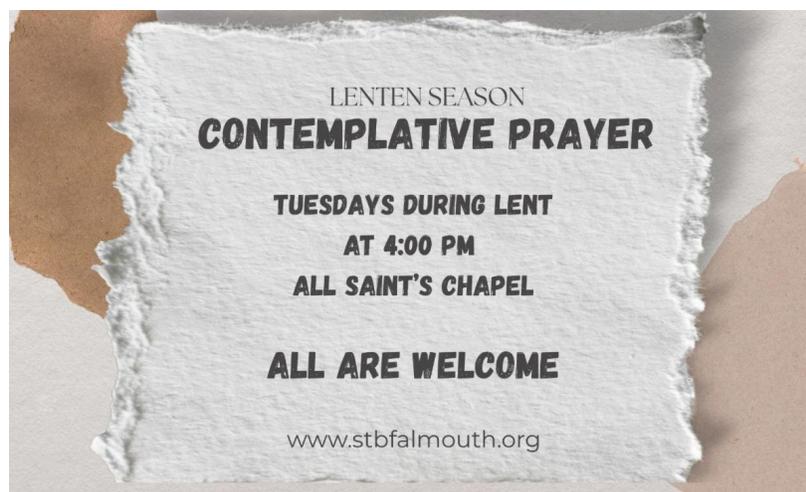


- 3/1 - Brenda Reardon
- 3/2 - Ruby Wang
- 3/4 - Michael McNaught
- 3/6 - Ambrose Jearld, Jr.
- 3/6 - Irene Luby
- 3/7 - Robert Olsen
- 3/7 - Pat Maloney

Happy Anniversary!

EVENTS @ STB'S

[Click here to Visit our Calendar](#)



SUNDAY FORUM FOR MARCH DEATH & DYING DISCUSSION

1

American Funerals Sixty Years after Jessica Mitford

This Forum addresses the increasing diversity of funeral options, especially those driven by cremation. With choice comes complexity. Pre-planned end-of-life and funeral directives can bring clarity to a stressful time.

8

Human Agency at the End of Life

How intractable pain and exhausting treatment now call for medical assistance in dying (MAID) works? How do we share our decisions with family, and how do we listen as they share their decisions with us? Beyond tough medical decisions, what family conversations need to happen before the end?

15

Family Conversations at Life's End

How do we start those conversations, and what about times when the dying person is in a final coma? How do you broach the subject and priorities for a pending funeral? What about deadbed blessings so that we both begin and end life with a clean slate?

22

Funeral Planning: Who Calls the Shots?

Did the dying person leave written instructions or offer hints along the way? What happens when conflicted families cannot agree on much? Funeral services can take place at mortuaries, churches, local event spaces or Nobska Beach— who calls the shots?

Join us Sunday mornings at 9:00 am
in the Parish House



Saint Barnabas's Church
91 Main Street, Falmouth
www.stbfalmouth.org

SAINT BARNABAS'S EPISCOPAL CHURCH
WEDNESDAY STUDY GROUP

THE CATHOLIC AND PROTESTANT ROOTS OF ANGLICANISM

WEDNESDAYS, JANUARY 7 - MARCH 25
10AM - PARISH HOUSE

The 16th-century Protestant Reformation unleashed creative and destructive forces that changed the character of Europe and indelibly shaped the DNA of American identity. Human and divine agency, conformity and rebellion, the balance of sacraments and scripture in worship, and the role of church in society all were up for grabs. Amid this spiritual cauldron, Anglicanism took shape as a middle way amid warring factions with a positive embrace of human reason and conscience. We will explore the impact of the Reformation on our families of origin, Saint Barnabas's Church, and modern American culture.



WWW.STBFALMOUTH.ORG



A LOT HAPPENS IN 7 DAYS

March 29 - Palm Sunday @ 8am & 10am

8am starts outside the front door of the church
10am starts in the All Saint's Chapel Garden
and proceeds to the church

April 2 - Maundy Thursday @ 7pm

The service begins in the Church and concludes with a
procession to All Saints Chapel

April 3 - Good Friday @ 12 noon & 7pm

Both services are in the All Saints Chapel

April 4 - Easter Vigil @ 7pm

The service begins in the All Saints Chapel
and proceeds to the Church

April 5 - Easter Sunday @ 8am & 10am

Both services are in the church

www.stbfalmouth.org

COMMUNITY NEWS & EVENTS



Join us for our 1st Annual
1.5 mile Walk and Event Reception
Walking Towards Home

Saturday, February 28, 2026
11am

SIGN UP TODAY!
\$30



Scan to Register
or for more information
on how to Sponsor
a participant.



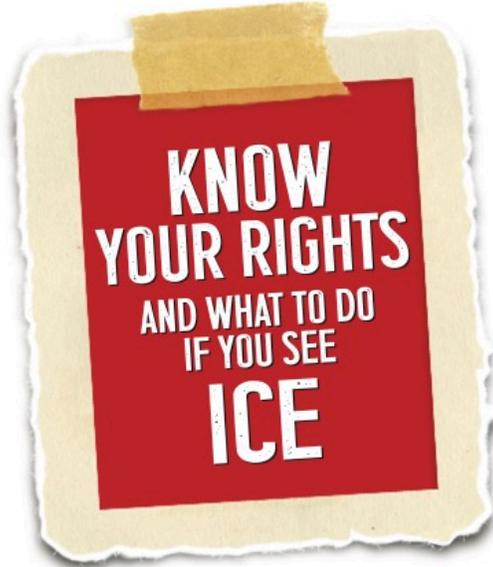
The event will begin and end at
The First Congregational Church of Falmouth
68 Main Street, Falmouth



Belonging to Each Other supports our Falmouth neighbors experiencing homelessness in their transition to stable housing by providing temporary cold-weather housing and year-round compassionate, supportive services. All proceeds will be retained by BTEO as a donation in support of our local mission.

bteofalmouth.org | 508-444-6360

COMMUNITY WATCH TRAINING



Sponsored by:

SOCIAL JUSTICE TEAM
of John Wesley
United Methodist
Church

&

FIRC
Falmouth Immigrant
Rights Coalition



SUNDAY • MARCH 1
2 - 3:30 PM

at John Wesley United Methodist Church
Light refreshments served



See ICE?
Report to LUCE
617-370-5023
CONFIDENTIAL: Save it in your phone!



John Wesley United Methodist Church • 270 Gifford Street, Falmouth • johnwesleyumc.org

Church World Service's
World Day of Prayer

Fri. March 6th – 10am Worship Service
Followed by light refreshments

**Hosted by the Women's Union of the
First Congregational Church**



**All are Invited to this
Upper Cape gathering of Churches**

First Congregational Church
68 Main Street, Falmouth MA 02540



Qi Gong
at St. Barnabas Church
with Margie Mitchell

Tuesdays at 3:30 pm - 4:30 pm
March 10 - April 28
8 week session \$80
Drop-in rate is \$12

NEW!!! ZOOM class
Mondays 9:30 am - 10:00 am
February 23 - March 30
\$7 per class or
6 week session \$28

must register by February 21

Register and direct questions to
mmitchellswimming@gmail.com

More information at
www.capechigong.com.

QI GONG is an ancient Chinese movement
practice enhancing the spirit, mind, body connection
with gentle movements. Each class consists of breathwork, meditation,
stretching, balances, hand meditation, the water element/kidney
movements and learning to "go with the flow."

MINDFULNESS MARCH

Saturdays @ 10

West
Falmouth
UMC
636 W Falmouth
Hwy

March 14
Intro &
Foundations

March 21
Explore
Practices

March 28
Be Present
& Make a
"gift"



spiritualityinpractice.org

GOLDEN LANE

with special guest performances
from members of the Maureen
Haley School of Irish Dance

Sunday, March 15th | 4 pm

Golden Lane is a group of musicians from Southeastern New England who specialize in performing Irish music like jigs and reels in a traditional style. They also perform songs in English and Gaelic. Come to Highfield Hall and enjoy this family-friendly performance!

\$20 MEMBERS / \$30 NON-MEMBERS

Learn more & register at
highfieldhallandgardens.org/calendar

56 Highfield Drive
Falmouth, MA 02540

 HIGHFIELD HALL
& Gardens

(508) 495-1878
info@highfieldhall.org

Parish Office Hours

Tuesday - Friday, 10am - 3pm

Church Phone: 508-548-3863

Website: www.stbfalmouth.org

Elaine Bruno, Finance Administrator (elaine@stbfalmouth.org)

Doug Fantarella, Sexton/Property Manager (doug@stbfalmouth.org)

Deborah Gemma, Director of Music/Organist (music@stbfalmouth.org)

David Hinds, Assistant Sexton

The Rev. Everett (Perry) Perine, Associate Priest (perry@stbfalmouth.org)

The Rev. David M. Rider, Interim Priest (david@stbfalmouth.org)

Becky Vaus, Parish Administrator (becky@stbfalmouth.org)

Location: 91 Main Street, Falmouth, MA 02540

Mailing: PO Box 203, Falmouth, MA 02541

To continue your financial support,
please mail your pledge contributions and offerings to:

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

To make an online contribution, please click on [DONATE NOW](#).

[Donate Now](#)

The clergy are available for routine and emergency pastoral care. Rev. David may be contacted via e-mail at; David@stbfalmouth.org through the Church Office (508-548-3863) or on his personal mobile phone 917-288-0187. Hospitals and other care facilities do not notify us. So, we rely on your family or you to let us know when you are in need of pastoral care.

Please contact [Becky Vaus](#) in the Parish Office, 508-548-3863 to request care for yourself or another. She can also place your name on the list of people who receive prayers during our worship services and/or give your name to a group of people who will pray for you confidentially.

Saint Barnabas's Episcopal Church | 91 Main Street | Falmouth, MA 02540 US

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