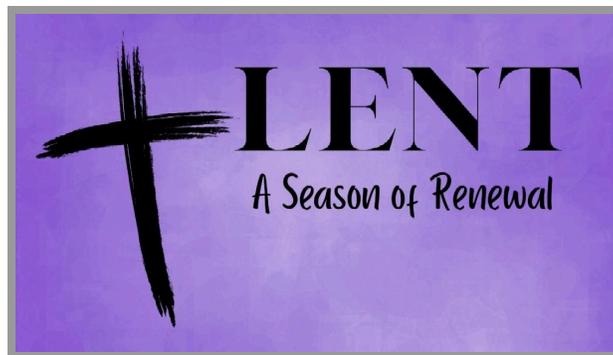




Greetings!

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

WORSHIP @ StB's



The Third Sunday in Lent

Sunday, March 8, 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

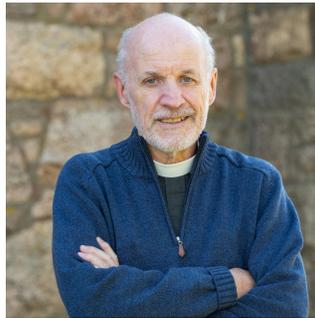
At this Sunday's Forum, we will discuss **Human Agency at the End of Life**. We all will die, and many of us will care for loved ones in their final days. A foreseeable death after extended medical care allows time for important decisions, like hospice or palliative medicine. At other times, a traumatic injury or dementia complicates choices directed by the vulnerable person.

How do we decide—or listen to loved ones who have decided—that intractable pain and exhausting treatment now call for **medical assistance in dying (MAID)**? 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?

Our first Tuesday 4:00 contemplative prayer session filled our chapel with a unique blend of silent and spoken prayer, connecting us to each other while allowing us to dwell in solitude with God. Amid a turbulent world, I invite you to join the Tuesday sessions as Lenten observance and spiritual self-care.

Today, Highfield Hall opens a 3-month exhibit entitled "**The Parish of St. Barnabas: The Beebes' Gift to Falmouth.**" An extended collaboration between our archives' team volunteers and Highfield Hall selected iconic church items to tell an inspiring story of one family's foundational generosity to our parish and town. With gratitude for the A Team's work, I hope you will visit the exhibit with pride in our history. Note that an admission fee applies.

--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.**

Easter FLOWERS

Order Easter Flowers to
honor a loved one

Orders are due by March 30

Use the flower envelope in
the pews or contact the
church office.

\$40 per flower



RESPECT

Respect **E**verything **S**o **P**eople **E**njoy **C**ommunity **T**ogether



Respect Yourself, Respect Others,
Respect the Property, Respect the Ministry



SAINT BARNABAS'S CHURCH
WWW.STBFALMOUTH.ORG



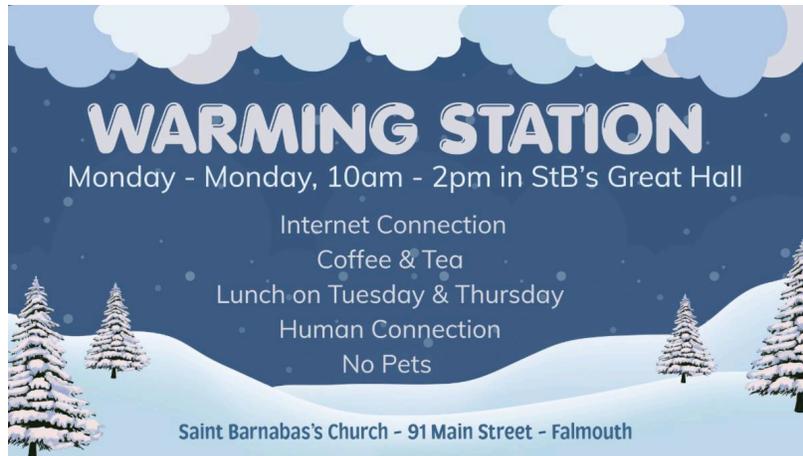
3/8 - Pamela Olsen
3/8 - Nancy Mock
3/9 - Charles Dicecca
3/10 - Eric Kristenson
3/13 - Larry Summers



Happy Anniversary!

EVENTS @ STB'S

[Click here to Visit our Calendar](#)

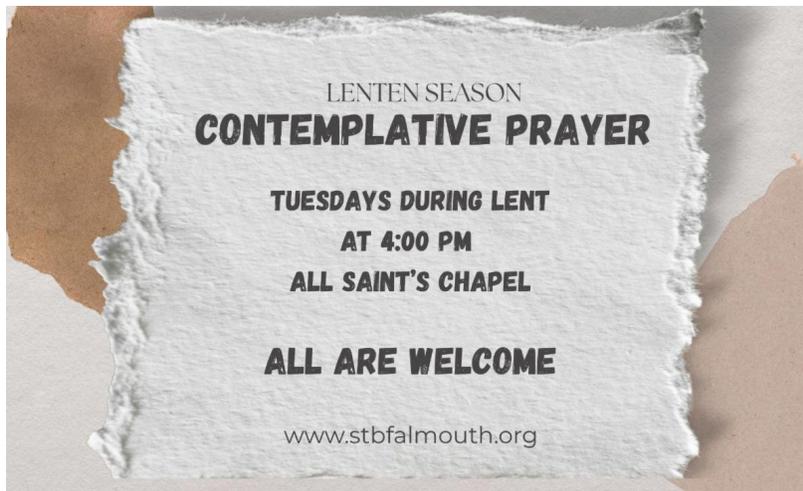


WARMING STATION
Monday - Monday, 10am - 2pm in StB's Great Hall

Internet Connection
Coffee & Tea
Lunch on Tuesday & Thursday
Human Connection
No Pets

Saint Barnabas's Church - 91 Main Street - Falmouth

The graphic features a dark blue background with white clouds at the top and a winter scene of snow-covered hills and evergreen trees at the bottom. The text is centered in white.



LENTEN SEASON
CONTEMPLATIVE PRAYER

TUESDAYS DURING LENT
AT 4:00 PM
ALL SAINT'S CHAPEL

ALL ARE WELCOME

www.stbfalmouth.org

The poster is designed to look like a piece of white paper with torn edges, set against a brown background. The text is in black, with the main title and 'ALL ARE WELCOME' in bold.

SUNDAY FORUM FOR MARCH HUMAN AGENCY AT THE END OF LIFE

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

Egg Hunt for Children @ 9am

www.stbfalmouth.org

COMMUNITY NEWS & EVENTS

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

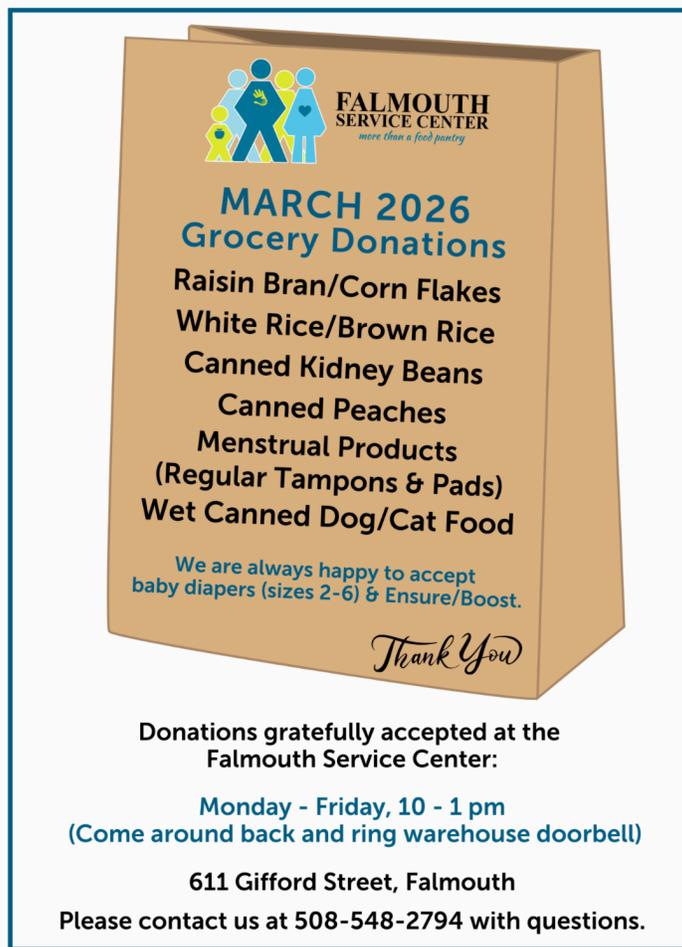
Learn more & register at
highfieldhallandgardens.org/calendar

56 Highfield Drive
Falmouth, MA 02540

 HIGHFIELD HALL
& Gardens

(508) 495-1878
info@highfieldhall.org

The poster features a group of five people (three men and two women) smiling and standing outdoors. The background is decorated with green shamrock leaves. The text is primarily in white and green, with a dark green background for the main title and event details.



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!