



ST. BARTHOLOMEW'S EPISCOPAL CHURCH

News from the Hill

March 2019

Poway, CA

Inside this Issue

Page 2

This Year, Take Lent Home, *continued*
Ash Wednesday
Caregivers Support Group

Page 3

Lenten University

Page 4

The Crucifixion

Page 5

Holy Land Pilgrimage Reflections

Page 6

Godly Play
Sunday School & Youth Calendars

Page 7

Scholarships Available
Shrove Tuesday: Zydeco Mass

Page 8

We Are Living Stones

Page 9

Regular Meetings
About *News from the Hill*
Follow St. Bart's

Page 10

Sponsors

Page 11

Clergy, Staff and Vestry

Page 12

Bringing Community Together

This Year, Take Lent Home

The Rev. Mary Lynn Coulson

There are many ways we mark the season of Lent in the church – we cover the altar in purple cloth, we use fewer instruments and sing simpler songs, and we read scripture that encourages us to reflect on our lives. But Lent isn't just a season to remember on Sunday mornings as we wait until Easter. This year take

Lent home with you – whether you live alone, with young children, have adult children back in your home, or have grandchildren who visit.

Below you will find one symbol for each of the six weeks of Lent: sand, seeds, a rock, a shell, a human figure, and a candle. Each week during this holy season, choose one of the symbols. Find something at home to remind you of that symbol – perhaps you could plant wildflower seeds in a small pot, find a shell the next time you're at the beach, or use a small human figure from a Lego set or a favorite nativity scene. Put the symbol in a place where the whole house will see it every day that week and use the questions below to prompt conversation. Ask these questions with others in your home, or use them to prompt a quiet time journaling.

Lent is a time to slow down and focus on the essentials of our faith. We remove distractions in order to remember that we belong to God in all our imperfect, beautiful brokenness. The symbols of Lent can draw us back to God at the center of our lives. Try on this faith practice in your home this year. Keep



it simple and ask God to show up. You'll be surprised by what you learn.

Week 1: Sand

Just between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days "to be tested." What constitutes wilderness in your life? What have you learned there? What might God

be trying to teach us in the wilderness? Read the story of Jesus wandering in the desert in Luke 4:1-11. Place a small bowl of sand somewhere in your home this week.

continued on page 2

This Year, Take Lent Home

continued from page 1

The Rev. Mary Lynn Coulson

Week 2: Seeds

Watching seeds grow reminds us of the miracle of hope and transformation that is the promise of Easter. The seeds change, decaying as they transform into a new life that we can't even imagine when we plant it. Where is hope in your life? Where is mystery? What transformation do you hope for during the season of Lent? Talk about change. What things can you think of that change? What does it feel like when something changes? Read the parable of the mustard seed and the parable of the leavened bread in Matthew 13:31-33. Plant wildflower seeds in ¼ inch of soil in your garden or in a pot. Keep moist especially during sprouting period. Then, water regularly and enjoy your blooms. Or, bring in a small potted plant and let it remind you of transformation this week.



Week 3: Rock

While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted the temptation, he later fed people who were hungry for food, for love, or for forgiveness. Might there be a stony place in your that needs transforming? Read the story of Zacchaeus in Luke 19:1-10. Jesus transforms us and helps us make better choices. Is there a place in your life you could make better choices?



Week 4: Shell

Historically, the season of Lent was a time when converts to Christianity prepared for Holy Baptism. Jesus began his ministry after his baptism. Have you been baptized? What is your ministry? How are you living out the promises made in the Baptismal Covenant on page 304-305 in the Book of Common Prayer? Read the story of Jesus's baptism in Luke 3:21-22. Share memories of your child's or your own baptism.



Week 5: Human Figure

Because Jesus was fully human, he understands us from the inside out, and knows that we are capable of great things. And no matter what we do, he keeps inviting us to join him in his work. As you continue through Lent, what can you do each day until Easter to more closely reflect you and Christ who lives in you? Read the story of Jesus washing the disciples' feet in John 13:1-17. How can you live like Jesus?



Week 6: Candle

Lent begins in the darkness of winter and ends with the burst of bright spring. Jesus is, according to John's gospel, the light of the world. Jesus tells us that we are the light of the world, too. Where do you shine? What dark places in the world need the light of Christ? Sing "This Little Light of Mine." How do you let your light shine?



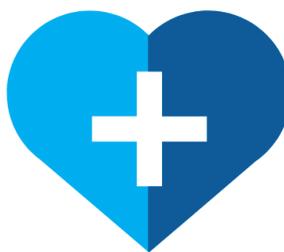
Ash Wednesday



March 6
7 a.m.
12 p.m.
4 p.m.
7 p.m.



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Caregivers SUPPORT Group

Thursdays, March 7-April 18
10-11:30 a.m.

We will create a safe space to share the joys and challenges of being a caregiver, and to explore ways to care for ourselves. Find strength and community along the way – you don't have to walk this path alone.

Register today stbartschurch.org



ST. BARTHOLOMEW'S
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Lenten University presents



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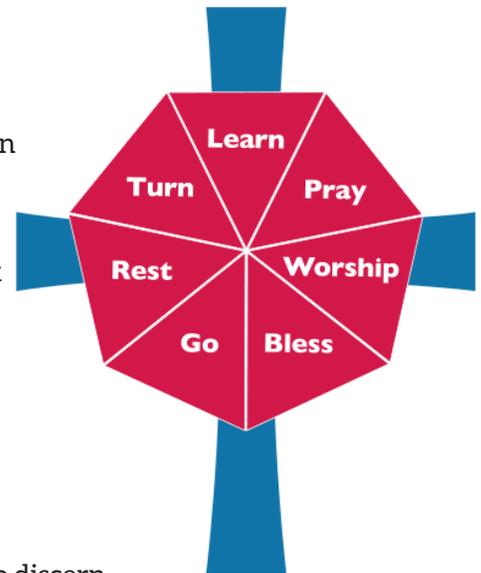
THE WAY OF LOVE

Practices for Jesus-Centered Life

Last summer at General Convention, Presiding Bishop Michael Curry introduced The Way of Love. The Way of Love is not just a program or curriculum but rather a way of life, a commitment to follow Jesus, by consciously engaging in seven spiritual practices: Turn, Learn, Pray, Worship, Bless, Rest, and Go. Together they help us not only go deeper in our faith but actively engage the world as servants and co-missionaries with the Risen Christ.

During Lenten University, we will look at these seven practices and ask the following questions: What is the practice? How are we being called to engage in it? How does it help us know Jesus and follow Jesus both in our personal lives and in the world? With whom will we join in committing to the practice? Each week we will look specifically at following practices and then finally how they can be brought together.

Each session will begin with a simple supper, followed by prayer, the evening program, and then ending in worship. Each will be a time for reflection, learning, fellowship, and engaging our curiosity as we seek to discern where God is calling us as individuals and a community.



If you have any questions or want to know more, please contact the Rev. Canon Allisyn Thomas, athomas@stbartschurch.org.

Register online stbartschurch.org/LentenUniversity

Wednesdays in Lent

March 13, 20, 27

April 3, 10

6-8 p.m.

SOUP SUPPER BEGINS AT 6 P.M.

March 13 - Turn and Learn
March 20 - Pray and Worship
March 27 - Bless and Rest
April 3 - Go
April 10 - Living the Way of Love

The Crucifixion: A Choral Masterwork for Lent

John-Luke Addison, Director of Music

On April 7, at 4 p.m., the St. Bart's Music Ministry will present a large-scale dramatic work, *The Crucifixion*, by British composer John Stainer (1840-1901). In collaboration with the Parish Choir, the String Ensemble will accompany the work, with added musicians from our parish and the local community. The piece is a dramatic, contemplative, seldom-performed Romantic oratorio, with solos, choruses, instrumental passages, and even hymns for the congregation to participate in. Our hope is that this is the beginning of an annual St. Bart's tradition to present a large musical work in the season of Lent: a Passion, Mass, or other appropriate work for the season.

What is an oratorio? It helps that my Master's Thesis happens to be on the development of oratorio through Georgian Britain (1714-1830), so I should be able to provide a comprehensive definition. Oratorio began as sacred dramatic music being performed in an 'oratory', or small chapel, and evolved into unstaged presentations of drama that have narrative elements and use texts from sacred sources. Several of Handel's oratorios are therefore misclassified as oratorio as they use texts from mythological sources rather than sacred (*Hercules*, *Semele*, et al.). As well, despite being unstaged, oratorios are very dramatic, with vivid interpretations of text through the musical subtlety. We

often have the plot advanced through recitative sections, usually by soloists, and then the chorus will respond with emotional reflections on the drama, and often contextualize the plot into a moral teaching.

What is the piece about? *The Crucifixion* depicts the Passion of Christ, from the scene in Gethsemane to Jesus' death, with several contemplations along the way on the story's context and perspective. The music is filled with very contrasting sequences, as the music will often go from *ff* (very loud) to *pp* (very soft) in a matter of seconds. The orchestration is colored with various motivic elements, as the woodwinds will be used in more contemplative sections,

and the brass and drums will occur in more brazen parts. One will find themselves hard-pressed to become disengaged from the drama, as Stainer manages to keep the listener on the edge of their seat throughout.

It is through your support that we are able to present these large-scale concerts, and we thank you in advance for your attendance and generosity. We look forward to seeing you on April 7 for our collective exploration and ingestion of the Passion story as we continue on our Lenten journeys.

**LENTEN
MASTERWORK:**

The Crucifixion
an Oratorio by John Stainer
(1840-1901)

**Sunday
April 7
4 p.m.**

All are welcome!

ST. BARTHOLOMEW'S
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Holy Land Pilgrimage Reflections

On February 11, 2019, we embarked on an unforgettable journey to the Holy Land and Israel with 18 others including Father Mark McKone-Sweet and Jill Henderson (our leader). Most of the travelers are parishioners of St. Bart's. It was a pilgrimage to be sure, a chance of a lifetime to walk in the footsteps of Jesus Christ and to gain a more comprehensive and better understanding of the Bible. It also provided us an opportunity to see the good works of our Church at the Episcopal Technological and Vocation Training Center in Ramallah. A highlight for us was in Cana of Galilee where we renewed our wedding vows just barely one month short of our 50th anniversary. We also gained a different and broader perspective and understanding of the incredibly complex Palestinian issue in the region.

Dennis & Jan Rethmeier

The pilgrimage was wonderful (as in wonder-filled). I'm left with memories, impressions, and thoughts that will be churning through my mind for months to come. Two thoughts are dominant at this moment:

First, my going-in expectation was that the St. Bart's pilgrim band would be an isolated, perhaps lonely, group. Instead, we were part of a great host of pilgrims from all around the world, including from South Korea, Brazil, Sri Lanka, and Jamaica. At the Church of the Holy Sepulcher, the throng of pilgrims resulted in a two-hour wait to enter the tomb space and in a bustling crowd of group and selfie photographers of all nationalities and ethnicities at the exit from the tomb. This I found to be distracting, even irritating, at "the holiest shrine in Christendom, the Tomb of our Lord". Gradually I recognized, however, that the Tomb was also the site of the Resurrection. And the good news of the empty tomb has spread throughout the world, drawing excited pilgrims to Jerusalem to celebrate the Resurrection.

Second, I'm already receiving "dividends" from the pilgrimage. Yesterday, at the Eucharist service at All Saints Episcopal, Hilton Head Island, two musical experiences transported me back mentally to the Holy Land. The organ prelude was based on "Ubi Caritas" and I was back in the Church of the Beatitudes where a pilgrim group chanted this hymn. Then the processional hymn was "Love Divine All Loves Excelling" and I was back in St. George's Cathedral where our pilgrim band sang that hymn during the English/Arabic Eucharist service. With Lent and Holy Week imminent, the mental transportation moments are going to be many and enriching.

Noel Horne

Before the Pilgrimage, I had thought I would be an observer of these Sacred Places fulfilling a long time dream to visit the Holy Land. From the first experience of looking towards Jerusalem from the top of the Mount of Olives, I was completely immersed and intensely involved as a participant. Each day included many extraordinary events which touched my heart - renewing my Baptismal vows in the River Jordan, renewing our marriage vows in Cana, visiting a Palestinian refugee camp in Ramallah, listening to Father Mark reading the scriptures, riding on a boat on the Sea of Galilee are some of these. This Pilgrimage will stay with me forever as I continue my faith journey.

Angela Horne

As we returned back from the hills near the city of Cana on the bus one day, there in the distance, in the sunshine, we could see a vast sweeping view of the northern shore of the Sea of Galilee, all the green hills, gentle valleys, and lush pastures. This was the region where Jesus performed many of his miracles.

Right then, like the pages of a book falling open, my childhood bible stories came to life.

I could see Jesus speaking to the multitudes that had gathered there on those hills, delivering his sermon on the mount. I could see him walking in the streets in his home village of Capernaum where he healed the servant of a Roman centurion and also a man who was paralyzed.

I could see him turning 2 fishes and 5 loaves of bread into enough food to feed a crowd of 5,000 people who came to hear him speak.

I could see him walking on the water towards his disciples to calm the waves when a fierce storm came upon the water, frightening them.

I could see him telling Peter to walk to him on the water but when Peter took his eyes off Jesus and began to sink, Jesus was there to offer him his hand to save him.

The stories were there, spread out in front of me like a velvety green carpet. Those stories in the scriptures, and many others will come alive whenever I close my eyes and recall my pilgrimage to Israel.

Holly Gray

Read more Holy Land Reflections on St. Bart's Blog
stbartschurch.org/st-barts-blog

Godly Play

The Rev. Mary Lynn Coulson

Most Sundays you can find kids in kindergarten through second grade sitting in a circle on the floor. They've taken their shoes off, because this is holy ground. They are listening carefully to an adult tell a story from the Bible, using wood, felt, and images to illustrate the story. After hearing the story, the storyteller asks the children: I wonder what was your favorite part of the story? I wonder where you are in the story? I wonder if there was a part we could take out and still have the whole story?

This is Godly Play, a curriculum that invites children to enter into our sacred stories, bringing their imagination and their questions. Storytellers create a safe, welcoming environment where children can encounter stories of the Christian faith and learn what we all hope to learn – that they are our stories, too. Shinobu is a Godly Play storyteller, and she shares an experience of watching a child enter the inviting space of Godly Play for the first time. Is God calling you into this space of wondering and imagination? Become a helper in a Godly Play classroom by contacting Mother Mary Lynn at mlcoulson@stbartschurch.org.

One Sunday, I had a new girl in the K-1 class. She came late into the class with her mom. There were 4-5 kids beside her that day. Apparently the girl was very shy and her mom was very worried about her. She joined in our circle while sitting on her mom's lap. Other kids were nicely and quietly accepting her without any questions or staring at her but listening to me. I was also telling a story to them as normal as possible... I noticed that her mom kept asking if she wanted to leave but the girl seemed to be interested in the story and in staying there... she was still on her lap. I was praying for her to stay and feel comfortable.

It was a beautiful moment for me to see the girl feel something that convinced that it would be safe for her to be there.

Other kids stayed eager to share their opinions about the story we learned and they shared what they were planning the following week.

The girl seemed to become so comfortable enough to share that she goes dance class and what she likes to do, etc. She actually had a lot to talk about.

I was very happy to witness that moment and to see everyone stayed until the class was over.

I don't know if it was Holy Spirit or something else but I felt really happy that we created a safe space for everyone - new and regular students -to share God's love.

~Shinobu Horne

Sunday School & Youth CREW Calendars Online

The Rev. Mary Lynn Coulson

Each week Sunday School and Youth CREW parents receive an email communication about what their children have learned and upcoming events. If you are not receiving the email, contact the Rev. Mary Lynn Coulson, mlcoulson@stbartschurch.org.

To help parents keep up with activities at St. Bart's, we recently added the Sunday School and Youth CREW calendars to the website - view the calendars at the links below:



stbartschurch.org/children
stbartschurch.org/youth

Scholarships Available

St. Bartholomew's has several scholarships available for those members pursuing a college education or an accredited vocational/technical training.

The Brittany K. Stark Memorial Scholarship will be awarded to a male or female graduating high school senior who is an active member of the parish.

The Lucille C. Heide Memorial Scholarship will be awarded to a graduating high school senior, male or female, who has been an active member of St. Bart's for at least 18 months.

The St. Bartholomew's Scholarship will be awarded to a male or female graduating high school senior who is an active member of the parish.

The Evelyn Wyatt Memorial Scholarship will be awarded to a woman of St. Bart's, 25 years or older, who is returning to school and has set aside her personal development to support the needs of others (family) and would like to reach a new educational goal.

The Community Outreach Scholarship will be awarded to a graduating male or female high school senior who is not a member of St. Bart's. Our Outreach Partners will provide nominees for consideration.

All applications include an essay, unofficial transcript, a letter of recommendation and copy of Letter of Acceptance. Financial need will be considered.

Applications may be picked up in the church office beginning March 18, 2019. Applications are also available electronically from Anne Snyder, JohnAnneEtc@san.rr.com.

All completed scholarship packets must be delivered to the church office no later than Thursday, May 2, 2019, 4:00 PM

Mailed applications must arrive no later than Thursday, May 2, 2019, by 4 p.m.

Recipients will be honored at church on Sunday, June 9, 2019 at the 10:15 a.m. service.

If you have any questions, please contact Anne Snyder, 858-485-0562, JohnAnneEtc@san.rr.com.

Shrove Tuesday *Zydeco Mass*

This year we'll be celebrating with a zydeco service - festive music, dancing (yes, in the sanctuary), and make sure to wear a mask! This is your chance to kick up your heels before the somber season of Lent begins. We'll end the evening with a festive cajun dinner. All are welcome!



16275 Pomerado Road
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**Tuesday
March 5
6 p.m.**

We Are Living Stones

The Rev. William H. Zettinger

As many of you know I have walked through many of the cathedrals in Europe, both on pilgrimages with other St. Bartians and on my own personal travel with Nina and other friends. One of the things you notice as you walk through the various cathedrals and abbeys is that there are a lot of people buried under the floors - thousands, in fact.

Westminster Abbey in London is essentially an indoor graveyard with the remains of dozens of famous and infamous people tucked under the stones or in the niches of that ancient place.

In Bath Cathedral, some 6,000 people are buried beneath the floors. So many that it has created an underground void that threatens the stability of the church building. While a "great cloud of witnesses" is certainly present in the nave as people worship in these places, there's also a great number of moldy saints under the flagstones!

One of my favorite places in Europe is St. John's on Malta. Although the method of marking the burials is much more understated. Yes, a couple of stone sarcophagi near the altar serve as monuments to abbots buried there, but to see the other burial places, you have to look closer. In fact, this cathedral, built by the order of St. John, has many of its knights buried under the Nave. There is something

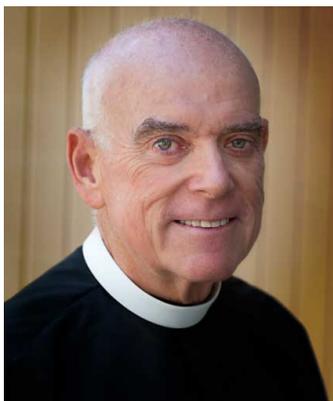
very strange about walking on the graves of these knights and recognizing that their engraved names and dates are being worn off by foot traffic. But just outside the walls of this famous church, you will find something special. On the perimeter of the nave, there are small circles filled with pebbles cemented in place.

Some have more pebbles than others and there are no names attached to these small silent monuments. But they are grave markers nonetheless. They are the graves of the many servants to the Knights who once served in the crusades.

During my visit, the members of the community told us that these grave markers were unique in that the pebbles came from the beaches of the island - the same beaches where their predecessors landed during the crusades.

The differing number of pebbles, I was told, indicates how many years each of these servants served in that particular Abbey, a monastery on in the Crusades - one pebble for each year of service. These little circles of pebbles stand as a silent witness to lives lived for Christ in a faraway place.

I found these little stone monuments to be far more compelling than any of the elaborate gravestones I have seen around the world because each stone represents a year of tragedy and triumph, years of wrestling with God's



call, years of praying seven times a day, years of endless chanting of psalms, and years meeting the needs of others who came to Malta for respite and hospitality.

Even before they became grave markers, these little pebbles had spent thousands of years being rolled and shaped by the sea, perhaps all the way back to the time of creation. They are monuments to a short period of time in the midst of the long story of God.

The symbolism intrigued me, so I picked up some rocks from the beach on Malta and carried them home. I look at those stones as I write this story and I'm grateful for every single one and for the years of

great joy and even granite-like hardship they represent.

They are the building blocks of a life of ministry. Those living Stones represent to me what the late Eugene Peterson called "a long obedience in the direction of God."

As I write this I am grateful for the "living stones" with whom I serve here at St. Bart's every day. As Peter wrote to the church of his day, "Like living stones, let yourselves be built into a spiritual house to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ" (1 Peter 2:4-5).

My prayer is that we will continue to build a spiritual house together out of the stones of years spent serving others and helping them to become more like the "living stone" of Christ Jesus himself.



Regular Meetings

SUNDAY

Junior & Intermediate Choir (ages 7-18)

11:45 a.m.-12:30 p.m.

Interfaith Community Services (ICS) - Merle's Place

1st & 3rd Sunday, 4-6 p.m.

Contact Jill Henderson, 760-807-8445

Daughters of the King

3rd Sunday at 9:15 a.m., Room 3E

MONDAY

Boy Scouts

7 p.m., Parish Hall

Handbell Choir

7 p.m., Choir Room

TUESDAY

Prayers and Squares Quilt Ministry

Tuesdays (except fifth Tuesday), 1 p.m., Quilt Room

Centering Prayer

5 p.m., Education Building, Room 3AB

Our Space

2nd & 4th Tuesdays, 6:30 p.m.

WEDNESDAY

Interfaith Community Services (ICS)

Serve breakfast, fourth Wednesday 6 a.m.

Contact Denny Walters, 760-432-8518

Thrift Shop Work Night

Last Wednesday at 4:00 p.m., Thrift Shop

Schola Cantorum

6 p.m., Choir Room

Youth CREW

6 p.m., Youth Room

String Ensemble

7 p.m., Choir Room

THURSDAY

Junior Choir (ages 7-12)

5-5:30 p.m.

Intermediate Choir (ages 13-18)

5:30-6:15 p.m.

B.P.U.S.A.- Bereaved Parents

4th Thursday, 6:30 p.m., Conference Room

Choir

7 p.m., Music Room

Support Groups

AA MEETINGS

Sundays, 6 p.m., Conference Room

Mondays, 9:30 a.m., Parish Hall (Women only)

Tuesdays, 12 p.m., South Parish Hall

Tuesdays, 5:30 p.m., South Parish Hall (Women only)

Wednesdays, 6:45 p.m., Parish Hall

Thursdays, 12 p.m., South Parish Hall (Beginners)

Fridays, 9:45 a.m., South Parish Hall (Women only)

Fridays, 12 p.m., South Parish Hall and 6 p.m., Room 3AB

Saturdays, 9:30 a.m. and 12 p.m., Conference Room

AL-ANON

Mondays, 12 p.m., South Parish Hall

Tuesdays, 12 p.m., Parish Hall

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Editor: Kristeen Evans, Communications Manager

Deadline for submission of articles and announcements is the 10th of the month for the next month's newsletter. We welcome your submissions of information for publication. Please contact news@stbartschurch.org.

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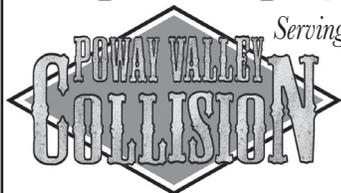


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Worship Services

Sundays: 8 a.m., 10:15 a.m.

Saturdays: 5 p.m.

Office Hours

Monday through Thursday 9 a.m. to 4 p.m.

Friday 9 a.m. to 1 p.m.

Clergy and Staff

Clergy

- The Rt. Rev. Katharine Jefferts Schori, Assisting Bishop 619-481-5454
- The Rev. Mark C. McKone-Sweet, Rector 858-432-7107 | revmark@stbartschurch.org
- The Rev. Canon Allisyn Thomas, Associate Rector. 858-432-7114 | athomas@stbartschurch.org
- The Rev. Mary Lynn Coulson, Assistant Rector. 858-432-7106 | mlcoulson@stbartschurch.org

Honorary Clergy

- The Rev. Robert Crafts, Priest-in-Residence
- The Rev. Roy E. Hoffman, Priest-in-Residence
- The Rev. William Zettinger, Deacon-in-Residence

Music Ministry

- John-Luke Addison, Director of Music, Principal Organist. 858-432-7112 | jladdison@stbartschurch.org
- Janie Prim, Associate Organist

Christian Formation for Children and Youth

- The Rev. Mary Lynn Coulson, Assistant Rector. 858-432-7106 | mlcoulson@stbartschurch.org
- Maureen Hovannesian, Children's Ministry Assistant. 858-432-7102 | children@stbartschurch.org

St. Bartholomew's Preschool

- Cheri Hoffman, Director. preschool@stbartschurch.org
- Jen Shah, Administrator

Administrative Staff

- Beth Dean, Parish Administrator. 858-432-7110 | bdean@stbartschurch.org
- Kristeen Evans, Communications Manager 858-432-7104 | news@stbartschurch.org
- Lisa Saldamando, Bookkeeper 858-432-7105 | lsaldamando@stbartschurch.org
- Treasurer. 858-432-7119 | treasurer@stbartschurch.org
- Mike Jewett, Sexton. 858-432-7120

Pastoral Care Coordinator

- Cathie Roy pastoralcare@stbartschurch.org

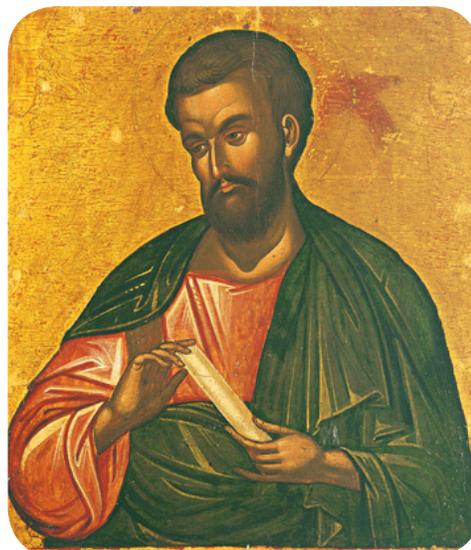
St. Bartholomew's Thrift Shop

- Laurie Wathen, Manager stbarts@att.net

Vestry and Terms

- Jim Macemon, Senior Warden 2022
- Nancy Petersen, Junior Warden 2022
- Pat Blair 2020
- Larry Burgess 2022
- Elaine Coke 2020
- Karen Crafts 2021
- Dan Crane 2020
- Mark Davis 2020
- Costa Dillon 2021
- Cathie Roy 2021
- Will Smith 2022
- George Tynan 2021

- Terry McCune, Treasurer
- Pauline Getz-Enos, Chancellor
- Akiko Tamano, Clerk





ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

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News from the Hill

March Issue
St. Bartholomew's Episcopal Church
16275 Pomerado Road
Poway, CA 92064-1826
P: 858-487-2159
F: 858-487-2324
stbartschurch.org

Change Service Requested

Bringing the Community Together

Lisa-Marie Oakes

Each week 10-12 volunteers come together to make the Feeding San Diego free food distribution happen – two drivers and about 10 distribution staff. Some of the volunteers come once a month, a few come most weeks, and some just once to lend a hand for that day. Some of the staff are from St. Bart's, but each week at least half the volunteers are from the greater community of Rancho Bernardo and Poway bringing the community together.

It's been so wonderful to have parents come with their children and students come from the local middle and high schools to offer their help and presence to provide groceries to our neighbors who need a helping hand. Many new relationships have been formed and it's been such a blessing to have so many new people come to St. Bart's to help make this program a success.

Each week we pick up and distribute groceries from our own local Sprout's and Target, offering fresh, donated food to the community Sundays at 2 p.m. in the Parish Hall. We would love for you to join us! There's a job for everyone from greeting

guests and giving out numbers to those in line to picking up large quantities of food early Sunday morning and everything in between. If you'd like to stop by to lend a hand for an hour or two on a Sunday sign up at stbartschurch.org/feedingsd or email feedingpeople@stbartschurch.org for more information.

If you or your neighbors might need some assistance and benefit from some free groceries, please come by on Sunday or email or call us for more information on how we can help. This program is for anyone who needs assistance, many of our guests are seniors on fixed incomes and folks who might need a little help for a short term dip in income. No forms or registration are required so please come by and bring a friend if we can serve you. All are welcome - no exceptions.

