June 9 is the Festival of Pentecost, the third of the three major festivals of the church year. The 50th day after Easter, Pentecost recalls the account in Acts 2 of the coming of the Holy Spirit upon the disciples, giving them a new boldness in sharing the good news of Jesus and his resurrection.

Red is the liturgical color of the day, so we encourage you to wear red!

We are also hoping to borrow your red geraniums in pots for Pentecost worship. Just drop your geraniums off during the week and then pick them up after Sunday worship.

You Can Help St. Barnabas Host Families
Moving Forward June 30-July 13

St. Barnabas will host two weeks of Families Moving Forward ministry back-to-back: June 30-July 6 & July 7-13.

These parents and children are homeless. We can't sugar coat that! Every week they go to a different church, not knowing what kind of beds they will sleep in, what food they will be served, and what kind of people will greet them. For those of us blessed to know where we will sleep every night, it's difficult to imagine those circumstances.

These families have chosen to be part of this program, and the Beacon Interfaith Housing staff has vetted the families to ensure that they fit the criteria for the program. The adults either have jobs, or are seeking employment during their stay, but do not yet have enough money for permanent housing. Some of these adults go to work during the day; others go to the Beacon office to get help in looking for employment. Until they are able to find a job and afford permanent housing, they go to a different host church week where they can sleep safely, eat healthy meals, and hopefully find some respite from the stress of their situation.

We strive to make our guests feel welcome and cared for. To accomplish that, we need many volunteers. Below are listed some of the volunteer jobs that we need to fill:

- Prepare the evening meal one or more times over the 14 days. This can be made at church or at your home. We will have cooks coordinate menus so that we don’t serve the same thing three nights in a row.
- Help set up and serve the evening meal, and sit down with our guests to share the meal. This is ideal for a family with kids.
- At the beginning of each week, help set up the bedrooms on the Lower Level. This involves inflating the air mattresses and making up the beds with sheets, blankets, pillow, etc. In general, we want to make their rooms as comfortable as possible.
- We need one person each night to serve as the overnight host in case there are any special needs or emergencies during the night. We have not had any emergencies in the previous four years, but we need to have someone there just in case.
- Activity hosts: We need people to come during the early evening to play games and lead activities with the kids.

Our guests will be here every day starting June 30 through Sunday morning, July 13. We hope that many of you will find something on this list that fits for you. We want the week these people spend at St. Barnabas to be safe, enjoyable, and welcoming. Those of us who have done this the previous four years have found it to be both a challenging and rewarding volunteer experience. Please join us in this unique opportunity to meet and spend time with some of God's people who we rarely interact with in our daily lives. There are sign up sheets at the Welcome Center and the website to volunteer for a job that fits you and your schedule.

The June “Gift of Love” is for the food expenses for hosting the two weeks of Families Moving Forward.
St. Barnabas Small Groups

All of these groups welcome new participants. For more information, contact the person listed.

FAITH JOURNEY GROUPS
The Word for Women
A study group led by Pastor Amber that meets on Thursday mornings at 9:30 in the Alcove. Summer session begins June 13, discussing Traveling Mercies: Some Thoughts on Faith by Anne Lamott. Childcare provided.

Pastor’s Class
Pastor Wayne leads a study each Tuesday morning from 9:15-10:30. The class is discussing a video study about archaeological discoveries from Bible times, The Holy Land Revealed. New participants are welcome at any time.

ART & HANDIWORK GROUPS
Learn, Create, Enjoy
Meets the 2nd Monday of each month from 6:30–8:00 p.m. in the Fireside Room. Each person chooses their own type of project and receives as much help as is needed. Ione Botts, i.botts@comcast.net

Quilters
First Friday of each month at 9:30 a.m. Make quilts for local children’s nurseries. All skill levels are welcome. Audrey Johnson 763-529-4459.

LWR Quilters
Second and Third Friday of each month at 9:30 a.m., making tie quilts for Lutheran World Relief. All skill levels are welcome. Rose Ann Parks, 763-476-7959.

JustGifts Crafters
Fourth Friday of each month at 9:30 a.m. Make crafts for JustGifts Market in December. Rose Ann Parks, 763-476-7959.

FELLOWSHIP GROUP
Men’s Breakfast Fellowship
This new group is for men of all ages to get together for fellowship once a month. They meet the 2nd Saturday of the month at church from 8-9 a.m. Next breakfast is June 8. Wayne Frederickson, wayne@wdfrep.com

Sticky Families Plus
This group for families with young children has a 3-month rotation of family activity gathering, Moms’ Night Out, and Dads’ Night Out. The June event is a Dad’s Night Out at the Sunshine Factory at 6:30 p.m. Norah Hibbits, n.norah@gmail.com

Daytime Parents
A group for parents who are home during the day. Come for a weekly play date on Fridays at 9:30 a.m. in the church nursery. Jessica Gaedke, jaumgard@hotmail.com

OWLs (Older & Wiser Luthers)
A fellowship group for all who self-identify as Older & Wiser. Next event is the Twins/Mets game on Wed., July 17. Leave church at 11:00 a.m. Cost is $33. Rose Umland, rumland@stbarnabaslutheran.org

Solo Sisters
A fellowship group for women of all ages who enjoy the opportunity to “go and do.” They meet for “First Monday Coffee” on June 3 at 10:00 at St. Barnabas. Connie Cook, el10000@comcast.net

Tome Explorers (non-fiction reading group)
This group discusses works of non-fiction (history, biography, etc.) Usually meets the 1st Sunday of the month at 6 p.m. in homes of participants. June 2 – The Paradox of Choice by Barry Schwartz, Host: Lisa Pole

ICOP Volunteers Needed
June 5 & July 3
St. Barnabas continues to support the work of Interfaith Outreach & Community Partners by providing volunteers at the food shelf and retail store on the first Wednesday of the month.

The next service nights are June 5 and July 3. Volunteers meet at ICP (County Road 6 and Hwy 101) at 5:30 p.m. and work until 8:00 pm. Training is always given for first-time volunteers. Sign up at the Welcome Center or send an email to Julie Hoyme if you can help.

Book Discussion Group
Meet the third Thursday of the month at 7 p.m. to discuss a novel. June 20 – Bittersweet by Colleen McCullough Host: Betsy Asher

PHYSICAL WELLNESS GROUPS
Senior Stretch
A chair yoga program offered by SilverSneakers, Monday mornings from 9:00-10:00. Certified instructor: Denise Shaed, 612-804-7087.

Walking Group
Meets at 9:00 a.m. Saturday mornings at various sites to walk for about an hour. Contact Connie Cook, el10000@comcast.net, to get on the email list.

Nordic Walking Group
Meets at 6:30 p.m. on Mondays in front of the Visitor Center at French Park. Bring your own poles or use the congregation’s. Contact Rose Umland, rumland@stbarnabaslutheran.org, to get on the list.

Barney’s Birdies
Women’s golf each Wednesday at 5:00 starting May 29. Golfers of all abilities are welcome. Carol Talus, cctalus@yahoo.com

CARING GROUPS
Mental Health Support Group
A NAMI support group for people who have a family member with mental illness. 4th Tuesdays from 7:00-8:30 p.m. Elizabeth Chaigne, 612-432-0471 or namichaigne@gmail.com

SERVICE GROUPS
Interfaith Outreach Food Shelf
Help staff the ICP food shelf the first Wednesday of each month from 5:30-8:30 p.m. Next night is June 5. Come as your schedule allows. Sharon Sawyer, jsawyer85@comcast.net

The Gathering
This group volunteers 5 hours on the 2nd & 4th Thursdays at Calvary Lutheran Church in Golden Valley to help provide group care for people with memory loss so that their care givers get a break. Rose Umland, 763-553-1239.

Seniors & Friends
A bi-monthly ministry in which volunteers pick up members who have mobility issues and bring them to St. Barnabas for a brief worship service and a luncheon so that we can help them continue to feel part of the St. Barnabas community. The next S&F is Tuesday, July 9 at 11:00 a.m.

Men’s Golf Retreat, June 21-22
The dates are set for the 27th annual St. Barnabas Men’s Golf Retreat — Friday and Saturday, June 20-21.
As this goes to print, we are waiting to hear from St. Olaf whether or not they can house the group on that Friday evening. If that is a “yes”, we will try to play Crystal Lake (Lakeville) or Southern Hills (Farmington) on Friday and The Summit (Cannon Falls) on Saturday.
If St. Olaf is unable to house us, we will change directions and head northwest to St. John’s University on Friday night.
Whichever way we go, green fees, food, and lodging will run about $175. If your schedule only allows you to play one of the days, that works fine, too. Sign up by June 16 at the Welcome Center or by sending an email to Pastor Wayne at wpeterson@stbarnabaslutheran.org.
3-Session “Aging with Gusto” Almost Full

“Aging with Gusto” is a 3-part series, meeting Tuesdays, June 4, 11, & 18 from 10:30 a.m. to 12:30 p.m. at St. Barnabas. It provides an opportunity for you to examine your views on aging, understand the influences on your views and adopt a more positive narrative about what it means to age. This is a brand new program produced by the Fairview Foundation. St. Barnabas has been selected to be the very first place it is offered. For that reason, the Fairview Foundation is picking up all costs — including lunch at each session.

Join Parish Nurse Rose Umland for this series of three sessions to:
- Examine your views on aging and listen to the views of others.
- Understand the influences on your views, including the impact of widespread biases and misconceptions about people as they age.
- Learn how to integrate a new, more positive narrative about aging into your life.

The class can have a maximum of 40 and 38 have signed up, so there are only two spots left! Contact Rose at rumland@sbnarnabaslutheran.org to claim one of these last spots.

Beacon Interfaith Housing Workshop at St. Barnabas June 11

“Building Home: What it Takes” is the focus of a workshop for members of St. Barnabas Lutheran Church and Mt. Olivet Lutheran Church of Plymouth on Tuesday, June 11, from 6:00 - 8:30 p.m. The workshop will be held in the Gardenview Room at St. Barnabas. A light supper will be served.

Come and learn the ins and outs of what it takes to build affordable housing like Cranberry Ridge, 66 West, and Great River Landing.

You’ll walk away with an understanding of the need for affordable housing in our community, how we can address the scale of that need, and how the collaborative approach is uniquely suited to address that need.

This workshop is sponsored by St. Barnabas Beacon Leadership Team. A sign up sheet is at the Welcome Center. For more information, contact Bobbi Dering at bobbi.dering@gmail.com

Pine Ridge is Destination for Adult/Family and High School Mission Trips July 27-August 4

St. Barnabas and Peace Lutheran Church will join forces for a mission trip to the Pine Ridge Indian Reservation in South Dakota July 27-August 4. There will actually be two concurrent trips: an adult/family trip that will spend the entire week at Pine Ridge, and a High School trip that will spend the first half of the week in the Black Hills and then join the other group at Pine Ridge for the second half of the week.

Pine Ridge Reservation in South Dakota is home to the Oglala Lakota Tribe with an estimated population of close to 40,000. The reservation is large, and its needs immense, commensurate with grinding poverty.

The Pine Ridge Reservation has been designated as one of the poorest areas in the United States. The Reservation has few natural resources and no industry. Many residents travel more than 120 miles to Rapid City for seasonal employment. Tribal and federal governments provide the few jobs that are available on the Reservation: only one Oglala in five has a job. Medical care on the Reservation is inadequate, and many tribal members forego medical attention because of the long distance to medical facilities. In addition, housing on the Reservation also does not meet the tribal members’ needs. A severe housing shortage forces hundreds into homelessness while thousands of others live in overcrowded, substandard accommodations.

Wayne & Lori Fredrickson have been engaged in volunteer work at Pine Ridge for several years and have cultivated deep relationships with some of the people. We will be using their connections to plan the service projects for the week. At the end of the week, we will conclude with their annual pow wow and participate with them in their traditions and sacred celebrations.

Sue Megrund will serve as the St. Barnabas point person for both the adult/family trip and the high school youth trip.

Costs for the adult/family trip are not yet identified. The cost for the high school trip will be right around $700. This will include most of the meals, sightseeing and accommodations. There will be some meals (fast food price) that participants will be responsible for on some of the travel days. We will have some fundraising and financial aid is available as well.
Lessons offered for youth & adults in Piano, Organ, Voice, Guitar, Winds, Strings & Percussion

Music Together® classes for children 8 months-age 5

Jeff Whitmill, director
www.stbarnabaslutheran.org/sbca/
763-438-4847

St. Barnabas Hosts Grief Coalition During Summer

Weekly meetings of the West Suburban Grief Coalition will be held at St. Barnabas each Thursday from June 6—August 29.

The program is the combined effort of fifteen West Suburban area churches and intended to help adults grieving from the death of a loved one, whether that death was three weeks ago, three years ago, or ten years ago. Each week a learning and growing experience is offered through professional speakers, videos and breakout sessions. The break-out sessions are facilitated by volunteers trained in support group facilitation.

Meetings are held each Thursday with a social time from 4 – 4:30 p.m., speaker from 4:30 – 5:00 p.m. and breakout sessions from 5–6 p.m. Attendance is usually about 40–45 and new participants are always welcome.

The first speaker in the series on June 6 is St. Barnabas’ own Cindy Lindberg of the Family Resource Center at St. Barnabas.

The complete schedule is on the bulletin board in the Ministry Center.

Luther Park Day Camp
July 15-18
(age 3-grade 6)
9:00 a.m.-3:00 p.m.
Registration forms are at the Welcome Center and on the St. Barnabas website.

St. Barnabas Week at Luther Park
July 21-26
Register at www.LutherPark.com
Cost for half week is $325; full week is $450.
Scholarships are available. Talk to Sue Megrund or Pastor Wayne.

St. Barnabas YAGMs Coming to End of Year of Service

St. Barnabas is financially sponsoring two Young Adults in Global Mission this year (Fiona & Phifer) and has a relationship with a third YAGM as well (Eli).

Fiona Carson is serving in eSwatini, the south African nation formerly known as Swaziland.

Phifer Nicholson and Eli Yackel-Juleen are are serving in Ramallah in the West Bank.

All three sent us May newsletters, which are posted for people to read on the YAGM board in the Ministry Center.

The YAGMs all end their year of service in early July and return to the U.S.

Phifer Nicholson will be with us at St. Barnabas on July 21 and share about his experiences.

Fiona played trombone in her congregation’s brass ensemble on Easter Sunday

Phifer and Eli in front of the school where they teach in Ramallah, West Bank
Congratulations to St. Barnabas’ High School Grads

St. Barnabas will have a rite of blessing for our high school graduates on Sunday, June 2 at the 9:00 worship service. Congratulations to:

Eli Hoff
Jennifer Koonsell
Elizabeth Martinez
Joseph Seel
Daniel Tullberg

Congratulations to St. Barnabas’ College Grads

Here are this spring’s college graduates of which we are aware. If we missed someone, please send us an e-mail so can rejoice with you on this significant milestone.

Sarah Cossette
Samantha Daiker
Ethan Faust
Katerina Hoffmann
Meghan Jette
Grace Moleski
Shiah Sanders
Clayton Smith

University of St. Thomas
Hamline University
University of Oregon
University of Minnesota
George Washington U.
U. of New Hampshire
Western Illinois U.
Macalester College

News and Notes

- The St. Barnabas community expanded again on May 4 as we welcomed the following new members: Bill & Joanna Bring (Carson, Preston, Cameron, Major), Darin & Chandra Farrey (Tristan & Addison), Jamie Johnson, Mark & Hannah Powers (Hazel, Owen, Elsie).
- We grieve with Dr. John Zurek at the death of his 29-year old son Andrew on May 11. The Zurek family joined the St. Barnabas community in 2010, when Andrew had already started college. John’s wife, Barbara, died just a year ago at the age of 62. Andrew’s funeral was at St. Barnabas on Friday, May 17. Internment was at Crystal Lake Cemetery in north Minneapolis.
- There are many other members of the St. Barnabas community who are grieving the death of family members in recent weeks. We extend our sympathy and the hope of the resurrection to:
  - Laurie Sanderson on the death of her brother, Dan Seekamp
  - Joannie Linnell, on the death of her mother, Marge Anderson
  - Lori Frederickson on the death of her sister, Eileen Osborne
  - Rose Umland on the death of her uncle, Bob Engwall
  - Stephanie Teig on the death of her father, Mons Teig
  - Liz Senne on the death of her uncle, Tom Oie
  - Pastor Wayne on the death of his uncle, Norman Peterson
  - Pastor Chris Bellefeuille on the death of her father, Keith Bellefeuille
  - Congratulations to Genevieve Temeh, who completed her training for her nursing degree at Rasmussen College.
  - Congratulations to Daniel Tullberg, who received the Boy Scout Eagle Award on May 4. Daniel’s Eagle project was designing and executing the landscaping around St. Barnabas’ new digital sign.
  - The Morpheus band has a great new storage cabinet for all their equipment thanks to the design and carpentry skills of Dale Sanderson. Morpheus has completed its fifth year as a band and they have raised a total of $117,614 for a variety of charities. Fantastic!

June Baptismal Anniversaries

1 Emily McGarvey
2 Joseph Demro
3 George Kelby
4 Charles Kane
5 Robert Arndt
6 Dennis Forkey
7 Duane Cox
8 Clara Hebeisen
9 Dean Linnell
10 Joyce Arndt
11 Daniel Freese
12 Jackie Peterson
13 Jessica Valentine
14 Ryan Loop
15 Mason Vickers
16 John Wold
17 Charlene Alexander
18 Jesse Rogers
19 Gabriele Sanderson
20 Ella Loon
21 Alex Walters
22 Emily Hibbits
23 Karen Lillie
24 Zachary Walters
25 Brigham Buell
26 Sonja Mandt
27 Matthew Cossette
28 Wanda Torgerson
29 Aaron Wenas
30 Benjamin Blomberg
31 Limeka Johnson
32 William Boarder
33 Liesl Rohland
34 Jacqueline Strunk
35 Adeline Running
36 Mark Sponholz
37 Janna Williams
38 Marshall Dew
39 David Meissner
40 Lee Olsen
41 Robert Sanders
42 Joanna Bring
43 Benjamin Johnson
44 Gail Kane
45 Cameron Miller
46 Mary Pestel
47 John Wold
48 Franklin Breimhurst
49 Kim Moen
50 Samantha Richardson
51 Dalton Davis
52 Mark Sponholz
53 Ione Botts
54 Sarah Cossette
55 Michelle Tullberg
56 Amelia Lane
57 Eloise Running
58 Roberta Sanders
59 Gary Caudwallader
60 Jennifer Koepsel
61 Payton Stegner
62 Claudia Buckman
63 Lynn Dietrich
64 Turi Hembre
65 Susan Swedenburg
66 John Reibischke
67 Mitchell Faust
68 Samuel Johnson
69 Lois Troemel
70 Cynthia Lindberg
71 Susan Houghland
72 Norman Miller
73 Barbara Root
74 Carl Brady
75 Carson Bring
76 Gregory Buell
77 Joshua Busse
78 Andrew Provost
79 Rick Stepan
80 Stephanie Teig
81 Connor Turnquist

June Birthdays

1 Joanna Bring
2 Benjamin Johnson
3 Gail Kane
4 Cameron Miller
5 Mary Pestel
6 John Wold
7 Franklin Breimhurst
8 Kim Moen
9 Samantha Richardson
10 Dalton Davis
11 Mark Sponholz
12 Ione Botts
13 Sarah Cossette
14 Michelle Tullberg
15 Amelia Lane
16 Eloise Running
17 Roberta Sanders
18 Gary Caudwallader
19 Jennifer Koepsel
20 Payton Stegner
21 Claudia Buckman
22 Lynn Dietrich
23 Turi Hembre
24 Susan Swedenburg
25 John Reibischke
26 Mitchell Faust
27 Samuel Johnson
28 Lois Troemel
29 Cynthia Lindberg
30 Susan Houghland
31 Norman Miller
32 Barbara Root
33 Carl Brady
34 Carson Bring
35 Gregory Buell
36 Joshua Busse
37 Andrew Provost
38 Rick Stepan
39 Stephanie Teig
40 Connor Turnquist

Family Resource Center at St. Barnabas

Cindy LaChance-Lindberg
MA, LMFT, RPT
612-564-3620
cindy@NewFamilyTherapy.com

Melissa Weinhandl
MA, MA, LMFT
mlwein13@smumn.edu

Prayer Team Ministry

If you have a prayer request, send an email to Glenna Whitmill at glenna@whitmill.net or call her at 952-239-1317.
ST. BARNABAS LUTHERAN CHURCH
15600 Old Rockford Road
Plymouth, MN  55446

Return Service Requested
Phone: 763-553-1239
Fax: 763-553-7839
Website: www.stbarnabaslutheran.org

Ministry Team
Wayne Peterson, Pastor
Amber Ingalsbe, Pastor
Rose Umland, Parish Nurse
Dr. Sue Megrund, Dir. of Children, Youth & Family
Jeff Carter, Lay Minister for Property
Julie Hoyne, Parish Assistant
Jeff Whitmill, SB Center for the Arts
Mark Rodriguez, Dir. of Children, Youth & Family
Cheryl Oie, Handbell Choir

ST. BARNABAS
IDENTITY STATEMENT
St. Barnabas Lutheran Church is a part of the Body of Christ and a member congregation of the Evangelical Lutheran Church in America.
The source of our life together is the Word and Sacraments, celebrated in our worship.
We name ourselves after St. Barnabas, a New Testament apostle. He was called “Barnabas”, meaning “son of encouragement”, because he joyfully shared the “good news” of our Savior, Jesus Christ. He faithfully supported the work of the Church with his talents, prayers, and offerings.
MISSION STATEMENT
Sent by Jesus, we set our sails to be filled by God’s Spirit, inspiring us to praise, grow and serve.

Barney’s Blarney
Back in 1958 when Cardinal Angelo Roncalli was elected to be pope and took the name Pope John XXIII, there was another Cardinal who had aspirations to be pope — Antonio Sicola.
Antonio was disappointed when he was not elected, but what bothered him the most was that he had not received even one vote.
A friend explained to him later that it was not that he was disliked by the other cardinals, but simply that all the cardinals were concerned about having a Pope Sicola.

Summer Sermon Series on Old Testament Prophets
The schedule of Bible readings for Sunday worship (called the lectionary) offers the option during the summer of semi-continuous readings from the Old Testament. This allows us to read some of the key OT stories that comprise the overarching storyline of the Bible. Year 1 focuses on the stories of Abraham/Isaac/Jacob. Year 2 focuses on the stories of Samuel/Saul/ David. And Year 3 (this year) focuses on the Old Testament prophets.
Pastor Amber and Pastor Wayne will preach on these texts, lifting up the message of prophets like Elijah, Elisha, Amos, Micah, Hosea, Isaiah, Jeremiah, and Ezekiel. We will see that the issues they addressed in the 9th-6th centuries B.C. continue to be issues facing us today.

Worship Schedule
Saturday
5:00 p.m.
Sunday
9:00 & 10:30 a.m.

Include the Bible as Part of Your Summer Reading
Pastor Amber and Pastor Wayne have resolved to read the Bible in 2019 and they invite you to join them. If you didn’t start in January, join the group now during the summer! In June-August we will read most of Isaiah, Jeremiah, the gospel of Matthew, 1 & 2 Samuel (the stories of kings Saul & David), 1 Peter, Galatians, and Ephesians. The reading schedules are available on the St. Barnabas website (see the sidebar on the homepage) and in the narthex.

The method they are using won’t result in reading every word of the Bible, but it will be over 90% and include the core portions that encompass the over-arching Biblical story. You can choose from three reading “paths” — Challenge, Survey, or Sampler. Choose the path most appropriate for your interests, reading ability, and the amount of daily time you are willing to invest.