

Keeping the Faith June 11, 2026 St. Barnabas

Dear Ones,

Today is the Feast of St. Barnabas and the birthday of two very dear people who embody much of what I love most about that particular saint. He was a man of great humility who was willing to stand up to one of the most influential people in the early church. He stayed open to the possibility that under the influence of the Holy Spirit, people could truly change, so he didn't hold their past mistakes against them. He quietly lived out the Good News, teaming up with anyone who was willing to travel alongside him.

After Paul's conversion on the Damascus Road, many in the Jerusalem church were hesitant to trust him. Barnabas spoke up on his behalf. What began as "Barnabas and Paul" soon became "Paul and Barnabas." But Barnabas didn't complain. He let Paul shine. Later, on one of their planned trips, Barnabas wanted to bring a young man named John Mark. Paul didn't want to take him because of something he had done in the past. Barnabas stood up for him—in the same way he had stood up for Paul in the past. Ultimately, Paul and Barnabas parted ways. Barnabas traveled with John Mark and Paul recruited a man named Silas to travel with him.

You could read this as early failure within the church, but instead I see it as the way to stay focused on the bigger picture. As a result, they reached twice as many communities as they would have had they traveled together. Barnabas teaches me to look for places of common ground with disciples from other Christian traditions and work from there to make the love of God known to all people.

This evening's Compline prayer service on Zoom at 7:15 will be commemorating the Feast of St. Barnabas. If you would like to join us, let me know and I'll send the link.

In the meantime....*keep the faith*,
Nancy+

THIS SUNDAY'S READINGS

Genesis 18: 1-15; 21:1-7 * Psalm 116:1, 10-17 * Romans 5:1-8 * Matthew 9:35-10:23

BIRTHDAYS AND ANNIVERSARIES

Sandy Williams 6/18

CREATION CARE TIPS

Hey! Cool your jets!

This phrase sounds like a rude way to say, "Please calm down," but it's actually a helpful reminder of one way to help keep the house cool in hot weather. Try placing a pot of cold water on top of a just-used burner on your stove, and several minutes later dump it down the drain. (Yes, I realize only gas stoves have jets, but both electric ranges and gas ranges continue to give off heat long after the potatoes have been boiled.)

I'm thinking that with temperatures today through Sunday continuing in the mid-eighties, a few ideas for keeping our cool could be most welcome:

1. Open shades, curtains, and windows after the evening has cooled, and leave the windows open overnight. Close up the house before the day begins to heat. If you have a second floor, leave some upper story windows open a bit at the top during the day to vent the heat accumulating downstairs. (Because heat rises.)
2. Drink plenty of water, whether it's plain or in the form of lemonade, iced tea, or a popsicle. (And brew that tea in the evening, then refrigerate it overnight, so it's ready all day long.)

3. Maintain your air conditioner for better efficiency. The US Department of Energy (energy.gov) says, “Regular maintenance of your air conditioner's filters, coils, fins, and refrigerant lines is essential for efficient and effective performance. Neglecting maintenance leads to a decline in performance and increased energy use.” The site devotes a full page to this topic. Try setting your AC at a higher temperature than you have in the past, so that there’s less shock when you venture outside. (It also saves \$\$\$.)
4. Rely on salads, cold meats, sandwiches, and your microwave oven for no-cook or quick-cooking meals. Grill chicken after tonight’s dinner, so tomorrow you won’t have to stand in the hot sun to cook it.
5. Wear light colored and light weight clothes. Linen and cotton fabrics are more comfortable than most synthetics. Have an extra layer of clothing with you if you spend time in a restaurant, office building, or grocery store that keeps the temperature cooler than 72 degrees. Becoming accustomed to cool indoor temperatures makes it harder to tolerate hotter outdoor temperatures.
6. Read up on climate changes that affect you. A recent article in the Sun Journal titled, “Towns get new survival guide as Maine predicts spike in extreme heat,” had the subheading “The state’s guidebook provides a framework to protect the nation’s oldest population and outdoor workers from an expected sharp rise in the number of life-threatening days with a heat index of 95 degrees or more by 2050.” And another article, this one in the Portland Press Herald, asks, “What do ever hotter summers mean for Maine’s economy?” The Maine Climate Council issued an update in 2024 to its Assessment of Climate Change and its Effects in Maine, in which it said what we already feel – that Maine’s summers are already three and a half degrees warmer than our historical temperatures. That’s great for most crops – but not for blueberries – and it means less time for your furnace to run, but it also means your electricity costs will rise in summers, due to fans and air conditioners.

I hope these tips will help all of us keep our cool this summer.

– Patty Watts, Christ Church Earth Keeper

Hurt not the earth—neither the sea—nor the trees. Revelation 7:3

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CALENDAR

SUN:	9:00 AM	Sunday School
	10:15 AM	Eucharist/In-person and online
WED:	9:00 AM	Eucharist/Bible Study
THU:	7:15 PM	Zoom Compline

ANNOUNCEMENTS

Spring Cleaning A list of maintenance jobs which need your help has been posted on the bulletin board across from the office. Contact Jen Lehr to see how you can help—and many thanks to those who have already been hard at work.

Sabbatical Planning Committee Have you been thinking about how you want to be intentionally involved in the life of Christ Church during Nancy’s sabbatical? The teams are listed on the blue bulletin board in the hall. Now is the time to add your name to one (or more!) of those team lists.

For ongoing and up-to-date information about diocesan activities and news, as well as news from other congregations, sign up for **the DioLog**. <https://episcopalmaine.org/newsletter/>

MINISTRIES LIST

	This week:	Next week:
Lector 1:	Jenna Mulandi	Fran Martin
Psalmist:	Kyalo Mulandi	Nancy Mering
Lector 2:	Malaikah Mulandi	Patty Watts
Acolyte:	Evie Lehr	Patty Watts
Euch. Minister:	Peter Hammond	Tom Knight
Usher:	Rosemary Laban	David Mering
Altar Guild:	Jenn Lehr	Jen Lehr
Coffee Hour:	Jenna Mulandi	Janet Harvey
Counter:	Tom Knight	Caroline Tanner
Closer:	David Mering	Jason Long