


Sunday July 5, 2020 | Dimanche, le 5 juillet 2020



**Respond | Above and Beyond! - Rev Brian**

The Son of Man came eating and drinking, and you say,  
'Look at this glutton and drunkard,  
a friend of tax collectors and sinners!'  
But wisdom is vindicated by all her children.

*Luke 7:34*

**s+Barnabas**  
95 av Lorne, Saint-Lambert

*We encourage you to click on our [audio link](#) of this service, and follow along with the bulletin that continues below. At the end of the service are announcements and updates from others who have been in contact. Please, keep in touch and let us know how you are, and stay tuned for our Wednesday service with bulletin.*

I will cause your name to be celebrated in all generations;  
therefore the peoples will praise you for ever and ever. <sup>Psalms 45:17</sup>

Je rappellerai ton nom dans tous les âges:  
Aussi les peuples te loueront éternellement et à jamais. <sup>Psaume 45:17</sup>

Welcome

...

*Our opening hymn - #467 - Forth in Thy Name O Lord, I Go - The Choir of Selwyn*  
<https://youtu.be/5kH4vieMH04>

Forth in thy Name, O Lord, I go,  
my daily labor to pursue;  
thee, only thee, resolved to know  
in all I think or speak or do.

The task thy wisdom hath assigned,  
O let me cheerfully fulfill;  
in all my works thy presence find,  
and prove thy good and perfect will.

Thee may I set at my right hand,  
whose eyes mine inmost substance see,  
and labor on at thy command,  
and offer all my works to thee.

Give me to bear thy easy yoke,  
and every moment watch and pray,  
and still to things eternal look,  
and hasten to thy glorious day.

For thee delightfully employ  
whate'er thy bounteous grace hath given;  
and run my course with even joy,  
and closely walk with thee to heav'n.

Alleluia! Christ is Risen.

**The Lord is risen indeed. Alleluia!**

May his grace and peace be with you.

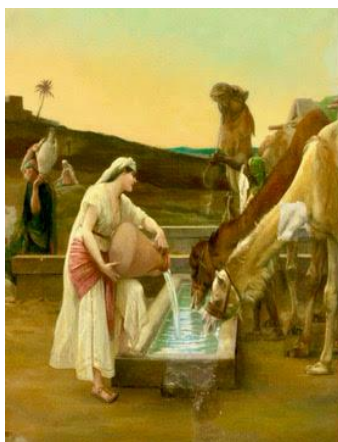
**May he fill our hearts with joy.**

*Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.*

Glory to God on High

**Glory to God in the highest, and peace to his people on earth. Lord God, heavenly king, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

**Collect** - *Let us pray* - Almighty God, your Son Jesus Christ has taught us that what we do for the least of your children we do also for him. Give us the will to serve others as he was the servant of all, who gave up his life and died for us, but lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**



Rebekah quickly let  
down her jar from her  
shoulder, and said,  
“Drink, and I will also  
water your camels.”

Genesis 24:46

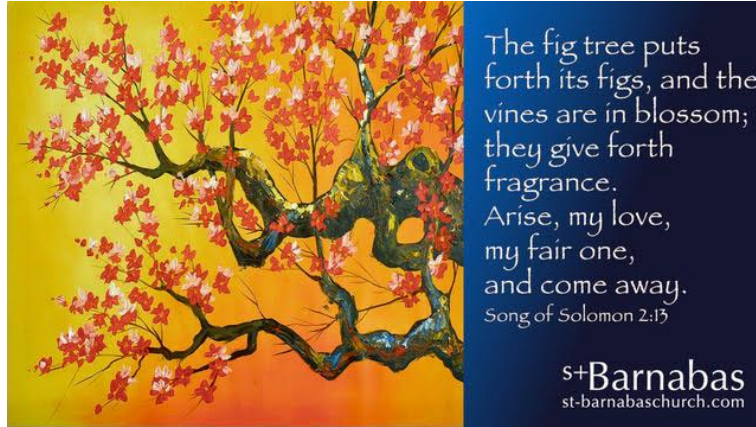
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st-barnabaschurch.com

## Proclaiming the Word - A reading from Genesis 24:34-38, 42-49, 58-67

<sup>34</sup>So he said, 'I am Abraham's servant. <sup>35</sup>The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. <sup>36</sup>And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. <sup>37</sup>My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; <sup>38</sup>but you shall go to my father's house, to my kindred, and get a wife for my son." <sup>42</sup>'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! <sup>43</sup>I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' <sup>44</sup>and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son." <sup>45</sup>Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." <sup>46</sup>She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. <sup>47</sup>Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. <sup>48</sup>Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. <sup>49</sup>Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.' <sup>58</sup>And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' <sup>59</sup>So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. <sup>60</sup>And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.' <sup>61</sup>Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. <sup>62</sup>Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. <sup>63</sup>Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. <sup>64</sup>And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, <sup>65</sup>and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. <sup>66</sup>And the servant told Isaac all the things that he had done. <sup>67</sup>Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

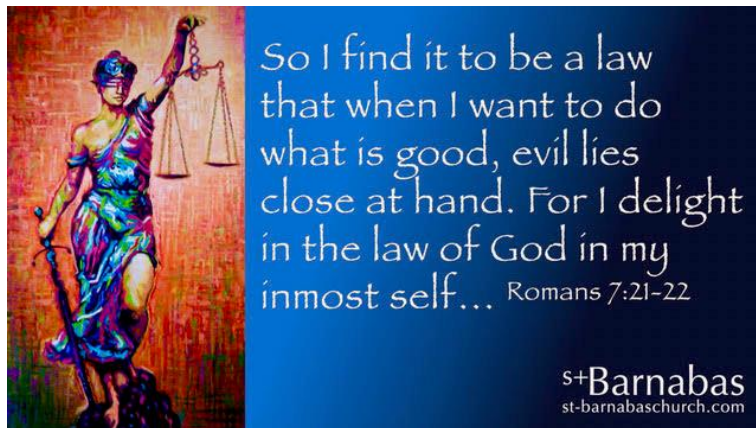
*The word of the Lord*

**Thanks be to God**



### SONG OF SOLOMON 2:8-13 *Springtime Rhapsody*

<sup>8</sup>The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. <sup>9</sup>My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. <sup>10</sup>My beloved speaks and says to me: 'Arise, my love, my fair one, and come away; <sup>11</sup>for now the winter is past, the rain is over and gone. <sup>12</sup>The flowers appear on the earth; the time of singing has come, and the voice of the turtle-dove is heard in our land. <sup>13</sup>The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.



### A reading from Romans 7:15-25

<sup>15</sup>I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup>Now if I do what I do not want, I agree that the law is good. <sup>17</sup>But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup>For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup>For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup>Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. <sup>21</sup>So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup>For I delight in the law of God in my inmost self, <sup>23</sup>but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup>Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup>Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

*The word of the Lord*  
**Thanks be to God**

Our *gradual hymn* - #508 - I Heard the Voice of Jesus Say (Kingsfold) — Choir of Manchester Cathedral [https://youtu.be/6rr\\_4M5LQLo](https://youtu.be/6rr_4M5LQLo)

I heard the voice of Jesus say  
"Come unto Me, and rest  
Lay down, thou weary one, lay down  
Thy head upon My breast"

I came to Jesus as I was  
Weary and worn and sad  
I found in Him a resting place  
And He has made me glad

I heard the voice of Jesus say  
"Behold, I freely give  
The living water thirsty one  
Stoop down, and drink, and live"  
I came to Jesus, and I drank  
Of that life giving stream  
My thirst was quenched, my soul revived  
And now I live in Him

I heard the voice of Jesus say  
"I am this dark world's Light  
Look unto Me, thy morn shall rise  
And all thy day be bright"  
I looked to Jesus, and I found  
In Him my Star, my Sun  
And in that Light of life I'll walk  
Till trav'ling days are done

*The Gospel*

The Lord be with you.

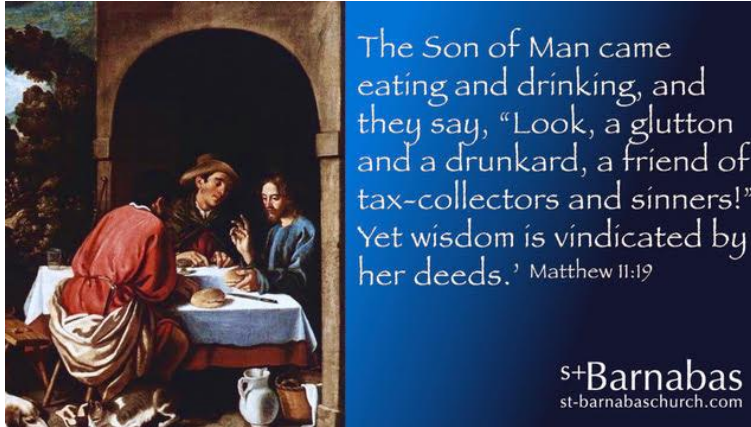
**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to Matthew

**Glory to you Lord Jesus Christ.**

**MATTHEW 11:16-19, 25-30**

<sup>16</sup>But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, <sup>17</sup>"We played the flute for you, and you did not dance; we wailed, and you did not mourn." <sup>18</sup>For John came neither eating nor drinking, and they say, "He has a demon"; <sup>19</sup>the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'



### *Jesus Thanks His Father*

<sup>25</sup>At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup>yes, Father, for such was your gracious will. <sup>27</sup>All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup>'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.'

*The Gospel of Christ.*

**Praise to you, Lord Jesus Christ.**

Sermon: Respond - Above and Beyond - Rev Brian Perron

### *Woe on Unrepentant Towns*

<sup>20</sup>Then Jesus began to denounce the towns in which most of his miracles had been performed, because they did not repent. <sup>21</sup>"Woe to you, Chorazin! Woe to you, Bethsaida! For if the miracles that were performed in you had been performed in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. <sup>22</sup>But I tell you, it will be more bearable for Tyre and Sidon on the day of judgment than for you. <sup>23</sup>And you, Capernaum, will you be lifted to the heavens? No, you will go down to Hades. For if the miracles that were performed in you had been performed in Sodom, it would have remained to this day. <sup>24</sup>But I tell you that it will be more bearable for Sodom on the day of judgment than for you." Matthew 11:20-24

An Anthem of Reflection: O Thou, In Whose Presence <https://youtu.be/UFZBezpUZ08>

O Thou, in Whose presence my soul takes delight  
On Whom in affliction I call;  
My comfort by day and my song in the night  
My hope, my salvation, my all.

Where dost thou, dear Shepherd, resort with Thy sheep?  
"To feed them in pastures of love"  
Say, why in the valley of death should I weep,  
Or alone in this wilderness roam?

Oh why should I wander an alien from Thee  
Or cry in the desert for bread?  
Thy foes will rejoice when my sorrows they see  
And smile at the tears I have shed

He looks, and ten thousand of angels rejoice  
And myriads wait for His word;  
He speaks and eternity, filled with His voice,  
Re-echoes the praise of the Lord.

Dear Shepherd, I hear, and will follow Thy call,  
I know the sweet sound of Thy voice;  
Protect and defend me, for Thou art my all,  
And in Thee I will ever rejoice.

### Affirmation of Faith - The Apostles' Creed

*Let us confess our faith, as we say,*

**I BELIEVE in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit and born of the Virgin Mary.**

**He suffered under Pontius Pilate, was crucified, died, and was buried.**

**He descended to the dead.**

**On the third day he rose again.**

**He ascended into heaven, and is seated at the right hand of the Father.**

**He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints,  
the forgiveness of sins, the resurrection of the body, and the life everlasting.**

### The Prayers of the People

In peace, we pray to you, Lord God.

*Silence*

For all people in their daily life and work;

**For our families, friends, and neighbours, and for all those who are alone.**

For this community, our country, and the world;

**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;

**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;

**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;

**For all who proclaim the gospel, and all who seek the truth.**

For Mary our bishop, and for all bishops and other ministers;

**For all who serve God in his Church.**

For our own needs and those of others.

*Silence. The people may add their own petitions.*

Hear us, Lord;

**For your mercy is great.**

We thank you, Lord, for all the blessings of this life.

*Silence. The people may add their own thanksgivings.*

We will exalt you, O God our king;

**And praise your name for ever and ever.**

We pray for all those who have died in the peace of Christ, and for those whose faith is known to you alone, that they may have a place in your eternal kingdom.

*Silence. The people may add their own petitions.*

Lord, let your loving kindness be upon them;

**Who put their trust in you.**

We pray to you also for the forgiveness of our sins.

*Silence may be kept.*

Have mercy upon us, most merciful Father;

**in your compassion, forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honour and glory of your name; through Jesus Christ our Lord. Amen.**

Gracious God, you have heard the prayers of your faithful people; you know our needs before we ask, and our ignorance in asking. Grant our requests as may be best for us. This we ask in the name of your Son Jesus Christ our Lord. Amen.

Creator, you made the world and declared it to be good: the beauty of the trees, the softness of the air, the fragrance of the grass speaks to us; the summit of the mountains, the thunder of the sky, the rhythm of the waters speak to us; the faintness of the stars, the freshness of the morning, the dewdrops on the flower speak to us. But above all, our heart soars, for you speak to us in Jesus the Christ, in whose name we offer these prayers. **Amen**

**Absolution**

The Lord enrich you with grace, and nourish you with many blessings; the Lord defend you in trouble and keep you from all evil; the Lord accept your prayers, and absolve you from your offences, for the sake of Jesus Christ, our Savior. **Amen.**

**Greeting of Peace**

The peace of the Lord be always with you.

**And also with you.**

*And let the peace of Christ rule in your hearts,  
to which indeed you were called in the one body. Col 3:15*

**The Celebration of the Eucharist**

**The Doxology | Trinity United Methodist Choir - /:45 <https://youtu.be/XFFqLwpcX8>**

Praise God from Whom all blessings flow,  
Praise Him all creatures, here below;  
Praise Him above, ye heavenly host,  
Praise Father, Son, and Holy Ghost

**Prayer over the Gifts**

God of heaven and earth, receive our sacrifice of praise, and strengthen us for the perfect freedom of your service, through our Saviour Jesus Christ. **Amen.**



Blessed are you, Lord God of all creation: through your goodness we have this bread and this wine to set before you, which earth has given and human hands have made. It will become for us the bread of life and the cup of salvation. **Blessed be God forever.**

### The Great Thanksgiving

God the Creator is here.

**God's Spirit is with us.**

Lift up your hearts

**We lift them to God the Creator**

Let us give thanks to God

**It is right to offer our thanks and praise.**

It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

**Holy, holy, holy Lord, God of power and might,**

**Heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will. On the night he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

**Christ has died. Christ is risen. Christ will come again.**

Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

### The Lord's Prayer -

Rejoicing in the presence of God, let us pray as Jesus taught

**Our Father, who art in heaven,**

**hallowed be thy name, thy kingdom come,**

**thy will be done, on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, the power,  
and the glory, for ever and ever. Amen.**

#### The Breaking of Bread

Whoever comes to me shall not hunger  
**and whoever believes in me shall never thirst.**

#### The Communion

So, come to this table, you who have much faith and you who would like to have more. You who have been to this sacrament often, and you who have not been for a long time. You who have tried to follow Jesus, and you who have failed. Come. It is Christ who invites us to meet him here. These are the gifts of God for the People of God.  
**Thanks be to God.**

#### Prayer after Communion

*Let us Pray* - O God, may we who have shared in holy things never fail to serve you in your world, and so come to the fullness of joy, in the name of Jesus Christ our Lord.  
**Amen.**

Glory to God,  
**whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

#### The Blessing

Send us anywhere you would have us go, only go there with us. Place upon us any burden you desire, only stand by us to sustain us. Break any tie that binds us, except the tie that binds us to you. And the blessing of God; the Creator, who made and knows us; the Savior, who redeems and befriends us; and the Spirit, who enlightens and sustains us, be with you this day and always. **Amen.**

#### The Dismissal

In the name of the Light that came into the world go in peace.  
**Thanks be to God. Alleluia**

*Our closing hymn - #184 - My Song Is Love Unknown - King's College, Cambridge*  
<https://youtu.be/HMart4wXsI0>

My song is love unknown,  
my Saviour's love to me,  
Love to the loveless shown  
that they might lovely be.  
O who am I, that for my sake,  
my Lord should take  
frail flesh, and die?  
He came from his blest throne

salvation to bestow,  
but all made strange, and none  
the longed-for Christ would know;  
but O my friend,  
my friend indeed,  
who at my need  
his life did spend.

Sometimes they strew his way,  
and his sweet praises sing,  
resounding all the day  
hosannas to their King.  
Then "Crucify!"  
is all their breath,  
and for his death  
they thirst and cry.

Why, what has my Lord done?  
What makes this rage and spite?  
He made the lame to run,  
he gave the blind their sight.  
Sweet injuries!  
Yet they at these  
themselves displease,  
and 'gainst him rise.

They rise, and needs will have  
my dear Lord made away;  
a murderer they save,  
the Prince of Life they slay.  
Yet cheerful he  
to suffering goes,  
that he his foes  
from thence might free.

Here might I stay and sing  
no story so divine;  
never was love, dear King,  
never was grief like thine!  
This is my friend,  
in whose sweet praise  
I all my days  
could gladly spend.

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## Announcements

### *Prayers for Andrew Staples, our Organist,*

Thank you for your prayers for Andrew, of which he has much faith and gratitude for. Indeed, he expects to go home Monday, he is a miracle, Amen O Gracious God! **Now faith is being sure of what we hope for and certain of what we do not see.** Hebrews 11:1

## We are Getting Ready

We have been doing more than just cleaning. All the floors have been stripped and waxed to a beautiful sheen.



"Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished." Matthew 12:44

## Process for our reopening

Please note that Reopening Guidelines have been shared with Diocesan Council and have been sent to all clergy, wardens and treasurers. At Diocesan Council, Bishop Mary announced that churches in the Diocese of Montreal *would not open before September 6th*. This will give clergy and corporations, along with the support and help of their parish councils, time to prepare and implement a re-opening plan that will conform to government, health department and diocesan guidelines.

[Moments with Bishop Mary episode 3 on Protocols for Reopening Churches](#)

Please check the Covid-19 information page on the diocesan website for more information as it becomes available in the coming week:

<https://www.montreal.anglican.ca/covid19-response>

## Les Jardins Intérieurs

We are now broadcasting twice a week on the corporate TV Channel of Les Jardins: **Wednesday afternoons at 3:00pm and Saturday mornings at 9:15am.**

## Our Media pages, FaceBook, and through email,

Please click, like and share our [Facebook](#) page, visit our St-Barnabas [website](#) and forward this email to friends.

## Your Tithes and Offerings

At the end of each Service we ask you to remember your church with your offerings to God. We thank each and everyone one of you who have found a way that is comfortable for you to give. We understand these are new and different ways, and yet we are pleased to say that St-Barnabas has been able, because of you, to maintain itself financially during these difficult times. May you be blessed as you continue to safely give to God by supporting the work of your church by donating online through links found on the [St-Barnabas on-line Donations Page](#). It's easy; by [e-Transfer](#) or St-

Barnabas [CanadaHelps link](#), or through Canada Post to 95, avenue Lorne, Saint-Lambert, QC J4P 2G7. Your ongoing donations are critical at this time and remain completely confidential.

...

Regarding **discretion and confidentiality**, all donations by e-transfer or Canada Post are received and opened only by our Church Treasurer, so complete confidentiality is assured. The work of the church continues well beyond the Sunday morning as we the Church reach out to our neighbours.

### Speaking of Neighbours...

**The ECS Food Bank** operates out of St-Andrews Church is still operating but could use some help with donations of food distributed to the needy in St-Lambert and Ville Lemoyne. At the moment Anita and Reverend Barry are filling the needs as best they can with a few other helpers. As the buildings are closed at this time, they are not receiving food directly from our churches in St-Lambert. At your discretion and always with safety in mind first, here is how they would like you to help.

#### ***Here are items that they need:***

*(Not Costco sizes as many of the recipients are single and the majority are men, living alone and do not cook)*

canned vegetables

canned fruit/applesauce

peanut butter (*not large size*)

loaves of bread (*they can freeze them*)

canned meals

frozen meals (already to go)

They have volunteer drivers (who live under the same roof) and shoppers who go monthly, but the stores right now are not allowing stacking up of quantities, which is why they need extra assistance at this time. **If you can help, please call** the church at (450) 671-1862 or the Presbytery at (450) 923-0794 and leave a message.

Donations should be brought on Thursday and/or Friday between 1:00 pm to 3:00 pm to the side door of St. Andrew's Presbyterian Church (corner Green and Birch). It is the door that has a small porch (overhang). Please ring the bell, leave the food on the stoop and then social distance. Anita and/or Barry will retrieve the food. Each delivery of food to the recipients includes a pamphlet and card that Anita produced with a message saying that 'this food is being delivered by volunteers and is from our 5 ecumenical churches with love'. Please spread the word to our parishioners who are able to shop and, from time to time, may be able to pick-up one or two more items. **Or donate (indicate ECS Food Bank)** in care of St-Barnabas [on-line](#) or via Canada Post

For more information visit [http://st-barnabaschurch.com/volunteers\\_always\\_welcomed](http://st-barnabaschurch.com/volunteers_always_welcomed)

### Stay connected

Listen to our on-line messages posted on our [St-Barnabas website](#) and [Facebook](#) page, as well as in the emails that we will send twice a week. I encourage you to share these posts with your families, as words and thoughts of encouragement. Also, if you hear of

individuals in need of something, let us know; we will see what we can do with members who have put their names forward to help in a safe and manageable way.

### Share your stories

Send us an email at [barnabas@bellnet.ca](mailto:barnabas@bellnet.ca) of what you have been up to, and to share your experiences of getting through this isolation. Share your stories with us to brighten the lives of others, and stay safe.

### Keep in touch

So stay tuned and reach out to members you feel concern for, allow the Holy Spirit to speak to you and to minister to those shut-in and alone at this time. Be safe, 'Stay Home', for your sake and for the well being of others, and... wash your hands!

God bless you and thank you for your thoughts and prayers,

*Brian and Joyce*

The Reverend Brian Perron  
*St-Barnabas St-Lambert*

Visit us on [Facebook](#) and our St-Barnabas [website](#)

### A Word of Happiness for 2020

I myself am God, your God: Keep my statutes and live by my laws.  
Keep my Sabbaths as holy rest days, signposts between me and you,  
signalling that I am God, your God. *Ezekiel 20 :20*



**<sup>s+</sup>Barnabas**

95, avenue Lorne, Saint-Lambert, QC J4P 2G7 – 450-672-5560

email: [barnabas@bellnet.ca](mailto:barnabas@bellnet.ca)

Please visit our website: [www.st-barnabaschurch.com](http://www.st-barnabaschurch.com)

Like us on Facebook: <https://www.facebook.com/SaintBarnabasSaintLambert/>

On-line giving: [http://st-barnabaschurch.com/ways\\_to\\_donate\\_to\\_st-barnabas](http://st-barnabaschurch.com/ways_to_donate_to_st-barnabas)