



Sunday School News



St. Barnabas Church
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🎵 Jesus once was a little child, a little child like me... 🎵

Hymnary.cra Sister Mary Francis Clare, Religious Order of Poor Clares



Check out these pictures!



We surprised Pamela with a giant card and flowers for her 65th birthday!



We also hosted our first ever Mothers' Day Spaghetti Luncheon...
Check it out! It was a great success!



Awesome entertainment - Thanks Nathan & Emmanuel!



Thanks to our great team of servers- Jamie, Kylene, Edwin and Kaliah - Awesome Job!





Did you know...

*Dolphins and other sea-dwelling mammals do not drink sea water to meet their water needs, but instead get their water from their food and as a by-product of metabolic processes.

*Although it looks rather enormous and deep from the shore, the San Francisco Bay has an average depth of around 12 – 15 feet: about as deep as some backyard swimming pools.

*If you stretch out a Slinky to a straight line, it will be nearly 80 feet long.

*A ball is mentioned only once in the Bible (Isa 22:18).

*Rachel was a shepherdess (Gen 29:9).

*Horses are mentioned 156 times in the bible.

*The Holy Spirit was given at 9 a.m. on the Day Of Pentecost (Acts 2:1-4, 15).

*In the Bible, Cain spoke directly to God, however, Abel never did (Gen 4:6-15).

Bible facts taken from <http://jesusalive.cc/didyouknow.htm>



Jokes.....

Q: Do fish go on vacation? –

A: No they are always in school!

Q: What is a frog's favorite summertime treat?

A: Hopsicles!

Q: Why don't oysters share their pearls?

A: Because they are Shellfish!



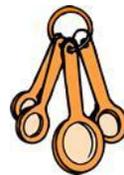
Summer Time Daily devotions to go for the family (Even great for you grandparents when you have the kids!) Each of the following fun locations to check out

with your family matches up with a daily devotion – simple, hardly any planning and a great idea! **1) Zoo:** God's creation, think about what God designed them for or talk about how

Adam named the animals, Noah & the Ark.

2) The Beach: Talk about God how created the land & sea, make a couple of sandcastles, one on a higher spot and discuss the wise man and the foolish man. **3) A Farm:** A place where the work is hard yet meets God's provisions, ask the farmer questions – try to find the different types of soils that we read about in Matthew 13 or even go pick some berries and then talk about how God is the vine and we are the branches. **4) How about the backyard:** Plant flowers or vegetable garden then how that can relate to the parable of the mustard seed – lay on the grass and study the clouds and read Psalm 19:1.

taken from <https://ministry-to-children.com/family-devotions-summer/>



Recipe -Frozen Yogurt Bark

- 500g / 2 cups Greek yogurt
- 2 tbsp. honey
- 1 tbsp. cranberries

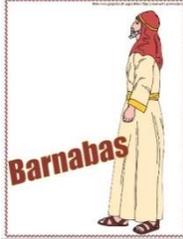
- 1 tbsp. raisins
- **Toppings:**
- 5 fresh strawberries, chopped
- 1 tbsp. dark chocolate chips
- 1 tsp desiccated coconut



1. Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be. Approx. 1/2 inch thick.
3. Sprinkle the strawberries, chocolate chips and desiccated coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags.

<https://www.myfussyeater.com/frozen-yogurt-bark/>





St. Barnabas

Seeing that our church is called **St. Barnabas**, I thought it would be good to get to know a little bit about this Saint. We celebrate St.

Barnabas Day every summer with a BBQ. His Feast Day (a special day of celebration) is **June 11**. He was born around the same time as Jesus. His name was actually Joseph, and he was a Levite Jew born on the island of Cyprus and a cousin of St. Mark. Soon after Pentecost, Joseph became a Christian and the apostles changed his name to Barnabas, which means “*son of encouragement*.” There were many leaders in the early church, but few were as humble and influential as Barnabas. Now, he was not one of the original twelve apostles, but he is called an apostle by St. Luke in his Acts of the Apostles. This is because, just like Paul the apostle, Barnabas received a special mission from God. As soon as he became a Christian, St. Barnabas sold all he owned and gave the money to the apostles. Now, Paul at this time went to Jerusalem but he was having some difficulty contacting believers; they were afraid of him. Barnabas noticed this. He himself had the trust and respect of the believers, so *he* introduced Paul to the apostles in Jerusalem. He told them how Paul was converted and how Paul was preaching about Jesus, then the church accepted him, and he was able to stay in Jerusalem. So they became friends and preached together for a year in Antioch. But they soon had a serious disagreement involving Barnabas’ cousin John Mark. Paul was reluctant to take a chance on John Mark, but Barnabas, always ready to encourage, wanted to give his relative a second



chance. So, they settled it by parting ways. Barnabas took John Mark with him to the island of Cyprus, and Paul took another preacher by the name of Silas with him to Syria. The two of them figured this would be the best compromise in order to continue to do God’s Work.



Now can you unscramble some words found in the above text?

brnaaBas, Slsai, tnoeuegarEncm, inchtoA ,luaP, rWko, JhnaMkro, oryHiiStlp

So, you know what? We all need to be like St. Barnabas and **encourage** others. Here is an example: that new person whether it is in school, at work or even in church... just go over and talk to them, or ask them to sit with you, simply include them. We can do it!



Household tips!

1) Empty paper-towel roll:

Flatten, and use it to sheathe a knife kept in a drawer. **2)**

Small glass food jars: These make perfect see-through storage vessels for nails, screws, nuts, and bolts. **3) Foam packing peanuts:** Put some in the bases of potted plants to help drainage.

4) Magazines: Roll up a couple of these and stick one into each of your calf or knee-high boots so the footwear will keep its shape for next winter.

5) Collect rainwater: Use it to water your houseplants and garden (but don’t let it hang around too long or you will end up with mosquitos!) www.goodhousekeeping.org

June 17th is Father's

Day: Have a backyard picnic, make a goody basket from the dollar store, make a car wash kit, make Father’s Day coupons, or dinner out.





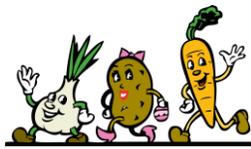
Congratulations to our Confirmands:

Jamie Callender, Jalen Charles, Kaliah Coppin,
D’Andre Durant, Julian Haddock,
Kylene Mak, Javon Roberts and
Emmanuel Perinpanayagam!

“Holiness consists simply in doing God’s will, and being just what God wants us to be.”— St. Therese of Lisieux

The Ichthys/Ichthus, (picture ) also known as the **Jesus fish**, is Christian symbol used throughout the world. In early days, the Jesus fish symbol was used to identify followers of Christ and it was to help Christians secretly identify one another during times of persecution.

Fresh Fruit & Vegetables!



Help your kids with these cute poems next time you are at a grocery store or at an

outdoor market.

RED Pepper said a biting word
Which Miss Green Pepper overheard;
Said she: “Hot words you can’t recall;
Better not say such things at all.”

WATERMELON’S dress of green
Trimmed in rose pink you all have seen
She has such pleasant smiling ways,
We welcome her on summer days.

SAID pompous, purple Egg-plant: “Well!
So that is egg in that queer shell;

Really! It’s very hard to see
Why they named that chap after me!”

SAID Miss Cucumber: “I have brought
My fan, because the day is hot;
Our family have a splendid rule —whatever
happens, we keep cool.”

Taken from: *Mother Earth’s Children*: Elizabeth Gordon –
Public Domain



Entertainment: We go to movies, watch TV or play games. In biblical times, kids played simple games – like running, In Isaiah 22:18 there is mention of playing ball. In Gen 21:9 we read of Ishmael "playing." Storytelling, playing with wheels and even some basic toys were made; a form of checkers was popular.

www.christianitytoday.com/.../life-times-of-jesus-of-nazareth-did-you-know.htm

Upcoming Events

June 17th – Bishop Mary for Confirmation, as well as the Ven. Pamela’s Farewell Liturgy

July 29th - the Ven Pamela’s last service 😞

Sept 9th - Sunday school resumes



The Sunday school wishes you all a great summer + play safe!

