

Saint Barnabas Roman Catholic Church Iglesia Católica Romana San Bernabé

"St. Barnabas Roman Catholic parish, a welcoming and diverse Eucharistic community of faith and stewardship, empowered by the Holy Spirit and in response to Christ's call to love and serve one another, seeks to bring all people to the knowledge of and union with God our Father."

"La parroquia de la Iglesia Católica Romana de San Bernabé, una comunidad eucarística, acogedora y diversa de fe y administración, con el poder del Espíritu Santo y en respuesta al llamado de Cristo de amar y servir a los demás, busca llevar a todas las personas al conocimiento y la unión con Dios nuestro Padre"



THIRD SUNDAY IN ORDINARY TIME - JANUARY 23, 2022

Saint Barnabas Roman Catholic Church Iglesia Católica Romana San Bernabé

109 Crescent Hill Drive
PO Box 39, Arden, NC 28704
Telephone: (828) 684-6098
Fax: (828) 684-6152
info@saintbarnabasarden.org
www.saintbarnabasarden.org

Front Office Hours - Horario de recepción:

Mon, Fri: 9:30 am - noon and 1 pm - 4 pm
Tues, Thur: 9:30 am - 1 pm
Wed: 2 pm - 6 pm

Diocese of Charlotte - Diócesis de Charlotte

Most Reverend Peter J. Jugis, J.C.D., Bishop
Father Adrian Porras, Pastor
Rev. Mr. Frank Moyer, Deacon
Rev. Mr. Chuck Moss, Deacon

SEE WEBSITE AND CALENDAR FOR MOST UPDATED SCHEDULE

PASTORAL SCHEDULE - HORARIO PASTORAL CONFESSIONS - CONFESIONES

Confessions times vary. See website and inside bulletin for dates and times.

SUNDAY MASSES - MISAS DE DOMINGO

Saturday Vigil 5:00 pm, Vigil Mass in English
Vigilia del sábado 7:00 pm, Misa de vigilia en español
Sunday 8:30 am & 11:00 am in English

HOLY DAY MASSES - MISAS DE DÍA SANTO

Vigil and Holy Days
(See inside of bulletin)

WEEKDAY MASSES - MISAS ENTRE SEMANA

(Check bulletin and web for changes)

Monday, Thursday, Friday:
Mass: 9:00 am

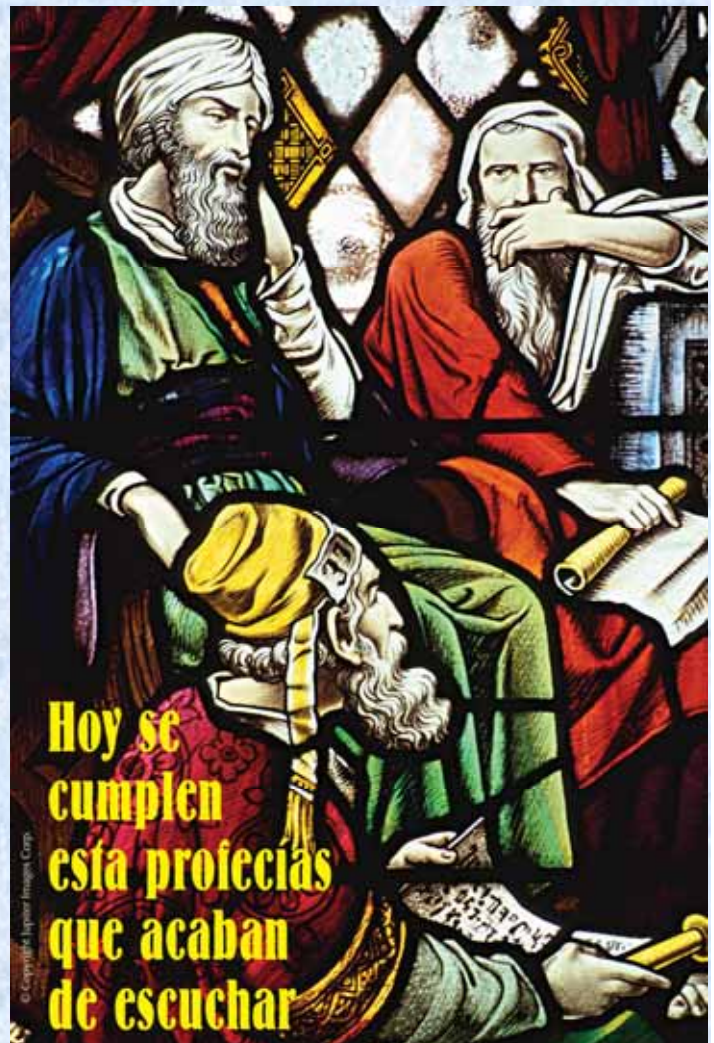
Wednesday:

Mass, Spanish: 6:30 pm

Adoration on Wednesdays: 7 pm to 10 pm

New Parishioners are welcomed and invited to join in our worship and many activities. Please register after Sunday Masses or stop by the office. Parishioners who move are asked to notify the office so we can say a fond farewell and assure you of our continued prayers.

Los nuevos parroquianos son bienvenidos e invitados a unirse a nuestra adoración y otras actividades. Por favor regístrense después de las misas Dominicales o pasen por la oficina. Se les pide a los asistentes que se muden que notifiquen a la oficina para que podamos decirle buena suerte y asegurarles nuestras continuas oraciones.



St. Barnabas Staff & Contact Information

828-684-6098 (p) - 828-684-6152 (f)

Name / Position	Phone Ext. / Email
Fr. Adrian Porras, V.F. Pastor	Ext. 1301 pastor@saintbarnabasarden.org
De. Frank Moyer Deacon	Ext. 1321 deaconmoyer@saintbarnabasarden.org
De. Chuck Moss Deacon	Ext. 1314 deaconmoss@saintbarnabasarden.org
Mrs. Marcia Torres Business Manager	Ext. 1312 business@saintbarnabasarden.org
Mrs. Marilyn Jensen Administrative Ass't.	Ext. 1373
Mr. Simeon Willis Dir. of Religious Ed.	Ext. 1303 dre@saintbarnabasarden.org
Ms. Tiffany Gallozzi Director of Music	Ext. 1310 music@saintbarnabasarden.org
Mr. John Psychas Organist	jpsychas@hotmail.com
Ms. Suzanne Daley Secretary (Th-Fr)	Ext. 1307 secretary@saintbarnabasarden.org
Mrs. Wanda Cruz Receptionist (M-F)	Ext. 1311 (<i>Habla Español</i>) records@saintbarnabasarden.org
Elizabeth Tudela Receptionist (Th-F)	Ext. 1311 (<i>Habla Español</i>) receptionist@saintbarnabasarden.org
Mrs. Valarie Brooks Volunteer Coordinator Rel. Ed Ass't (W)	volunteer@saintbarnabasarden.org - ext 1306 dreasst@saintbarnabasarden.org - ext 1306
<i>Tribunal Advocate</i> Mr. José González Donna Johnson Elaine Parker	(<i>annulments</i>) Ext. 1305 - advocate@saintbarnabasarden.org
St. Vincent de Paul Society - Ext. 1308	Compassionate Callers - Ext. 1309 (for prayers only, not SVdP help)

Commissions and Council Heads

Buildings and Facilities	Gaylon Brooks
Community Ministries & Peace and Justice	Susan Chitwood
Ecumenism	Open
Education and Formation	Open
Evangelization/Communication	Joanne Gregory
Liturgy and Worship	Ann Mercer
Parish Life	Kim Owens
Finance Council	Ken Marino
Pastoral Council	Ron Wild

THE SACRAMENT OF BAPTISM - Baptisms are celebrated on Sundays after the 11:00 am Mass. Parents must be registered in the Parish and have attended a Baptismal Preparation Class, held the 1st Monday of each month at 6:00 pm in the Oscar Romero room, D Hall. *Pre-registration for this class required.* Call the church office to register. Baptism should be conferred in the first few weeks after the birth of a child. Godparents must be practicing Catholics.

EL SACRAMENTO DEL BAUTISMO

Catalina González. Tel: 828-551-2188.
Para pláticas prebautizmal. Primer Sabado de cada mes. 8 am en el Salón San Juan 23.
Para clases de adultos. Llamar el mismo numero.
Para los sacramentos: Bautizo, Primera Comunión, Confirmación, y Matrimonio.

QUINCEAÑERA

Por favor póngase en contacto con Padre Adrian Porras para una cita para discutir información sobre la quinceñera. Recomendar al menos tres meses antes de la fecha deseada. La familia tiene que estar registrado en la iglesia.

THE SACRAMENT OF FIRST CONFESSION AND FIRST HOLY COMMUNION

- Second grade is the normal time. One year prior Religious Education is required.

THE SACRAMENT OF HOLY ORDERS - Men should call the parish priest or the Diocesan Vocation Director to help them discern their call to the Diaconate or Priesthood.

THE SACRAMENT OF MATRIMONY - Couples should make an appointment with the priest or deacon at the time of engagement and at least six months in advance of any wedding date to begin preparations. No date should be set before that meeting so all canonical requirements are met. One party must be registered and an active Catholic. All weddings take place inside the Church.

THE SACRAMENT OF THE ANOINTING OF SICK - The anointing of the sick can be administered to anyone suffering from a serious or chronic illness. Please call the church office to make arrangements to be anointed. In an emergency, please use ext. 1, leave a message with your name and phone number. You will be contacted as soon as possible.

HOLY COMMUNION AT HOME - Please call the Church office to make arrangements.

Saint Barnabas Couples Club

The Saint Barnabas Couples Club is a social organization that meets the first Tuesday of the month between 6:30 and 7:30 pm in the Saint John the XXIII conference room (followed by refreshments in the social hall). The purpose of the organization is for Couples that are members of Saint Barnabas to join together socially at different venues. If interested in joining the Club or getting more information contact Meredith and Kyle Jambon, the 2022 club presidents. Contact them at 828-702-1047 or email kyle.jambon@edwardjones.com

El Club de parejas de San Barnabé

El Club de parejas de San Barnabé es una organización social que se reúne en el primer martes de cada mes. Se reúne a las 6:30 de la tarde hasta las 7:30 en la sala de conferencias de San Juan XXIII, seguida con refrigerios y bocadillos en el salón social. El propósito de la organización es que las parejas que son miembros de San Barnabé se unan socialmente en lugares diferentes. Si usted está interesado en unirse en el club o si quiere obtener más información, puede comunicarse con Bob & Margie Riffle quienes son la pareja presidente este año. Puede contactarlos por teléfono 828-702-0674 o enviarles un correo electrónico a bobmargier@hotmail.com.

Knights Corner

Esquina caballeros

Council 8923 / Consejo 8923

Grand Knight / Gran caballero:

Kerry Jambon - jammer777@charter.net - 828-681-1834

4th Degree / Cuarto grado:

Zachary Carter, Faithful Navigator

The Knights meet the 4th Monday of each month
Rosary at 6:00 pm, Council Meeting at 6:30 pm, followed by social time.

Los caballeros se reúnen el cuarto lunes de cada mes. Rosario a las 6:00 pm, Reunión del Consejo a las 6:30 pm, seguido por el tiempo social.



Saturday, January 22, 2021

VIGIL: THIRD SUNDAY IN ORDINARY TIME

05:00 PM» Vigil Mass in English » Church
07:00 PM» Vigil Mass in Spanish » Church

Sunday, January 23, 2021

THIRD SUNDAY IN ORDINARY TIME

08:30 AM» Mass in English » Church
09:45 AM» Religious Education (K-6) » B Hall, C Hall, D Hall, SH
09:45 AM» Forgiven and Presence series for Hispanic Youth and Parents » JXXIII
09:45 AM» Sacred Choir Practice » D2
11:00 AM» Mass, English » Church
03:00 PM» Ukrainian Catholic Mission Mass
06:30 PM» Youth Ministry (MM/HS) » C Hall, D Hall, Church, SH

Monday, January 24, 2022

Saint Francis de Sales, Bishop and Doctor of the Church

09:00 AM» Mass (English) » Church
10:00 AM» Divine Will Study Group » JXXIII
11:00 AM» Charity Knitting Group » LB
11:00 AM» Funeral for Vincent Indelicato
04:00 PM» St. Vincent de Paul » WR
06:30 PM» Comunidad Eclesial de Base» PV, C1
06:30 PM» Spanish RICA » C5
06:30 PM» Knights of Columbus » JXXIII
07:00 PM» Walking w/Purpose » SH

Tuesday, January 25, 2022

The Conversion of Saint Paul the Apostle

01:30 PM» Sacred Choir Practice » D2
06:30 PM» Al-Anon » B Hall

Wednesday, January 26, 2022

Saints Timothy and Titus, Bishops

06:30 PM» Mass in Spanish » Church
07:00 PM» Adoration in Church » Church

Thursday, January 27, 2022

Weekday in Ordinary Time

09:00 AM» Mass (English)
11:00 AM» SVdP Food Pantry » JXXIII
05:30 PM» Hand Bell Rehearsal » JXXIII
06:00 PM» RCIA » Room TBD
06:30 PM» First Reconciliation » Church
06:30 PM» Scout Troop 61 » PV, SH
07:00 PM» Reunion De Cursillos De Cristiandad » B2
07:15 PM» Confession » Church

The flowers on the Altar this weekend were donated by Betty Kate Dang in memory of Nathan Hoang-Son Dang



Friday, January 28, 2022

Saint Thomas Aquinas, Priest and Doctor of the Church

08:00 AM» Angelus Homeschool Fellowship » B Hall, PV (JXXIII: 8-1pm)
09:00 AM» Mass (English)
10:15 AM» Confession » Church
11:00 AM» Yarners Knitting/Crochet » LB

Saturday, January 29, 2021

VIGIL: FOURTH SUNDAY IN ORDINARY TIME

09:00 AM» Protecting God's Children » JXXIII
10:00 AM» Baptisms in Spanish » Church
12:00 PM» Baptism - Tadeo Escavera Gonzalez
05:00 PM» Vigil Mass in English » Church
07:00 PM» Vigil Mass in Spanish » Church


Sunday, January 30, 2021

FOURTH SUNDAY IN ORDINARY TIME

08:30 AM» Mass in English » Church
09:45 AM» Religious Education (K-6) » B Hall, C Hall, D Hall, SH
09:45 AM» Sacred Choir Practice » D2
11:00 AM» Mass, English » Church
03:00 PM» Ukrainian Catholic Mission Mass
06:30 PM» Youth Ministry (MM/HS) » C Hall, D Hall, Church, SH

Mass Intentions For The Week

Date	Time	L/D	Intention For	Requested By
Sat: 01/22/22	5:00 PM	Int	Intentions of Kerry and Karen Jambon	Toni & David Urbanski
Sat: 01/22/22	7:00 PM	Int	For the Hispanic Community	Parish Schedule
Sun: 01/23/22	8:30 AM	†	Larry Greco	Mary Ann DeMelfy
Sun: 01/23/22	11:00 AM	Int	For our parishioners	Parish Schedule
Mon: 01/24/22	9:00 AM	†	Nathan Hoang-Son Dang	Betty Kate Dang
Tue: 01/25/22	9:00 AM	No	No Mass	Parish Schedule
Wed: 01/26/22	6:30 PM	Int	For the Hispanic Community	Parish Schedule
Thu: 01/27/22	9:00 AM	†	Andrew Patrick Beard	Beard Family
Fri: 01/28/22	9:00 AM	†	Bob Dockwork	The Schneider family
Sat: 01/29/22	5:00 PM	†	Frank Palmeri	Joanne Palmeri
Sat: 01/29/22	7:00 PM	Int	For the Hispanic Community	Parish Schedule
Sun: 01/30/22	8:30 AM	†	Roy Jensen	Mary Ann DeMelfy
Sun: 01/30/22	11:00 AM	Int	For our parishioners	Parish Schedule

Envelope Givers: 32 - Online Givers: 53 (of 947 registered families)		Total Attendance for weekend: 364 (snow)	
	Collection	Budgeted Weekly Offering	+ or - to Offertory Budget
Totals for Jan. 15 & 16, 2022	\$6,991	\$13,660	-(\$6,669)
Envelopes and Checks	\$1,855		
Electronic Giving	\$4,224		
Youth Envelopes	\$0		
Non-Envelopes & Visitors	\$802		
Holy Day	\$110		
Offertory Total	\$6,991		
Building & Facilities	\$325		
Diocesan	\$1,355		

Bookstore & Gift Shop Schedule for January, 2022

Sun, 01/23/2022 - after the 11 am English Mass



Schedule Items to Note for This Week:

- Mass schedule is as usually scheduled
- Funeral for Vince Indelicato is Monday, Jan. 24 at 11 am.
- Confession on Wed. at 7:15 pm and on Friday at 10:15 am.

The second collection this week combines five appeals into one. This Combined Mission Collection contributes toward the Collection for the Church in Latin America, the Church in Central and Eastern Europe, the Church in Africa, Catholic Home Missions, and the United States Mission Collection. Please be generous to these programs.

La segunda colecta de esta semana combina cinco colectas en una. La Colecta Combinada para las Misiones ayudará a la Iglesia en América Latina, la Iglesia en el centro y este de Europa, la Iglesia en África, las Misiones Nacionales Católicas, y la Misión de los Estados Unidos. Por favor sea generoso con su ayuda a estos programas.

Home Bound Ministry Training

will be held at St. Barnabas in the church on Saturday, February 19 from 10 am to Noon. This session will be for new as well as existing Home Bound Ministers. It is a privilege to bring the Body of Christ to people who are not able to come to church, who live in their home or a facility. Please consider this important ministry if you have an extra hour to spare each week. If you have questions, please call Cathie Stout, 674-7535 or email her at cestout4@yahoo.com.

The 18th Emmaus of the Carolinas Weekend Retreat for Men is an exceptional opportunity to grow in spirit.

It will take place the weekend of February 18-20 at the YMCA Blue Ridge Assembly Center in Black Mountain. All men are invited. Why should you attend? Men who have attended have experienced a closeness to God, deeper relation with their families, and fellowship to other men of faith, among other effects. So, if you desire more from your relationships with God, your family, and your fellow man, then fill out an application and come join us! For more information or to sign up, visit our website: www.emmausofthecarolinas.org or email our retreat leader, Blas Miyares, at blas.miyares@gmail.com.

St. Barnabas Catholic Church offers condolences to

Barbara Indelicato, Deacon Frank and Madonna Moyer, family, and loved ones, upon the death of Vince Indelicato, Barbara's husband and Madonna's father. Vince died on January 21, 2022. Vince and Barbara have been parishioners of St. Barnabas for an exceptionally long time, and they have been involved in many activities and ministries, including Couples Club and weekly Adoration. Vince was a former Faithful Navigator and Grand Knight with the Knights of Columbus. Vince's funeral will be here at St. Barnabas Monday, January 24 at 11 am.

St. Barnabas prays for...

Our Parishioners

Richard Post, Bob Donald, Joe Brady, Joanna Bentley, Amanda, Norm Johnson, Sylvester (Ed) Sullivan, Paul Upham, Gail Davison, Joseph Brittain Junior, Dave Anderson, James Schlesinger, Carmita Ventura, Emily Barrett, Bella Costilla, Bill Lilly, Jim Ellis, Charles Lewis, Barry McDonagh, Teresa O'Neill, Ed Rice, José González, Barbara Moyer, Hilde Ivanov, James Taneyhill, Mary Zorovich, Chuck Babin, Helen Rice, Elaine Des Roches, Brad Owens, Lucille Carrier.

Our Friends & Loved Ones

Carol Bimberg, Casey McDaniel, Kathleen Rosato, Beth Rosato, Hanson family, Kathi Donaldson, Steve Reppert, Betty Reppert, Joe R Brooks II, Carina Tudela, Lynne Edwards, Matthew Smith, Daniel Barber, Joanne Harris, Dianne Petkas, Henry Schwenk, Mike Path, Cynthia Smith, Mario Marcon, Vivienne Compton, Janice Barkei, Rebecca Eagen, Laura Lilly, Kevin Gritzer, Jim Marshall, Jerry Grubba, Norman Krzywicki, Joe Lilly, Sean Patrick James, Noel Raj, Sharnice Cyprien, Tommy Long, Mary Swanson, All who serve in Police, Military, or Emergency Response.

Loved ones in the military

Charles Barrett, US Army, (son of John & Emily Barrett)
 Andrew Patrick Beard, Jr. US Army (Grandson of Charlotte and Andrew Beard)
 Kurt Badow, US Army (Grandson of Donald & Sharon Smith)
 Darian Dudley, US Coast Guard (Grandson of Patricia Talbot)
 Michael Franco, US Marine Corps (Son of Emil & Becky Franco)
 Tanner Gordon, US Air Force (grandson of Don and Donna Hendricks)
 Zachary Grasberger, US Air Force (grandson of Nick and Marlene Grasberger)
 Matthew Gray, National Guard (Grandson of Charlotte and Andrew Beard)
 Aric Hall, US Army (Grandson of Fred & Ann Mercer)
 Alicia Hendricks, US Air Force (niece of Don and Donna Hendricks)
 Les Jarvis, US Navy (Son of Deborah Carson, Grandson of Ruth Carson)
 Erik Klueber (Nephew of Chris & Theresa Beck)
 Billy Moody, US Army (Son of George and Mary Jo Moody)
 Hunter Myers, US Marine Corps (Grandson of Patricia Talbot)
 Jacob & Jamie Naber, US Air Force (Grandson and Wife, of Ted and Mary Naber)
 Joseph Naber US Air Force (Grandson of Ted and Mary Naber)
 Brooklynn Porter, Air National Guard (Daughter of Paul and Julie Wojcik)
 Brianna Pajak, US Air Force (daughter of Paul and Joan Pajak)
 Luke Schulze, Army National Guard (Grandson of José and Myriam González)
 Jaeger Souphab - Airforce (son of Milee Souphab)
 William Talbot, Navy (grandson of Pat Talbot)
 Mario Vergara Quiroz (Marines) son of Mario Vergara & Maria Quiroz
 Gregory Wardwell, US Army (Son of Dana & Paulette Wardwell)
 Michael Wright, US Air Force (Son of Dave and Mary Wright)
 Alex Zorich, US Air Force, (Son of Dave & Kim Zorich)

Loved ones and friends discerning religious vocations

Rev. Mr. Aaron Huber (*The Athenaeum of Ohio*)
 Nicholas Kramer (studying in Rome)



EL ESPÍRITU DEL SEÑOR ESTÁ SOBRE MÍ,

porque me ha ungido para llevar
a los pobres la buena nueva.

LUCAS 4:18

TERCER DOMINGO DEL TIEMPO ORDINARIO
23 DE ENERO DE 2022

Young Church

Family Circles: One of the best ways to help children to love and cherish their faith is to see other Catholic families living out their own faith, and making friends with them. Catholic friendship is a priceless treasure, but it can be hard to know how to begin! That is why we are restarting Family Circles. This is simply a networking of nearby families interested in getting to know each other. There is no program or calendar, only a network. If you are interested in hosting a circle in your area, please contact Simeon Willis: 828 585 4373.

Faith Formation

GOD'S LAW

Scripture has always held God's law to be the path to human happiness. In today's first reading, Ezra the priest reads the scroll of the law to the people returned from exile. They weep—then are joyful. Israel's relationship with God had always been defined by how they kept and lived God's law. The author of Psalm 96 likewise praises the law of God as the source of wisdom, joy and enlightenment, purity and justice.

In his advice to the bickering Corinthians, Paul points out that, just as God has made all parts of a human body essential for the health of the whole, living as "Christ's body" requires that each member be recognized as necessary for the good of all. Finally, in Luke's Gospel Jesus claims that the Spirit is sending him to relieve human suffering. Like Ezra, he is reading from a scroll, proclaiming God's "law" of mercy to those in need.
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LA LEY DE DIOS

La Escritura siempre ha sostenido que la ley de Dios es el camino para la felicidad humana. En la primera lectura, el sacerdote Esdras lee el rollo de la ley al pueblo que regresó del exilio. El pueblo llora y luego se alegra. La relación de Israel con Dios siempre se ha definido por cómo guardaba y vivía la ley de Dios. El autor del salmo 96 también alaba la ley de Dios como el origen de la sabiduría, alegría e iluminación, pureza y justicia.

En su consejo con los corintios discutidores, Pablo señala que, al igual que Dios ha hecho todas las partes del cuerpo humano esenciales para la salud integral, vivir como "el cuerpo de Cristo" requiere que cada miembro sea reconocido como necesario para el bien de todos. Por último, en el Evangelio de Lucas, Jesús afirma que el Espíritu lo envía a aliviar el sufrimiento humano. Como Esdras, quien está leyendo de un rollo, proclamando la "ley" de misericordia de Dios a los necesitados.
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READINGS FOR THE WEEK

Monday: 2 Sm 5:1-7, 10; Ps 89:20-22, 25-26;
Mk 3:22-30

Tuesday: Acts 22:3-16 or 9:1-22; Ps 117:1bc,
2;
Mk 16:15-18

Wednesday: 2 Tm 1:1-18 or Ti 1:1-5; Ps 89:4-5,
27-30;

Mk 4:1-20
Thursday: 2 Sm 7:18-19, 24-29; Ps 132:1-5,
11-14;
Mk 4:21-25

Friday: 2 Sm 11:1-4a, 5-10a, 13-17;
Ps 51:3-7, 10-11; Mk 4:26-34

Saturday: 2 Sm 12:1-7a, 10-17; Ps 51:12-17;
Mk 4:35-41

Sunday: Jer 1:4-5, 17-19; Ps 71:1-6, 15, 17;
1 Cor 12:31 — 13:13 [13:4-13];
Lk 4:21-30

Liturgical Ministers - Stewardship

Sat 01/29/22 - Sun 01/30/22					
	Lector	Greeter	Head Greeter	Altar Server	Sacristan
Sat 5:00pm	Angeleigh Dorsey Anne Liegghio	Stephen Forrest Dan Alvarez Darlene Penland Robert Riffle Sally Lanthier	Margi Alvarez	Brandon Kelpin Lily Kelpin Katherine Kelpin Derrek Cruz	Wanda Cruz
Sun 8:30am	Zachary Carter Maureen Kennedy	Sujey Quintero-Perez David Taneyhill George Moody David Taneyhill Michael Hinman	Colleen Hogan	Tom Lally Ava Lally Joe Gates Erick Allen	Diana Rothweiler Robert Rothweiler
Sun 11:00am	Gabriella Torres Harriet Dezzutto	Sandra Medellin Belloc Robert May Mary Phan Orrin Lundgren Rey Romualdo	Bryan Smith	Jerusalem Ordaz Garcia John Paul Torres John Muse Samuel Dietrich	Kathy Allen

Free Winter NFP Class Series:

1st Tuesday of the month 6:30 pm - 8:30 pm (Feb.- May)

Calling all engaged and married couples of childbearing age! What better way to start the New Year, than by learning how to use a 100% hormone free method of Natural Family Planning (NFP). This Fertility Education and Medical Management (FEMM) course teaches the nuances of the woman's cycle and focuses on ovulation as a sign of health. A comprehensive series that will cover the basics of charting, including application of Family Planning protocols. Learn to chart daily as a self-care practice & optimize fertility while increasing appreciation of God's design and Feminine Genius. Make a New Year's resolution to commit or (re- commit) to consistent tracking of your signs of fertility by registering today!

Optional Zoom Virtual Info Session Jan. 25 at 8pm (pre-registration required)

February 1st - Understanding Your Body

March 1st - Family Planning

April 5th - FEMM Expert

May 3rd - Q & A medical management with Megan Blum, P.A.-C, from MyCatholicDoctor.com (location TBD)

Location: St. Margaret Mary Catholic Church, 102 Andrews Place, Swannanoa, NC 28778

Childcare: Limited availability for childcare will be available with pre-registration one week in advance!

Pre-registration required: Elizabeth Harris, BSN, RN at avlfemminstructor@gmail.com or call (828)-214-7789.

*Please plan to eat before you come. Dinner will not be served.



**Join us for a FREE event!
In-Person and Virtual Options.**

Caregiving From The Heart

IN-PERSON Program Schedule

February 9 4 - 5 pm

St. Aloysius Catholic Church
921 2nd St. NE, Hickory, NC 28601

February 23 10:30 - 11:30 am

St. Francis of Assisi Catholic Church
328-B Woodsway Lane NW, Lenoir, NC 28645

February 23 1 - 2 p.m.

St. Charles Borromeo Catholic Church
728 West Union Street, Morganton, NC 28655

VIRTUAL Program Schedule

February 10 2 - 3 p.m.

To Register call 704-370-3220.

*Hosted by Catholic
Charities
Diocese of Charlotte
Elder Ministry*

Presenter



Mary Mitchell,
Family Caregiver Support
Specialist

Western Piedmont
Council of Governments
Area Agency on Aging

From being named American Heart Month to containing Valentine's Day, February is synonymous with love and hearts but February is also home to another day filled with heart, National Caregivers Day. The third Friday of February is a day to recognize the love and care given by caregivers who are making big differences in the lives of others.

As rewarding and fulfilling as caregiving can be, it can also give rise to stress and frustration. So how can a caregiver find support for themselves and for the one that they are caring for? Join us to explore ways that we can support caregivers and learn about resources available for the care recipient and caregiver.

For additional information or to register, please contact Sandra Breakfield
Program Director Elder Ministry

704-370-3220
sandrab@ccdoc.org



Upcoming Special Events at St. Barnabas and in the Community – 01/23/22

Th - Sat	Jan. 20-22	Come join St. Barnabas Roman Catholic Church and neighboring churches on a pilgrimage to our nation's capital, Washington, DC, on January 20-22, 2022. Contact Simeon Wills for more details.
Sat	March 12	The 15th annual Asheville Catholic School Shamrock Run is scheduled for Saturday, March 12, 2022. We invite you to join us in supporting Catholic education. There are several ways that you can do this. Are you a runner? The 5k and 10k will take you through the beautiful streets of the Grove Park neighborhood. Can you volunteer? We have volunteer positions both at ACS and on the course. We would love to have your help. Want to support us financially? You can register as a couch potato entry or become a sponsor, and your donation will go to support the school. This is always a festive event with music, a costume contest for runners, and a whole lot of spirit. To register for the race or volunteer go to https://gloryhoundinc.enmotive.com/events/register/asheville-catholic-school-s-15th-shamrock-run-5k-10k-fun-run If you have questions, you can also contact the Shamrock Run Race Committee at ashevillecatholicshamrockrun@gmail.com
Fr - Sat	Aug. 5-6	The 2022 Eucharistic Congress will be held Friday, August 5 and Saturday, August 6 at the Charlotte Convention Center.
		St. Barnabas Church Official Facebook page / Página oficial de Facebook de la iglesia de San Bernabé General Group / Grupo general: https://www.facebook.com/groups/stbarnabasarden Youth Group / Grupo de jóvenes : https://www.facebook.com/groups/stbarym Late breaking news is posted on the Facebook page, so please join if you have not already! Las últimas noticias se publican en la página de Facebook, ¡así que únete si aún no lo has hecho!
<p>NOTE: Please be aware that our bulletin is posted on our website; therefore, any information in the bulletin is out there in cyberspace, accessible to anyone. Please let the office know if this is an issue for you.</p>		
<p>* Indicates a new or revised item from the previous week</p>		

Communication and Giving

Our Website: Critical or time-sensitive notices will appear in a yellow box near the top of the page. You can also go to the [About Menu >>](#) [Staff Directory](#) to reach any staff member by email via contact form.

Facebook: We have two options for facebook.

♦ **Our GROUP** page, which is private, for registered parishioners only. This is so we can post parishioner news or pictures without it being open to the public. If you are a facebook member, we urge you to request access to the group here: www.facebook.com/groups/stbarnabasarden

♦ **Our Public Page**, which is open to anyone, even if you don't have a facebook account. You will need a direct link to access it if you do not have a facebook account, and be prepared for pop-up requests to join facebook. Access the public page here: www.saintbarnabasarden.org/fb-public

Mail: Use for Offertory mailing: PO Box 39, Arden, NC 28704.

Bulletin: Check website for the latest bulletin from our parish and from other churches in our area: <https://www.saintbarnabasarden.org/bulletins>

5 PM Vigil and 11 AM Sunday Masses (and some special Masses and events) are now available via live-stream on our Youtube Channel. You can find the link at www.saintbarnabasarden.org, or go directly to www.saintbarnabasarden.org/youtube

Online Giving: Many of you are set up for online giving, which has proven invaluable during these times. For those not enrolled in online giving please review how it works and sign up at <https://www.saintbarnabasarden.org/electronic-giving>

Our parish has been FORMED!

We are pleased to announce that we now have a membership to formed.org.

To get started:

- Go to www.formed.org
- Click on the Sign Up button
- Click on the Sign Up as a Parishioner button
- Enter the zip code 28704 in the Find your parish or organization box. Our church will be displayed; click on it.
- Enter your name and email address to sign up

¡Nuestra parroquia se ha FORMADO!

Nos complace anunciar que ahora tenemos una membresía en formado.org.

Para empezar:

- Vaya a www.formed.org
- Haga clic en el botón Registrarse
- Haga clic en el botón Registrarse como feligrés
- Ingrese el código postal 28704 en el cuadro Encuentre su parroquia u organización. Nuestra iglesia será exhibida; Haz clic en eso.
- Ingrese su nombre y dirección de correo electrónico para registrarse.

