



# The Good News Weekly

## Christ Episcopal Church ~ St. Barnabas Chapel

August 6, 2023



Christ Church  
(CEC)  
Main and 6th Streets  
Clarksburg, WV

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**... our mission is to know, live, and share  
the Good News Story of Jesus Christ.**

St. Barnabas Chapel  
(SBC)  
721 Hall Street  
Bridgeport, WV

### This Week at Christ Church, Clarksburg and St. Barnabas Chapel, Bridgeport

**August 6, 2023, at 10:00 AM at Christ Church**  
 Main and 6<sup>th</sup> Street in Clarksburg  
**Liturgy of the Presanctified Gifts**  
 Clergy: Deacon Christopher Scott  
 This service will be live streamed on Facebook.

**August 6, 2023, at 5:30 PM at St. Barnabas Chapel**  
 721 Hall Street in Bridgeport  
**Liturgy of the Presanctified Gifts**  
 Clergy: Deacon Christopher Scott

**August 9, 2023, at St. Barnabas Chapel**  
**Prayer Group at 10:00 AM**

**August 9, 2023, at Panera Bread**  
**Book Club at 5:30 PM**

### August Outreach

Christ Church and St. Barnabas Chapel will be supporting the **FOOD DRIVE** that has been organized by the Harrison County Ministerial Association in cooperation and partnership with the Jesus Fest. This will be a short-term project, so we must act fast.

Jesus Fest is August 11 and 12, so let's complete our part of the **FOOD DRIVE** on Sunday, August 13. You can bring **"unexpired and non-perishable food"** to church on the Sundays of August 6 and 13 or during that week. Leave items in the classroom in the parish hall at Christ Church. At St. Barnabas leave items in the green box near the front door.



### Upcoming Events

**August 13 at 6:30 PM at St. Barnabas - 2<sup>nd</sup> Sunday Supper** - All are welcome to come to 2<sup>nd</sup> Sunday Suppers. If you attend church in the morning and don't want to go to church twice, just pop in about 6:30 PM for dinner / conversations at St. Barnabas.

**August 14 at 6:00 PM at Christ Church - Vestry Meeting** - The Christ Church Vestry meets the second Monday of each month. For the benefit of those new to Christ Church, the current vestry members are Bill Saviers (Sr. Warden), Lyle Blake (Jr. Warden), Nancy Cotten (Clerk), Toni Limbers (Recorder), Kipp Martin, Marisa Richardson, and Susan Walsh.

**August 16 at 10:00 AM at St. Barnabas - Prayer Group** - This group meets every Wednesday morning in the office at St. Barnabas. We are usually led by Kipp Martin. We have learned a lot about the prayers in the *Book of Common Prayer*. It has a prayer for just about every situation possible. Again, all are welcome.

**August 16 at 5:30 PM at Panera in Eastpoint - Book Club** - We think Deacon Chris is an amazing leader and teacher. We are enjoying our first book, *Bible Stories for Grown-Ups*. It's never too late to join this group because every week is a new story.

**August 17 at 2:30 PM at Clarksburg First United Methodist - Feeding the Hungry** - This is done daily by various churches and organizations, but the Thursday morning Bible Study group volunteered to prepare and give out the "Grab and Go" bags on the third Thursday of each month. In June we served 20 and in July we served 30 hungry individuals in the UMC parking lot. Talk to Kipp Martin if you would like to help with this project.

**August 20 at 10:00 AM in the VA Park - Worship and picnic with St. Mark's Lutheran Church** - Save the date and look for more information here next week.

**August 27 at 5:00 PM at Christ Church - Pre-show Reception** - Save the date and look for more information here next week.

## Christ Church to Participate in Jesus Fest

In addition to collecting food for the Harrison County Ministerial Association's "Food Drive" organized in cooperation and partnership with the August 11 and 12 Jesus Fest, Christ Church will be sharing the Episcopal Diocese of West Virginia's prayer labyrinth. The labyrinth will be located in Jackson Square.

A prayer labyrinth is a tool for walking prayer and provides space for a journey into our center, the place of our deepest thoughts and connections with God. The labyrinth is used for prayer and meditation, and many churches, including Episcopal churches, have permanent labyrinths installed on church grounds for parishioners to use. When walking into the labyrinth, you can think of your regrets, disappointments, anger, and "sins" and offer them to God and ask for forgiveness. Or perhaps you would want to reflect on "gratitude" and give thanks to God for all the things for which you are thankful.



The labyrinth is an ancient spiritual tool that has been used throughout the world for over four thousand years. A labyrinth is a circuitous path with one entrance point that leads through a series of switchbacks to its center. A labyrinth is not a maze. A maze has dead-ends and blind alleyways. Its intention is confusion and mystery, but the labyrinth when followed leads eventually and without making choices to the center. It is designed for one to find his/her way.

Here are some steps to follow when walking an Episcopal prayer labyrinth:

1. Prepare to walk. Take some time to transition from your everyday life to the labyrinth experience. Remove your watch. Slow your breathing. Still your mind. Open yourself to possibilities.
2. Begin your journey. Pause at the entrance to the labyrinth to take a cleansing breath and focus your attention.
3. Walk the inward path. Follow the path slowly and deliberately, allowing yourself to be present in the moment.
4. Spend time in the center. When you reach the center of the labyrinth, pause and reflect on your journey inward.
5. Take the return path. Follow the path back out of the labyrinth, again moving slowly and deliberately.
6. After you have completed your walk, take some time to reflect on the journey.