

## Reflection Saturday Week 10 St Barnabas 2022

**St Barnabas the Apostle** was born in Cyprus. He was one of the early converts in Jerusalem and vouched for St Paul when he appeared before the elders there. He accompanied Paul on his first missionary journey and later went to Cyprus with his cousin John Mark (Mark the evangelist) to preach the gospel there. He was probably martyred at Salamis in Cyprus, some time before the year 61.

We would all hope that the words spoken about Barnabas in Acts: *he was a good person, filled with the Holy Spirit and with faith*, would be how people recognised us today! He certainly lived up to his name since Barnabas means ***Son of consolation or son of exhortation, son of comfort!***

Barnabas, like all the Apostles, challenges our faith and trust in the Holy Spirit. Even going for a morning or afternoon walk we are prone to take an umbrella, some water and possibly an apple or a snack *just in case!* We might even think deep down that the apostles and disciples were *“not living in the real world.”* Yet, we have learnt very clearly from the pandemic that people are ready to reach out to those in need, that they can be trusted, that we are recognised and valued. Sharing faith and trust, as Barnabas did, brought forth the faith of those among whom he lived and worked. So, ***Let go! let God! Barnabas did!***

### **Barnabas?**

He loved action, with few words  
by example, his guidance heard,  
a Barnabas, he unfolds  
encouragement, to be bold;  
Strong-minded, solid some say,  
stability, day-by-day,  
reliability, his creed  
to satisfy, family need;  
what you see, is what you get,  
once encountered, none forget. . . .