

the st. james



March 2008

Volume 8 Number 3

Sunday Schedule

8:00 am Holy Eucharist Rite I
9:00 am Adult Education
10:00 am Holy Eucharist Rite II
11:00 am Sunday School
11:15 am Coffee & Fellowship
11:45 am Children's Choir

Holy Week Services

Monday, Tuesday, Wednesday
March 17, 18 & 19

Thursday, March 20
7:30 PM Service

Friday, March 21
7:30 PM Service

Saturday, March 22
9:00 AM Service
8:30 PM Easter Vigil

St. James Episcopal Church
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Rector's Message

Dear Saints of James,

O God of unchangeable power and eternal life; look favorably on your whole church, that wonderful and sacred mystery; by the effectual working of your providence, carry out in tranquility the plan of salvation; let the whole world see and know that things which were cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen. (BCP pg. 280)

This collect, found in our liturgy for Good Friday, summarizes the essence of our Lenten task. During this 40-day immersion experience of self-reflection, we are to look deeply within ourselves to see what parts have grown old, and lost the vision of God's creation and salvation. To offer these old, broken, sinful parts of ourselves up into the light of Christ is to be made new, to be reborn, to experience the living water of eternity, to be transformed. The promise of God is that we are not forgotten or forsaken and that through the love of God, we are made new again, and again and again.

However, our being made new again is not for our satisfaction, rather it is so that we might be agents of God and help the whole of creation to be made new again. Once we have experienced God's mercy, we are called to seek justice. This is the action that we take to right the wrongs of the world, to change the structures that oppress and to do our part to eradicate evil. This is the action we take to make real the vision of God's Kingdom, that we are to love the Lord our God with all our heart, mind and soul, and love our neighbor as ourselves. In God's Kingdom there is no "other" or outcast, or Jew or Greek, male or female, only children of God.

Our Presiding Bishop Katherine, speaking to our 89th Annual Council, called us to be prophets of advocacy in God's Kingdom. We need to do this locally as well as nationally and internationally. One way to be involved in advocacy is to join the Episcopal Public Policy Network. The Office of Government Relations and the Episcopal Public Policy Network of more than 20,000 Episcopalians across the country, bring the positions of the Episcopal Church to our nation's lawmakers. They represent the social policies of the church established by the General Convention and Executive Council, including issues of international peace and justice, human rights, immigration, welfare, poverty, hunger,

(con't. Pg. 2)

St. James Episcopal Church

Clergy:

The Rev. Susan E. Bentley, Rector
seb@rev.net

Staff:

Mrs. Connie Bierly, Secretary
 Mr. William Capps, Choir Director
 Mrs. Sharon Capps, Organist
 Mrs. Donna Park & Ms. Sandi Hudson,
 Sextons

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The St. James Vestry:

Senior Warden, Doris Mattox, 992-3088,
 Junior Warden, Maile Armstrong, 947-5016
 † Clerk, Lynn Wright, 992-5615
 † Treasurer, Matt Cordani, 362-3016,
 † Ass't. Treasurer, Avis Aheron, 774-0010
 † Rec. Treasurer, Bob Bird, 366-0996
 Helen Campbell, 489-4536, Jed Doak, 354-4164,
 Butch Eanes, 992-5195, Chuck Cohen, 366-3178,
 Michael Kennedy, 389-1003
 Bob Ostrom, 265-3771., Peter Hannon, 986-0778
 († - Not Vestry members)

Standing Committees

Christian Education:

Liturgy: Helen Campbell, 489-4536
Membership: Pat Ball, 725-8730
Outreach: Ray Kasey,
Parish Life: Tricia Champion, 563-9554
Property: Maile Armstrong, 947-5016
Stewardship: Avis Aheron, 774-0010
Finance: Glen Lake & Gail Fields

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#### Episcopal Church Women:

Pam Reilly, 362-0742

#### Daughters of the King:

Esther Williamson, 366-3177

(from pg.1)

health care, violence, civil rights, the environment, racism and issues involving women and children. The EPPN will keep you informed of the issues and assist you in being an advocate. To join, register on line at, [www.episcopalchurch.org/eppn.htm](http://www.episcopalchurch.org/eppn.htm) or pick up a brochure in the Parish Hall at Church. Other agencies for advocacy are: The One Episcopal campaign at [www.episcopalchurch.org/one](http://www.episcopalchurch.org/one) and Episcopalians for Global Reconciliation at [www.e4gr.org](http://www.e4gr.org)

May this Lent, be a time for you to renew your self to live as agents of God's shalom/peace and spread the Love of God.

Lenten Blessings, SEB+

### Lent as a Time of Self Examination

Lent is one of the times of the Church year when it is particularly appropriate to make a private confession. Anyone who would like to make their confession, using the form for the Reconciliation of a Penitent in our Book of Common Prayer, pages 447 may contact the Rector, to schedule an appointment.

### Sunday Morning Adult Education

In an on going exploration of the United Nations' Millennium Development Goals to eradicate world poverty and increase sustainability for the whole world, our Sunday morning Adult Education will look at the "Material World, A Global Family Portrait" beginning March 2<sup>nd</sup>. Material World is an epic photo journey through the homes and lives of 30 families around the world. Through intriguing photographs and statistics, cultures around the world are revealed and capture both the common humanity of the peoples inhabiting our Earth and the great differences in material goods and circumstances that make rich and poor societies.

Join us for this rich educational program at 9:00 am in the Parish Hall.

### Lenten Mite Boxes

Remember to add your daily change to the Episcopal Relief and Development mite boxes that were distributed on Ash Wednesday. They will be collected on Easter Sunday and used to address the needs of the world identified in the Millennium Development Goals.

### The Stewardship Corner

All things come from you, O Lord, and of your own have we given you.

+  
+ +  
Time + + Talent  
+ +  
+ + + + +  
Treasure

**Pledged and Unpledged Support:** Due to several circumstances, January was not a good month for pledged and unpledged support for St. James. Contrasted to the \$25,469 that was budgeted for January, we received only \$6,207, or a variance of minus \$19,262. The belief is that there were fewer opportunities for parishioners to make their contributions, plus some other extenuating circumstances. Regardless, our bills need to be paid and we need to do what we said we would with our income. Please be sure to “catch up” if you have missed fulfilling your commitment in January.

**St. James Cycle of Prayer:** In March we give thanks for the ministry of the Caregivers Group, the Rector, and all who provide pastoral care. May they, through the power of the Holy Spirit, bring comfort and support to all whom they serve.

**Some Other Reminders:** Remember that we are still using the **Kroger card** plan. Purchase one from Dorothy Herndon for \$5.00, “load it up,” and St. James will receive 5% of the purchase prices. Also, we are once again allowing for extraordinary giving through the “**Adopt-a-Day**” program. At St. James, each day in the calendar is worth \$33.00, and if each calendar day were to be represented with a donation of that amount, we would take care of our budgeted deficit amount. We also encourage considering giving to the **St. James Endowment Fund**, or remembering our church in **your will**. Someone has said that one’s will is the last chance to tithe.

**Stewardship of Our Environment:** Someone asked recently, doesn’t stewardship include our environment? Slapping my hand deeply into my forehead, I said, “Certainly, it does.” The following piece is one person’s opinion.

If you go through an average day thinking about average things, it may be easy to overlook how your actions are affecting future generations. But if you begin to think about how each plastic jug in your refrigerator will take one million years to degrade, it could change the way you consume. We are

covering God’s beautiful creation with everlasting garbage. Think about the styrofoam from the lovely fellowship dinner you had last Sunday. Well, it will be here forever. The chemicals it leaches as it sits in our landfill will be leaking into all your future generations of children’s water from now on. This is a terrible price to pay just so church members don’t have to wash the dishes. Americans make up about 6% of the world’s population, but we produce half of the world’s garbage.

One easy way to reduce trash is to reduce how much you buy. We all see the cute plastic toys in the store and say, “Well, it is only five dollars and Tommy will love it.” The truth is, if Tommy plays with it longer than the typical five minutes, the plastic toy will outlive Tommy’s fifteenth generation of children. Now there’s a gift that keeps on taking. Advertisers spend untold amounts of money convincing us we need. Fortunately, we only have to do one thing to convince companies to stop making environmentally destructive items. Don’t buy them.

Breann Murray Tolley, *The Cumberland Presbyterian*

You wouldn't want to borrow someone else's will, but that's what a state-written will is like if you don't write your own.

Plan your own will, and remember your church when you do. Your will makes certain that your will will be done!

### ECW News

The ECW met on February 12th for their semi-annual business meeting and elected the following officers for the coming year: President - Pam Reilly, Vice-President - Pat Ball, Secretary - Joyce Brown and Treasurer - Ann Bird. They voted to support the Sudanese Education Fund (for Gabriels' brother and cousins in Kenya), to sponsor a St. James Adopt-a-Day on November 1st in honor of Mother Sue, and to make a contribution to the Sabbatical Fund in addition to their regular sponsorship of a boy at Boys' Home and two members of Little Church Social Club at Christmas and making a contribution to the National Cathedral.

(ECW from pg. 3)

The following activities were decided upon for 2008:

Newcomer's Spaghetti Lunch on Sunday, March 30th  
(in conjunction with the Membership Committee)

Special Coffee Hour to honor the St. James Sunday  
School teachers on Sunday, May 25th

Ladies Night Out at Schezuan Restaurant on  
Monday, June 9th

Semi-annual business meeting on Tuesday, October  
14th with a bag brown lunch

An MGD/Environmental presentation by Michael  
Bentley in October or November

ECW Craft and Bake Sale on Sunday, December 7th

Adult Holiday Dinner in the Parish Hall on Monday,  
December 8th

We hope many members of St. James will participate  
in these activities with us. It's going to be a busy  
year!

### Lenten Book Study

The Lenten Book study will be *Christianity for the Rest of Us, How the Neighborhood Church Is Transforming the Faith*, by Diana Butler Bass. For decades the accepted wisdom has been that America's mainline Protestant churches are in decline, eclipsed by evangelical mega-churches. Church and religion expert Diana Butler Bass wondered if this was true, and this book is the result of her extensive, three-year study of centrist and progressive churches across the country. Her surprising findings reveal just the opposite—that many of the churches are flourishing, and they are doing so without resorting to mimicking the mega-church, evangelical style. *Christianity for the Rest of Us* describes this phenomenon and offers a how-to approach for Protestants eager to remain faithful to their tradition while becoming a vital spiritual community. As Butler Bass delved into the rich spiritual life of various Episcopal, United Methodist, Disciples of Christ, Presbyterian, United Church of Christ, and Lutheran churches, certain consistent practices—such as hospitality, contemplation, diversity, justice, discernment, and worship—emerged as core expressions of congregations seeking to rediscover authentic Christian faith and witness today.

The study group is meeting on Wednesday afternoons from 3:45 pm until 5:00 pm during Lent.

### To all the Saints of St. James.

I cannot begin to thank you for all you have done for me since I fell. Your cards, calls, visits, food, prayers and flowers and other kind deeds, have pulled me through a very difficult time. I could not have made it without your help. Thank you – thank you.

As I have said before, there is no church family like St. James. You are the best and I am so blessed and thankful to be a part of it.

Sincerely, Boots

### Youth News

March 16 is the date for the next RAY event. For youth grades 7-12, this is a chance to meet up with friends from both the Roanoke Convocation and parts of the New River Convocation. We'll be meeting at Christ Church, Blacksburg for an afternoon of games, walking the Labyrinth, and (of course) FOOD! Great times will be had - we hope you all will join us. We anticipate leaving St James at 2:00 and returning to St James by 7:00.

Global Youth Service Day is coming up in April. We will be planning a service project with RAY. Details to come, so stay tuned!

The Youth wish to thank St. James for supporting the Stop Hunger Now campaign. The Youth of the Diocese prepared packaged meals for 44,000 people during Youth @ Council this January. Left over donations will help build a well to provide a village with a clean water source. My experience at Youth @ Council this year was phenomenal. I feel so blessed to be part of the energy and spirituality the Youth create during their time together. The theme of "the Table of Grace" was demonstrated by our topics of study, our creation of the altar used in both our Saturday night worship and the U2charist on Sunday morning, and the shepherding of new Youth by the YMT staff (of which our own Sarah and Grace are members) - Ask Grace why "God's table is like the Golden Corral"! The sense of community and global responsibility created during Council continues in Sunday School class as we explore the Millennium Development Goals. You are welcome to drop by our cave anytime!

Beth Wiegandt, Youth Advisor

### St. James Knitting/Prayer Ministry

One of the Vestry's short term goals this year is to begin another knitting/prayer ministry. The first meeting will be Sunday, March 9 at 1 pm in the meeting room downstairs. Linda Bryant will educate those interested in knitting and suggests that you bring #11, #12 or #13 knitting needles. You will also need 16 ounces of yarn (knitting worsted) to knit a shawl (look for a "Pound of Love") or 8 ounces of yarn to knit a scarf. The group will probably meet once a month and can continue knitting at home. After the scarves and shawls are blessed, they will be donated to the Roanoke Rescue Mission. Please join us on March 9!

### Adopt-A-Day 08

**Jan. 25 adopted by Esther & Bill Williamson in celebration of the birth of Evan Lee Miller.**

**Jan. 30 adopted by Mimi & Bob Copenhaver in celebration of their 54th wedding anniversary.**

**Feb. 03 adopted by Bishop Neff & Dorothy Powell.**

**Feb. 12 adopted by Dorothy Herndon in celebration of Marty Herndon's birthday.**

**Feb. 13 adopted by Doris & Larry Mattox in celebration of Joyce Brown's 82nd birthday.**

**Mar. 17 adopted by James & Doris Champion in memory of James R. Champion, Jr.**

**Aug. 15 adopted by Robert & Carol Killinger in honor of Lonnie Bower on her birthday.**

**Nov. 27 adopted by Denise & Randy Smerecki in memory of Casimer Smerecki.**

*(New listings are bolded.)*

### A true story...

Three Holy Weeks ago I was serving as a priest at St. James Church, Los Angeles. Six clergy were kneeling with our backs facing the congregation to wash the people's feet as they sat on chairs before us along the front pew. Person after person came, and we washed them all.

My station was on the center aisle at the left. As I turned around to see if any more were coming forward, I saw one of our parishioners making his way. He was a man in his twenties, blond, handsome and burly, who had no legs since birth. He walked on the stumps of his thighs, which were protected by leather covers.

There he was, walking forward to the footwashing -- he who had never had any feet.

I felt suspended in the air for a moment. To whom would he go? What should I do? He arrived at my station. Instead of getting on the chair, he stood before me, and he was exactly my height as I knelt. Our eyes met, and I know he saw the tears welling up in mine. With utmost reverence and care he put his two hands out over the basin. I leaned over the basin to get the pitcher of water and bathed his hands and dried them as I tried to keep myself together. When his hands were dry, he turned and went back to his seat down the long aisle. Everyone could hear the padding of his thighs on the tile floor.

There was not a dry eye in the house. A couple of us met in the sacristy to wash our hands after the rite and bawled.

I have often thought of his extraordinary courage. Just coming to a footwashing service must have taken commitment, but to come forward, last and slowly, must have taken such strength that few know.

God accepts what height we offer him, what hands, what eyes, what parts of ourselves we have to offer. Were that man ever to seek the priesthood, it would be my privilege to kneel next to him as he presides, as it was my privilege to hold the chalice and paten for an elderly priest of that parish who could not do it himself--nor even speak

The Rev. Mary June Nestler, Utah

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## The Holy Week Journey

The services of Holy Week commemorate Jesus' descent into death before the great miracle of Easter. If you allow yourself to walk with Jesus to the cross, you will experience in new ways the incomparable power of the resurrection of Easter. Daily Eucharists trace the journey, building through the foot washing service on Maundy Thursday, the veneration of the Cross on Good Friday, the waiting of Holy Saturday, to the triumph of Easter in the Easter Vigil service and the Great Easter Sunday celebrations.

### **Palm Sunday: 8:00 am and 10:00 am**

Palm Sunday comprises two very different themes. Initially we focus on the Messiahship of Christ, which we celebrate with the blessing of palms and a procession into the church. Then, the mood switches to sadness as we remember the events leading up to our Lord's death in the solemn reading of the Passion Gospel.

### **Monday, Tuesday, and Wednesday in Holy Week: 12:15 pm**

These are very simple Eucharists in which we reflect on some of the lesser-known themes of Holy Week. These services provide the time and space for meditation on our journey to the Cross. On Tuesday the laying on of hands and anointing for healing will take place in the liturgy for those who wish to participate.

### **Maundy Thursday: 7:30 pm**

Maundy Thursday commemorates the humility of Jesus and the institution of the Holy Eucharist. To follow Jesus' example of servant ministry, we will be washing the feet of those who desire it, and following the celebration of Holy Eucharist, the Holy Sacrament will be taken downstairs to the Altar of Repose in room #16. You are invited to keep vigil and pray as the Disciples were instructed to do, in the presence of the Holy Sacrament. The altar and sanctuary will be stripped at the end of our service, symbolizing the stripping of Jesus' clothes. We will leave silently in the darkness.

### **Good Friday: Noon and 7:30 pm**

The Williamson Road Clergy Association will have an ecumenical noonday service at Trinity Lutheran Church on Williamson Road. At 7:30 pm, we will gather at St. James to join Jesus at his crucifixion with our Good Friday liturgy.

### **Holy Saturday: 9:00 am**

There is no celebration of the Eucharist on this day as we wait suspended between Jesus crucifixion and his rising from the dead.

### **The Easter Vigil: 8:30 pm**

The Easter Vigil is the first service of the Easter season and the central liturgy of the Christian year. We will join with Trinity, Buchanan, to celebrate Christ's victory over the power of sin and death. We hear the story of God's saving acts throughout history. We will celebrate two baptisms and renew our own Baptismal promises of our dying and rising with Christ. We will encounter the Risen Lord in the breaking of the bread. Following the service we will welcome the newly baptized and celebrate our Risen Lord with a Gourmet Dessert Party in the Parish Hall.

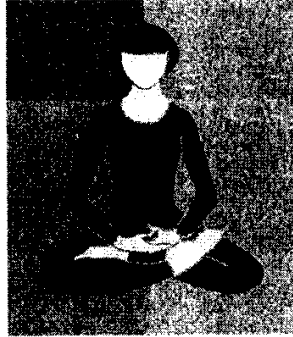
*Don't forget to bring a bell to ring at the Easter Acclamation and a finger dessert for our party.*

### **Easter Day: 8:00 am and 10:00 am**

Come and celebrate the Risen Lord. If you have garden flowers in bloom, please bring them for the children to flower the cross at the 10:00 am service.



**FREE Demonstration**  
Wednesday, March 5<sup>th</sup> at 10:00  
Friendship Hall



## Therapeutic Yoga

*Therapeutic Yoga* is a gentle, complete whole-body program for the older adult and is performed in a chair and standing. It incorporates gentle stretching, breath awareness, and modified movements designed to improve circulation and enhance flexibility, strength and balance. The modified movements and breath work is designed to alleviate various ailments mentioned by participants (i.e.: shoulder restrictions, back pain, etc.). Anyone can participate and wheelchair users are encouraged to attend.

The instructor, Virginia Balsarak, RYT, is certified as a Yoga instructor through the Yoga Alliance. She is also an Occupational Therapist and has worked for 16 years with both adults and special needs children here in the Roanoke Valley.

Virginia's extensive experience as a therapist combined with her knowledge and expertise of therapeutic yoga makes this class worth attending!

Please call 777-7103 or E-mail: [wellness4u@rbnet.com](mailto:wellness4u@rbnet.com) to sign-up for the FREE Demonstration on *March 5<sup>th</sup> at 10:00 (Friendship Hall)*.

\*Classes will be held on Wednesdays from 9:00-10:00 in the Arts & Crafts Room for a fee of \$5.