

the st. james



May 2008

Volume 8 Number 5

Sunday Schedule

8:00 am Holy Eucharist Rite I
10:00 am Holy Eucharist Rite II
11:00 am Sunday School
11:15 am Coffee & Fellowship

St. James Episcopal Church
4515 Delray Street
Roanoke, Virginia 24012
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Rector's Message

Dear Saints of James,

The retreat house of Holy Cross Abbey sits up on a bluff above the Shenandoah River, in the shadow of the Blue Ridge Mountains of Clarke County, Virginia. This long low building, built with the bricks of red Virginia clay, has room for 16 guests, 15 scheduled retreatants and an extra room open for anyone who happens upon the Abbey and needs a place to stay. Hospitality is one of the ministries of the Cistercian Order of Trappist monks that reside at the Abbey and order their lives in a daily pattern of solitude, prayer, spiritual reading, manual labor and rest. Those at the Abbey making a silent retreat are welcome to attend 5 of the 6 daily offices that the monks pray.

I had long wanted to make a retreat at Holy Cross Abbey and I finally was so thirsty for the solitude and space to be fully immersed in prayer, that I rearranged my schedule to allow for a few days at the Abbey. I found that the experience to be very nourishing and I now know a silent retreat needs to be a regular part of my spiritual disciplines.

For me, the retreat was about fasting from talking and technology, in order to hear God. There were 6 others guests staying at the guesthouse, but we never spoke, I did not even know their names, Meals were taken together in the guesthouse dining room, and a monk either read scripture to us, or there was soft music playing. There were no telephones, TV's, radios, or CD players, and no Internet access. With the freedom of not talking, came the opportunity to be fully focused on listening to God. Without the sounds of daily life, work, family, neighbors and friends, one could hear the birds calling back and forth, the rustle of the wind blowing through the new leaves of the giant sycamore trees, the urgent mooing of a cow calling to her young calf, the tolling of the Chapel bell summoning the monks to prayer, the babble of a small spring bouncing through the cow pasture, the slapping of the Shenandoah River as it rolled down stream, and the tinkling of a bell rung to call us to meals.

I heard God speaking through all my senses. My single room and bath had a tall window that looked out on a lush cow pasture that rolled down to a line of trees by the river, and beyond that, the Blue Ridge mountains rose up. I pulled my chair up to the window for meditating and journaling, and from there I watched a flock of Gold Finches swirl around, land on the grass and then dart up and fly away. A young brown bunny rabbit ran by the window several times, nibbling fresh clover and then hopped away. I could see a wide array of greens in the grasses and the foliage, and flowering Dogwoods, fruit trees, and Red Buds were sprinkled around the grounds. *(Con't. Page 2)*

St. James Episcopal Church

Clergy:

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

Staff:

Mrs. Connie Bierly, Secretary
 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
Pastoral Care: Donna Frost, 989-3054
Outreach: Ray Kasey, 562-1956
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

Outside, I had a five-minute walk up to the Abbey compound where the monks live, work, and pray. On my way to Vespers the first evening, I could smell the spring rain releasing the fragrance of rich soil, spring flowers, and fresh cow patties. The cows were grazing in the pasture along the road up to the Chapel, and for the first time, I began to think about cows and after more reflection following Compline, I decided to meditate with the cows the next day. Darkness moved in slowly like a cat gliding on quiet feet, and a hush fell over the rolling pastures, signaling it was time to retire and be restored by the stillness, and sleep.

The next morning, armed with my journal and pen, I wandered out to find the cows. The clouds were thick, heavy, and hanging just above the Blue Ridge Mountains, almost resting on them. The cows had moved to a different pasture, further down the road, and I sat on the iron farm gate and looked, listened, smelled, and let my thoughts play with my senses. My first thought was that the cows had a very boring life, grazing all day, every day. But with closer observation, I decided they had some lessons to teach me. Maybe they are an icon for our 21<sup>st</sup> century lives. Cows know how to be still, how to be in one place, to slow down and not be hurried, to be present to what they are doing: eating, chewing, looking, nursing...For the most part, they move slowly and deliberately, almost drifting, sometimes moving away from the herd and at other times, moving in closer. They seem to be intentional. Cows are observers. They would stare at me, looking directly into my eyes with a steady, unwavering gaze of curiosity and wonder. The cows had a quality of steadfastness, of being sturdy, dependable, solid, and very intent on their task of being themselves. They seemed comfortable with themselves, in their own skin, not trying to be any other creature or to impress. A few calves frisked around the pasture, and two adolescent youngsters butted heads together – the adults kept an eye on the young ones, but grazed on.

The beauty of a retreat is its unexpectedness. When one is open and present to God, one never knows where that might lead, to what depth of inner thoughts, prayers, renewing, and insights for living a life of faith. I did not expect to be meditating on cows and the spiritual qualities they might embody. I did expect a time of quiet, fasting, listening, walking, praying, and sleeping, would be spiritually and emotionally renewing, and it was. Blessings, SEB+

*For more information about Holy Cross Abbey, see <http://www.hcava.org/pages/about.html>*

## 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:** March's pledged and unpledged support totaled \$11,125 which compared favorably to the monthly budgeted amount of \$9,978. Thank you to everyone for keeping up with their pledges so faithfully. Summer is just around the corner and attendance at Sunday services is affected by weekend activities and vacations which in turn affects the receipt of pledges. Remember that the work at St. James goes on whether we're in town or not.

**Kroger Gift Cards:** Your purchases from Kroger during the month of March through the use of Kroger gift cards meant that St. James received a rebate check of \$303. Remember to load your Kroger gift card before you pay for your groceries or gas, and St. James will receive credit for your purchases. Once the reloads reach \$5,000, we receive a 5% rebate for all reloads. According to Sam and Helen Campbell, who make the trek to St. James from Rocky Mount, the price of gas at Kroger is as cheap or cheaper than anywhere else in town.

If you need a Kroger gift card, please see Dorothy Herndon, or the Rector

**Adopt-a-Day:** For a donation of \$33.00, you can celebrate a special occasion or honor a loved one on their special day. Forms can be found on the table outside the secretary's office. Forms will also be emailed during the first week of each month and can be filled out and returned to the parish secretary via e-mail. In 2007, 45 days were adopted leaving 320 to still be adopted. Please consider "adopting" a day in 2008. All Adopt-a-Day contributions will be published in the monthly Connection.

### "Blessed to Be Doers of the Word"

Carolyn Pearson of Bonner Springs, KS and Christine Simone of Palm Beach, FL, had the opportunity to find out just how small the world actually is. Carolyn and Christine served as volunteers in Colombia, where there are four

emerging Community of Christ congregations. Their host family, Yanett and Jairo Zabaleta, welcomed them into their home as daughters. Even though the Zabaletas are very poor in monetary terms, they did not let that stop them from giving cheerfully and generously.

Carolyn recalls: "Each day, a boy named Luis would come to the Zabaleta home in the morning to be a part of Young Peacemaker's Club and to play soccer. He wouldn't leave again until late in the evening. Luis had no shoes, his clothes were torn, and he never went to school.

"At meals Yanett would quietly save enough food for Luis to have a plate of rice after feeding the other seven people in her house. One evening as Yanett and I were walking home from church, we stopped in front of a tiny shack made of old, gray wooden slats. She told me that this was where Luis lived. As I peeked inside, I noticed that nearly ten people were packed inside.

"In that moment, I was deeply touched. I knew that Yanett didn't have many financial resources, and yet she generously shared what little she had with a boy who was much less fortunate. When I consider the almost obscene amount of wealth I have compared to the Zabaletas, I am astounded. I realize now that I have been afforded so many opportunities to serve others. I am grateful that I learned the value of giving generously."

Reprinted from

*Giving: Growing Joyful Stewards in Your Congregation*

**Honor a loved one with a memorial  
gift created in your will.**

### Ladies Night Out

ECW will hold its spring dinner at the Szechaun Restaurant in the Townside Plaza on Monday, June 9th. All women of the parish are invited to attend. Make your reservation with Pam Reilly by Friday, June 6th.

### Youth News:

Sign up now for Diocesan Camps this summer. Brochures are available by the church office downstairs.

The Youth invite all ages to a "Taste of New Orleans" dinner and concert by Sam Hennessy on Thursday, May 15 at 6:00 at Christ Church Roanoke. Tickets are being sold at St James by Sarah, Alex, Rachel, Aaron, Holly and Beth. Cost includes dinner and the concert and is a fund raiser for the Youth Mission trip to Mississippi this summer. \$15/person or \$40/family of 4 or more.

Sam will be the musician at SYE (Spring Youth Event) May 16-18. For youth grades 5-8 at Phoebe Needles. Cost is \$75. I know of 11 St James Youth who are going - are you signed up??

The Youth are appreciative of all your support. If anyone has a spare coffee table for our youth room or an extra "comfy" chair, we would love to be able to use it. Our youth numbers are growing and we need some additions to our cave!

### Special Thanks

SPECIAL THANKS to the St. James Youth for their service project last Sunday. They washed the bus inside and out and picked up trash on the church property and behind the fence. Thanks Kids!!!

Maile Armstrong, Junior Warden

### Needed – English Tutors

For Sudanese living in the area of  
St. James

If this may be a ministry to which you are called  
please contact

Sandra Whitt 330-3451 sandrarpc@yahoo.com  
or Butch Eanes at 992-5195  
butch@footlevelers.com

### Coffee Hour Reception to Honor Those Working in the St. James Children Ministries

ECW invites everyone to a special coffee hour reception on Sunday, May 25<sup>th</sup>, to honor all the adults currently or recently involved with the various children's ministries at St. James. This event will take place immediately after the 10:00 o'clock service that morning and will recognize all those who

teach in our Sunday School Program, serve as a Sunday School monitor, lead the Youth Program, tend the nursery, lead the children's music program (Junior Choir), or are involved with the Catechesis of the Good Shepherd Program. Please come and celebrate the dedicated service of the following individuals:

|                        |                     |
|------------------------|---------------------|
| The Rev. Susan Bentley | Butch Johnstone     |
| Ann Bird               | Brianna Kovac       |
| Sharon Capps           | Glen Lake           |
| Machele Clouser        | Jeannie Lake        |
| Cathy Cohen            | Krystal Miller      |
| Chuck Cohen            | Sara Ostrom         |
| Kate Cordani           | Kate Perry          |
| Matt Cordani           | Jessica Price       |
| Jeanne Counihan        | Donna Repa          |
| Chris Criscione        | Renee Toth          |
| JoAnn Criscione        | Holly Turner        |
| Carol Eanes            | Beth Wiegandt       |
| Shannon Flynt          | Margaret Williamson |
| Denene Hannon          | Billy Witz          |
| Barbara Hassell        | Bobby Wright        |
|                        | Lynn Wright         |

If we have inadvertently left off anyone's name, please let Doris Jean Mattox or Pam Reilly know. We look forward to seeing everyone on Sunday, May 25<sup>th</sup>.

### Daughters of the King

On April 26th Betsy Briggs, Carolyn Vance (D.O.K. from Covington) and I made a beautiful drive to Amherst, where we joined other D.O.K. members for the Spring Assembly. The Assembly was hosted by Tabitha Chapter, Ascencion Church, Amherst, assisted by the Mary and Martha Chapter of St. Johns - Bedford. We enjoyed a skit, followed by St John's member Nancy Strachan's emotional talk about how changed Rwanda is 10 or so years after the genocide, and her friendship with "*Left to Tell*" author Immaculee Ilibagiza. She encouraged us to read the book and our own Mother Sue Bentley had brought copies to sell.

Nancy had several posters set up with pictures of the changes in Rwanda; schools, churches, and many pictures of Immaculee. Those of you who went to see "Hotel Rwanda" will know what it looked like before - now you should see the after!.

A very delicious meal followed catered by our own D.O.K. Karen Smith-Moretz. Following that, we held a Eucharist with Mother Sue as the Celebrant. All in

all, it was an inspiring day. We were reminded that the Fall Assembly will be at Evans House on All Saints Day Nov. 1, 2008

Sandy Maxwell

## **Adopt-A-Day 2008**

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

Jan. 30 adopted by Mimi & Bob Copenhagen 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.

**Feb. 23 adopted by Pam Reilly in honor of her older son Stephen on his birthday.**

**Feb. 24 adopted by Pam Reilly in honor of her husband Wayne on his birthday**

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

Aug. 3 adopted by Cam Srgan in celebration of Sharon Capp's birthday

Aug. 8 adopted by James & Linda Kyle in celebration of their 38th wedding anniversary.

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.***

## **BASEBALL**

Take me out to the ball game, take me out to the crowd, buy me some peanuts and cracker jacks - I don't care if I ever get back, but it's root, root, root for the home team - if they don't win it's a shame, and it's one.. two.. three strikes you're out at the old ball game !

Come enjoy America's favorite past time, live at the Salem Avalanche Ball Park. Join you fellow St' Jimmies on Sunday June 8th @ 2:00 PM and watch the Salem Avalanche (Class A affiliate of the Houston Astros) take on the Lynchburg

Hillcats (Class A affiliate of the Pittsburg Pirates). First pitch is at 2:05 and the gates open at 1:00.

We need 25 or more people for group discount. Group general admission is only \$6 and kids 12 & under get a coupon for a hot dog, chips & drink. (Regular 'Kids Club Members' can use your card for admission but it will not count towards the 25+ needed). Prepayment is required to get this discount.

What a wonderful way to enjoy a Sunday afternoon, sharing with your church family, at the ball park. A sign up sheet will be posted in the parish hall and if you have any questions please see Bob Ostrom at church. You can contact him at 265-3771, 798-2415 or [bobandsara1@cox.net](mailto:bobandsara1@cox.net)

PLAY BALL !!

## **LITURGY COMMITTEE**

In answering many requests and after much discussion, the Liturgy Committee has recommended to Mother Sue that the prayer cycles which are printed in the bulletin no longer be read in their entirety by the lay reader. The topic of each of those prayers will be referred to, and the congregation is encouraged to continue to pray those prayers in their own prayer time. This will soon be implemented into the service. The list of names on the prayer list will still be read aloud.

In the interest of reducing the amount of time spent giving announcements, the Liturgy Committee requests that announcements be printed in the bulletin. Your cooperation in this matter will help to preserve the atmosphere of worship, with the understanding that there will occasionally be last minute concerns that will need to be conveyed to the congregation.

## **Little Church Social Club**

Have you seen the huge trophy in the Parish Hall that was given to Little Church Social Club at the all clubs dance on April 24<sup>th</sup>? The dance was held this year at the Ramada Inn on Franklin Road and was attended by several hundred members of all the Social Clubs in the valley.

First there was a great dinner catered by the Golden Corral and then the dancing began. After an hour of dancing, judges awarded certificates in many categories and several of our members received a certificate, including our own JANE LEWIS.

The trophy was given to the club with the most members present and we won with 22 members and 8 volunteers there. The trophy will be awarded each year to the club with the most members present. All the members at the dance received a door prize and a good time was had by all.

### **Vestry Safety Notes**

In an effort to safeguard all our Parishioners, the vestry has agreed to implement a few simple changes. Please help by observing the following guidelines to protect everyone:

On Sunday's the front church door will be unlocked in time for the 8:00 am service. The remaining doors will not be unlocked until after the 8:00 am service.

The glass door by the church office remains locked unless someone is monitoring the door.

On Sunday morning, the door will be unlocked after the 8:00 AM service and locked at 10:00 AM. Anyone arriving after 10:00 AM please enter through the front church door.

If you are having a meeting, please lock the door after everyone has arrived.

The door at the men's bathroom end, should remain locked at all times.

An overall St. James Safety and Emergency Plan will be shared with everyone in the coming months. Watch your Connections and bulletins as well as e-mail announcements about these important procedures to keep everyone safe.

If you have questions, please contact Maile Armstrong, Jr. Warden at 947-5016 or [mailearmstrong@verizon.net](mailto:mailearmstrong@verizon.net)

Maile Armstrong, Junior Warden

### **Music Notes**

As we begin the season of Pentecost, we will be using a different Fraction Anthem during the service. We will use S154 instead of S167. Pentecost is a time when we celebrate the coming of the Holy Spirit, and it is the longest season of the church year. We will be singing celebratory anthems during this time, and would welcome anyone who would like to join us in the choir. We will be meeting on Sunday mornings at 9:30 to rehearse our morning anthem, and we would also welcome anyone who would like to sing or play something appropriate as the anthem. Just let me know what you would like to do, and we will try to work it out.

During Pentecost, I would also like to incorporate some of your favorite hymns during communion. If you have a favorite, please e-mail your request to the church, or put a note in the Music mailbox outside the office. Music speaks to us in many ways, and I am finding it a great comfort as I live without Bill. It was music that first drew us together, it was music that we shared for almost 40 years, and I am sure that the music will continue to grant me strength and comfort. Thank you for continuing to make music at St. James!

Sharon

### **Prevent ID Theft**

Spring is here and now is a good time to rid the house of paperwork that has accumulated over the past year. The Better Business Bureau (BBB) warns that, when it comes to reviewing and cleaning out our financial records, failing to shred sensitive documents can put everyone at risk of ID theft.

Last year alone 8.1 million Americans became victims of ID theft resulting in the loss of \$45 billion according to a 2008 report from Javelin Strategy and Research. The report notes that, contrary to popular belief, only 12 percent of ID theft is perpetrated online. The vast majority of ID theft occurs when the thief has direct contact with the victim's personal information such as through a stolen or lost wallet, or by rifling through the victim's mailbox or trash.

Properly destroying sensitive personal and financial documents is a key step in ID theft prevention and the BBB offers guides to what to shred and when or their web site at [www.vabbb.org](http://www.vabbb.org).