

the st. james



November 2009

Volume 9 Number 10

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**Sunday Schedule**

8:00 AM Holy Eucharist Rite 1  
10:00 AM Holy Eucharist Rite II  
11:15 AM Coffee & Fellowship  
11:15 AM Children's Education

**United Thank Offering  
Ingathering**  
November 15, 2009

**Intergenerational Advent  
Workshop**  
November 22 at 9:00 AM

**St. James Episcopal Church**  
4515 Delray Street  
Roanoke, VA 24012  
Phone: 540-366-4157  
Fax: 540-366-2851  
E-mail: [stjames@rev.net](mailto:stjames@rev.net)  
[www.stjamesroanoke.org](http://www.stjamesroanoke.org)

**Rector's Message**

Dear Saints of James,

When I was young, I used to love to go spend the night with my Grandparents for they fulfilled all my expectations of letting me do things that I was not allowed to do at home. One of the things I loved, was when my Grandmother would wake me up late at night to watch the fireflies, and curled up together on the chee lounge of the screened porch, I would beg to hear family stories. My Great Grandfather died when my Grandmother was 2 years old, the youngest of 6 children, and although times were hard in Rome, Georgia, sharing was the order of the day. In the family and in the community there was an understanding that although no one had a lot of resources, they would contribute what they had, so that no one went without.

Years later during the Great Depression, my Grandmother told of the crash of the stock market, of jobs lost, of supplies rationed, and of generosity. There were shared garden plots for local produce, recycling of children's clothes among friends and neighbors, credit given at the local grocer's until the next bit of money came in and sometimes one's bill might be paid by some kind benefactor. Entertainment was visiting family and friends on Sunday afternoons, with the playing of instruments and singing of songs, telling stories, and exchanging news, but the most important part of this was the support and knowledge that everyone was going through the tough times together.

My Grandmother was very active in her Presbyterian church and she said that during the depression years the pews were full. People knew that God was the source of their strength and they came to give thanks to God for the little bit that they had, and to share with those who were less fortunate. By all accounts from my Grandmother and others, the real blessing of the Depression was that **people were frugal so that they might be generous.**

I've thought about the stories of hard economic times in years past as our own financial down turn confronts us with money challenges. During the past few decades as our culture has gotten used to having more money, we have become confused about what our basic needs are and what are our wants. The long list of perceived "needs" keeps us slaves to the Master of Money. Even if we have the financial resources to acquire more things, we are presented with the opportunity to rethink our financial habits and see if they really fit our core values.

*(Continued on page 2)*

**St. James Episcopal Church****Clergy:**

The Rev. Susan E. Bentley, Rector  
[seb@rev.net](mailto:seb@rev.net)

**Staff:**

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

**The Connection:**

Send copy to: [stjames@rev.net](mailto:stjames@rev.net)  
 All Saints of James, Reporters

**Internet Web Page:**

[www.stjamesroanoke.org](http://www.stjamesroanoke.org)  
 Butch Eanes, Webmaster  
[weanes@rev.net](mailto:weanes@rev.net)

**The St. James Vestry:**

Senior Warden, Donna Frost, 989-3054  
 Junior Warden, Tim Buchholtz, 366-5779  
 † Clerk, Sam Campbell, 489-4536  
 † Treasurer, Matt Cordani, 362-3016  
 † Ass't. Treasurer, Avis Aheron, 774-0010  
 Rec. Treasurer, Bob Bird, 366-0996  
 Helen Campbell, 489-4536  
 Maile Armstrong, 947-5016  
 Chuck Cohen, 366-3178  
 Tricia Champion, 563-9554  
 Renee Toth, 334-2060  
 Michael Kennedy, 389-1003  
 ( † - Not Vestry members)

**Standing Committees & Chairs**

**Christian Education:** Vacant

**Finance:** Glen Lake, 345-7550  
 Gail Fields, 265-0786

**Liturgy:** Helen Campbell, 489-4536

**Membership:** Pat Ball, 725-8730

**Outreach:** Ray Kasey, 562-1956

**Parish Life:** Tricia Champion, 563-9554

**Pastoral Care:** Donna Frost, 989-3054

**Property:** Tim Buchholtz, 366-5779

**Stewardship:** Avis Aheron, 774-0010

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**Episcopal Church Women:** Pam Reilly  
 362-9742

**Daughters of the King:** Sandra Maxwell  
 389-3373

***Rector's message continued . . .***

As we at St. James prepare for Gratitude Sunday, November 8<sup>th</sup>, and think about how to offer our time, talent, and treasure to God, you may be thinking, "How can I afford to give to the Church, or others, when I don't have much money myself." The amazing thing about being generous is that our riches multiply rather than dwindle when we are openhearted. There are many ways for us to practice the art of being thrifty so that we might have the delight of being generous for God's work in the world. Be imaginative about ways to cut expenses and opportunities to be generous, for it is in giving that we find ourselves receiving in ways greater than we can hope or pray for.

God's Grace,  
 SEB+

**St. James Cycle of Prayer:** In November, we give thanks for the Liturgy Committee and all who serve this parish as acolytes, crucifers, torch bearers, lay readers, chalicists, ushers, and altar guild members at our Sunday services. We especially ask your prayers for our Rector, the Rev. Susan E. Bentley, as she begins her 10<sup>th</sup> year of ministry at St. James.

**Upcoming Events:**

**Intergenerational Advent Workshop:** Sunday, November 22<sup>nd</sup> will be our annual Intergenerational Advent Workshop at 9:00 am in the Parish Hall. This is the Sunday prior to Advent I, and will help us prepare for this season of waiting and watching for the birth of the Holy One. There will be makings for Advent wreaths and other activities appropriate for all ages. Young and old, come and prepare together for our season of Advent.

**News from the Vestry . . .**

(By Maile Armstrong)

The following are announcements and action taken by the Vestry at the October 2009 meeting. Minutes (once approved) of Vestry meetings are in the Vestry notebook on the counter in the Parish Hall.

- The Rector reported on progress in the search for a new Organist/Choir Master to take over for Sharon Capps on her retirement. No date for this transition is yet set, but will likely be near the New Year.
- The Vestry approved the Audit for 2008 and discussed an increase in the Diocesan pledge for 2010.

**Vestry Elections:** It is time again to think about nominations to our 2010 Vestry. The Nominating Committee is composed of the out going vestry members – Maile Armstrong, Chuck Cohen, and Rene Toth. If you would like to nominate yourself or someone else, please give the name to one of the Nominating Committee members. Vestry elections will be held at the December 13<sup>th</sup>, Annual meeting.

**Staff Changes for 2010:** Several months ago, Sharon Capps, let the Vestry know that she would be retiring from her position as Organist/Choir Director. She has served faithfully at the organ bench off and on since 1975, and is now looking forward to singing in the choir, when she is in town. Sharon has shared her musical gifts and talents for the benefit of all of us, with great grace and generosity, and for that we give thanks.

Mr. Andrew Cochran has accepted a call to join our staff as the next Organist/Choir Director, beginning the First Sunday of Christmas, December 27<sup>th</sup>. He is a native of Roanoke, graduating from Northside High School, and receiving a Bachelor of Music in Performance from Texas Christian University in Fort Worth, Texas, and a Master of Music from Southwestern Baptist Theological Seminary in Fort Worth. He has been playing the organ at various churches in Roanoke, Texas, and Oklahoma since 1974. He will be leaving his position as Music Coordinator at Glad Creek Lutheran Church, which he has had for the past 9 years, to join us at St. James. As well as great musical talent, Andy brings a wealth of good interpersonal skills as he has worked in Human Resource positions for Wachovia Bank for some 18 years. Let us welcome Andy with the signature hospitality of the Saints of James, as we begin our journey of making music together to glorify God in our worship.

### Youth News . . .

**All Youth grades 7- 12** are invited to help write and organize the Advent Pageant during the months of November and December during Sunday School time. **The Pageant will be held on December 20 during the 10:00 service.** All children of the parish will be called to get their roles at a later time - let Beth Wiegandt (966-3108) know if you have a particular preference!

**The youth thank** everyone who helped them collect food for the food bank challenge. Although

we did not come in first, we made a very respectable second with 175 pounds of food for Second Harvest Food Bank.

### **Upcoming Youth Events:**

Roanoke Convocation: Nov 1 from after church - 5:00. Plan on bringing money for lunch after which we will travel to Martinsville for convocation and youth activities before returning to church at 5:00.

Fall Youth Event: A weekend retreat for all 8-12th graders at Phoebe Needles November 20 - 22. Sign up at [www.youth.dioswva.org](http://www.youth.dioswva.org)

### Young Adults News . . .

Please remember to keep our recent graduates in your thoughts and prayers. Many of our young adults have moved away to college or are working at home and could use your encouragement through their next journeys in life. We are including contact information for them, so that you can give them a phone call or drop them a letter or an email. Anything that will remind them of our love and support will brighten their day!

Grace Aheron  
Oberlin College  
OCMR 15  
135 W. Lorain ST  
Oberlin, OH 44074  
laheron@oberlin.edu  
(540)580-9207

Sarah Bentley  
Guilford College  
17132 Founders Hall  
5800 W. Friendly AVE  
Greensboro, NC 27410  
bentleysb@guliford.edu or  
rokclimber750@verizon.net  
(540)312-7892

Keith Carter is working in the area and can be reached at home. 366-0606

Joey Champion  
Washing & Lee  
7 Preston ST  
Lexington, VA 24450  
championj11@mail.wlu.edu  
(540)353-9554



| Yearly Income | 1% Tithe | 3% Tithe | 5% Tithe | 7% Tithe | 10% Tithe | 15% Tithe |
|---------------|----------|----------|----------|----------|-----------|-----------|
| \$7,500       | \$75     | \$225    | \$375    | \$525    | \$750     | \$1,125   |
| \$15,000      | \$150    | \$450    | \$750    | \$1,050  | \$1,500   | \$2,250   |
| \$25,000      | \$250    | \$750    | \$1,250  | \$1,750  | \$2,500   | \$3,750   |
| \$30,000      | \$300    | \$900    | \$1,500  | \$2,100  | \$3,000   | \$4,500   |
| \$35,000      | \$350    | \$1,000  | \$1,750  | \$2,450  | \$3,500   | \$5,250   |
| \$40,000      | \$400    | \$1,200  | \$2,000  | \$2,800  | \$4,000   | \$6,000   |
| \$50,000      | \$500    | \$1,500  | \$2,500  | \$3,500  | \$5,000   | \$7,500   |
| \$60,000      | \$600    | \$1,800  | \$3,000  | \$4,200  | \$6,000   | \$9,000   |
| \$70,000      | \$700    | \$2,100  | \$3,500  | \$4,900  | \$7,000   | \$10,500  |
| \$80,000      | \$800    | \$2,400  | \$4,000  | \$5,600  | \$8,000   | \$12,000  |
| \$90,000      | \$900    | \$2,700  | \$4,500  | \$6,300  | \$9,000   | \$13,500  |
| \$100,000     | \$1,000  | \$3,000  | \$5,000  | \$7,000  | \$10,000  | \$15,000  |

**Go Checkless and Pay Your Pledge Online:** Did you know you can pay your pledge online through your bank? Most banks offer a bill pay program that allows customers to make selected payments through an online transaction. Having a feature like this allows you the flexibility to make your pledge payment when you are away or can't get to church on a Sunday. You can schedule payments to be automatically sent on a set date each month or make them on your own when you choose. These transactions are one way from your bank account to the church's bank account and none of your personal information will be shared. Please contact Matt Cordani, Treasurer, if you have any questions regarding online payments (362-3016). If you are interested in setting up an online payment feature, there are a couple of steps:

- Contact your bank in person or through their website to find out if they offer this service
- Contact Matt Cordani to get the correct bank account information for St. James.
- Give your bank the church's information and you should be ready to go.

**Pledge cards for 2010 and Time & Talent Sheets are attached to this month's Connection. Completed pledge cards will be collected on Gratitude Sunday, November 8, 2009. You may also mail in your pledge cards to the church at 4515 Delray St., NW, Roanoke VA 24012.**

**Williamson Road Ministerial Emergency Relief Fund:** St. James partners with neighborhood churches in the Williamson Road area to provide emergency financial assistance and referral

services to individuals and families in financial distress. Each of the participating churches is asked to make a financial commitment to this outreach program. In 2009, the Williamson Road Ministerial Association has established \$800 as a minimum donation for each member church, double what was requested in 2008.

To meet our outreach commitment, we will be distributing Jimmie Jars in November and ask that you put your loose change in the jar for the Williamson Road Ministerial Emergency Relief Fund. The jars will be collected in late February.

**Adopt-a-Day:** There is still time left to Adopt-a-day in 2009. You can Adopt-a-Day for \$60.00 or Adopt-a-Half Day for \$30.00. By adopting a day, you are reducing the annual deficit by a day. If all 365 days are adopted, the budget deficit would be erased. You can celebrate a special occasion or honor a loved one on their special day (birthday, anniversary, retirement, etc.). 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 email. Please consider "adopting" a day or a half day in 2009. Please see below for the 2009 Adopt-a-Day contributions.

**2009 Adopt-a-Day**

(Donations shown in bold were received by the church office after publication of the October newsletter.)

January 12 adopted by Denise & Randy Smerecki in memory of Casimer Smerecki

January 19 adopted by anonymous.

January 26 adopted by Anonymous.

January 30 adopted by Mimi & Bob Copenhaver in celebration of their wedding anniversary

February 2 adopted by Anonymous.

February 13 adopted by Larry & Doris Mattox in celebration of Joyce Brown on her 83<sup>rd</sup> birthday.

March 7 adopted by Susan and Michael Bentley in celebration of Alex's 15<sup>th</sup> birthday.

March 17 adopted by Doris and James Champion, Sr., in memory of our beloved son, James R. Champion, Jr.

March 20 adopted by Sharon Capps in memory of William O. Capps, Jr.

March 24 adopted by Anonymous.

April 7 adopted by Anonymous in celebration of Gwen Lawrence's birthday.

April 10 adopted by Sharon Capps in Thanksgiving for Joanna Baker Capps on her birthday.

April 11 adopted by Anonymous.

May 1 adopted by Anonymous.

May 8 adopted by the EFM class in celebration of Tim Buchholtz's birthday and to thank him for his consistent preparation of coffee and snacks for our weekly meetings.

May 27 adopted by Fran Gayle in thanksgiving for her son, Rob Gayle.

June 6 adopted by Avis, Sarah & Grace Aheron in celebration of Beth Magill's ordination to the priesthood at Christ Church, Alexandria, VA.

June 12 adopted by Avis Aheron in celebration of Grace's graduation from Patrick Henry High School.

June 20 adopted by Jerry & Jean Schaefer in celebration of their 61<sup>st</sup> wedding anniversary.

June 21 adopted by Anonymous.

June 30 adopted by Susan and Michael Bentley in celebration of Matthew's 13<sup>th</sup> birthday.

July 2 adopted by Anonymous.

July 8 adopted by Brian & Jeanne Counihan in celebration of our 20th wedding anniversary.

July 12 adopted by Mike Kennedy in celebration of the birth date of Katie Kennedy Rucker.

July 12 adopted by Anonymous.

July 14 adopted by Anonymous.

July 22 adopted by Susan and Michael Bentley in celebration of Sarah's 20<sup>th</sup> birthday.

July 29 adopted by Anonymous.

**August 2 adopted by the St. James Senior Choir in honor of Matt Cordani.**

August 4 adopted by Sharon Capps in thanksgiving for Mary Leigh Capps on her birthday.

August 5 adopted by Anonymous in honor of Mother Sue's birthday.

August 5 adopted by Avis Aheron in celebration of Susan Bentley's birthday.

August 7 adopted by Anonymous.

August 9 adopted by his friend Cathie Cook in honor of Jerry Hughes' birthday.

August 14 adopted by Sharon Miller in memory of her father, Robert Dugan's birthday.

August 14 adopted by Judy D. Mason in memory of her son, Chip Mason's birthday.

August 15 adopted by Robert & Carol Killinger in celebration of Lonnie Bower's birthday.

August 26 adopted by Frances Stebbins in memory of Charles H. Stebbins on his birthday.

September 11 adopted by Chuck and Catherine Cohen in memory of Joseph and Eleanor Cohen, and Oliver Curley and Connie Lyon.

September 18 adopted by Pam Reilly in honor of son, Stephen's, and daughter-in-law's, Lucy's wedding anniversary.

September 28 adopted by Doris Mattox in celebration of husband Larry's 60th birthday.

October 4 adopted by Gail Fields in memory of my daughter, Deena Marie Shepherd, on her birthday.

October 13 adopted by Pam Reilly in honor of son, Peter's, and daughter-in-law's, Vicki's wedding anniversary.

October 24 adopted by Emma and the gang at Chateau Mess Cat in celebration of Mary Hughes' birthday.

November 14 adopted by Glen Lake in celebration of Jeannie Lake's birthday.

December 4 adopted by Glen and Jeannie Lake in celebration of their grandson's, Cason Robert Nichols, 2<sup>nd</sup> birthday.

### From the Legacy Committee . . .

When is your last chance to tithe to St. James?

When you remember the church in your will.

### News from the Outreach Committee . . .

#### **Benevolence Sundays in November - 15<sup>th</sup> & 29<sup>th</sup>:**

The Benevolence Sunday offering received on **November 15** will go to the **United Thank Offering (UTO)**. The UTO vision statement is as follows: "We will significantly impact the lives of women and children because of Christ's love." To achieve this vision UTO will focus particularly on projects that implement significant change toward alleviating profound human suffering that the Millennium Development Goals address. The work will directly impact the lives of women and children. UTO will continue the historic mission to address compelling human need and expand the mission and ministry of the church. UTO is a spiritual and financial partner in the mission work of The Episcopal Church, through every person in every pew.

The Benevolence Sunday offering received on **November 29** will go to **Second Harvest Food Bank**. Since 1981, the Southwestern Virginia Second Harvest Food Bank has provided millions of pounds of food and related product to approximately 350 partner agencies that directly serve the families and individuals in need of emergency food assistance. Without the Food Bank's distribution program there would be severe and detrimental effects on the types and qualities of services that our partner agencies provide the thousands of disadvantaged families and individuals living in our communities.

The Food Bank does not directly distribute food to those families and individuals in need of food

assistance but, instead, acts as a distribution center to locate, transport, store and distribute the food to our partner agencies that do.

Our partner agencies include non-profit food pantries, children's feeding programs, shelters, soup kitchens, and elderly care facilities. These partner agencies rely on the Food Bank to provide them with the large quantities of food to which they may not otherwise have access.

The Southwestern Virginia Second Harvest Food Bank strives to serve, at the lowest cost possible, hungry people – children, adults, the elderly and the less fortunate by any definition – by collaborating with an ever-widening network of nonprofit and faith-based food distribution agencies throughout our 26-county service area. They seek to improve the overall quality of life of those whose needs they endeavor to meet.

### ECW News . . .

The ECW met on Tuesday, October 6 for their semi-annual business meeting. Activities for 2009 were evaluated and members decided that the Newcomers Luncheon serving 79 spaghetti lunches and selling 8 jars of spaghetti sauce in March, sponsorship of the "How Green Is My Faith" educational program by Dr. Michael Bentley and luncheon, having 35 people attend the June dinner at the Veranda Bistro and the Yard Sale in September were all successful events.

This year the ECW gave \$100 to the Sudanese Education Fund, \$60 to the St. James Adopt a Day, \$50 to the National Cathedral, \$200 to the St. James Building Fund, \$100 to Jackson Field home for girls, spent over \$200 to purchase 15 new prayer books and purchased soup bowls for the kitchen.

**Mark your calendars for Sunday, December 6 at 9 am and during coffee hour for the ECW Simple Giving/Alternate Gift Sale.** Baked goods, Christmas tins, Jackie's Spaghetti Sauce, crafts and pottery will be sold. Alternative gifts like Nets for Life and Heifer gift cards will also be available. More information to come later.

**The Adult Holiday Catered Dinner is planned for Monday, December 14 with social hour beginning at 5:30 pm and dinner served around 6:15 pm.** Please mark your calendar for that event also. There will be a sign-up sheet with the menu available by mid-November.

The meeting adjourned with a delicious pot luck lunch. If you could not attend, plan to attend our

next business meeting on Tuesday, February 2, 2010 at 11 am at the home of Jackie Leonard.

Doris Mattox  
ECW Reporter

### News from the Daughter's of the King . . .

The Shepherdesses (Daughters of the King) will meet November 18, 6:30. If you have anything for the agenda, please let me know.

Sandy Maxwell

### News from the World of Music . . .

In the liturgical calendar, we are celebrating the end of the Season of Pentecost, and getting ready for the Season of Advent. This is the second year we have been using the Revised Common Lectionary for our weekly scripture lessons, and hymns have been chosen to fit the readings that the Church has selected. We have been using year B, and will begin Year C with the first Sunday in Advent, November 29.

We will be singing some favorite Advent hymns, as well as some new ones. Our Eucharistic prayer will change, and so will the response during the prayer.

The Junior Choir sang beautifully at our 9:00 Parish Gathering for Stewardship Sunday, displaying their many talents. Thank you, parents, for getting them to choir rehearsal and to church to sing. They are beginning to prepare music for the Advent Pageant, which will be at the main 10:00 a.m. service on December 20.

Thank you for the many kind words concerning my retirement as Organist and Choir Master. I have enjoyed being a part of the music here at St. James since I first sang with the choir. I am anticipating the beginning of another chapter in my life, as I return to the Senior Choir in the Soprano section-or the Alto section-wherever our New Organist and Choir master needs me to be.

Thank you for doing your part to make our music at St. James a vital part of our worship. Thank you for continuing to support this ministry. May we all continue to love and serve the Lord!

Peace,  
Sharon Capps

### News from the Liturgy Committee . . .

Evening Prayer will be read at 5:30 pm on November 11. Come and join us for this short but meaningful office. It lasts only about ½ hour and is a wonderful way to close out a busy and hectic day.

### November Birthdays . . .

|             |                  |
|-------------|------------------|
| November 2  | Eva Sowder       |
| November 2  | Ron Toth         |
| November 4  | Jessica Price    |
| November 5  | Jerome Carter    |
| November 6  | Nicholas Gardner |
| November 10 | Bryan Buchholtz  |
| November 14 | Jeannie Lake     |
| November 15 | Katy Hanson      |
| November 17 | Michael Terry    |
| November 19 | Jack Seay        |
| November 19 | Jane Lewis       |
| November 20 | Louise Garmy     |
| November 21 | Joe Wampler      |
| November 24 | Francis Magdalen |
| November 26 | Chuck Cohen      |
| November 26 | Drew Ridenour    |

### November Anniversaries . . .

|             |                       |
|-------------|-----------------------|
| November 11 | Peggy and Jack Seay   |
| November 21 | Bill and Odell James  |
| November 26 | Cathy and Chuck Cohen |
| November 30 | Sandy and Bob Maxwell |

### 10 Minutes for Safety . . .

Thanks to all who were able to participate in the two rehearsals for an emergency evacuation of the church. Both rehearsals went smoothly and, although we pray we never need this, it is good to know what to do in an emergency. Watch this column for monthly updates and reminders about safety at St. James.

A new First Aid kit is now in place on the left side counter of the kitchen over the dishwasher provided by the Church Insurance Agency. If you use any items from either first aid kit (Kitchen or at the bottom of the stairs) leave a message for Maile in the office so supplies can be replaced.

Maile S. Armstrong

### Health Watch . . .

There has been a great deal of information in the news concerning the flu season this year and the re-occurrence of the H1N1 strain. I have spent a great deal of time educating myself about the flu, ever since my son Alex was sent home from summer camp in August with Swine Flu. We are all aware that we do not live in a germ free world, and that where there are groups of people, there will be germs. To minimize the spread of germs at St. James, I recommend that you follow the recommended flu prevention steps of:

1. Frequently washing your hands with soap and warm water, briskly for 20 seconds. The rubbing action is critical for killing germs.
2. Getting plenty of sleep daily, to be well rested
3. Eating regular, healthy, nutritious meals and taking a multi-vitamin
4. Exercising regularly
5. **If you feel sick, stay at home;** in the event that you have Sunday morning responsibilities, just call the parish office (366-4157) and leave a message. There are many people willing to help out when there is a need.

At St. James, there are several things that we have done to prevent the transmission of germs.

1. There are bottles of hand sanitizer and boxes of tissues in the public spaces and all Sunday School classrooms.
2. There are signs posted that are reminders of good hygiene: to cough and sneeze into a disposable Kleenex, or your upper sleeve, not your hand, and to wash your hands immediately.
3. There are paper towels at the sinks for hand drying
4. Used glass ware and silverware is run through the dish washer
5. The Chalice Bearers and Celebrant have hand sanitizer at their seats to use before and after Communion; and the Rector also washes her hands, called "the lavabo" both before and after Communion
6. The Communion wine we use is 18% alcohol, which assists in killing germs.

In terms of the use of the Communion Chalice at the Eucharist, the Center for Disease Control has said that the risk of using a common cup is "very low." The alcohol in the wine and the silver from

the chalice combine to reduce harmful effects. The Chalice is wiped with a clean purificator both inside and outside the Chalice after each person takes a sip. The action of a firm rubbing of the Chalice assists in killing the germs. The practice of intincting the Blessed Bread into the Chalice must be done very carefully. One's fingers and finger nails harbor a number of germs, and if the fingers contact the wine, then those germs are introduced into the Chalice.

When receiving Communion, there is always the option of taking the elements in one kind only, that is the Blessed Bread OR Wine, rather than both, recognizing that the church has always maintained that receiving communion in one kind is as efficacious as receiving both. If you do want to receive one of the elements, cross your arms over your chest as a signal to the element bearer. It is also acceptable for the Priest to intinct the Blessed Bread in the Chalice and place it on the tongue of a parishioner. This is done for infants, and parents might want to use this option for younger children or intinct for them.

As we worship together as a community of believers, use your best judgment in taking care of yourself and interacting with others. Everyone has different health needs, circumstances, and comfort levels, so let us support and encourage each other, being sensitive to spreading God's love, not human germs. SEB+

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### Creation Care at St. James

By Michael Bentley

You may have read in previous newsletters that the Gardening Committee needs new members. Well, so far there are just a faithful few.

One idea has come to me as a result of being St. James' representative in an interfaith organization called Impact+Amplify (see <http://www.livingwithinnature.org>). This local non-profit directed by retired architect Tom Cain seeks to find common ground among and pool the resources of many faith traditions to illustrate the connection between spirituality and ecology. One of the ways this can be done is to have Creation Care committees at the parish level.

St. James has already taken steps to reduce its carbon footprint by installing energy efficient lighting and rain barrels and by certifying our property as a wildlife sanctuary. Over the past year

our Gardening Committee has accomplished the latter two measures.

So, I am proposing that the Gardening Committee change its name to the *Creation Care Committee*. The new name signifies that our committee has a mission beyond simply planting and maintaining the flower beds. My hope is that the new name might attract more parishioners to our committee since it implies that we have stewardship and educational components to our work at St. James as well. We need ideas and input from others concerning how to use our parish grounds to support spirituality and ecology.

Contact Lawton Kasey (562-1956) or me (389-3752) if you would like to be on this committee. Our next effort will be to move the Cobb Memorial Garden at the church entrance, and connect the flower bed to the Eric & Beryl Brown River Birch Memorial tree. This will keep our flower bed from being trampled when there is a crowd on the sidewalks. This project will be tackled next spring and will involve digging the new bed and transplanting the crepe myrtles and Stella d'Oro daylilies. The old beds will be seeded with grass. Please consider sharing your time and talents in creation care at home and at St. James.



**Phoebe Needles Hall**

### **Phoebe Needles Retreat & Conference Center Center for Lifelong Learning Still to Come in 2009**

November 10<sup>th</sup>: "Best Restaurants in 50 Miles" with Roger Doss and Carol Yopp

December 8<sup>th</sup>: "Christmas Music"

For more information, call the Center at 540-483-1518 or 800-848-1677; email [PNCenter@gmail.com](mailto:PNCenter@gmail.com); or visit [www.PhoebeNeedles.org](http://www.PhoebeNeedles.org)

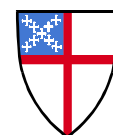
Advance registration is requested.

### **Dodson Lecture**

St. John's Episcopal Church invites you to attend the 2009 Dodson Lecture on Monday, November 16 at 7:30 p.m. The speaker is internationally known biblical scholar, The Rev. Marcus Borg, and the topic will be *Telling the Story of Jesus Today, How It Matters*.

Dr. Borg retired from Oregon State University in 2007 where he held an endowed chair as Professor of Religion and Culture. He is the author of 16 books including, Meeting Jesus for the First Time (1994) and Reading the Bible Again for the First Time (2001).

Dr. Borg will also speak at Holy Trinity Lutheran Church, located at 1000 Langhorne Road in Lynchburg, Virginia, on November 13 and 14 where his topic will be *Being Christian in the Twenty-First Century*. For more information visit: [www.holytrinitylynchburg.org](http://www.holytrinitylynchburg.org) or contact Pastor Dennis S. Roberts, 434-384-8441.



## SERVER SCHEDULE FOR NOVEMBER

## Nov 1

8 AM Lector – Susan Tolliver, Chalcist – Tim Buchholtz

|       |            |                 |             |  |
|-------|------------|-----------------|-------------|--|
| 10 AM | Crucifer 1 | Rachel Ostrom   | Ushers      | Ray & Lawton Kasey   |
|       | Crucifer 2 | William Ostrom  | Coffee      | Linda Bryant, Denise Smerecki                                  |
|       | Acolyte    | Ryan Kovac      | Nursery     | Matt & Katie Cordani   |
|       | T Bearer   | Kirin Johnstone | Tellers     | Ron Toth, Michael Kennedy                                      |
|       |            | Marjorie Price  | Altar Guild | Lonnie Bower, Joyce Brown, Jean Schaefer,<br>Esther Williamson |
|       | Chalcist   | Donna Repa      |             |  |
|       | Lector 1   | Bob Ostrom      |             |  |
|       | Lector 2   | Maile Armstrong |             |  |
|       | Prayers    | Laura Anderson  |             |  |

## Nov 8

8 AM Lector – Susan Tolliver, Chalcist – Tim Buchholtz

|       |            |                |             |   |
|-------|------------|----------------|-------------|---|
| 10 AM | Crucifer 1 | Joseph Repa    | Ushers      | Carl Ball, Larry Mattox                   |
|       | Crucifer 2 | Michael Repa   | Coffee      | Laura Anderson, Jackie Leonard            |
|       | Acolyte    | Sarah Perry    | Nursery     | Ann Bird, Elizabeth Witz                  |
|       | T Bearer   | Ben Clouser    | Tellers     | Arby Frost, Kristen Johnstone             |
|       |            | Morgan Cordani | Altar Guild | Helen Campbell, Boots Ingram, Odell James |
|       | Chalcist   | Matt Cordani   |             |   |
|       | Lector 1   | Michael Repa   |             |   |
|       | Lector 2   | Sandy Maxwell  |             |   |
|       | Prayers    | Bob Ostrom     |             |   |

## Nov 15

8 AM Lector – Tim Buchholtz, Chalcist – Jo Schultz

|       |            |                 |             |  |
|-------|------------|-----------------|-------------|--|
| 10 AM | Crucifer 1 | Aaron Taylor    | Ushers      | Bill & Elizabeth Witz  |
|       | Crucifer 2 | Nick Simmons    | Coffee      | Tricia Champion, Lawton Kasey  |
|       | Acolyte    | Marjorie Price  | Nursery     | Bob & Sara Ostrom  |
|       | T Bearer   | Felix Counihan  | Tellers     | Larry Mattox, Jackie Leonard   |
|       |            | Mark Curley     | Altar Guild | Betsy Briggs, Jo Schultz, Susan Tolliver, Kathryn Tully,<br>Lonnie Bower (10 o'clock cleanup only) |
|       | Chalcist   | Butch Eanes     |             |  |
|       | Lector 1   | Lynn Wright     |             |  |
|       | Lector 2   | Michael Bentley |             |  |
|       | Prayers    | Donna Frost     |             |  |

## Nov 22

8 AM Lector – Tom Orville, Chalcist – James Kyle

|       |            |                  |             |  |
|-------|------------|------------------|-------------|--|
| 10 AM | Crucifer 1 | Dustin Hassell   | Ushers      | Michael & Matthew Bentley                  |
|       | Crucifer 2 | -----            | Coffee      | Nan Mallen, Sharon Miller                  |
|       | Acolyte    | Jessica Wiegandt | Nursery     | Julia Felts, Lisa Gardner, Butch Johnstone |
|       | T Bearer   | Ian Johnstone    | Tellers     | Steve Wiegandt, Maile Armstrong            |
|       |            | Kirin Johnstone  | Altar Guild | Joyce Brown, Kate St. Clair                |
|       | Chalcist   | Donna Repa       |             |  |
|       | Lector 1   | Donna Frost      |             |  |
|       | Lector 2   | Laura Anderson   |             |  |
|       | Prayers    | Lynn Wright      |             |  |

## Nov 29

8 AM Lector and Chalcist – Tim Buchholtz

|       |            |                 |             |  |
|-------|------------|-----------------|-------------|--|
| 10 AM | Crucifer 1 | Hunter Hart     | Ushers      | Ron & Renee Toth   |
|       | Crucifer 2 | Alex Bentley    | Coffee      | Lonnie Bower, Joyce Brown, Jean Schaefer                 |
|       | Acolyte    | Josie Wiegandt  | Nursery     | Shannon Flynt, Machele Huff                              |
|       | T Bearer   | Molly Hassell   | Tellers     | The Wardens  |
|       |            | Sarah Perry     | Altar Guild | Linda Bryant, Lawton Kasey, Sharon Miller,<br>Pam Reilly |
|       | Chalcist   | Avis Aheron     |             |  |
|       | Lector 1   | Betsy Briggs    |             |  |
|       | Lector 2   | Jackie Leonard  |             |  |
|       | Prayers    | Michael Bentley |             |  |

## Dec 6

8 AM Lector – Susan Tolliver, Chalcist – Tim Buchholtz

|       |            |                 |             |  |
|-------|------------|-----------------|-------------|--|
| 10 AM | Crucifer 1 | William Ostrom  | Ushers      | Chuck Cohen, Ryan Kovac, Ashley Nelson                         |
|       | Crucifer 2 | Rachel Ostrom   | Coffee      | George & Donna Repa  |
|       | Acolyte    | Matthew Bentley | Nursery     | Matt & Katie Cordani   |
|       | T Bearer   | Ben Clouser     | Tellers     | Ron Toth, Michael Kennedy                                      |
|       |            | Marjorie Price  | Altar Guild | Lonnie Bower, Joyce Brown, Jean Schaefer,<br>Esther Williamson |
|       | Chalcist   | Butch Eanes     |             |  |
|       | Lector 1   | Helen Campbell  |             |  |
|       | Lector 2   | Kate Perry      |             |  |
|       | Prayers    | Laura Anderson  |             |  |

DOK Gift Bag Preparation: Jo Schultz, SusanTolliver

Note: If you can't meet your scheduled time please find a substitute and let the Office know.

| Sunday  | Monday                          | Tuesday  | Wednesday   | Thursday  | Friday    | Saturday  |
|---|---------------------------------|--|---|---|-----------|---|
| <p>1</p> <p>3:00 PM AA<br/>5:30 PM Sudanese Worship</p>   | <p>2</p>                        | <p>3</p> <p>10:00 AM Prayer Group<br/>6:30 PM EFM<br/>8:00 PM AA</p>     | <p>4</p> <p>7:30 PM Choir</p>   | <p>5</p> <p>3:30 PM Atrium<br/>6:30 PM Bible Study<br/>8:00 PM AA</p>                         | <p>6</p>  | <p>7</p> <p>8:30 AM Men's Breakfast<br/>10:00 AM AA<br/>12 - 1 PM SHARE Sign Up</p> |
| <p>8</p> <p>9:00 AM Outreach<br/>Committee<br/>11:15 AM SHARE Sign Up<br/>11:45 AM Junior Choir<br/>3:00 PM AA<br/>5:30 PM Sudanese Worship</p> | <p>9</p>                        | <p>10</p> <p>10:00 AM Prayer Group<br/>6:30 PM EFM<br/>8:00 PM AA</p>    | <p>11</p> <p>5:30 PM Evening Prayer<br/>6:45 PM Little Church<br/>Social Club<br/>7:30 PM Choir</p> | <p>12</p> <p>3:30 PM Atrium<br/>6:30 PM Bible Study<br/>8:00 PM AA</p>                        | <p>13</p> | <p>14</p> <p>10:00 AM AA</p>  |
| <p>15</p> <p>United Thank Offering<br/>Ingathering<br/>11:45 AM Junior Choir<br/>3:00 PM AA<br/>5:30 PM Sudanese Worship</p>                    | <p>16</p> <p>5:00 PM Vestry</p> | <p>17</p> <p>10:00 AM Prayer Group<br/>6:30 PM EFM<br/>8:00 PM AA</p>    | <p>18</p> <p>7:30 PM Choir</p>  | <p>19</p> <p>3:30 PM Atrium<br/>6:30 PM Bible Study<br/>8:00 PM AA</p>                        | <p>20</p> | <p>21</p> <p>10:00 AM AA (downstairs)<br/>10 to 1 PM SHARE<br/>Distribution</p>     |
| <p>22</p> <p>9:00 AM Advent<br/>Workshop<br/>11:45 AM Junior Choir<br/>3:00 PM AA<br/>5:30 PM Sudanese<br/>Worship</p>                          | <p>23</p>                       | <p>24</p> <p>10:00 AM Prayer Group<br/>6:30 PM No EFM<br/>8:00 PM AA</p> | <p>25</p> <p>6:45 PM Little Church<br/>Social Club</p>  | <p>26 Thanksgiving Day</p> <p>3:30 PM No Atrium<br/>6:30 PM No Bible Study<br/>8:00 PM AA</p> | <p>27</p> | <p>28</p> <p>10:00 AM AA<br/>12 - 1 PM SHARE Sign Up</p>                            |
| <p>29</p> <p>11:15 AM SHARE Sign Up<br/>3:00 PM AA<br/>5:30 PM Sudanese Worship</p>   | <p>30</p>                       |  |   |   |           |   |