

St. James' Episcopal Church Indian Head, Maryland



August - September 2010

Rector's Ramblings

I am not very good at meditating. I just have one of those minds that are difficult to shut down. I remember being at a clergy gathering where the facilitator was leading us through a meditation exercise and she said "Sometimes when you are trying to meditate you experience "Monkey Mind". That is when your thoughts "swing" from one to another like a monkey swinging from tree to tree in a forest. I knew exactly what she meant. I can start out with a piece of Scripture, concentrating on it, trying to block out the rest of the world and my mind goes something like this. "When they had brought their boats to shore, they left everything and followed him." (Luke 5:11) "When they had brought their boats to shore, they left everything and followed him. When they had brought their boats to shore, they left everything and followed him. When they had brought their boats to shore, they left everything and followed him. When they had brought their boats to shore...I wonder what that shore line looked like? Was it like a lake or more like a beach? Like Myrtle Beach, nice and wide, white sand. It was so hot that time we were there in August, never again. Oh yeah, Di and Al said they wanted to do a Myrtle Beach reunion trip next year. I think they said in March. I wonder when Easter is next year? October would be nice, the water is still warm, maybe they would change to October. Oh but we have the Beckary House in October. Did I send the deposit for the Beckary House this year? I better look in the check book." You get the idea, I definitely suffer from "Monkey Mind."

A few years ago when I was at Trinity I thought I might have a better chance at meditation if I could keep my hands busy doing something that I didn't have to think about too much. I had seen a lot of people knitting and thought that might be a good way to go. My spiritual director suggested I read a book called "Knitting into the Mystery" that talked about knitting as a spiritual discipline. It was a wonderful insight into how knitting can help with quieting the mind and become prayerful especially as you knitted prayer shawls. The pattern for the shawl in both knitting and crocheting is provided in the book.

So I started a group. I asked anyone who was interested in knitting, who knew how to knit or wanted to learn to gather one evening to talk about it. Twelve people showed up and amazingly six were experienced knitters and six never held knitting needles before (I was one of those). We all bought the book and read it and came back ready to go. For the first month we met once a week for tutoring, the second month we met every other week until people felt comfortable knitting on their own knowing they could call their tutor for help. We then began to meet once a month. Our evening format was a reading of some kind, Scripture or another meditation followed by 20 minutes of quiet knitting and meditation. Then we opened it up for sharing from our quiet time and then fellowship. People shared stories about who they were knitting for or ideas on how we could give the shawls away if there wasn't a particular person in mind. When a shawl was finished, the person brought it in and at the end our out time together we would stand in a circle and pass the shawl along with each person offering a prayer either silently or aloud for the person the shawl was going to. A little card was attached to it saying it was a prayer shawl and what that meant. We also made lap blankets for men. It was a wonderful ministry and a nice way to mediate on a regular basis.

I would like to start a group here at St. James. We would need some folks who can knit or crochet and are willing to teach to join as I haven't picked up my needles in years now. I would like to meet on Wednesday evenings at 7:00 so people who work can join us our first night will be September 22nd. We can coordinate rides for those who don't drive at night. A sign-up sheet will be on the board for ordering books if you would like one. I hope you will join me and being a new prayer discipline as well as wonderful ministry to people who need to feel God's loving arms around them at times. This is open to women and men of all ages. Denise+



A Letter to the Congregation from your Finance Committee

I hope everyone is having a wonderful summer. It seems that with the coming of Summer and the high heat (particularly this year), everything seems to slow down. We at the Finance Committee have noticed a particular slow down that we'd like to bring to your attention.

As we reviewed our Income and Expense Reports through the month of July, we've noticed that our income from both pledged and non-pledged donations are down thus far when compared to our Budget and past trends. What concerns us is that we have had and are now looking at some very challenging periods in the coming months. Several of our members have moved away (Jackie Vos, the Cannons, and the Fairfaxs) or are about to (Mary Thorson). It's always a difficult task to communicate information about finances AND in the same sentence mention people moving away. However, that is the reality of the situation.

We certainly hope for and strive to maintain the fabulous growth we have had "structurally" with our building and grounds projects. Also, we have planned growth spiritually as we expand our mission by continuing to bond within our Church family and reaching out to our community at large.

Please take a moment and review where you are with your pledge this year. Last year we asked if any of you were interested in a mid-year statement of your giving to date. Since only a handful responded, we didn't offer that option this year. However, if you've lost track or don't quite know where you are pledge-wise, please let Tom Peterson or Rev. Denise know and they can help you find out. Also, if you are able to increase your pledge (even a few dollars a week makes a difference) it would be greatly appreciated.

If you are new to our Church and would like to pledge, you can do so at any time. Pledging helps us to predict what assets will be available to do God's work here at St. James'. This knowledge is crucial for planning purposes. If you choose not to pledge, then certainly any donation you wish to make in any form (we could use a bus!) is always appreciated.

Thanks for all you do. I have always marveled at just how generous our Congregation is and I, as many of you, approach the future of this Church with hope and confidence. See you in the Fall.

Ron Litten
Finance Committee Chair

CHURCH COMMITTEES AND GROUPS

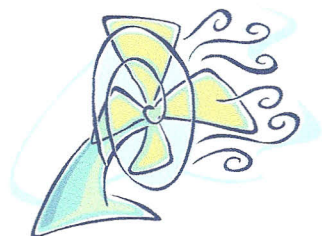
“Be sure to fear the LORD and serve him faithfully with all your heart, consider what great things he has done for you.” 1 Samuel 12:24

Do you participate in any of the committees or groups that are at St. James’ Church? I’m about to make my selection for another committee. Join me. Contact the chairperson for the committee to find out when meetings are held. Chairpersons are listed on the St. James’ web site -- click on “St. James’ committees. Or, you may contact Sheila Gray to find out more about the different committees and groups.

S O P F P X C I X Z B Z F L K E S B Y M
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ACOLYTE
BUILDINGS AND GROUNDS
CHOIR
EPISCOPAL CHURCH WOMEN
FELLOWSHIP
FINANCE
LAY READER

OUTREACH
STEWARDSHIP
USHERS
VESTRY
WAYS AND MEANS
WORSHIP
NEWCOMERS WELCOMING



Air Conditioner Fund

The air conditioner units in the church are starting to go. We replaced one this month. The cost to replace all five units is roughly \$28,000. The new units will also be able to heat as well as cool giving us a secondary source for heat on the extremely cold days. If you would like to donate to this fund please make checks payable to St. James' Church and write "AC Fund" in the memo. This will be an ongoing fund drive until we reach our goal.



Lay Reader/Acolyte News

Thank you to Jackie Vos for her devotion and spiritual dedication to St. James'. Her faithfulness to the Lord was evident in her 32 years of service. In that time Jackie was a wonderful lay reader and chalice bearer.

We wish her well and hope that she will visit St. James' often.

Karen



FELLOWSHIP

Thanks to everyone who participated in the summer fellowship events. Good turn out and lots of fun. Game nite or day will continue thru the fall and winter and will be announced in the bulletin or by email. We're always looking for fun ideas, so if you have one, bend my ear.

God bless you all,

Adah



Sunday School begins on September 12, 2010 immediately following the 9:15 am

Family Worship Service. Classes are open to all students from Pre K thru High School. Each month we try to hold a special event and this year's first event will be the Blessing of the Animals on October 3, 2010 at the 9:15 am Family Worship Service. This event is not only open to our Sunday School but to the whole church family and surrounding community. So bring your friends and their pets.

Don't have a pet - bring your favorite stuffed animal. Also, from now until October 3rd we will be collecting items for our local Humane Society. A copy of their "Wish List" will be placed in the Sunday bulletins. **Nancy Hurlburt**



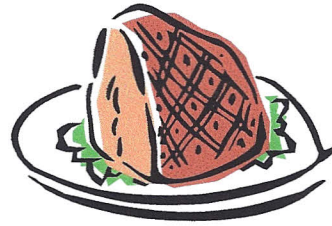
Women's Group

The Women's Group will start up on October 18th and meet each Monday from 11:00-12:30 in the Parlor of the Costain House. This Fall we will be reading and discussing the book "The Shack" by William P. Young.

COMICS by **Joshua Gray**



HAM & CRAB CAKE DINNER!



Sunday, September 12th from 3:00- 6:00

Adults - age 13 - \$20.00

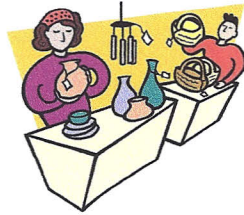
Children - age 12-6 - \$10.00

Children under 6 - FREE

Dessert is included in the price.

Prep day: Saturday - September 11th 9:00 - Noon

Please sign up to help and/or bring a dessert. Sign-up sheet is on the bulletin board.



St. James' Fall Bazaar


Saturday, November 6th

NEEDED:

- Vendors
- Volunteers
- Baked Goods

Additional details will be provided later. If you are interested in being a vendor, please contact Sue Denison.

SEPTEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 8:00 PM AA Meeting	2 7:00 PM Choir Practice 8:00 PM NA Meeting	3	4
5	6	7	8 8:00 PM AA Meeting	9 7:00 PM Choir Practice 8:00 PM NA Meeting	10	11  Kitchen Volunteers 9:00 AM Dinner Set Up
12  9:15 AM First Day of Sunday School 3:00 PM Ham and Crab Cake Dinner	13 6:30 PM Vestry Officer's Meeting	14	15 6:30 PM Finance Committee 8:00 PM AA Meeting	16 7:00 PM Choir Practice 8:00 PM NA Meeting	17	18
19	20	21 6:30 PM Vestry Meeting	22 8:00 PM AA Meeting	23 7:00 PM Choir Practice 8:00 PM NA Meeting	24	25
26	27  Spaghetti Supper 5:00 PM Community Spaghetti Dinner	28	29 8:00 PM AA Meeting	30 7:00 PM Choir Practice 8:00 PM NA Meeting	1	2  Blessing of the Animals 9:15 AM Tomorrow! Blessing of the Animals