



St. James' Episcopal Church Indian Head, Maryland



March - April 2010

Rector's Ramblings

Rev. Denise Cabana

The diocese has begun the vocational deacon program and for this first round they are having one person from each County and the District go through the process for ordination. In Charles County, the person is Steve Seely from Old Durham Parish. Steve will be shared among the five churches of the County. We churches are still in the process of working that out. Steve writes a piece for the Old Durham newsletter and I am sharing it with you.

Thinking Out Loud

There is a poem by Edgar Guest that I have always liked. Here are the beginning verses of that poem.

Sermons We See

I'd rather see a sermon than hear one any day;
I'd rather one should walk with me than merely tell the way

The eye's a better pupil and more willing than the ear,
Fine counsel is confusing, but example's always clear;

I soon can learn to do it if you'll let me see it one;
I can watch your hands in action, but your tongue too fast may run

The first time I heard this was a beautiful fall afternoon. A friend of mine and co-teacher for the middle school Sunday School class and I had loaded the kids from the class into vans and cars and ventured 85 miles southwest from Oklahoma City to the Wichita Wildlife Refuge.

Oklahoma is basically very flat terrain. But, in the middle of this national part are two large rock formations or mesas referred to in Oklahoma terms as Mount Scott and Elk Mountain. Neither are true mountains but the elevation from bottom to top is about 1,000 feet.

In our climb of Elk Mountain that day, we blazed our own trail. There were boulders and trees in the way. There were parts of the climb where kids and adults boosted and pulled each other up from one level of the mountain to the next. Little by little and one by one, we ascended the mountain.

Some 3 hours later; this group that had started at the bottom with no clear trail, found themselves sitting together on a beautiful mesa at the top of Elk Mountain. The clear day and Oklahoma sunshine provided a view that stretched for miles and miles. There was a wonderful breeze blowing and the rocks we sat on were surrounded by bright green grass. The viewed the first hint of colors in the trees off in the distance. The only sound you could hear was the whisper of God.

After some minutes in this wonder created by God, we read this poem. You see, that day was symbolic of our lives. There is not always a clear path. There are often big boulders in our way and we need each other to scale them to reach the top.

Since that day I have often thought of the outing we made together and I reflect on this poem. I think about where I have been and where I am today. I did not get here alone and neither did you. We grow in God's grace and salvation together. We learn from each other and succeed and fail together.

Barriers are removed in true community just as there were that day on Elk Mountain. There was no qualification of whose hand extended to whom as we scaled the rocks and ascended to the top.

We are at the dawn of a new decade. In the last decade there was often much turmoil and conflict in the Episcopal Church over some national and also local issues. It is my prayer that in the next ten years we see sermons in each other and that we see hands extending to hands pulling each other up the rock. So that when we arrive at the end of the day, we are all sitting together at the top of the mesa with the breeze in our faces and warmth of the sun wrapped around us. And, that we didn't just see a sermon, but that in each other, we saw the face of God. Steve Seely is a member of Christ Church, Old Durham, Nanjemoy, MD.

Mission Committee

Thomas Peterson

We as a church reach out far beyond our community to touch the lives of many people in need. Through our **community dinners** we are able to help people in our own community as well as those in faraway places since the donations received during the dinners are sent to feeding programs throughout the world. The donations from our last dinner were given to SafeNights to help repair the van used to transport the homeless. The community dinner schedule for the remainder of the year is March 29, May 24, July 26, September 27, and November 29. Please come join us for "Seeing A Sermon".

Some of the other projects we are involved in are **Sponsor-a-Child** where we as a church are supporting 10 children in **Haiti**, sending dental supplies and money to **Honduras**, and providing food and shelter for the homeless in our church two weeks out of the year through the **SafeNights** program. Because of your generous donations we were able to send \$2,000 to help with the Haiti earthquake relief effort.

Lent and Easter Season

Rev. Denise+

Okay I know I say it all the time, but time is just going by way too fast. With Lent and Easter being early this year (Ash Wednesday is February 17 and Easter is April 4) it feels like we hardly got the Christmas decorations put away (actually as I write this my Christmas cards are still displayed in our dining room) and we are preparing for Lent. In some ways I guess having Lent begin so early is kind of fitting. The days are still short, darkness comes early but each week as we make our way to Easter the days slowly get longer until just before Holy Week and just in time for Easter. Thank you to the change in Day-Light Saving Time, we have long glorious days of sun light. This is a nice metaphor for the journey of the darkness of Lent into the light of Easter.

I am hoping to really embrace Lent this year and not push it away in the busy-ness of life and getting ready for the onslaught of Holy Week. I am putting my Lenten discipline in writing here to you so that I can be held accountable by you, which is one of the responsibilities we have to one and other when we are part of a faith community (did you know that?). I am going to take a half hour each day for quiet prayer and reading. I am going to look for one thing that I can do each day to show kindness towards another person and I am going to participate in the Lent offering program of St. James. This discipline embraces three things that I think are important in a Lenten discipline:

1. Growing in my relationship with God or growing spiritually.

2. Growing as a disciple of Christ by showing God's love for the world.
3. Giving up something to benefit others.

I hope that you too will pray and come up with your own Lenten Discipline. Just one thing will do. To do otherwise would let the calendar of the world dictate our lives and Lent is just a word we use in church that has no meaning in our "real lives." Let's embrace this holy season this year and see what living in God's time can truly do for us and the world around us. (Note: I will be away April 5th through the 10th).

Lenten Series

This year for our Lenten series we will be joining with other Christians in a book study using the book *Forgiving Ararat* by Gita Nazareth—the astonishing story of Brek Cuttler, a young lawyer and new mother who dies unexpectedly and, in the afterlife, is chosen to join the elite lawyers who prosecute and defend souls at the Final Judgment. This is a miraculous and mesmerizing novel about life, death, healing, justice, forgiveness, and what it means to be both human and Divine. We will meet on Sunday afternoons just after coffee hour each Sunday during Lent. The book is available through Amazon.com

Holy Week and Easter

Holy Week begins after Palm Sunday on March 28th. All Holy Week services will be held at 7:00 each night.

Wednesday – Tenabrae which is a very moving service of readings, quiet, and darkness

Thursday – Agape meal and Eucharist in the parish hall followed by the stripping of the altar

Friday – Stations of the Cross (Noon only) and Good Friday Service

Saturday – Easter Vigil Service

Sunday – Sun rise service and our normal Sunday schedule with the Family service at 9:00 rather than 9:15

Lenten Offerings

The Missions Committee is inviting members of the Congregation to participate in a special Lenten collection for much needed dental equipment for the dental clinic in Honduras that we sent supplies. There are offering cards for families to use and mite boxes for children who want to make their own contribution. We will have a special collection of these funds on Easter Sunday.

Message from the Senior Warden

Brenda Peterson

This is my last newsletter as your Senior Warden (well, technically by the time you receive this I won't be senior warden). I am thankful for the help and encouragement given by the entire congregation, especially Denise and my loving husband, Tom. It has been a privilege to serve. I must now pass the baton to Sheila Gray, who could very well prove to be the best senior warden yet.

WAIT! Before I leave I have one last piece of my life to share as a testimony to my faith. Last year I was so miserable, but being a person who doesn't like to rock the boat or take chances, misery continued to prevail. After all, I am a Libra. Balance and peace is my motto. This was not happening for me. Prayer became the only thing keeping me together. I would pray when I woke up, throughout the day, and as I tried to fall asleep at night. I took baby steps to solve my problem, which felt like giant risks to me, but it never was enough. Finally God said enough is enough, grabbed my hand and pulled me through. Thinking about jumping off that

cliff had been so frightening it was paralyzing. Once God pushed me off and I had taken that first step the fear began to subside in leaps and bounds until I reached my destination. Hallalujah! Life IS good! Thank God for God! Prayer does work even when we resist.

Vestry Update

Welcome to new vestry members Matthew Gray, Adah Morgan, and Mary Ann Cobb. Also welcome to Sheila Gray who has accepted the position as Senior Warden. Thank you to our outgoing Senior Warden Brenda Peterson and vestry members Thomas Gordon, and Elsa Ault for their dedication and service.

Phone Tree

Brenda Peterson

The phone tree has been updated to include new members and eliminate members who have left the area or passed away. Please remember the following procedures when using the phone tree. When you are called, please call the next person on the phone tree (not the directory). If they do not answer, leave a message and call the next person on the list below your name. Continue this process until you talk to an actual person (Not answering machine) or you reach the end of the list. The last person on list should call me at 301-399-2779 to let me know that everyone has received the message. If you have any questions or if you have any changes to your numbers please contact me.

Convention News

Ann Morgan

The Convention began Friday, January 29th. In spite of the dire weather predictions, booths were being set around the convention hall. St. James' "beading booth" had a great display and four of our "beaders." (We don't worry about the weather!) There are four committees that aid the Bishop, and each has clergy and lay persons from all six regions. The term varies from 1 to 4 years, and as delegates we vote for the replacement of the retiring persons. We have an opportunity to meet the candidates, and hear a brief introduction from them. This, a picture and a brief message in our booklet, provides us an idea of who we are voting for. I usually vote for the region 6 candidate because we want our region to have as much representation as possible. The voting begins on Friday, and because of the inevitable ties, continues after the program on Saturday. Friday evening is the beautiful Eucharist with the Cathedral Choir which may include some of our choir members.

Saturday's morning program included the Bishop's address and reports from committees. We usually hear the Keynote Address, but this year was cancelled because of snow conditions. That was disappointing.

Again this year, Rev. Denise and I were part of a small group that was called forward to receive a "Certificate of Appreciation" for our parish tithes to the Diocese. This was really YOUR proud moment, because of your generous support to St. James'. Thank you for sending me to represent you. Respectfully, Ann Morgan.

Sunday School News

Our 2009-2010 Sunday school year is almost finished. During the Lenten season, Pretzel Sunday will be on March 21st at 9:00. Please be prompt.

On Easter Sunday, April 4th, we will again have our traditional Easter Egg Hunt that will begin promptly at 9:00. Please bring 3 **Colored Eggs** and a basket to carry your eggs.

Don't you just love Ice Cream Sundaes? Well, on May 30th, the Sunday School will have Sundae Sunday for our end of the year party in which the students will make their own ice cream sundaes!!

Award Sunday will be on June 6 at the 10:30 service. Sunday School year pins and attendance awards will be given. There will be no 9:15 service.

Choir News

Jonathan McDonald

There are more than 700 hymns in the *Hymnal 1982 and*, in *Lift Every Voice and Sing II* there are almost 300. Consider *Wonder Love and Praise* and the newest hymnal supplement *Voices Found* and you'll find more than 1200 hymns available to Episcopalians. There are also a number of hymns we may know from some other source, making the hymns we know and like innumerable.

When I pick our hymns, the first thing I look at is the text of the hymn. My goal is to select hymns that relate to the lessons appointed for our worship. I also like it when the hymns are familiar, but with so many to choose from, I think it's important to learn some new hymns.

Since my arrival at Saint James in October, we've had the opportunity to sing a lot of music. Hopefully, we've sung some of your favorites, and hopefully you've learned some new music. I also hope you have found some new favorites. Because I want to make sure we're singing the hymns you like, I've put together a survey to let you tell me what your favorite hymns are. There is no time limit to tell me what hymns you like, so completing a survey doesn't mean you can't add to it later. If you haven't completed a survey, there is one included in this newsletter. I'll put together a list of Saint James' top 40 (or more) and whenever the text relates to the lessons, we'll sing your favorites. I also think it's important to let you know what hymns we will sing in the coming weeks. Of course sometimes, there are changes, but the list should give you a good idea of what's coming up musically.

March 7

648 When Israel was in Egypt's Land
309 O food to pilgrims given
313 Let thy Blood in mercy poured
392 Come we that love the Lord

March 14

556 Rejoice, ye pure in heart
620 Jerusalem, my happy home
470 There's a wideness in God's mercy
690 Guide me, O thou great Jehovah

March 21

474 When I survey the wondrous cross
518 Christ is made the sure foundation
455 O Love of God, how strong and true
473 Lift high the cross

March 28 (Palm Sunday)

Prepare ye the way of the Lord
154 All glory, laud, and honor
158 Ah, holy Jesus
168 O sacred head
458 My song is love unknown

April 1

171 Go to dark Gethsemane
172 Were you there?
325 Let us break bread together
306 Come, risen Lord

April 2

172 Were you there?

April 3 (Easter Vigil)

207 Jesus Christ is risen today
208 The strife is o'er
174 At the lamb's high feast we sing
L 43 Because He lives

April 4 (Easter)

175 Hail thee, festival day!
Thine is the glory
204 Now the green blade riseth
195 Jesus lives!
207 Jesus Christ is risen today

April 11

209 We walk by faith
420 When in our music God is glorified

April 18

L 88 My faith looks up to thee
460 Alleluia! Sing to Jesus

324 Let all mortal flesh keep silence
328 Draw nigh and take the Body
208 The strife is o'er

305 Come, risen Lord
L 146 Break thou the bread of life
255 We sing the glorious conquest

April 25

645 The King of love my shepherd is
343 Shepherd of souls, refresh and bless
455 O Love of God, how strong and true
334 Praise the Lord, rise up rejoicing
708 Savior, like a shepherd lead us

May 2

L 62 In Christ there is no east or west
432 O praise ye the Lord!
316 This is the hour of banquet and of song
581 Where charity and love prevail
439 What wondrous love is this

ECW News

Mittie Buchanan

The ECW will be hosting the Corned Beef and Cabbage Dinner on March 13th. In May will be the trip to the Cathedral Flower Mart (date will be announced soon). The next ECW meeting is March 14th following the 10:30 service. All are invited to attend. Our ECW is a dedicated group and St. James' is fortunate to have such a gracious group to provide love and care to so many. Please contact Mittie Buchanan (president) for any ECW information.

Tea Anyone??

Jackie Vos

The preparations for the Spring Tea are underway. The Spring Tea theme this year is THE MAD HATTER TEA!! Yup – no kidding. Everyone is to wear their best tea hat!! The committee would like all to wear their best Tea Hat!! Diane and I have been out looking for ours – boy will you be surprised!! The Spring Tea is scheduled on May 8th – Noon until 2:30 p.m., and, like our Christmas Tea, we plan to have it at the Indian Head Pavilion – so keep an eye out for your invitation!!

2009 In Review

Rev. Denise+

Our Annual Meeting was scheduled to be held on February 7th. However, due to the snow, the meeting was postponed twice and finally was held on February 21st. Three and a half years have gone by in a flash. This year has been wonderful. As I look over the reports from the Annual Meeting, it is amazing to me how much gets done at St. James'. Not only in making our church beautiful and energy efficient, but also in ministries that people are involved in to spread the Good News and share the love of Christ with one another and the world around us. I know I say this often, but I truly feel blessed to be part of this congregation. You enrich my life in so many ways. My prayer for this coming year is that those of you who have not found a ministry here to look over the Annual Report and find something that speaks to your heart and become involved. If you do, you will find your relationship with God will grow as well as your relationship with other folks here at St. James'. I thank you for all you do, all that you give, and all that you are.

Newsletter

A BIG thank you to Michelle Prasser for her many years of service as editor of the newsletter. We greatly appreciate her hard work and frustrating moments trying to squeeze information out of committee heads in order to have a newsletter to edit. We will miss your handiwork, but appreciate your service on the Youth Committee. By the way, don't forget to turn in the Youth Committee report for the next newsletter (squeeze, squeeze).

HYMN SURVEY

1 List your five favorite hymns in each category:

ADVENT		CHRISTMAS	
1	1		
2	2		
3	3		
4	4		
5	5		
LENT		EASTER	
1	1		
2	2		
3	3		
4	4		
5	5		
COMMUNION		GENERAL (ANY CATEGORY)	
1	1		
2	2		
3	3		
4	4		
5	5		

2 Are there hymns that are not in *The Hymnal 1982* that you would like to sing at our services? If so, list some of them.

3 Check the type(s) of music you would like to have at our services.

- | | |
|--|---|
| <input type="checkbox"/> Gregorian Chant | <input type="checkbox"/> Anglican Chant |
| <input type="checkbox"/> Traditional Anglican/Episcopalian | <input type="checkbox"/> Victorian |
| <input type="checkbox"/> African American Spirituals | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> Contemporary Christian | <input type="checkbox"/> Folk |
| <input type="checkbox"/> Other Language (Spanish, German) | <input type="checkbox"/> Other _____ |

4 Would you like to sing more service music:

- Psalm, Memorial Acclamation, Amen, The Lord's Prayer

5 In what range do you sing?

- Soprano Alto Tenor Baritone Bass

6 Are you interested in singing in a small ensemble?

- Yes No

Name _____

(If Yes)

Bref Head
Bible strip

Ok let's see



Elephants on 1st floor...



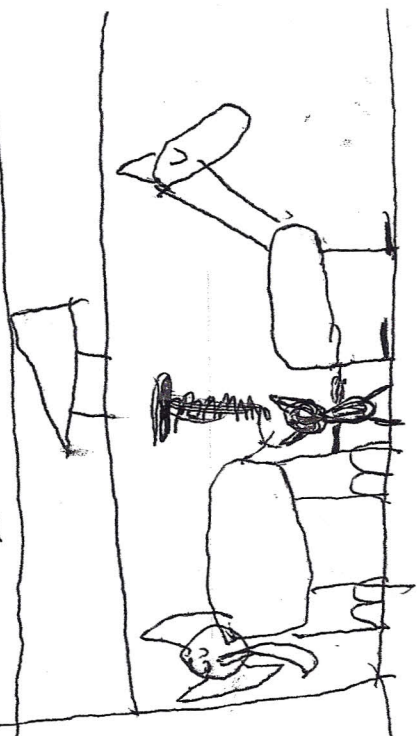
Giraffes on 2nd...



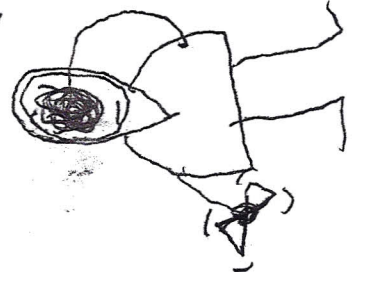
And Skunks!!!



Skunks!?









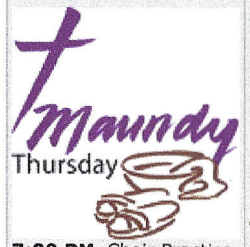

Airpoo

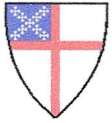


Joshua Gray

~~JOSHUA GRAY~~

MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	1 	2	3 7:00 PM Lenten Evening Service 8:00 PM AA Meeting	4 7:00 PM Choir Practice 8:00 PM NA Meeting	5	6	
7	8 6:30 PM Vestry Officer's Meeting	9	10 6:30 PM Finance Committee 7:00 PM Lenten Evening Service 8:00 PM AA Meeting	11 7:00 PM Choir Practice 8:00 PM NA Meeting	12	13  3:00 PM St. Patrick's Day Dinner Children \$7.50; Adults \$15.00; Desserts \$1.00	
14	15	16 6:30 PM Vestry Meeting	17  St. Patrick's Day 7:00 PM Lenten Evening Service 8:00 PM AA Meeting	18 7:00 PM Choir Practice 8:00 PM NA Meeting	19	20	
21	22	23	24 7:00 PM Lenten Evening Service 8:00 PM AA Meeting	25 7:00 PM Choir Practice 8:00 PM NA Meeting	26	27	
28	 PALM SUNDAY	29  Spaghetti Supper 5:00 PM Community Spaghetti Dinner	30	31  Tenebrae Service 7:00 PM Tenebrae Service 8:00 PM AA Meeting	1  Maundy Thursday 7:00 PM Choir Practice 7:00 PM Maundy Thursday Service 8:00 PM NA Meeting	2  "It is finished." JOHN 19:30 12:00 PM Stations of the Cross 7:00 PM Good Friday Service	3 7:00 PM Great Vigil of Easter



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