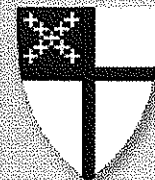




# *St. James' Episcopal Church* *Indian Head, Maryland*



September - October 2008

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## Rector's Ramblings

Rev. Denise Cabana

It has been a wonderful summer in spite of the heat and humidity but to be fair, friends in Connecticut say it was unusually hot up there too. Doug and I got kayaks this summer, mine was a gift (thank you again to the gracious and kind gift giver) and we bought Doug's so he could join me. We have had wonderful excursions on the Creek, it was amazing how quickly you can feel relaxed and refreshed and as if you were miles away from civilization out there on the water. I felt truly blessed to be out enjoying God's creation, watching the bird life and the fish jumping and listening to the wonderful sounds of nature. As I write this it is only the first full week of August but somehow it seems like the summer is coming to an end as we gear up for September and all that is happening here at the church. There are a lot of announcements in this newsletter so read it carefully and mark your calendars.

One thing that has continued to happen throughout the summer is that new people have continued to join us at worship on Sundays which is such a blessing and a joy. We are indeed growing and that is wonderful and it is in large part to all of you. People usually say what a joyful congregation we have and how warm and welcoming it is. They feel the presence of the Holy Spirit at our worship as we are happy to be there praising God and giving thanks for all our blessings. St. James' Church is a special place.

But we aren't perfect, no church is. One of the things we have to all be aware of is how we make new people feel welcome and included, not just by saying hello in church and by making sure we include them in our gregarious Peace (although both of these are very important) but also in coffee hour. I know that Sunday morning coffee hour is sometimes the only time we get to see folks and catch up with them. And it is tempting to get our food and beverage and sit at a table with them and chat the morning away. But for new folks who just walked into coffee hour, it is hard to feel included when the tables are filled or you aren't sure where to sit; I have walked into coffee hour many times and found people (sometimes long time parishioners) sitting by themselves, or standing by the food table unsure where to sit.

Making people feel welcome and included is all of our responsibility, we can't think that someone else will sit with them or ask them to join them. We all have to extend that hospitality that we are so famous for. We have to treat people as if they were a guest in our very own home, which they are. We have to be aware of people who may be new, alone or don't seem to know many people and include them in our circle - that is how people get to know us and feel a part of us. After all, we don't want people to just come to church and slip out the door, we want them to join us in our mission and ministry, we want them to become a part of our St. James' family.

Each of us needs to make it our mission, to welcome new folks in worship and in coffee hour. We all need to make it our responsibility to make sure no one feels left out, sits alone or feels unwelcome. If we all do this, then no one should fall through the cracks. We have a gift for hospitality; let's remember to share that gift always, not just on special occasions.

Peace to you all,  
Denise+

# Around St. James



## Homecoming Weekend



This year's homecoming weekend is September 13<sup>th</sup> & 14<sup>th</sup>. On Saturday, from 10:00-12:00 in the Parish Hall there will be a Regional meeting with the Bishop to talk about what happened at Lambeth this year.

Our festivities will begin with a concert by Marnell Tanner and Southern Mix Barber Shop Chorus at 4:00 followed by dinner in the Parish Hall.

On Sunday, Bishop Chane will be here to preach and celebrate the Eucharist. We will have one service at 9:00AM that morning. We will have a special coffee hour to welcome the Bishop following the service.



### Women's Group

The Women's Group will begin on Monday, September 8<sup>th</sup> from 11:00-12:30. The group will be doing a book study on Philip Gulley & James Mulholland's book *If God is Love*. Read the first two chapters for our first meeting.



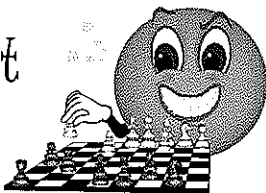
### Tutoring

Tutoring will be starting up in October. To get more information and/or if you are interested in tutoring this fall, please let Brenda Peterson or Jackie Williams know. We will once again be working with the Indian Head Elementary School.

### Parenting Class

On Saturday October 4<sup>th</sup> from 9:00-12:30 in the parish hall there will be a class on parenting children ages 5-12. Learn ways to communicate with your children or grandchildren; discipline appropriately and find ways to help children make healthy choices. There is a \$5 registration fee which includes the session and lunch. Please share this information with anyone you think might be interested, it is open to the community.

### Game Night



Our social event for October is a game night. This is a fun night for everyone. Bring a game if you have one and a snack or soft drink to share and join in the fun. Game night is Saturday, October 18<sup>th</sup> from 7:00-9:00 in the Parish Hall.

### Rev. Denise's Vacation/ Continuing Education Schedule

Rev. Denise will be on vacation from October 10<sup>th</sup> – 25<sup>th</sup> and will be attending a continuing education event on church growth November 3<sup>rd</sup> – 6<sup>th</sup>. She will also be officiating at her cousin's wedding in MA and gone from the 7<sup>th</sup>- 9<sup>th</sup>. The Rev. Paul Canon will cover the three Sundays Rev. Denise is away.

## Helpful web sites

Church website [www.stjamesindianhead.org](http://www.stjamesindianhead.org) and the

Diocese website: [www.edow.org](http://www.edow.org)

## St. James Disciples (AKA Youth Group)

The Youth Group will begin meeting on **Sunday, September 28 at 6:00 p.m.** We will begin a new series by The Tiger Woods Foundation called Tiger's Action Plan. This program helps children to identify goals and to dream big, develop leadership ability, volunteer service and exploring careers. Tiger's Action Plan is based on the book *Start Something* by Earl Woods. Since its inception in 1996 by Tiger Woods and his father Earl, the Tiger Woods Foundation has reached an estimated 10 million young people through character development, career

exploration, scholarships, and grant making programs. Programs developed and supported by the Tiger Woods Foundation all share a similar mission of empowering young people to dream big and to set specific goals to achieve their dreams. This will be an exciting year for the Youth Group.

The Youth Group is open to all youth in 6<sup>th</sup> to 12<sup>th</sup> grade. If you have any questions please feel free to call Shelley Prasser (301) 743-7515 or Ron Litten 301-325-2026



### The return of "Craft Get Together"

With summer dwindling down it's time to start getting back in to the swing of things. I would like to have monthly or bi-monthly Craft Get-Together. I had so much fun learning something new and spending it with friends; last spring, when we had two Craft Get Together. Elsa Ault showed us how to make soap using molds and Elizabeth Fusina showed us how to make beautiful bracelets using crystal beads. Thank you Elsa & Elizabeth for sharing your time and talent.

In order for the Craft Get Together to happen we need some volunteers willing to share their talent/craft with others and able to spare 4 hours on a Saturday. If you are interested in sharing with others contact Michelle Prasser at (301) 743-7515. I would like to get started in October.

### Confirmation/Reception/Renewal

On Saturday, November 15<sup>th</sup> from noon-2:00, there will be a gathering for people who are interested in Confirmation – people ages 16 and over who have never been confirmed by a Bishop (in any denomination) who would like to make an adult affirmation of their commitment to live a Christian life; Reception – people who have been Confirmed by a Bishop in another denomination but who would like to officially become an Episcopalian; or Renewal –

people who are Episcopalians who would like to renew their commitment to Christ. This is the beginning of the preparation for the service at the Cathedral on Saturday, June 20<sup>th</sup>, 2009. We will have lunch together and also plan the schedule for gatherings for the remainder of the time. Please let Rev. Denise know if you are interested so that she can plan for materials and food.



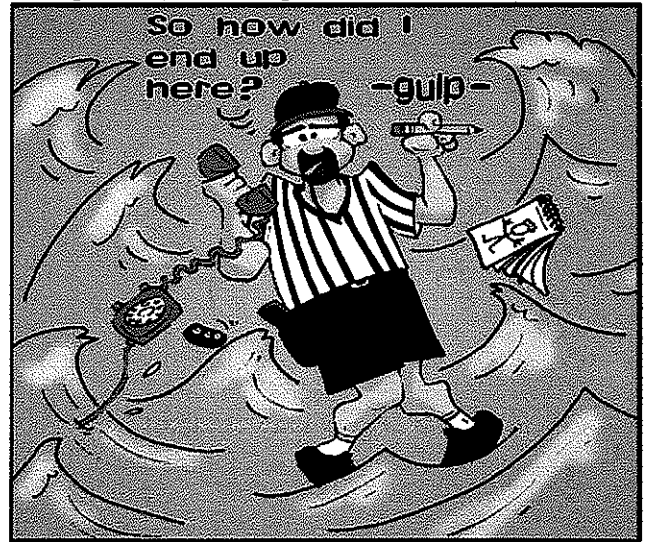
## BLESSING OF THE ANIMALS

Blessing of the Animals will take place on Sunday, October 5<sup>th</sup> at 9:00 outside by the St. Francis statue. Bring your cats, dogs, fishes, and birds, whatever for a blessing. We are inviting the K-9 patrol of the sheriff's department as well as folks from the animal shelter to join us for this event this year.



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## The Back Pew - Jeff Larson



Just like Peter we are called to 'get out of the boat', and trust God for a life that is bigger and better than we can imagine.

## Coming Soon! Sunday school!

Can you believe it! Where has the summer gone? I am really looking forward to this years Sunday school season. We have a few changes this year. First, I want everyone to mark their calendars to show that this years Sunday school classes begin **September 7, 2008**. It begins at 9:15 am with a Family Eucharist Service. Sunday School classes will immediately follow and will normally end around 10:20 a.m.. We have classes for everyone from Pre-school up to High school.

So what changes are there? Well, first our Sunday school classes will be held in the Reverend Costain House (Old Rectory). The teachers have been very busy getting the rooms ready for their students. Next, we have 2 new teachers; Nicole Prasser has volunteered to teach the 4<sup>th</sup> and 5<sup>th</sup> grade class. Nicole is one of our graduates from last year. She is replacing Sue O'Leary who, after 30 years of teaching, has decided to take a "breather" and will substitute teach when needed. Welcome Nicole and thanks Sue. Nancy Ahern has volunteered to teach the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade class. It's our biggest class this year and she will have a lot of fun with them - I did. So welcome Nancy. Diane Ryan our 2<sup>nd</sup> and 3<sup>rd</sup> grade teacher and Bertha Gordon our Pre-school thru 1<sup>st</sup> grade teacher are returning for another fun filled year. Thank you, Diane and Bertha. We may not have a High school class this year, but the few students we have will be acting as teaching aides. If we get enough High school students we will start a class. In the meantime, Michelle Prasser will devote her energy and time to leading the Youth Group. She has taught the High school class for the last few years as well as led our Youth Group with the assistance of Ron Litten. They have done a really great job - Thanks Michelle and Ron.

Again, mark those calendars for **September 7<sup>th</sup>**. I will be sending out letters to the parents soon along with our calendar of special Sunday school events. See you soon.

Nancy Hurlburt

# Hymn Stories

## **Holy, Holy, Holy**

by Reginald Heber

An Oxford scholar, Reginald Heber was ordained into the Anglican Church, and became known as a man of "rare refinement and noble Christian character" (Osbeck, 129). When he was not able to locate Cowper's "Olney Hymns", he decided to formulate a new hymnal, and was the first to compile a hymn book which organized the hymns according to the church calendar. "Holy, Holy, Holy" was written specifically for "Trinity Sunday", which occurs eight weeks following Easter. The tune, composed by John Dykes, was titled "Nicaea" after the Council of Nicaea held in

Asia Minor in 325 A.D. at which time the Trinity was upheld as an essential doctrine of the Christian faith.

In 1823, when Pastor Heber was 40 years old, he was sent to India to serve as Bishop of Calcutta where he provided oversight for Ceylon and Australia as well as India. Due to the climate and the pressures of his work, Heber's health became poor, and he died suddenly in 1826. One account is that one Sunday morning, after preaching against the evils of their caste system to a large outdoor crowd, he suffered a sun-stroke. A year later a book of his hymns was published by his widow and friends.

### **HOLY, HOLY, HOLY**

#### Verse 1

**Holy, holy, holy! Lord God Almighty!  
Early in the morning our song shall rise to Thee;  
Holy, holy, holy, merciful and mighty!  
God in Three Persons, blessed Trinity.**

#### Verse 2

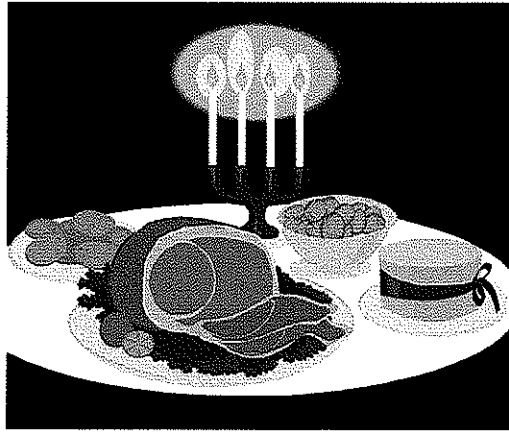
**Holy, holy, holy! all the saints adore Thee,  
Casting down their golden crowns around the glassy sea;  
Cherubim and seraphim falling down before Thee  
Which were, and are, and evermore shalt be.**

#### Verse 3

**Holy, holy, holy! though the darkness hide Thee,  
Though the eye of sinful man Thy glory may not see;  
Only Thou are holy; there is none beside Thee,  
Perfect in power, in love, and purity.**

#### Verse 4

**Holy, holy, holy! Lord God Almighty!  
All Thy works shall praise Thy Name,  
in earth, and sky, and sea;  
Holy, holy, holy, merciful and mighty!  
God in Three Persons, blessed Trinity**



# Annual Ham and Crab Cake Dinner

**September 6, 2008  
3:00 p.m. to 6.00 pm**

**Adults - \$20.00  
Children 6 – 12 - \$10.00  
Children under 6 are free**

**This includes Dinner, Drink and Dessert**



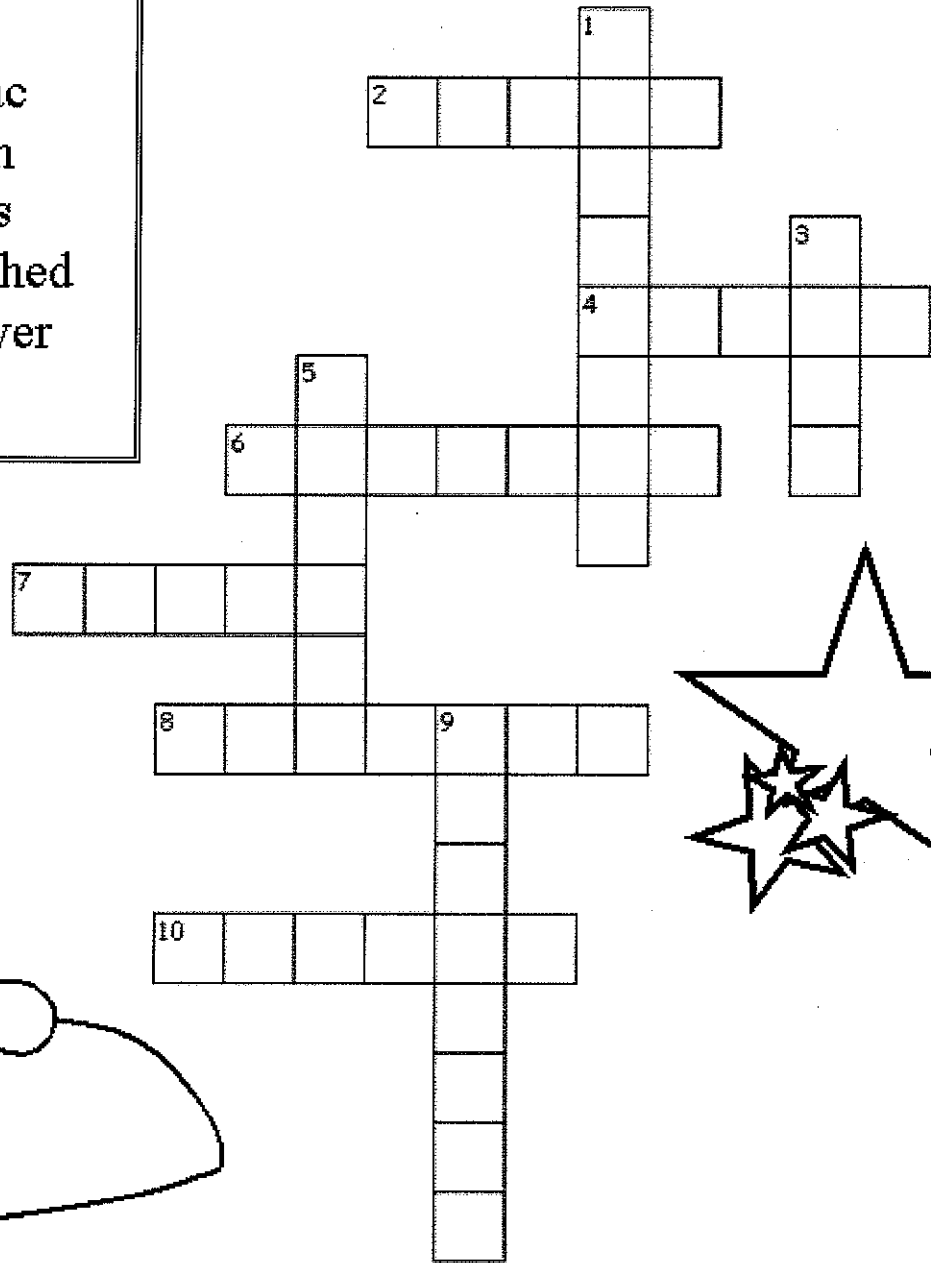
**Genesis 15:5**

"Then He brought him outside and said, 'Look now toward heaven, and count the stars if you are able to number them.' And He said to him, 'So shall your descendants be.'"

# Abraham & Sarah Crossword

## Word List

Baby	Isaac
father	faith
promises	stars
miracle	laughed
covenant	prayer



### Across

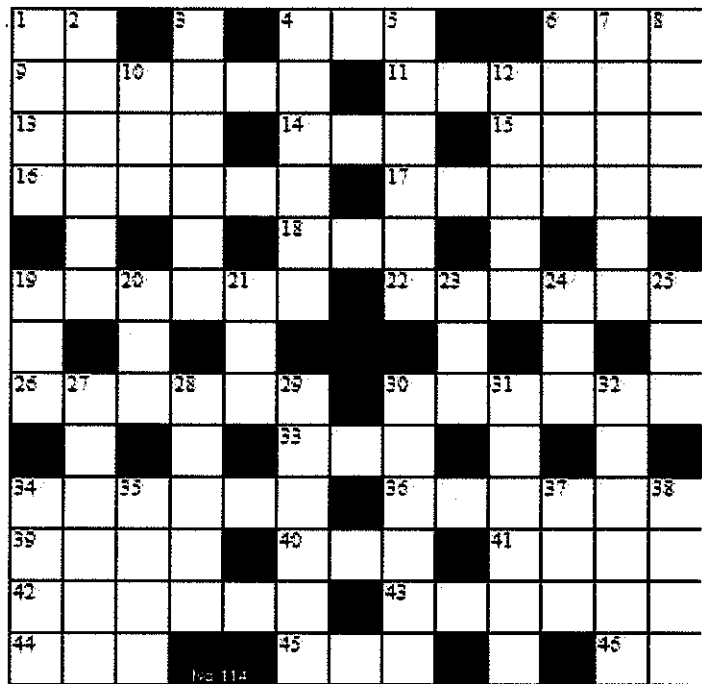
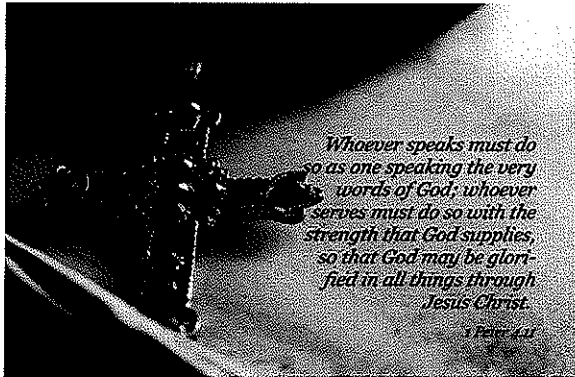
2. God told Abraham to look at these, this would be how much offspring he would have.
4. The name of Abraham and Sarah's son means 'he will laugh'.
6. Sarah and Abraham both did this when they found out they would have a child.
7. Abraham was considered righteous because of his \_\_\_\_\_.
8. Isaac was a \_\_\_\_\_ from God.
10. God always listens to our \_\_\_\_\_.

### Down

1. God always keeps these.
3. Abraham and Sarah were almost 100 years old when they had one of these.
5. Abraham is called the \_\_\_\_\_ of many nations.
9. This was the promise God made to Abraham that would greatly increase his family.



# ADULT FUN PAGE



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## ACROSS

- 1 sheepish sound
- 4 one \_\_\_ or one tittle shall in no wise pass from the law (Matt 5:18)KJV
- 6 Your hand will \_\_\_ hold on all your enemies (Ps 21:8)
- 9 from them that pass by securely as men \_\_\_ from war (Mic 2:8) KJV
- 11 you have no authority to \_\_\_ taxes, tribute or duty on any (Ezra 7:24)
- 13 LORD will go before you, the God of Israel will be your \_\_\_ guard (Isa 52:12)
- 14 not with Israel, to \_\_\_, with all the children of Ephraim (2 Chron 25:7) KJV
- 15 anyone who says to his brother, \_\_\_, ' is answerable to the Sanhedrin (Matt 5:22)
- 16 The \_\_\_ law is summed up in a single command: "Love your neighbor (Gal 5:13-14)
- 17 the LORD said to him, "Bring me a \_\_\_, a goat and a ram (Gen 15:9)
- 18 They exchanged the truth of God for a \_\_\_ (Rom 1:25)
- 19 Heal the sick, cleanse the \_\_\_, raise the dead, cast out devils (Matt 10:8)KJV
- 22 Strengthen the feeble hands, \_\_\_ the knees that give way (Isa 35:3)
- 26 They will be a sign and a \_\_\_ to you and your descendants forever (Deut 28:46)
- 30 No one gathered less than ten \_\_\_ (Num 11:32)
- 33 as \_\_\_ was deceived by the serpent's cunning (2 Cor 11:3)
- 34 plowshares into swords and your pruning hooks into \_\_\_ (Joel 3:10)
- 36 words of the prophets declare good to the king with one \_\_\_ (2 Chron 18:12)KJV
- 39 Who can strip off his outer \_\_\_ ? (Job 41:13)
- 40 The apostles said to the Lord, "Increase \_\_\_ faith!" (Luke 17:5)
- 41 For my yoke is \_\_\_ and my burden is light (Matt 11:30)
- 42 The sons of Shem: Elam, \_\_\_, Arphaxad, Lud and Aram (1 Chron 1:17)
- 43 rulers hold no \_\_\_ for those who do right (Rom 13:3)
- 44 Simon Peter climbed aboard and dragged the \_\_\_ ashore (John 21:11)
- 45 Test me, O LORD, and \_\_\_ me, examine my heart and my mind (Ps 26:2)
- 46 These people honor me with their lips, but their hearts are far from \_\_\_ (Mark 7:6)

## DOWN

- 1 he tore the lion apart with his \_\_\_ hands (Judg 14:12)
- 2 "It is mine to \_\_\_ ; I will repay," says the Lord (Rom 12:19)
- 3 they will provide me safe-conduct until I \_\_\_ in Judah (Neh 2:7)
- 4 They will sparkle in his land like \_\_\_ in a crown (Zech 9:16)
- 5 offerings and sacrifices, your \_\_\_ and special gifts (Deut 12:11)
- 6 Then he gave a \_\_\_ of bread, a cake of dates and a cake (2 Sam 6:19)
- 7 Who may \_\_\_ the hill of the LORD? (Ps 24:3)
- 8 Paul stayed for a \_\_\_ and a half, teaching them the word of God (Acts 18:11)
- 10 Blessed is the man who will \_\_\_ at the feast in the kingdom of God (Luke 14:15)
- 12 I press on toward the goal to win the \_\_\_ for which God has (Phil 3:14)
- 19 The \_\_\_ of his God is in his heart; his feet do not slip (Ps 37:31)
- 20 cooking utensil (2 Sam 13:9)
- 21 the gazelle, the \_\_\_ deer, the wild goat, the ibex (Deut 14:5)
- 23 But unless you repent, you \_\_\_ will all perish (Luke 13:3-4)
- 24 Blessed \_\_\_ the pure in heart, for they will see God (Matt 5:8)
- 25 testifies to these things says, "\_\_\_ , I am coming soon" (Rev 22:20)
- 27 He will \_\_\_ and will exalt himself over everything that is called God (2 Thess 2:4)
- 28 This man is not doing anything that deserves \_\_\_ or imprisonment (Acts 26:31)
- 29 he did not \_\_\_ to sorcery as at other times (Num 24:1)
- 30 so doth the sweetness of a man's friend by \_\_\_ counsel. (Prov 27:9) KJV
- 31 LORD said, "I have indeed seen the \_\_\_ of my people in Egypt. (Ex 3:7)
- 32 but to serve, and to give his life as a \_\_\_ for many (Matt 20:28)
- 34 eyes of the LORD, which \_\_\_ to and fro throughout (Zech 4:10) NKJV
- 35 saw his star in the \_\_\_ and have come to worship him (Matt 2:2)
- 37 And he touched the man's \_\_\_ and healed him (Luke 22:51)
- 38 Hiram king of \_\_\_ sent messengers to David (2 Sam 5:11)

## Laugh for the day

**O**n the outskirts of town, there was a big old pecan tree by the cemetery fence. One day two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts. "One for you, one for me. One for you, one for me," said one boy. Several were dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me. One for you, one for me." He just knew what it was. "Oh my," he shuddered, "it's Satan and St. Peter dividing the souls at the cemetery. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along. "Come here quick," said the boy, "you won't believe what I heard. Satan and St. Peter are down at the cemetery dividing up the souls." The man said, "Beat it, kid, can't you see it's hard for me to walk." When the boy insisted, though, the man hobbled to the cemetery.

Standing by the fence they heard, "One for you, one for me. One for you, one for me..." The old man whispered, "Boy, you've been tellin' the truth. Let's see if we can see the devil himself." Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of Satan. At last they heard, "One for you, one for me. And one last one for you. That's all. Now let's go get those nuts by the fence, and we'll be done."



## **Hope You Dance**

4338 Indian Head Hwy.

A studio for the whole family!  
Ages 2 - seniors

Tap - Ballet - Irish - Belly Dance - Clogging (Power Tap)  
Jazz/Lyrical - Hip Hop - Family Line Dance - Yoga - Hula

Registration for Fall Classes - Aug. 18th - Sept. 6th  
Registration Days - Mondays & Wednesdays 3pm - 8pm, Saturdays 10am - 2pm

\*\*\*\*\*Fall Classes Start September 8, 2008\*\*\*\*\*  
Kay Cotton, Director 240/508-0090




### **GREAT GOTHIC AND HOW IT GOT THAT WAY**

The Rev. Thomas D. Clay, a retired priest of Region VI and presently Priest in Charge of All Faith, Charlotte Hall, will be teaching an eight class course on Gothic architecture for the Continuing Education/AdultPlus program at the College of Southern Maryland beginning Tuesday, September 16th from 1:00 -2:30 at the Northern Senior Center, 29655 Charlotte Hall Rd (just north of the Charlotte Hall Veterans' Home). Those interested can register with the college at [www.csmd.edu](http://www.csmd.edu), any campus location or by calling 301-934-7574. The course information code is AAA6240. Fees are \$62.00 and \$52.00 for those over 60.

This course will trace the development of Christian cathedrals, abbeys and churches from the early Romanesque structures of the 4th century to the Gothic Churches of the Middle Ages as well as Baroque Churches of the Italian Renaissance. The sessions will examine with lectures, slides, illustrations, models and elevations of 120 churches that he has visited in England, France, Italy, Germany, and Switzerland during the past five years. Scale models of 22 of these churches will be brought to class.

**GOD IS GOOD**  
**ALL THE TIME**

# SEPTEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
			12:00 PM Noon Eucharist Service 8:00 PM AA Meeting	7:00 PM Choir Practice 8:00 PM NA Meeting		 3:00 PM Annual Ham and Crabcake Dinner
7	8	9	10	11	12	13
9:00 AM Sunday School Begins	11:00 AM Women's Group 6:30 PM Vestry Officer's Meeting		12:00 PM Noon Eucharist Service 6:30 PM Finance Committee 8:00 PM AA Meeting	7:00 PM Choir Practice 8:00 PM NA Meeting		 10:00 AM Regional Meeting with Bishop Chane 4:00 PM Concert featuring Marnell Tanner and Southern Mix Barber Shop Chorus 6:00 PM Dinner Following Concert
14	15	16	17	18	19	20
	11:00 AM Women's Group	6:30 PM Vestry Meeting	12:00 PM Noon Eucharist Service 8:00 PM AA Meeting	7:00 PM Choir Practice 8:00 PM NA Meeting		
21	22	23	24	25	26	27
	11:00 AM Women's Group		12:00 PM Noon Eucharist Service 8:00 PM AA Meeting	7:00 PM Choir Practice 8:00 PM NA Meeting		
28	29	30	1	2	3	4
 6:00 PM St. James Disciples (AKA Youth Group)	11:00 AM Women's Group		12:00 PM Noon Eucharist Service 8:00 PM AA Meeting	7:00 PM Choir Practice 8:00 PM NA Meeting		

"I'm behind - here it is Friday and school starts on Monday and I'm not ready and now I have to go in tomorrow! So, did I think of anything to put in the Newsletter? No? Well then I'm behind on that too!" Brenda says woefully.

So I got to thinking I'll just get something started here and then turn it over like last time. How's that sound?

I did want to let you know that I have really been out of the loop since I haven't been on the Vestry. You know I really do think that Brenda gets a certain amount of pleasure in the fact that I don't know much about what's going on at Church. She gets that cute little smile on her face when I exclaim "I didn't know that!" (I know someone else that got a big kick out of my ignorance regarding a certain stadium that popped up one day out of the woods off Piney Church Road.) An example of my being out of the loop happened one Saturday morning back in June. I stopped by the Church because Denise said the AC unit was dripping water all over the place. As I drove up I wondered why there were so many cars parked there. I walked in and there wasn't anyone in the Parish Hall. Then I walked up the ramp and looked into the Nursery and oh my gosh there was an orchestra in there!! And then I heard sweet, melodious sounds coming from the Church and guess what was in there? Opera! I had no idea we had opened up our facilities as a rehearsal area for the Stageworks Festival. For 17 nights in June Indian Head was treated to some absolutely wonderful performances of Jazz, Big Band, Cabaret, Opera, and Broadway. If you didn't get to any of these, you missed something really special.

Did anyone notice the stove on the porch? I'm afraid I got a little behind on that too. I had every intention of locating a lovely dinette set to go with it and had even begun to write a dissertation on the "Year of the Stove". Sadly, the stove is gone, the dinette set was a dream, and the dog ate the dissertation!  
Okay Brenda you're up!

Overwhelmed does not even come close to covering the way I feel right now. I have to keep saying to myself one day, I mean one hour, oh I mean one minute at a time. That is all I can think about. I have got to stop all this fretting, take a deep breath and pray until an overwhelming calm envelopes me. ....

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Now that is soooooooooooooo much better.

Lord, thank you for always listening and helping me through the rough spots.





St. James Episcopal Church  
7 Potomac Avenue  
Indianhead, MD  
20640

