



ST JAMES NEWS

**Seeking God, Serving Community, Welcoming
You**

[Pick the date] [Edition 1, Volume 1]

THE REVEREND KATHRYN COSTAS

ST. JAMES EPISCOPAL
CHURCH

MARCH 2016

EDITORS: MELISSA EGGERS
AND CHARLOTTE REID

LENT

LENTEN SERIES CONTINUES IN MARCH

Six Wednesday Evenings in Lent

Stations of the Cross, Soup Supper, Lenten Study

Dates: March 2, 9, 16 and 23

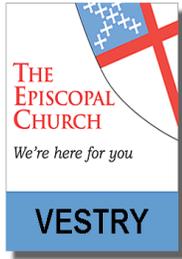
Program Title:

Stories of our Heritage from 1741 to Present

Schedule for all 4 nights:

**5:00 PM Stations of the Cross; 5:30PM Supper,
6:00PM Program, 7:00PM Compline/Night Prayer**

Vestry Minutes in Brief



You may request a copy of full Vestry minutes after they are approved at the following month's meeting. You will find full approved minutes on the church website; go to www.saintjamesepiscopal.org. Also, Vestry meetings are open, so you are welcome to attend. Below is a summary of topics discussed and actions taken at this month's Vestry meeting, provided by Senior Warden Barbara Busch.

The meeting opened with prayers and a study of the Gospel reading for the upcoming Sunday.

Discussed the latest version of the Discernment Committee Job Description from the diocese. Also discussed St. James requirements that Discernment Committee

members have the same qualifications as Vestry and Finance Committee Members.

We are still waiting for the official report from the forester about recommended attention to our trees. Roof work where there had been leaks is almost complete. We now have a contract for lawn and grounds care for 2016.

The CARE Committee is now meeting quarterly instead of monthly.

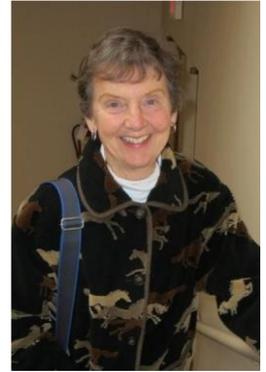
Interim Rector Kathryn Costas is leading a Lenten study on Forgiveness. Kathryn will be taking some time off before Easter. Easter services are in the planning process.

Charlotte Reid will start a St. James blog. We will soon have a Facebook page to keep parishioners advised of meetings and events.

We adopted the diocesan Alcohol Policy as

adopted at our Diocesan Convention.

Approved Charlene Clark as a member of the Finance Comm. for a 3-year term.



Approved and signed the annual Parochial Report to the diocese. Average Sunday attendance for 2015 was 84.

Vestry members signed up for monthly duties as Vestry on Duty for 2016.

Discussed our Housekeeping Contract, information storage in Dropbox, and reports of the Wardens, Treasurers, and Vestries Conference in Asheville.

Senior Warden Barbara Busch.

**VESTRY
MEETS ON
MARCH
21, 2016
AT 6PM**

From the Rev. Kathryn Costas: Holy Week at St. James

We are in the midst of Lent, and while I want to stay in Lent, my thoughts are turning toward Holy Week and Easter Services. Every week we have walked and will continue to walk the stations of the cross, enjoy delicious soup, break bread together, and hear about our history as Saint James Church. Please do join us on Wednesdays beginning at 5:00 p.m.

On Palm Sunday our services will begin in the courtyard, weather permitting, at 8:00 and 10:30. Tuesday at 7 p.m. we will have a healing service. This is something I have done each Holy Week. It is a time that we as St. James community come together for healing and anointing. Paper will be provided to offer up anything that needs to be let go, and we will use those papers to light the new fire at the Easter Vigil on Saturday evening.

On Wednesday of Holy Week we will have our usual 12:10 healing Eucharist and then that

evening Stations at 5, soup supper at 5:30, and a wrap up of our program at 6:00, focusing on the themes of our heritage. Maundy Thursday, the day Jesus washed his disciples feet and shared his last meal with them and encouraged them to serve as he served, our service will include a foot washing, a Eucharist, and the stripping of the altar. This service begins at 7:00 p.m. Good Friday reminds us of the struggle between darkness and light. The traditional Good Friday Liturgy is at noon. We will offer a second service that evening at 7 which will be announced at a later date. On Holy Saturday we recall Jesus being in the tomb, and there will be a short service in the memorial garden at 10 a.m.

The Great Vigil of Easter begins with the lighting of the Paschal Candle from the new fire at 8:00 p.m. There is movement from darkness to light. Then we recall God's Saving Acts in history and the Choir of St. James will lead us in response to our readings. We will have Renewal of Baptismal Vows, then the great Alleluia is sung as the lights are turned up and the bells are rung. We will participate in the first Eucharist of Easter

followed by a reception in the Hogan Room. This is a celebration breaking our Lenten fast!

On Easter Day, we hear Mary Magdalene saying "I have seen the Lord" and we will celebrate the Resurrection of our Lord with 8:00 a.m. and 10:30 a.m. Eucharists. There will be a full choir at the later service.

Join us on this journey through Holy Week as we walk the way to Resurrection!!

Blessings,

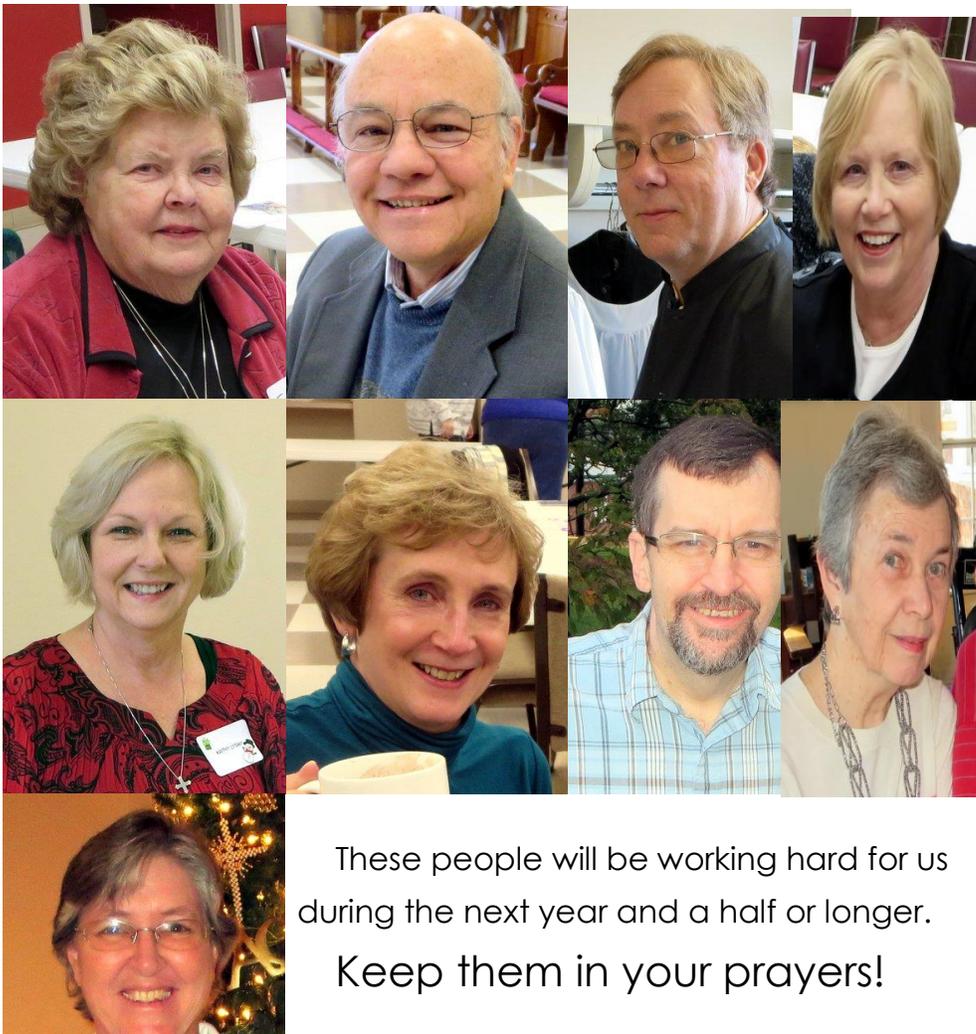
Kathryn



Discernment Committee Appointed By Vestry

Previously called a “Search Committee” but now called a “Discernment Committee,” this is the group of people charged with the process of finding the next priest for St. James. Ultimately they have one job, said Consultant Jim Banks to our Vestry at its January meeting: to give to the Vestry one name. But this one job will come at the end of a fairly lengthy process with clearly defined steps. The rest of us should have these nine individuals in our prayers and should also participate in every way we are asked to participate in this discernment process. This will be an exciting time in the life of our parish. *By Melissa Eggers*

Pictures are in alphabetical order, with tasks provided of particular members: Evelyn Beam; Jim Evert (Liaison to the Vestry); Mac Frazier; Jennifer Greer (Co-Chairperson); Kathy Lyday; Lucy McCarl (Co-Chairperson); Craig Mills; Betty Purcell (Spiritual Guide); Dianne Swanson.



These people will be working hard for us during the next year and a half or longer. Keep them in your prayers!

FEBRUARY ROOM AT THE TABLE



Saturday, February 13 saw a Valentine's Day theme going on with that day's Room at the Table meal. The menu was pasta/hamburger casserole, green beans cooked on site, baked beans, bread, applesauce, pickles, and Valentine cupcakes and a big cake for dessert. The cake alone fed up to 96 people! But that cake and the cupcakes were all gone, with lots of it going to take-outs, Rebecca said. With 62 guests and 43 take-outs, there were not any leftovers. This team usually plans for 100 meals, and so they hit things just about right. Captains Barbara Busch and Rebecca Sime saw this meal through with great involvement from their team members as well as other parishioners.

Below are the names of everyone who helped out with this meal, whether by shopping, cooking, contributing food items or money, and/or coming to help out during the meal itself.

Captains: Barbara Busch and Rebecca Sime



Phyllis Fields
Linda Jonas
Marlin and Fran Pursley
Charlotte and David Reid
Dianne Swanson and Michele Willis
Annette Beam
Terry Hawkins
Teige West
Gloria and Hank Friberg
Christine and John Limbrunner
Helen Miller, and Owen Swann
John Scroggin and Patti Banks

Rosemary Rowland
Jennie Deal
Melissa Eggers

ROOM AT THE TABLE PICTURES



DAUGHTERS OF THE KING

DAVID SMITH

EL CAMINO DE SANTIAGO BY Jennie Whisnant

On 8 February, the Rev. David Smith, retired minister from First Baptist Church, presented the program for DOK. He has recently done 100 miles of the Camino Pilgrimage. David became interested in the pilgrimage about a year ago after seeing a movie called 'The Way'. It concerns a father who does the Camino after his son's unexpected death, completing the journey for him.

The Pilgrimage is done individually or in small groups. There is no set time for the journey. One simply walks at his or her own pace, staying at convenient inns along the way. The Camino ends at the Cathedral of St. James, whose remains are housed within. This has been a major pilgrimage from the time of the middle ages and continues to be so today.

There are numerous routes, the entirety of which is a journey of approximately 500 miles. 100 miles is the minimum to earn the *compostela* or certificate. At the beginning of the walk, each Pilgrim is given a shell, the symbol of St. James. The shell may be carried, worn around the neck or sewn onto the clothing of the Pilgrim. Along the way, the 'passport' or credential is stamped to verify that the bearer has completed the route. The Pilgrims may also do an extra part of the journey to *finisterrae* (literally the end of the word) - the coast that is the last land before North America. David shared with us that he took a rock from his yard to leave there. A Pilgrim's mass is held daily in the Cathedral of Santiago de Compostela.

We thoroughly enjoyed David's presentation. A Pilgrimage is not something that we often consider, and one of this duration, requiring the time that this one does, is out of the question for most people. We are so glad that David was able to make this journey and that he shared it with us.





ASHES TO GO

Over the last several years it has become a trend in Episcopal Churches around the country to offer something usually called “Ashes to Go” on Ash Wednesday. It’s a way of getting our liturgy out of the church and onto the streets. We offer the imposition of ashes to people who are on the go and would not otherwise be likely to participate in an Ash Wednesday service but could benefit from being reminded that they are dust and to dust they shall return. This past Ash Wednesday, February 10 was the inaugural Ashes to Go effort from St. James. It’s something the Rev. Kathryn Costas had done in her previous parish, and she brought the energy to us to give it a go. So, here’s how things transpired:

We had two teams of two: Kathryn and Barbara Busch, Melissa Eggers and John Limbrunner. Carrying ashes, some Lenten booklets to offer people, and armed with a sign saying simply “Ashes to Go,” each team started out by standing on street corners across from one another in downtown Lenoir. It was windy and COLD!!! And also, as a result of the cold, not many people were out walking around available for ashes or anything else.

John and Melissa stood where people passing by in cars might see them and pull over for ashes. No takers. But across the way they saw a young woman talking at length with Barbara and Kathryn and then saw Kathryn put ashes on the young woman’s forehead. So at least one person had accepted the offer of ashes to go.

Then Melissa and John decided to walk to the Soup Kitchen instead of staying where they were. On the walk from the square, down College Ave. to the Soup Kitchen (no short distance on such a cold day!), they met exactly one person who was also walking. But he was on the other side of the street and moving fast, and so they didn’t accost him. At the Soup Kitchen the few people they saw were rushing in to beat the 11:30 closing time so again, they didn’t stop them. And no one came out of the building while they waited. So the overall experience of John and Melissa was standing or walking in bitter cold, though they did agree it was a worthy adventure. Back in the church office, parish administrator Amy Green asked for ashes, so John and Melissa counted that as a win. Thanks, Amy! When Kathryn and Barbara returned, they reported FIVE PEOPLE had received ashes from them!! After the young woman, they too had started walking around to other places, staying downtown, and met four more people who

accepted their offer of imposition of ashes. So they had met with great success in this first venture.

What did the group learn from this first attempt? What would they do differently next year? One, they would have

signs that said something in addition to “Ashes to Go.” People in Caldwell County may have heard of Ash Wednesday, but making immediate sense out of a sign that said only “Ashes to Go” was not happening. Also, they wish they had a sign with the church’s name

on it. And finally, they would have remained in the downtown vicinity, where more people are likely to be encountered from more directions than on College Avenue, where the Soup Kitchen is. All agreed it was a splendid and adventuresome first endeavor, and something to make an annual St. James tradition.



More than anything, it was that first young woman that “made the whole experience worthwhile,” said Barbara, adding that the young woman “said that she had been looking for a way to get back to church after her father’s death. She said she would like a church that welcomed everyone, and we assured her that St. James was such a church.” As Barbara pointed out, the experience of St. James Ashes to Go “could be her first step back to church.”

The Holy Spirit was astir in Lenoir on Ash Wednesday! It was a new way for us to encounter this special day and take it to the streets. Maybe next year YOU will participate? And maybe it won’t be so cold.

By Melissa Eggers





FREE MONEY!

Would you like to have some free money? Stupid question? Yes. Well, Amazon is giving 1/2 of a percent of your purchases to a charity you select. There is no cost to you. All you need to do is access Amazon via smile.amazon.com when you make purchases from Amazon.

We're currently using Omo Child, the foundation in Ethiopia that our St. James Daughters of the King sent dresses to last year. Here is a piece of information to remind you about the mission of Omo Child: "Mingi is the ritualistic killing of infants and children believed to be cursed by tribes living in the remote Omo Valley region of Southwest Ethiopia. OMO CHILD's mission is to provide a safe, nurturing home and quality education for rescued Mingi children. Our hope is that these children will become future leaders in their tribes and communities. We also raise awareness about the practice of Mingi and work to see it eliminated."

Below is a photo of some Omo Child children wearing the dresses our DOK sent to Ethiopia last year. Using smile.amazon.com is really simple, and it would be a shame for your favorite charity not to get some free money.

By John & Christine Limbrunner



QUIET DAY

MARCH 19, 2016

The Daughters of the King of St. James Episcopal invite the members of our church to participate in a Quiet Day. On March the 19th we will meet back in the Sanctuary at 11:45am for Communion after which we will participate in the Quiet Day. After all have taken part in the Quiet Day prayers and readings we will proceed to the Hogan Room for a light lunch, provided by DOK. If you have questions about Quiet Day please contact Jeanne Whisnant at jjwhisnant@yahoo.com. We are also inviting DOK sisters from the Western Diocese.

We look forward to many of you participating.



By *JEANNE WHISNANT*

Events at St. James

(Regularly Occurring)

- **Sunday Services:** 8:00 a.m. & 10:30 a.m.
- **Children's Chapel:** 9:10 a.m.
- **Adult Forum:** 9:10 a.m.
- **Children's Sunday School:** 10:30 a.m.
- **Wednesday Healing Service:** 12:10 p.m.
- **Adult Choir Practice:** Wednesdays - 7:00 p.m.
- **Hands & Hearts:** 1st Monday 10:00 a.m.
- **Daughters of the King (DoK):** 2nd Mondays - 5:30 p.m.
- **Centering Prayer** —4:30 p.m. Thursdays -Oertel Room □
- **CARE Committee:** 3rd Tuesdays - 12:30 p.m.
- **Room at the Table:** 2nd Saturday - 4 p.m. Hogan Room
- **AA:** Sundays at 8:00 p.m., Youth/Comm. Room
- **AL-Anon:** Wednesdays at 5:30 p.m. Youth/Comm. Room



GRATEFUL

When I learned about the death of **Amy Watson**, my first thought was, "Oh, no!" I was not expecting such news. After a while, I kept thinking about Amy's sweet smile. Along with those thoughts were images of Rebecca Sime holding Amy's hand as they ushered together, carrying the communion elements to the altar during the offertory. Other memories were of times that Betty Purcell brought Amy to help our Room at the Table team. Amy set the table for us and for other teams too. She was the master table setter for Room at the Table! And of course, I thought of all of the parishioners who picked her up for church every Sunday and took her home.

There were probably many more acts of kindness and attention behind the scenes that I was not even aware of. Although I was only an observer, I want to say how grateful I am to St. James for embracing Amy and making it possible to have her among us. In times like this I celebrate who we are and how we live out our faith.



By Jennie Deal



Nutty Knitters

The St. James knitting group met for the 4th time on February 17th, in the Oertel room. They meet every Wednesday from 1:30 to 3:30 pm. They began knitting dishcloths – a great beginner project –and- have progressed very rapidly to shawls and are now working on scarves including 8 different patterns. They have learned how to read patterns, determine gauge, choose the correct yarn for a project as well as learning to cast one, knit, purl and bind off. They are truly no longer beginners and all in just 4 weeks. Pictured are Gina Smith, Janis Hogan, Barbara Busch, Sherry Wall, and Betty Purcell. Not pictured are Ginny Knouse, Debbie Allen, Mary Ruth Wilson and Kathryn Costas. The group is having a wonderful time knitting and spending time together.

Come join us.

By Debbie Allen



Laura Owens Retires as Altar Guild Chair



Laura Owens became chair of the Altar Guild around 2003 or 2004, when our then-rector Ingram Parmley asked her to take that position “just for a year.” Now after THIRTEEN years or so, she is retiring as the chairperson. She will remain on an Altar Guild team and will help in any other ways she can, says Laura. But she needs to step away from the responsibility of being in charge of training members and ordering supplies and the myriad other parts of the job that most of us do not even know about. Laura joined the Altar Guild back in the late 1970’s at the prompting of Lorraine Mummert when she and Butch started attending church at St. James as newlyweds. For Laura it has been a ministry of the heart for many, many years. Please give her your thanks next time you see her!

TIME FOR A BLOG thegoodnewsatstjames

After several months of waiting we can now say that the congregation of St. James has arrived to the 21st century. Why a blog? Sometimes the sharing of the good works done by our members just can’t be contained in a newsletter or bulletin on Sundays. Some of our Care members wanted to find an avenue that would tell in depth the wonderful ways we share our love for the Lenoir community and beyond. What could you share? Well just about any selfless act such as: helping a stranger, donations to charity, stuffing a backpack, tutoring a child, walking or running for a good cause, volunteering in one of our many community activities, mission work in the US or abroad, working on projects within the church. The list is endless. It is our hope that this blog will spur others on to become interested in your passions as well as encourage random acts of kindness through-out our community and church. You would rather not write it out. Just e-mail to the address below with details of who, what, when, where and why with a phone number to reach you and one of us will do the rest. We hope to hear from you

soon. **Don't forget to check out our first blog.** The Muir's wrote a touching story about helping in Mexico. It will warm your heart. CARE creid75272@aol.com



February Memorials and Thanksgivings

In Memory of **Pat Conn**

From Carolyn Coolidge-Riggs to the Music Fund

In Memory of **Amy Watson**

From Linda Jonas to the Daughters of the King

In Memory of **Floye Hood**

From Melissa Eggers to the Endowment Fund

In Memory of **Amy Watson**

From Melissa Eggers to the Endowment Fund

In Memory of **Tim Strawn**

From Melissa Eggers to the Endowment Fund

In Memory of **Tim Strawn**

From Jeanne Whisnant to the Art Fund

In Memory of **Floye Hood**

From Jeanne Whisnant to the Art Fund

In Memory of **Amy Watson**

From Jeanne Whisnant to the Art Fund

Martha Combs and Time of the Month Drive



A big thank you to everyone who contributed to the "Time of the Month" Drive! Our collection box runneth over! In usual St. James fashion, your giving is tremendous. We collected an overwhelming amount of feminine hygiene products to be donated to the Women's Shelter Home of Caldwell County and Yokefellow of Caldwell County. These donations will go a long way to help struggling and homeless women. Thank you for your stewardship and participation in this mission.



A Giving Opportunity for April

Jim Crawford, our St. James Ambassador to Hospice, invites all of us at St James to support Hospice by providing snacks for patients and family members on the Patient Care Units during the month of April. Won't you please help out with this worthy cause?

Snacks should be nonperishable and individually wrapped serving sizes. Some ideas for snacks include boxes of individually wrapped cookies, cakes, chips, crackers, etc. Also great are single-serve containers of applesauce, yogurt, pudding, juice, etc.

We will be accepting donations every Sunday during April. Make a note on your grocery list to remember this CARE project during April! Let's see how big the collection will grow before Jim takes it all away on the last Sunday of April to our two Caldwell County Hospice locations. *By Jim Crawford*

Why this Newsletter Looks the Way it Looks!

For the next several issues, you are likely to see continual change in how the St. James monthly newsletter looks. That is because we are in the process of learning how to produce it. Some of us are rusty at best in using publishing programs. But please know we are all doing our best!



Pictured below are two of our newsletter team members, Charlotte Reid and Ken Klinger, checking out the church computer in preparation for starting the work of newsletter publication.

Melissa Eggers