

St. James Times

Saint James Episcopal Church
Lenoir, North Carolina (828) 754-3712

October-November 2016

The Reverend Kathryn Costas, Interim Rector



Oct. 17—Dec. 17 Dates to Remember:

- 10/17-Vestry Meeting
- 10/22-Yokefellow Empty Bowls Fundraiser
- 10/23-Pumpkin Carving
- 10/30- Bp. McLoughlin's visit to St. James
- 10/30 –Service of Diversity, Lenoir Presbyterian Church, 6 pm
- 11/11-13-Annual Diocesan Convention at Kanuga
- 11/21-Vestry Meeting
- 12/15-Celebration of Songs of New Birth, on the Square in Lenoir
- 12/17-Ladies' Christmas Luncheon

A Letter From Spain



As you are reading this newsletter I am on pilgrimage in Spain. I like the intentionality of pilgrimage. One of my favorite spiritual writers, Macrina Wiederkehr says "A pilgrimage is not a vacation, it is a transformational journey during which significant changes take place. New insights are given. Deeper understanding is allowed. New and old places in the heart are visited. Blessings are received. Healing takes place. On return from the pilgrimage, life is seen with different eyes. Nothing will ever be quite the same again." (*Behold Your Life: a Pilgrimage Through Your Memories*, p. 11).

When I received an email stating that space had opened up on Illuminated Journeys walk/ride pilgrimage across the Camino de Santiago, I knew this was speaking to me. As interim rector at Saint James, I wondered what Saint James would have to teach me along "The Way." My preparation has been emotionally and physically challenging. A tendon in my foot ruptured and I thought this would keep me home. I struggled with emotions of seeing myself as not whole, physically challenged, and feeling not good about myself. When I had to buy a pair of men's athletic shoes so my brace would fit, I thought my world had crashed in on me. Today might find me seeking out the men's shoe department knowing that men's shoes can be both stylish and comfortable. Working through my assumptions and being grateful for all that is, I believe I am ready to experience the Camino.

I wonder what I will encounter, what my "aha" moments will be, what healing will take place and how I will be changed? Then I remind myself to be present to what is. Experience the Now. And to remember that integrating this experience often happens after one returns home. While I know my return will be busy, I plan on setting aside daily time to allow this pilgrimage to become part of me. Please keep me in your prayers daily as I open myself to this journey with God along the Way of Saint James.

Blessings,
Kathryn

SEPTEMBER 19TH 2016 VESTRY MINUTES IN BRIEF

Provided by Jim Crawford, Acting Senior Warden



Vestry meetings are open, so you are welcome to attend. Full Vestry minutes are available by request following approval at the following month's meeting. You will find full approved minutes on the church website; go to www.saintjamesepiscopal.org.



Cottage meetings have been completed and Parish wide Holy Conversations are scheduled for September 22nd.

James Hogan outlined the **Stewardship Committee** plans for the 2017 budget year.

Installation of the new **HVAC** unit to replace unit #5 has been completed.

Repairs to the **organ pipe room** started September 19 and should be completed within a week barring complications.

Access to the Youth Community Room was granted to **Dianne Graber for EFM meetings**.

Bishop Jose McLaughlin will visit St. James on October 30th. He will lead Adult Forum and preach at both services. He will also receive candidates for Confirmation, Reaffirmation and Reception.

Acknowledged a request to host a **pumpkin carving** after the 10:30 service on Sunday October 23rd.

Approved a request for funds to the **Endowment Board** for the above mentioned projects excluding the repairs to the organ pipe room which will be addressed upon completion.

NEXT 2 MEETINGS: Oct. 17 & Nov. 21 at 6:00 PM.
In 2016, Vestry meetings are on the 3rd Monday of each month

Paul Hogan in Invitational Tennis Tournament



Our own Paul Hogan, son of James and Janis, picked up valuable experience at the 3-day 2016 Davidson Invitational tennis tournament at the beginning of October. Paul and team mate Stefano Puga excelled in doubles action, picking up several wins. The duo posted wins over Davidson, UNC Asheville, Campbell and USC Upstate in a solid overall weekend effort.

Congratulations Paul!

DOK Project Omo Child / Dress A Girl

Early in 2015 Christine Limbrunner brought an idea for a DOK project. She had been reading about a tribe in Africa in which any child born under certain circumstances was considered to be bad luck, and those children were killed. John Rowe, a National Geographic photographer, was raising money to try and save these children. His efforts were called Project Omo Child. Christine contacted Mr. Rowe to see if she could help in some way, and the result was the beautiful dresses that she and others have made using tee shirts and cotton fabric. He even agreed to carry in the dresses himself so that they went to the children who were in need.

We were able to take on the project because Christine wrote to DOK National for assistance. Her efforts were rewarded with two grants – one for \$1,000, and the other for \$1,500. To date we have made a total of 589 dresses and 149 snap bags. Most were sewn by Christine, but quite a few were made by other DOK members and a few other interested women.

After the first dresses were sent, Christine became involved with Hope for Women International. This organization works to help girls and women of all ages. That project is called Dress a girl. Our dresses have been sent to Ethiopia, Uganda and Romania.

By Jeanne Whisnant



A Couple of Notes from Rebecca Sime

- My **thanks** to Kathryn and our vestry for the recognition of my retiring. I appreciate the pretty flowers, and the cards, and Kathryn's kind words. I have said it many times, and I will say it one more time, I have loved being the children's minister these last years, and I love and appreciate our St James children. Thank you for allowing me to spend time with these precious children and youth.
- The **Ladies Christmas luncheon** will be held on **Saturday, December 17th**. Myra's of Valdese will be catering again this year. More information will be out in the next weeks as far as price, time, reservations, etc. We hope our St. James ladies will come and bring guests.



BACKPACK Ministry

School has been open for a little over a month. We have 53 children on our backpack list from Davenport. I know that some of the people at St. James know only that we feed children. So we thought we would let you know how we do this each month.

We order a pallet of food from MDI every 2 or 3 months. We then pick it up a week or two later. At this time it is loaded into Eric Miller's truck to take back to the church to unload. On these days we need men to help to unload the truck (so if there are some men who would like to help unload let us know). We then separate all items, take an inventory, and store the food. At this time we take out items for R@T, and any item we cannot use at Backpack or R@T is given to Yokefellow or the Soup kitchen. The pallet has 24-25 boxes which usually have over 1000 items. The price for each item is between 19-27 cents.

We also get our food through store sales that Hank and I find. As an example, the end of September we went to Fairvalue and ended up with 100 boxes of cereal, 100 6-pack Ramen noodles, 200 Vienna sausages. This all came to \$247.52 and we SAVED \$359.34. These items will be part of the backpacks for at least the next 2-4 months.

The day before we pack, Larry and Charlene set out the food listed on a menu that has been made for the month. The next day we meet in the youth room at 9:30 AM and pack the bags. We also include a card saying "This bag was packed lovingly for you by your friends at Saint James Episcopal Church at 806 College Avenue."

Now if you feel that you have an hour to kill on one of these days call us and we will tell you where and when we will be working. Right now we have Larry Baily, Charlene Clark, Rebecca Sime, Terry and Tom Hawkins and Teige West, Alyce Walton, and Eric Miller.

Something else I should tell you is that because of the wonderful family of St. James, we have not had to take any money from the budget of the church. It is all supported by you, the people of St. James, and we are so happy that you know what a great ministry this is and that we could not do it without your support. Thank you ALL!



*God Bless the Backpack Ministry
Gloria and Hank Friberg*

Memorials and Thanksgivings *Sept.—Oct. 2016*

In memory of **Ingram Parmley** by Alyce Walton to
The Altar Guild



Stephen Ministry Introductory Workshop



Our **Interim Rector Kathryn Costas** and three others attended an introductory workshop to learn more about Stephen Ministries. The program was an overview of what Stephen Ministry is and how it equips laypeople in the parish to care for hurting people. **Melinda Crawford, Terry Hawkins, and Betty Purcell** were along to learn how the leaders are trained and how other churches have worked this type of caregiving. We experienced a sample of the training and learned practical grief ministry skills.

The Workshop also was helpful in learning more about the initial expenses of training and the required manuals that are necessary for the training. The group felt it would be an asset to invest time, energy and resources in this lay ministry and to have it in place when the new priest is called.

By Betty Purcell

HOSPICE SNACKS NEEDED for patients and families. CARE and Jim Crawford (Hospice liaison,) are again asking for individually wrapped, nonperishable snacks such as pudding, nuts, canned fruit, and peanut butter crackers. Please bring your donations to add to the boxes at the back of the church or make a donation to St. James with "Hospice Snacks" in the "for" line during the month of October. CARE will be glad to do the shopping.



By Annette Beam



PARISH PUMPKIN CARVING will be on October 23rd following the 10:30 service. Bring your pumpkins and carving tools!

There will be a light lunch before carving pumpkins, so please email **Teige West** (Tglwest@gmail.com) to let her know you are coming and if you'd like to bring food. Children are encouraged to attend, but must be accompanied by an adult.



The Blessing of the Animals

The annual Blessing of the Animals service was on October 2nd in the Memorial Garden.

Kathryn blessed five “real” dogs (Scout, Tucker, Luci, Lorie & Banjo), two stuffed dogs (Puppy and Superdog), and one photograph of two dogs (Truffles & Lady) that had passed on. We also remembered our own pets who have passed away, and those of other parishioners.

Thank you to everyone who came out with their furry family members, and thank you to Kathryn for her blessings!

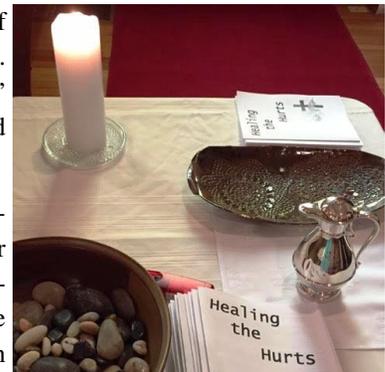
By Teige West



Healing the Hurts: First Presbyterians Take Refuge With St. James

Ten years ago, approximately fifteen members left First Presbyterian Church because of the church’s narrow interpretation of Scripture, especially their view on homosexuality. Six of those members, affectionately referred to by Lucy McCarl as “the refugees,” came to St. James – Lucy, Annette Beam, Jim & Melinda Crawford, Bob Giduz and myself.

When First Presbyterian Church officially split this summer, “the refugees” felt a connection to their pain and wanted to reach out to those who ultimately gave up their physical church for their convictions. With Kathryn’s leadership and as good Episcopalians who believe in the healing powers of worship, we offered an ecumenical Service of Lament and Healing at St. James in late August. The displaced First Presbyterian members were invited to come on a Sunday evening and instructed to bring a “rock.”



The sanctuary was filled with the warm glow of candlelight thanks to Deb Allen, Annette Beam and myself. A First Presbyterian member, Ann Sime, made the communion bread, and the sanctuary filled with both St. James members and First Presbyterian members, alike. Together, we lamented through responsive readings, we sang Taize music accompanied by Evelyn Beam, and we let go of our rocks or burdens of anger and resentment, washing them with the baptismal waters. We lit candles of hope from the Pascal candle. We had communion, some were anointed, and there was a laying on of hands by Kathryn, Melinda and me. The worship worked its way in our hearts and there was healing. And although there were tears and perhaps only a step towards deep healing, for that time together there was a lifting of spirits, a feeling of communal love, and a sense of the divine presence.

The service ended, but more of St. James’ “Marthas” - Doris Conn, Annette, and Sherry Wall- stayed and helped get everything put away for the following week. This “refugee” left that evening with a full heart, grateful for the St. James members, for their healing powers over the past ten years, and for their bringing me into full community. God is good – all the time.

By Jennie Deal

Parish Classic Hymn Sing-Along



The Hymn Sing-Along was a great time! We had a good crowd of people from St. James. We also had quite a few people from First Presbyterian of Lenoir.

Evelyn Beam played the piano so wonderfully for us, and Lucy McCarl was the MC. Thank you to both of them for taking requests, putting the music together and all of their preparation. A LOT of former Baptists, a few ex-Methodists and a few ex- (or current) Presbyterians composed our group. (There were no former Pentecostals. We took a poll.)

We sang for a good 90 minutes, using both the hymnal with some Episcopal songs, and a packet with many solid, timeless Baptist hymns. Evelyn was fully prepared with her collection of multi-denominational hymnals.

Lucy was both an effective and entertaining director. She also has extensive knowledge of the Andy Griffith Show, which featured several of the hymns. She was even able to describe hilariously that included the hymns— with the help of her audience!

All in all, it was a very good evening with songs many of us miss and enjoyed singing again.



By Teige West



Many thanks to all our Room at the Table (R@T) teams and their captains who serve the needy in our community so faithfully month after month. You'll see in news from CARE in this newsletter that a captain's meeting recently occurred that resulted in balancing of team membership and changes in team leadership.

Going forward, pictures and write-ups about our monthly Room at the Table ministry will continue to go out via email distribution, but will not be repeated in the church newsletter. As we focus on ways to get information to the parish in as timely a fashion as possible we invite your comments, suggestions—and help—in making communication between each of us more inviting, efficient, and effective.

By Doris Conn

St. James Travelers Find Anna's Birth Family!

Being Anna's birth country, Vietnam has a special place in our family's hearts, so we were excited when Barbara and Susan told us that they were going to travel to Vietnam with a tour group. When they told us that they would have one day off from their month long tour, and if on that day they were close enough, they would like to go to the village where Anna was born and try to find her birth mother. We were overwhelmed.

When Anna was little, we would send updates and pictures to her birth mother, Ca'n, and Ca'n would write to Anna, but it had been a few years since we had any contact with her. It would mean so much to us to send her direct news of Anna and to find out how Ca'n was doing. We knew it would mean the world to Ca'n, as well.

Barbara and Susan were told that they would be on their own if they chose to take a side trip. But when they told the Vietnamese tour director their story, he was kind enough to help them find a driver and translator. Their fellow travelers collected money for fruit to take to Anna's birth family. I had given Barbara and Susan the address, leaving out all the accent marks thinking they didn't need to pronounce anything. Apparently all of those marks are more than just a pronunciation key, but also have to do with location, so it was not an easy task to find the village. They didn't give up. After a few hours of riding around on very rough roads, along with directions from an old gentleman they met along the way, they found the village and Anna's birth mother! Ca'n was very grateful to hear about Anna, and we were very grateful to hear that Ca'n is doing well.

The way that the whole adventure played out is truly a miracle: from Barbara and Susan choosing to travel to Vietnam, to the tour being so close to Anna's village on their one day off, to their grand plan to find Anna's birth mother, to the support and good wishes from everyone around them, to the help of the tour director, driver and translator, to the old gentleman that gave them directions, to Susan and Barbara's adventurous spirit and determination to fulfill their mission, and finally to them finding and meeting Anna's birth family on, of all days, Anna's birthday!

Thank you from the bottom of our hearts, Susan and Barbara! We will be forever grateful!

By Michelle Willis





CARE Committee Commitments

We, the People, a gathering of community members of different races, led by our Don Bushman and Rev. Charlie Rivens, pastor at new Covenant Methodist Church, has been meeting every other Thursday evening since late July to increase and enhance a conversation about racism in our community. St. James members participating in the conversations include The Rev. Kathryn Costas, Jennie Deal, Rebecca Sime, Terry and Tom Hawkins, Teige West, Annette Beam, Lucy McCarl, Hope Estepan, and Bob Giduz. Upcoming events include:

- Sunday, Oct. 30, 6:00 pm, Lenoir Presbyterian Church—Service of Diversity.

- November (TBA) - Support Turkey Give-away activity.
- December 15—Celebration of Songs of New Birth: Prayer vigil on the Square

2017 CARE Activities, pending approval from the Vestry:

- **Stop Hunger Now** - A partnership with a black church in the community and perhaps R@T for “meal Packaging Event” to package 10,152 meals that will be shipped throughout the world to support school feeding programs, orphanages, and crisis relief.
- **Just Matters**—8 week sessions on one of the following topics: Immigration, Prison Reform, Muslim / Christian Dialogue.

Room at the Table (R@T) Captain’s Meeting: Reaffirmed goal of connecting people of St. James to people in need in the community; balanced team membership; thanked Teige West for her service and leadership as captain for Team 5 and to Annette Beam and Susan Rowe who agreed to be the new Team 5 captains.

Lenoir Emergency Outreach Shelter (LEOS): Volunteers are needed for the 4th Saturday each month from 8-3:30 to help out under the leadership of Melissa Eggers and Ken Klinger. The need is especially great due to Ken’s recent hospitalization.

CARE Outreach Budget: The Vestry committed \$14,000 to CARE which was distributed since April 2016 to Project Graduation (\$250); Shelter Home (\$1250); William Lenoir Crisis (\$500); CIS (\$1000); Yokefellow (\$500); Helping Hands (\$500). Priority spending of allotted funds for the remainder of 2016 includes: Stop Hunger Now, Soup Kitchen, Shelter Home, Helping Hands, Caldwell house, and Yokefellow.

Christmas Cards 2016: Cards are made annually by St. James children and “young at heart” members and can be acquired with a minimum donation of \$10 each. All monies collected will go to LEOS ministry for the 2016 Christmas season. Thanks again to artist in residence and former member Tricia Masters who designs the interior pages and prints cards as needed.

By Jennie Deal

Relief efforts for victim’s of Hurricane Matthew: Episcopal Relief & Development (ERD) is reaching out to partners in the hurricane's path to provide critical emergency assistance to those in need. Go to: <http://www.episcopalrelief.org/hurricane-matthew-response>.

Ordination and Consecration of Bp. José McLoughlin in Asheville

The Rt. Rev. José Antonio McLoughlin was ordained and consecrated Oct. 1 as the seventh bishop of the Episcopal Diocese of Western North Carolina. McLoughlin was elected as bishop on June 25 at Trinity Episcopal Church in Asheville after serving as canon to the ordinary in the Diocese of Oklahoma since 2008. More than 1,000 people attended the service at Kimmel Arena on the University of North Carolina-Asheville campus. As the diocese welcomed McLoughlin and his family, it also said farewell to the Rt. Rev. G. Porter Taylor, who had served as bishop of Western North Carolina since 2004.

Presiding Bishop Michael B. Curry was the chief consecrator. The Rev. John Ohmer, rector of Falls Church Episcopal in Falls Church, Virginia, preached and spoke passionately about his long friendship with McLoughlin, praising both his practical outlook and passionate faith. "José has been for me a sounding board and a source of wisdom and encouragement," he said.

McLoughlin told the congregation that the diocese "has at its core, in its DNA, a love in the service of Jesus, a history of loving and serving neighbors, and I'm excited to join you - that's what drew me here."

Ordained in 2005, McLoughlin earned his Masters in Divinity from Virginia Theological Seminary and Bachelor of Arts from the University of Central Florida. Prior to his call to the priesthood, McLoughlin worked in the criminal justice field serving in the state of Florida as a police officer and in the U.S. Department of Justice in Washington, D.C. in various capacities, most recently as the special assistant/senior advisor to the assistant attorney general.

McLoughlin and his wife Laurel have been married for 23 years, and together have two children, Alexander, 17, and Alyson, 14. Born in San Juan, Puerto Rico, McLoughlin is bilingual, enjoys music, playing the drums, and studying 18th century American history.

Janis Hogan adds the following from her personal experience of the day:

Saturday, October 1, was a gorgeous day in Asheville for the consecration of Bishop José McLoughlin. James Hogan sang in the choir. Jennie Deal served as a chalice bearer. Janis Hogan carried the St. James banner. Also in attendance were Kathryn Costas, as a clergy member, and Evelyn Beam, Rebecca Sime, Teige West, Terry Hawkins and Tom Hawkins. We also saw Henrietta Ouzts and Ute Huckabee.

As Episcopalians, we do ceremony right, and this was no exception! The choir was about 200 people and they were absolutely amazing! James said it was the hardest music he has ever sung. It was beautiful! It was a wonderful treat to have Presiding Bishop Michael Curry there.



Seeking God, Serving Community, Welcoming You



Saint James Episcopal Church

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Monday—Thursday 9-12



Newsletter Information

Submit information and photos for **St. James Times** to:
stjamesnews@saintjamesepiscopal.org or to Betty Purcell: betty.purcell@me.com

St. James Times is produced by volunteers who take turns receiving news items and photos and formatting them with whatever software each person prefers to use. **Please contact the church office if you, too, would like to become part of this newsletter production team!**

Betty Purcell, Jennifer Greer & Doris Conn

October—November 2016 Co-Editors

Regularly Occurring Events

Contact Church Office for Additional Information

- **Sunday Services:** 8:00 and 10:30 a.m.; **Wednesday Healing Service:** 12:10 p.m
- **Adult Forum:** 9:10 a.m.—Youth / Community Room
- **Children's Church School:** 10:30 a.m.
- **Adult Choir Practice:** Wednesdays, 7 p.m., Choir Room
- **Hands & Hearts:** 1st Monday, 10 a.m.
- **CARE Committee:** Meets Quarterly on 3rd Tuesday at noon (Jan., Apr., Jul., Oct.)
- **Daughters of the King (DoK)**—2nd Monday 5:30
- **Centering Prayer**—Thursdays, 4:30 p.m., Oertel Room
- **Room at the Table (R@T)**, 2nd Saturday, 4 p.m., Hogan Room
- **AA**—Sundays at 8 p.m., Youth / Community Room
- **AlAnon**—Wednesdays at 5:30 p.m., Youth / Community Room