



ST JAMES NEWS

Seeking God, Serving Community, Welcoming You

The Reverend Kathryn Costas
The Reverend Deacon Melissa Eggers

FEBRUARY 2016
LENOIR, NC
828-754-3712

2016 Lenten Activities

February 9 Shrove Tuesday

5:30 PM Pancake Supper

Prepared by the men (all ages) of Saint James

February 10 Ash Wednesday

12:10 PM Ashes and Holy Eucharist

6:00 PM Ashes and Holy Eucharist

Six Wednesday Evenings in Lent

Stations of the Cross, Soup Supper, Lenten Study

DATES: February 17, 24, March 2, 9, 16, 23

Program Title:

Stories of our Heritage from 1741 to the present

SCHEDULE FOR ALL 6 DATES:

5:00 PM Stations of the Cross; **5:30** PM Supper; **6:00** Program,

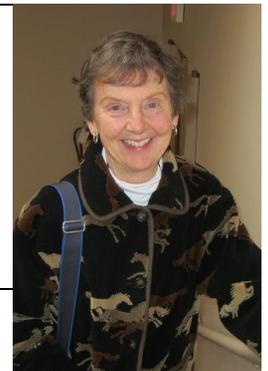
7:00 Compline/Night Prayer

LENT

January 18th 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 (motions approved) at this month's Vestry meeting, provided by Senior Warden Barbara Busch.*



- The meeting started with prayers for each other, the parish, and the world followed by Bible study of last Sunday's reading from the gospel of John.
- The diocesan alcohol policy will be discussed at the Feb. meeting.
- Deacon's covenant for 2016 was discussed and approved.
- In a Skype session with our Discernment Consultant, Jim Banks, we discussed and approved our Letter of Agreement with him. Jim reviewed the composition of the Discernment Committee beginning with the Chair of the Committee and the Spiritual Guide.
- The minutes of the regular December Vestry meeting were approved. The minutes of the special meeting on Jan. 4 concerning our Pin Oak trees and the water damage to the parish hall were also approved.
- Changes in the allocation and reporting of our finances were all approved. Two members of the Finance Committee rotated off at the end of 2015 and two new members are needed. Martha Combs and Debbie Allen will be asked to join the Finance Committee.
- The annual audit, required by Diocesan and National Church policy, will be conducted by Jim Runyon of Hickory (Moved, seconded, and approved).
- The Rector nominated and the Vestry elected Barbara Busch as Senior Warden and Larry Bailey as Junior Warden for 2016.
- Shilda Burns recommended that we hold another Boar's Head Festival. The Vestry proposed to hold it on Epiphany, Saturday, Jan. 6, 2018 subject to review in January 2017.
- A licensed Forester and arborist will come to look at our Pin Oak trees on Tues. Jan. 26 at 9 AM. Interested parishioners are welcome to attend.
- Several leaks are causing the water damage in the office hallway. Roof repair estimates will be coming.
- Shrove Tuesday Pancake Supper and Mardi Gras celebration will take place on Tuesday, Feb. 9. The men of the parish will be making pancakes, and the Silvio Martinat Swing Band will be playing.
- On Sunday, July 31, 2016 we will have a requiem for Laura Lenoir Norwood.

Next Regularly Scheduled Vestry Meeting: Monday, February 15

Lenten Thoughts from our Interim Rector

“I invite you in the name of the Church to the observance of a holy Lent, by self-examination and repentance, by prayer, fasting, and self-denial, and by reading and meditating on God’s holy Word.” Lent begins with Ash Wednesday, on February 10th. Each person decides how they will live into the observance of a holy Lent, and we as a church pray for each other that we may enter into this holy time listening to the Spirit in our midst to guide and direct us.

At Saint James we offer centering prayer on Thursday afternoons beginning at 4:30. This is 40 minutes of centering, a time to be silent and present to the Holy. If 40 minutes seems long, we do break it into two 20 minutes sessions with a bell between the two! Consider joining us in the Oertel Room.

On Wednesday evenings in Lent we will begin at 5:00 with Stations of the Cross, using different ways of doing stations over the weeks. Then we gather for a soup supper which is made by parishioners (please remember to sign up), followed by our Lenten program and ending with Compline or Night Prayer. Our Lenten program focuses on storytelling and our St. James heritage. We need to know where we came from in order to determine where we are going. What have been our strengths throughout these many years, did we serve the community and if so, how was that done, and who were the key players and who were the characters? Come to any part of this evening that you can. Many folks will work together to make this a Lenten program that speaks to who we are as Saint James and prepares us for our future.

There are a couple of other Lenten resources to mention. The Society of Saint John the Evangelist offers a Lenten study: **Growing a rule of life**. To subscribe to a daily morning email with a short video and download a PDF of the workbook, please go to ssje.org. “In this series, we focus on God as the Chief Gardener of our souls, and we seek out ways to grow into the fullness God desires.”

Then there is always Lent Madness. This is a fun way for people to learn about the men and women comprising the Church’s Calendar of Saints. 32 saints are placed into a tournament-like single elimination bracket. Each day you vote for your favorite saint. 16 make it to the round of Saintly Sixteen, then eight, four, two and then the winner is awarded the Golden Halo. Go to lentmadness.org or like them on Facebook. We will have a poster size bracket at Saint James.

There is much reading and study material out there. All Shall Be Well is a recent book published by Orbis and has readings for Lent and Easter. And if anyone would like to gather in a group, to do the Lenten study from SSJE or to talk about readings, please let me know. We can have a group in the morning or afternoon and/or one in the evening. Sometimes gathering together to study and reflect enables us to learn more than doing it alone. Whatever you do, please put some thought into how you can make this Lenten season a holy time.

Blessings,
Kathryn+



Silvio Martinat Swing Band to Play for Shrove Tuesday Event

Once again, the Silvio Martinat Swing Band will be playing at our annual Shrove Tuesday Pancake Supper. This band was formed in 1988 as a performance class at Caldwell Community College & Technical Institute in Hudson. The band was renamed the Silvio Martinat Swing Band when it was no longer affiliated with the college. Silvio Martinat continued to play in the Trumpet Section and can still be heard at times with the band.

During the past 25 years, the band has performed at numerous dances, parties, weddings and concerts. The band continues the tradition of performing the style of Big Band Swing which was so popular in the 1930's and 40's as well as the newer sounds that emerged in the 50's and 60's. Today you might even hear more recent selections, but they will always be

played with the same quality and style of the great bands from the Big Band Era. *By John Craig*

(This additional note from Doris Conn: *Pat Conn played alto saxophone with the band for several years, one of the things he most enjoyed and in which he took great pride because of the professional level of musicianship at which the band performs. Some of you may remember that Pat played with the band when they performed at one of our Shrove Tuesday suppers just a few years ago. I was very touched that Silvio came to Pat's memorial service in October, and I know Pat would have been greatly honored by his presence.*)



Lenten Prayers for Hungry People

Bread for the World provides free Lenten Prayer tents to put in the middle of your table or with your devotions. The tents offer readings, prayers, and actions to help us and our families observe Lent in a meaningful way. Bread for the World is a “collective

Christian voice urging our nation’s decision makers to end hunger at home and abroad. God’s grace in Jesus Christ moves us to reach out to our neighbors whether they live next door, in the next state, or the next continent. Working together, we change the conditions and policies that allow hunger to persist.” During Lent, pick up a prayer tent at the Lenten Soup Suppers or at the back of the church.

By Jennie Deal

Valmead Christmas Project—Grocery Store Gift Cards

For the third consecutive year, St. James parishioners responded in stellar fashion to my request for grocery store gift cards for the families of Valmead School. I have been astounded each year by your amazing generosity. On Wednesday, December 16th, I delivered to the school a very tall stack of cards, worth \$845. A thank you note from the Valmead School Family that arrived this week read:

“Thank you for your enormously generous gift. This will give so many families peace of mind this season. We are so grateful for all the gift cards. Our families were truly blessed to have your support. May God bless you!”

I listened to Presiding Bishop Curry’s message from Canterbury this morning and heard his appeal for us to work together to make sure that no child goes hungry. Your response to Evelyn Beam’s William Lenoir Middle School Christmas project, the Valmead Elementary School project, the Backpack and Room at the Table ministries makes it evident that you are clearly concerned about the needs in this community—especially those of OUR children. Thank you for opening your hearts!

By Jennifer Greer



A Change in How We Do the Prayers of the People

For a couple of years we have been saying aloud on Sundays all the first names of people who are listed on both our “Acute” Needs as well as our “Long-Term” Needs. That’s a lot of names, requiring a good bit of time.

Sometimes I think to myself when we have heard so very many names in a row said aloud in our Prayers of the People and then I say “and others we may name either silently aloud,” that there must be people sitting in the pews thinking, “Who’s left?” We have heard such a long, long litany of names that it must seem impossible that there could be anyone else to name.

In order to experience a change and in order to shorten the length of time required in the service by the Prayers of the People, only the Acute Needs names will be read aloud as a formal part of the Prayers in Lent.

And of course names on the Long-Term list may be said aloud by individuals in the church where the invitation is extended to say “others whom we name either

silently or aloud.” Thus, we will hear many voices saying many names of people in need rather than just one voice.

We will have both lists in the Sunday bulletin, and so all the names may be seen and prayed over.

And all of us might think about bringing these lists home with us from church and praying for all the people named in both lists therein. At our Wednesday healing service we will name aloud all the people on both lists, thus assuring that all are named aloud in the church during each week.

I hope you will be accepting of this change in how we do our Prayers of the People. Experiencing something new can often cause us to pay fresh attention to something. In the season of Lent we will begin this new practice.



By Melissa Eggers

Ministry at Helping Hands

Helping Hands is in need of a person to work the window in the pharmacy on **Wednesdays from 3:00 – 5:00**. I have found working in the pharmacy is easy and rewarding, and I think other St. James parishioners who volunteer with Helping Hands would concur. You may commit to every Wed., every other, or only one Wednesday a month.

By Jennie Deal

Thank you to the parish

THANK YOU

What a lift all of you have been to us in the past week after the death of Steve’s brother, Richard. We thank you for your prayers, your phone calls, and your concern during the long time he has been on our prayer list. I can’t begin to tell you how much Steve has loved getting all those wonderful cards every day when he collects the mail at lunchtime. We have truly been the beneficiaries of the support and love of the St. James parish. With great love and appreciation,



Steve and Jennifer Greer

2016 JANUARY ROOM AT THE TABLE

Team Captains: Jennie Deal, Don Bushman & Lucy McCarl

Team Two is the team that always serves the same meal: pinto beans, Mac 'n cheese, greens, slaw, cornbread, and dessert of ice cream and some sort of accompaniment (this time it was brownies). It's a popular meal, and one of the especially popular items might surprise you to hear: Captain Jennie Deal reports, "We always run out of greens—our guests love them." They've got this menu down to a science and pulled it off without a hitch, serving around 60 guests at this January 9 meal.

Something unique Team Two is doing is rotating around their roster alphabetically, using different people as captains. Captain Jennie Deal came up with the idea when one of Team Two's captains retired and the second moved away. This time it was Don Bushman and Lucy McCarl's turn to join Jennie as captains, and it all went very well.

Joining the three captains in coming early to start work that Saturday afternoon were Hank Friberg and a young man named Brylan Teague. Brylan first participated in Room at the Table as a friend of Betty Purcell's granddaughter Elizabeth. He



has been with this team since he was 13 years old and is now a senior. Maggie Martin's two boys Julius and Leo were also helpful with the meal, and at the end Brylan had fun tossing a football around with them. There are lots of ways to enjoy helping out with Room at the Table, as you can see.

Though it was a smaller group of guests than usual, they were nice and they were appreciative, as always. Christine Limbrunner reported that a clothing closet patron expressed her gratitude as she picked through warm clothing for her family, saying, "You don't have any idea what a lifesaver you are. I didn't know what we were going to do."

Guests also talk to us about what's going on in their lives. One man spoke about how he and his brother had picked up some work in redoing a house. He commented on how nice it was not only to have work but also to be thought of as a carpenter. Another guest came in upset, saying she needed help. She had thrown her twenty-year-old grandson out of her house that day when he got angry and did some damage to the house. Now she was feeling bad, although she knew it was the right thing to do. She wanted to know where her grandson might be able to go now, so that he would not be out on the street. We gave her the phone number for LEOS. And as do other guests, she filled out a green prayer request form, asking that we pray for her grandson. This is what we do at the



Wednesday healing service that follows a Saturday Room at the Table meal: we listen to the prayer requests of our guests as they are read aloud, and as a church we pray for those people.

Below is a listing of the names of all the people who helped with this meal in any way, whether by being present, providing food, shopping, or contributing money:

Jennie Deal
Don Bushman and Lucy McCarl
Jim and Melinda Crawford
Nancy Havrilack
Roz MacGuire
Maggie Martin, Julius and Leo
Reavon Prestwood
Betty Purcell
Brylan Teague
Hank Friberg
Becky Whisnant
Craig Mills
Annette Beam,
Rosemary Rowland
John and Christine Limbrunner
Melissa Eggers

By Melissa Eggers

Continued from previous page



Memorials & Thanksgivings

October—January



In Memory of **Pat Conn**

From Celeste Conn to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mrs. David Woodard to the Music Fund

In Memory of **Pat Conn**

From Donna Shumolis to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mrs. James Finley to the Music Fund

In Memory of **Pat Conn**

From Elizabeth Winter to the Music Fund

In Memory of **Pat Conn**

From Annette Beam to the Music Fund

In Memory of **Pat Conn**

From Cheryl Dickey to the Music Fund

In Memory of **Pat Conn**

From Dawn Voigt to the Music Fund

In Memory of **Pat Conn**

From Melissa Eggers to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mr. LeRoy Clapp to the Music Fund

In Memory of **Pat Conn**

From Barbara Kirby to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mrs. Owen Phillips to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mrs. Bill Frazier to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mrs. Gerald Crunkleton to the Music Fund

In Memory of **Pat Conn**

From Mr. and Mrs. James Hogan to the Music Fund

In Memory of **Pat Conn**

From Doris Conn to the Music Fund

In Memory of **Joanna Salgado**

From Patricia Salgado to the General Fund

In Memory of **Joanna Salgado**

From Alyce Walton to the General Fund

In Memory of **Willie Frazier**

From Hank and Gloria Friberg to the Daughters of the King

In Memory of **Willie Frazier**

From Alyce Walton to the Daughters of the King

In Memory of **Willie Frazier**

From Eliza Bishop to the Daughters of the King

In Memory of **Willie Frazier**

From Alice Austin to the Daughters of the King

In Memory of **Willie Frazier**

From Doris Conn to the Daughters of the King

Continued from previous page

In Memory of **Willie Frazier**
From Belinda Corpening to the Youth Ministry

In Memory of **Willie Frazier**
From A.G. Jonas, Jr. to the General Fund

In Memory of **Willie Frazier**
From Wilson Norwood to the General Fund

In Memory of **Floye Hood**
From Karla Miller to the General Fund

In Memory of **Willie Frazier**
From Mr. and Mrs. William Hook to the General Fund

In Memory of **Willie Frazier**
From Disabled American Veterans Chapter 06 to the Daughters of the King

In Memory of **The Rev. Peter Ouzts**
From Mr. and Mrs. James Hogan to the General Fund

In Memory of **Willie Frazier**
From Nels and Nancy Anderson to the Daughters of the King

In Honor of **Chuck Lovins and Chad Barnes**
From the Honorable and Mrs. Robert Brady to the General Fund

In Memory of **Willie Frazier**
From Melissa Eggers to the Endowment Fund

In Honor of **Cheryl and Emerson Dickey**
From Mr. and Mrs. Alexander Dickey to the General Fund

In Memory of **Pat Conn**
From Valerie Martin to the Music Fund

Next Up for

FEBRUARY 13 R@T Meal

Team Three, captained by **Barbara Busch & Rebecca Sime** is at bat for our Room at the table Meal in February. Here you can see that team's roster of members. These are the people who will be providing food and fellowship for people in need on February 13. If you are not yet on a Room at the Table team and you'd like to be on this one, please give Barbara or Rebecca a call.

Barbara Busch

Rebecca Sime

Phyllis Fields
Virginia Jennings
Linda Jonas
Chuck Lovins
Kriszta McGee
Parker McGee
Helen Miller
Fran Pursley
Marlin Pursley

Charlotte Reid

David Reid

Judy Sanders
John Scroggin
Susan Strawn
Lynn Swann
Dianne Swanson
Amy Watson
Michele Willis

A Thank You from Davenport School

"Thank you so much for all that you do for the children and families in our school. Without great community support from organizations and generous people like you, we would have so many families without their basic needs met. It's truly amazing the difference you all make. Thank you!!"

Danielle Kiziah, and Davenport School.

This thank you note was sent in response to the backpack ministry we have here at St. James. We provide food at least one weekend a month to needy children at Davenport. This year we are serving 59 students.

At Thanksgiving a member of the community provided turkeys for these families. Instructions on how to cook the turkey were given in Spanish and Eng-

lish. The churches that provide food for Davenport kids, gave extra for the month of November. We provided sides to go with the turkey so the families could have a Thanksgiving meal. Our own Larry Bailey stayed at the school to give the food away for two days prior to the Thanksgiving holidays.



Your support for our outreach program helps feed the children and sometimes their families. The families were very appreciative for this gift. Thank you for the support you give to our backpack program.

By Charlene Clark

PILGRIMAGE TO ISRAEL

Two years ago this February, I went on a pilgrimage to Israel and found the experience very rewarding. While in Israel, our group visited the Mar Elias Educational Institution in Ibillin, which is a school for Jews, Muslim, and Christian, and talked with its founder Archbishop Elias Chacour who also wrote, **Blood Brothers**. Visiting with Elias Chacour was one of the most powerful experiences of the trip.

Pilgrims of Ibillin are sponsoring two-week trips: *Living Stones Pilgrimage*, May 20 – June 2 (also one TBS in late October) and *The Radical Teaching of Jesus: A Seminar with Archbishop Elias Chacour*, July 24-August 6. See Jennie Deal for a handout concerning the trips, or you may visit www.pilgrimsofibilin.org.



By Jennie Deal

QUIET DAY, 19 MARCH, 2016



The Daughters of the King of St. James invite the members of our parish to participate in a Quiet Day on 19 March. If you are not familiar with Quiet Day, it is not all quiet, nor is it a full day! We will begin at 10:00am in the Sanctuary with a welcome. After we are dismissed, participants will be moving to various locations around St. James for prayer and meditation. The focus for this time will be the crosses from the Chrismon trees. Each cross will have a scripture reading and a prayer. Participants will use these as they spend individual time with the crosses, everyone moving at her or his own pace.

We will meet back in the Sanctuary at 11:45 for Communion after which we will proceed to the Hogan Room for a light lunch, provided by DOK. We will need a count by noon on 10 March in order to have enough lunches for all participants. Dismissal will be no later than 2:00pm. If you have questions, please email Jeanne Whisnant at jjwhisnant@yahoo.com.

We are also inviting DOK sisters from the Western Diocese. And we look forward to many of you participating in our Lenten Quiet Day.

By Jeannie Whisnant



FEBRUARY BIRTHDAYS

1 Michael McKinney (Y)
 3 Gloria Friberg
 4 Larry Bailey
 4 Curlie Washington
 5 Sherry Wall
 7 Matt Craig
 7 Lorie Herman
 8 Barbara Kirby
 8 Matthew Owens
 9 Beverly Tysinger (Y)



11 Logan Riddle
 11 Jennifer Sime
 14 Evelyn Beam
 14 Don Nordstrom
 14 Tara Salgado
 15 Jan Ferguson
 15 James Chittenden
 16 Janet Craig
 20 Willie Frazier
 20 Makayla Vines

FEBRUARY ANNIVERSARIES

23 Nancy & Roy Havrilack



**Linda Alexander Retiring
 from Newsletter Work**

For the last six years, Linda Alexander has co-edited our St. James monthly newsletter, continuing that work even after leaving the position of parish administrator to take a full-time job with Greer Laboratories. The February issue you hold in your hands or are reading online right this minute will be the last issue you will see from Linda, who needs to step away from this additional work at this time in her life.

Linda was the person who put each issue together for us—formatting and designing and choosing art work and and just in general taking the many items we sent to her and putting them together in a wonderful way. We will miss her talent, skills, experience, and commitment. Thank you, Linda, for being part of our St. James family!



Events

(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
- **Archive Committee:** Monday 1-4:00 p.m. Archive Room

Support Local Theater: To Kill a Mockingbird

Foothills Performing Arts presents the play To Kill A Mocking Bird this February. The performance will be held at the FPA theater located on the Caldwell Community College campus (B building) in Hudson.

Scout Finch and her older brother, Jem, live in sleepy Maycomb, Alabama. The children spend much of their time with their friend Dill (played by Auguste Thielemann) and spying on their reclusive and mysterious neighbor, Boo Radley. When Atticus, their widowed father and a respected lawyer, defends a black man named Tom Robinson against fabricated rape charges, the trial and tangent events expose the children to evils of racism and stereotyping.

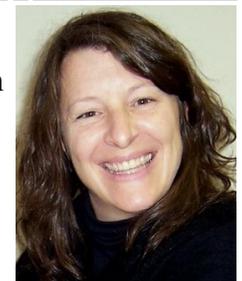
Shows:

February 12, 13, 19, 20 at 8:00 pm in the FPA Theatre

February 14, 21 at 3:00 pm in the FPA Theatre

Adults \$12 / Seniors \$10

Students 18 and under \$8



By Lynda Lea Bonkemeyer



Saint James Episcopal Church

806 College Avenue
Lenoir, NC 28645
828-754-3712

Website: www.saintjamesepiscopal.org

The Reverend Kathryn Costas

rector@saintjamesepiscopal.org

The Reverend Deacon Melissa Eggers

melissaeggers@earthlink.net

Vince Crist, Music Director/Organist

Finance Secretary

financesecretary@saintjamesepiscopal.org

Amy Green, Parish Administrator

information@saintjamesepiscopal.org

Worship—Sundays @ 8:00 and 10:30 a.m.

Healing Service— Wednesdays @ 12:10 p.m.

Church Office Hours

Monday—Thursday 8:30—12:30

The Vestry

Larry Bailey

Barbara Busch

Jim Crawford

Emerson Dickey

James Hogan

John Limbrunner

Kempton Smith

Susan Strawn

Dianne Swanson

Jim Evert (Treasurer)



**Diocese of
Western North Carolina**

www.diocesewnc.org

Want to know about....?

*(Check church directory for phone
numbers and email addresses)*

Acolytes, Rebecca Sime

Archives, Sherry Miller

Backpack Ministry, Gloria Friberg

Hands and Hearts, Betty Purcell

Altar Guild, Laura Owens

Lay Eucharistic Visitors, Melissa Eggers

CARE Committee, Jennie Deal

Lunch Bunch, Rebecca Sime

Centering Prayer, Melinda Crawford

Ushers, Susan Strawn

Daughters of the King, Jeanne Whisnant

Children's & Youth Group, Rebecca Sime

Room at the Table, Melissa Eggers

Seeking God, Serving Community, Welcoming You

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