



Winter Chimes



Dec. 2013 - Feb 2014

Quarterly News from St. James's Episcopal Church

VOL.3, No.2

Advent Anticipates the Holy Arrival

What's inside...



Fall Festivities...
page 8



Mission Team
Opportunities...
page 13

Beloved in Christ, in this season of Advent, let it be our care and delight to prepare ourselves to hear again the message of the Angels, and in heart and mind to go even unto Bethlehem, to see the Babe lying in a manger.
(from Book of Occasional Services p. 29)

In the midst of lives filled as they are with stress and struggles, joys and wonder, we need to be reminded yet again that our lives are formed in love, sustained and nourished in love. The weeks of Advent offer us opportunities to prepare, to be open to the presence of God, who is love. This preparation is an internal process, a spiritual discipline of waiting, of learning to hold lightly those things that prevent us from having room for the new life and the deeper love God envisions for us in a fuller, more life-giving way of being.

Spiritual preparation is a bit like waiting for the birth of a child – the metaphor is clear – the urgent watching and waiting, the hoping, the anticipation, the growing sense of longing for the time to come. A new life of grace is on the way and faithful preparation is in order. The hopeful passing on of our tradition of devotion, meditation and preparation invites us to share the story of God's love manifest in the child of Bethlehem, to share God's promise of peace.

Here at St. James's, the season of Advent comes with opportunities to explore how God beckons us onward to deepen our experience of God's love, to explore how we share that love with others, bring-

ing Christ to birth in our own unique way. Our Sunday services will take on a tone of anticipation and expectation. A wonderful service of Lessons and Carols for the season will open our hearts and lift our spirits. The Sunday Forums led by the parish clergy will reflect on the promise of peace and justice for all. The annual Advent Retreat will provide sacred space for the renewal of mind and spirit.

please turn to p. 11

Christmas Service Schedule

Advent Lessons and Carols

December 8 5:00 p.m.

Christmas Pageant

December 15 5:00 p.m.

Christmas Eve

Family Eucharist 4:00 p.m.

Festival Eucharist 6:00 p.m.

Choral prelude 10:30 p.m.

Festival Eucharist 11:00 p.m.

Christmas Day

Holy Eucharist 10:00 a.m.

Office Schedule

Closed noon, December 24 -
December 27

Open Monday, December 30

Closed Tuesday and Wednesday
December 31 and January 1

Find us online all the time:





*The Rev. Randolph Marshall
Hollerith, Rector*

From the Rector's Desk

Make the Holidays – Holy Days

The word “holiday” comes from the Old English word “haligdaeg” which means “holy day.” Ironically, for most of us there is far too much stress associated with the holidays and far too little holiness. From Halloween to New Year’s, we tend to spend too much, worry too much, work too much, and sleep too little. I know many people who are quite relieved when January 2 rolls around and we can put the holidays behind us for another year. But that’s not how it ought to be. From a faith perspective, the holidays are worth little if they are not also holy days.

Our consumer culture floods us with unhealthy and unrealistic portrayals of the ideal family celebrating the ideal holiday. Thin, smiling, happy, affluent, well dressed, laughing people are portrayed unwrapping gifts, making champagne toasts, singing Christmas carols, enjoying the perfect family meal all arrayed around the perfect table. This, coupled with our sometimes haunting memories (or mythologies) of what the holidays used to be – when we were young, when our children were young, when the family was still all together, before we were touched by the grief of losing someone we love – can make us deeply sad and nostalgic for what used to be and can never be again. Additionally, our culture is constantly telling us that if we really love the important people in our lives then we should not hesitate to get them the latest toy, the shiniest gadget, or the perfect diamond – because love equals gifts. In other words, the message we receive is

that to love someone is to spend money on them.

Whatever we can say about the first Thanksgiving and the first Christmas, they were not elaborate affairs intended to be Martha Stewart extravaganzas. Instead, they were messy, basic, and all about the people present. The early settlers were celebrating surviving their perilous journeys. They were celebrating the fact that they had enough food to eat and enough shelter to survive another winter. They were overjoyed by the miracle that God had given them another day of life, another chance to carve out an existence in a strange new world. In Luke’s account of the first Christmas, a poor, unwed, teenage couple welcomed the Christ child into the world with nothing around but piles of hay and a feeding trough for farm animals. The safe birth of this miraculous child was the sum total of the entire experience. Mother and child had survived the struggle of childbirth, and God had blessed Mary and Joseph with a son, a very special son.

Our faith is an Incarnational faith. We believe that God comes to us most fully in the person of Jesus. We also believe that God continues to come to us in and through the people in our lives. What makes a holiday a holy day is our recognition of the holiness of life, of living, of having someone to love and someone who loves us in return. Families are messy, complicated, dysfunctional, and sometimes very difficult. All families are that way! Believe me, after 23 years of ordained ministry I can

personally attest to this fact. There is no such thing as the perfect loving family just as there is no such thing as the perfect Thanksgiving or Christmas. We are all broken, flawed human beings. The holiness in a holiday stems from the love, the forgiveness, and the understanding we afford one another in spite of all our shortcomings and imperfections. Moreover, there is no present we can purchase that is able to sum up what someone means to us. People may not remember what they got for Christmas from one year to the next, but they always remember the special meal, the gathering, the meaningful time spent with those who love and care about them.

So, this holiday season, let’s spend less and be together more. Let’s let go of the past and embrace the gift of having each other in our lives right here and right now. Let’s give thanks for the things that really matter and let go of all the trappings that matter little. Let’s celebrate the bounty of our lives and praise God for the gift of his Son. Our lives are infused with the holy; it is present in every breath and heartbeat, every smile and kind word, every gentle touch and simple kindness. The wonders of God’s blessings are all around us. They are not hard to see if we are willing to look for them.

Blessings,



MUSIC

Mark Whitmire, Director of Music
Virginia Whitmire, Organist and Choir Director

Music that still rings in our ears...

Blessing of the Animals



Bluegrass Mass



Feast of St. James's



Upcoming Music Events you don't want to miss...

Advent Lessons and Carols

Sunday, December 8, 5:00 p.m.

In the season of Advent we sing, "O come, o come Emmanuel" and we wait joyfully, if not impatiently, to hear the story of the birth of the Messiah. And yet, even more eagerly, we, as God's children, await the second coming of our Lord Jesus Christ. In candlelight and quietness, ponder anew God's loving pursuit of us and his plan to restore Creation at the annual 5:00 p.m. Service of Advent Lessons and Carols on December 8. The West Gallery Choir and the Youth Choir will present music by Guillaume Dufay, Isaac Gill, Benjamin Britten, JJ Heller, M. Ward and William Billings.



Handel's Messiah

Christmas Eve at 10:30 p.m.

Members of the Richmond Symphony will join the Parish Choir as they sing the first section of *Messiah*, the most successful and best known of Handel's oratorios. *Messiah* was composed in twenty-four days in August and September of 1741. The entire first section of *Messiah* deals with prophecy concerning the advent of the Messiah and the birth and life of Jesus, and the first five numbers are based on texts from the 40th chapter of Isaiah.

Lift Every Voice and Sing

Sunday, January 19, 5:00 p.m.

The choirs of St. James's will join the Concert Choir of Norfolk State University, one of the premiere African-American ensembles in the country, for a service in celebration of the life and work of Dr. Martin Luther King, Jr. The choirs will be led by Dr. Carl W. Haywood – pre-eminent organist, conductor, composer, and editor of *Lift Every Voice II*, the African-American Hymnal of the Episcopal Church.





The Rev. Ann Dieterle,
Associate Rector

Busy Season Brings Opportunities to Learn and Lean on Faith

Fall is a busy time here at St. James's! We're in full swing for the program year and approaching Advent. We're also busy planning for the Winter & Spring programs and there are multiple special events that are either in the near future or still very visible in our rearview mirror. With that in mind, I'm using this space to say some thank yous, as well as to promote a few things that are coming up.

As I write this it's still a few weeks away, but by the time you get this the Taste of St. James's will be in the rearview mirror. This is the third year for the event, and I can't say enough about the efforts that of the women who planned it. A special thank you goes to co-chairs Louise Bald and Laura McCoy, Gloria Prevatt who chaired the Art Show portion of the event. Becky Page, Carrie Montague, Meg Stott, Mary Brooks Jamison, Caroline Stokes, Carter Foster, Nancy Jordan, Britt VanDeusen, Erin Jewett, Mary Kulp, Newnie Rogers and Ida Farinholt all coordinated key aspects of the event, and many others served as volunteers to contribute to its success. Many, many thanks! I've been craving those casseroles for a while now (the breakfast casserole and the pot pie are particular favorites – no offense to any of the other goodies) and I'm guessing they'll be eaten by the time this arrives in my mailbox.

The Taste of St. James's is a ministry of the ECW (Episcopal Church Wom-

en), and while I'm on the topic of ECW events, I want to invite all the women of the parish to join us on Tuesday, December 3 at noon in Valentine Hall. This is the next installment of *Nurturing Every Woman's Spirit*, a lecture series we began last year. One of the key principles that we're embracing in this lecture series is inviting speakers from our own congregation and spotlighting the wealth of homegrown talent here at St. James's. Rosie Messer will be our speaker in December, and Rosie is a gifted storyteller with a delightful sense of humor. Please come and join us and bring lunch with you.

On February 7-8, 2014 we will have our latest **WomanKind Gathering**. Registration is now open and if you haven't already, I hope that you'll go to our website at www.womankindrichmond.com to register and select your workshops. As always we have a great line-up of speakers and workshops, a fabulous reception and an inspiring worship service to conclude the weekend. In the young women's Bible study that I lead (Wine, Women and Wonder) we have been reading Glennon Melton's book *Carry on Warrior* and really loving it. I hope that you'll make the time for yourself and come to this wonderful gathering!

As I mentioned, we're already putting together the schedule for Winter, Spring and Lent. You'll receive an updated insert with the Adult Forma-

tion offerings, but I wanted to highlight a couple of things. A new book study on parenting teens and a mid-week yoga class will be new offerings. In Lent, we will provide multiple opportunities to learn new spiritual disciplines including prayer and designing a rule of life. Our overall theme for Lent is "Wilderness/Pilgrimage," and I'm excited about the many possibilities for exploration there!

I also want to take this opportunity to thank the adult education committee, who inspire me with their creativity and faithfulness. In no particular order, they are: Richard Rumble, Mark Cooper, Caroline Parkinson, Henry Willett, Tom Porterfield, Sam Fuller, Michelle West and the chair, Britt VanDeusen.

There are a lot of opportunities here for study and growing deeper in your faith. Depending on where you are in your spiritual journey, you might want to sample a little bit from each of these offerings. Or, you might feel called to pick one and make a commitment for a longer period of time. I hope that you'll consider where you might be on your walk with God, and which offering or offerings might support you along the way.

Peace and Good,

A handwritten signature in dark ink, appearing to read "Ann +".



*The Rev. Carmen Germino,
Assistant Rector*

Sacred Listening and Sacramental Community at Jazz Mass

Have you been to Jazz Mass lately? We are in our second year of offering this special evening worship service. This fall, Jazz Mass moved into its new home in Valentine Hall. This space allows the service to be more flexible, in keeping with the ethos of jazz. At 5:00 p.m. every Sunday, we gather in the Michaux House to learn, pray, and sing – and we do it all with the assistance of some very special musicians.

One of these musicians is Alan Parker. Alan is a guitarist who is no stranger to church music – his resume includes playing bass in an African-American Baptist Church and playing our own Bluegrass Mass this October. He plays plenty of secular gigs around town too, including a weekly show at the Barrel Thief on Patterson Avenue with band leader Jason Jenkins, also a Jazz Mass regular.

I asked Alan recently about his experience at Jazz Mass, from his point of view as a musician. He shared that he appreciates playing Jazz Mass for several reasons, some practical (he gets home to his family at a reasonable hour – no small thing for a professional musician) and some spiritual. He told me that playing for a community gathered to worship “changes the spirit of the music” and elevates the whole experience of playing. He also said that one of the things he appreciates most about Jazz Mass is that “...people actually listen.” He went on to describe how, in many

settings, jazz has become the default “background music” as people chat or dine. These days, it is rare for a jazz musician to get to play for people who are actually paying attention.

It strikes me that listening to jazz is a lot like listening to God in prayer. Both take patience and persistence. In both, we must allow ourselves to be taken somewhere, maybe somewhere surprising. We must surrender control for a little while as we let the music and/or God wash over us. At Jazz Mass, when we make space for the band to offer a musical reflection, we practice the sacred (and disappearing) art of listening. I’m so grateful to all of our Jazz Mass musicians for helping me to improve my own practice of listening.

This is not to say that all we do at Jazz Mass is listen! Jazz Mass is also very much about fellowship. In our Episcopal context, that fellowship happens around the table of Holy Communion. At Jazz Mass, after we have blessed the bread, wine, and one another through prayer and song, we greet each other in peace, and gather around the table to eat, drink, and laugh abundantly, and to enjoy one another, giving thanks to Jesus and building community. It is not an accident that ‘community’ and ‘communion’ have the same root word.

The fellowship of the church community is something Alan Parker also appreciates. Back in August, two of Richmond’s finest jazz musicians were

at St. James’s on a Sunday morning. But they weren’t there to play music. Alan was there with his wife Lian Bily, as their baby boy, Dashiell, was baptized in the name of the Father, and of the Son, and of the Holy Spirit. Jason Jenkins was there too, as one of Dash’s Godparents. And we, as the church, promised to do everything in our power to support Dash in his life of faith. That is what listening and community are really all about.

Faithfully,

Carmen



New venue, same great music and worship!

Join us in Valentine Hall at 5:00 p.m. on Sundays.



*The Rev. Alex Riffée,
Assistant Rector*

God walks with us in all things

When I joined the Episcopal Church in high school, I found Christmas Eve to be the most enchanting service in which to partake. At my home parish, the worship space was filled with hundreds of God's children waiting to receive a word of hope in a bleak time and a broken world. The building was transformed by the darkness of the night sky and the candle light delicately flickering throughout the church. Color was muted but light cut through the obscurity of the dark in both body and spirit.

At this service, I always feel transported into a different world. Church becomes not a place, but an event that is equally disturbing and inviting. It is not as I normally perceive the world.

In winter, I see the world for the striking realities of strain and scarcity, more so than at other times. There is little left for harvesting. The beauty of vibrant colored flowers and foliage has long faded. We fight to keep warm yet fashionable, slipping on pavement, and washing salt that dulls the exterior of our otherwise beautiful cars. Even in our global and technologically advanced world, where apples and avocados are available year round, winter is a bitter reminder that we rely heavily on many things simply to survive and be joyful.

On Christmas Eve, however, I have been granted a time and experience with God that reminds me of His eternal presence in our life. Even as I

begrudge the cold of snow, less able to find joy in it as I once did in childhood, I am reminded that light can and will prevail in this harsh world. Like the candles held up by each individual worshipping our Lord, light makes its advance, scattering the darkness that seemingly prevailed.

Christ came into the world as a powerful light to push back the spiritual darkness that existed during his earthly ministry and our own time. He offered hope. He offered community. He offered presence. In a world that often looks bleak, these are the very things needed to continue awaiting an uncertain future, the hope for spring, or the hope for new life.

It is hard to remember what God promises us. Though we are granted many miraculous things through faith, I have never read in the Bible that God would take away all hardship or grant eternal happiness in this life. What I do read, over and over again, is that in the midst of new life or in the depths of despair, God will never leave our side – like a candle shimmering in the darkness. To me, having that presence, regardless of my life's story, is enough to grant my allegiance and worship. Though the many scenarios I face might never see a harvest, I know that I have a source of light and partnership sharing alongside my journey. It is the baby Jesus whom I love and who loves me. It is the Lord who saves me and guides me. It is His

Spirit that enables me to find my own light and shine it for others to see.

This winter, as we approach the Christmas season, I ask you to spend time meditating on who you are to God and how God walks with you in all things. Ponder on these few verses before coming to receive the Eucharist on Christmas Eve. Pray upon these verses and ask the Lord to reveal Himself to you through the scriptures. Allow God to let you see the world anew like He did for me when I came to Him in worship in my childhood church.

"Before I formed you in the womb I knew you, before you were born I set you apart."
Jeremiah 1:5

"I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul." Psalm 31:7

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

John 3:16-17

With love and prayers,

Alex



Becky Page
Director of Children's Ministries

...for Children

Kinder than is necessary

I love to read. When the opportunity came up to read to my son's class last year I jumped at the chance. Little did I know that the book the class was reading at the time, Wonder by R.J. Palacio, would make such an impression on me. On that first day I read an early part of the book where you are introduced to the main character, Auggie, as his parents are considering sending him to a small middle school where he would enroll as a 5th grader. But, Auggie is not your typical 5th grader. He was born with a facial deformity that required many surgeries and prevented him from going to a mainstream school...until now. Auggie is not initially enthusiastic about the idea of going to a school and his parents are weighing the merits of protecting him from what might be in store for him in middle school and helping him to learn to integrate into the world he lives in.

A few weeks later I was able to read to the class again. That day Auggie is being dropped off for the middle school graduation ceremony. The director

of the middle school, Mr. Tushman (a name that is good for a few laughs if you are in middle school), is giving a graduation speech. He starts by talking about how much the students have grown that year both physically and emotionally. But he wants to say more. He reads an excerpt from a book by J.M. Barrie called The Little White Bird, "Shall we make a new rule of life...always to try to be a little kinder than is necessary?" As I read those lines I thought to myself, what a wonderful idea, what a powerful message: kinder than is necessary. That is a good rule of life.

I did not get to read to the end of the book that day so I quickly got a copy so I could learn what happened to Auggie between the first day of school and graduation. I have shared this book with many others and now you. It is a powerful story and those words, "kinder than is necessary" have stuck with me. As I was preparing to write this article I was showing a friend that passage and realized that just a little further down the page there was something else worth

sharing. In this same graduation address Mr. Tushman references a book entitled Under the Eye of the Clock by Christopher Nolan. He says, "The main character is a young man who is facing extraordinary challenges. There's one part where someone helps him: a kid in his class. On the surface it is a small gesture. But to this young man, whose name is Joseph...at moments such as these...Joseph recognized the face of God in human form." What a powerful message!

May we all strive to this rule of life: always to try to be kinder than necessary. And through that kindness may others see the face of God in each of us.

Blessings,

Becky

Christmas Pageant



The St. James's Christmas Pageant will be performed on December 15 at 5:00 p.m. If your children (ages 3 and up) are interested in participating, please encourage them to sign up in their Sunday School classrooms or you may contact Becky Page at bpage@doers.org and 355-1779, extension 314.

Late Summer and



Our first parish picnic to be held at the St. Catherine's Fields on River Road was a rousing success, with games, music, barbeque and fellowship.



Pumpkin carving was the all-family evening activity during the October Parish Retreat at Shrine Mont.



Revs. Germino and Riffe blessed a multitude of animals at the Feast of St. Francis in October.



Dr. Mark Whitmire conducted the Parish Choir in the Choral Eucharist in September.

(right) Amy Dilworth, Fran McDermott and Diane Wright lead an anthem at the Bluegrass Mass in October.

Fall Festivities



Fellowship was the order of the day at the reception and dinner during the Feast of St. James's in October.



Memorable selections from "Fiddler on the Roof" mesmerized and entertained the Feast attendees. Thanks to our wonderful cast and band.



Margie Gray and Nancy Warman begin to unpack the ACTS house for distribution to program clients.



The Fall Chimes



Mike Bily talks to Maggie Tinsley at the Missions Fair in October.



Nancy Warman,
Director of Servant Ministry

Let Your Light Shine This Winter Season

With the Gift of Christmas Joy ...

The Giving Tree ministry provides an opportunity to share Christmas joy with families and seniors who participate at the Peter Paul Development Center and to offer financial resources to our in-house ACTS emergency fund that helps families remain stably housed. Your gifts will be transformed into God's blessings, bringing hope and joy to families who are struggling with difficult life issues and who are feeling the challenges of inadequate income. A child will feel delight with his or her new toys and clothing. A senior citizen will be warmly touched by the brightly decorated gift box with his or her name. A family of young children and the disabled elderly woman will be greatly relieved to learn that they will receive help with their rent or utilities and therefore able to stay in their housing.

Christmas trees decorated with "wish lists" will be available beginning Sunday November 24. Wrapped gifts with name tags should be returned to Valentine Hall by Sunday, December 15.

With the Heart to Serve...

Your gifts during October of 50+ "filled to the brim" bags and hundreds of personal hygiene and household items contributed to the ACTS House made a wonderful difference in the lives of those who are served by ACTS. Your gift items and your support by way of the Christmas Giving Tree all help to

Margie Gray, lay leader for the ACTS Advocacy Committee, has written a beautiful prayer, adopted as the ACTS Board prayer. It lends itself to a prayerful response to our St. James's Winter Season Ministry.

"Let us turn our prayers to the people for whom it is ACTS's mission to provide support and resources:

God, today hear our prayers for all women, men, boys and girls who live in the fear of losing their homes; for families who have been broken because they could not afford to pay the rent; for those who have no relatives or friends

support individuals and families who are struggling with lack of adequate income and are at risk of losing their homes and becoming homeless. For a moment, imagine not having a toothbrush, a bar of soap, toilet tissue, or money to pay your mortgage!

With the Warmth of Shelter...

CARITAS is a non-profit agency that provides men, women, and their children shelter and support while they work towards moving from the homeless system to stability.

CARITAS Intake continues until December 20. Thanks to all of our "doer" volunteers who provide hospitality each night (5:45 p.m.-6:30 p.m.) to CARITAS guests. If you can join

who can take them in; for those who are working multiple jobs and still can't make ends meet; for those who are afraid and hopeless.

God, we pray that through you, we can ease their fear and restore their hope;

Let us not be lulled into complacency by our good fortunes or our comfortable homes.

Help us see your face in the eyes of everyone we meet, not just in those who resemble us.

Please keep us open to what you are asking us to do and give us your love to reach out in compassion as we step beyond what feels comfortable and safe in order to do your will. Amen."

this ministry team, please sign up in the Narthex or contact lay leader Margaret Corwin (corwincompany@verizon.net or 512-1664).

Michaux House will buzz with activity, be filled with sights of babies in arms of volunteers and young children playing on the floor; of scrumptious smells of home cooked dinners and popcorn snacks; of quiet chatter of parents and happy noises of Bingo winners and movie watchers! This all happens as part of CARITAS Shelter Week, February 15-22, 2014. Please mark your calendars now and plan to join the host of volunteers that make possible this important week of outreach, welcome, and hospitality to CARITAS children and parents. Volunteers are needed

to prepare meals and snacks, (bagged lunches may be prepared at home), take laundry to nearby laundromat, supervise showers, read to children, plan and help with games and crafts, lead Bingo, and to be present with listening ears and compassionate hearts!

Sign-up sheets for volunteers will be available in the Narthex or you may contact co-leaders Meg Stott (mcs-tott65@yahoo.com or 347-2029) or Amanda Roberts (amanda@thevacationchic.com or 370-8294).

May the light of St. James's "doers" continue to shine brightly for those in need during this winter season!

Blessings,

Nancy Warner

Advent continued from front cover

- **Sunday Forums in the Parkinson Room** – Sundays, December 8, 15 and 22 at 10:15 a.m.
- **Advent Retreat** (registration www.doers.org) – Saturday, December 7, 10:00 a.m. - 3:00 p.m.
The Retreat will begin in the Chapel with Morning Prayer and end with Eucharist. In between in Gibson Hall there will be brief reflections on the Nativity stories and time for private and corporate meditation. Lunch will be provided – cost \$10.
- **Service of Lessons and Carols** – Sunday, December 8 at 5:00 p.m.
- **Christmas Pageant** – Sunday, December 15 at 5:00 p.m.

Wherever we are on our spiritual journeys, Advent gives us the opportunity to claim some quiet time in the midst of a hectic season, to reflect together on what it means to recognize and respond to God's presence in our lives and to recognize the Christ in faces around us.

Caroline +

Youth Sunday – February 2, 2014



Each Sunday, youth play an active role in the worship and study of God in our church community. Normally, we see them in leadership roles such as acolytes or in choir. Still, hundreds take part in the prayers alongside their fellow parishioners in the pews. One Sunday of the year, however, our youth take part in larger roles of worship such as reading scripture and offering a sermon to the congregation. I encourage our parish to support them on February 2 with their prayers and presence.

If youth would like to volunteer for a leadership position in this service, please contact the Rev. Alex Riffée at ariffée@doers.org.



'Tis the Season...

by Debbie Lickey

Executive Director, St. James's Children's Center

The holiday season brings with it a range of emotions: excitement, joy, gratitude, sweet and sometimes bitter-sweet nostalgia of past memories. It also brings with it, as any parent will attest, quite a bit of stress.

During this time of year families are very busy: baking treats, attending holiday programs and parties, and performing every task involved with providing gifts and meals that define the season.



Young children are easily swept into the excitement of such times. We, as adults, overwhelmed by our sense of what is "expected" of us, may not realize the amount of stress children may be feeling as a result of the constant level of activity that ensues. As we move through the upcoming season, one of the best gifts we can provide children in our lives is that which enables them to learn to self-regulate, in order to reduce their stress level. 'Self-Regulation' is the ability to stop, calm ourselves, and reframe the thoughts that are creating mental and physical stress.

I can hear the anxious thoughts of parents as I write this, "Oh great, not only do I have to carry out all the holiday expectations, now I have to worry about my child becoming dis-regulated

as a result!" That, I assure you, is not my intention. Rather, I invite you to use this knowledge as a means by which you can, first of all, give yourself a break as you make decisions about what you 'must' do in the upcoming season and, secondly, to provide you with an awareness of how to assist your child as he/she experience their own stress during this time. The 'gift that keeps on giving' is that of a caring adult to provide him/her with the awareness of sources of stress, the feelings associated with that stress, and strategies to self-regulate, such as taking a deep breathe, going for a walk, listening to music or cuddling with mom or dad. A possible example might be:

Source of stress: There have been a lot of different people in the house today.

Feelings defined: You must be feeling a little confused (frustrated, anxious, etc.)

Strategy to self-regulate: How about we put on some music for you to relax with, or take a walk...



At the Children's Center, our mission is to facilitate children's' social-

emotional growth on a daily basis. With the holiday season upon us, an increased awareness of the children's daily experiences offer an opportunity to provide strategies to enhance that growth. Our focus will be on the traditions and rituals that make our families unique. We are



blessed to be in a culturally and ethnically diverse environment that provides children with glimpses into many different experiences. We are also so very blessed to be in the midst of the 'family' of St. James's Church. The volunteers who provide the precious gift of time to our children and the Center make more of a difference than they could ever know. St. James's is surely a congregation of 'doers' who provide those quiet moments that creates memories for our children.

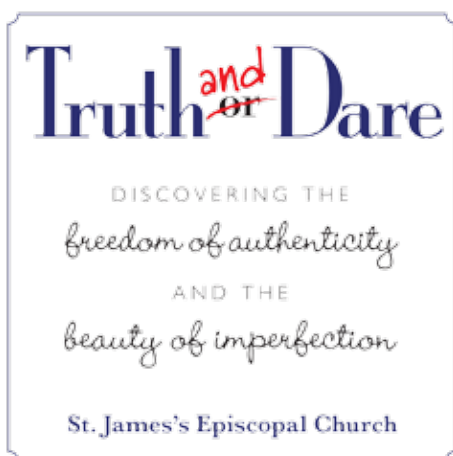
P.S. If you don't want to attend an event this year, just say that you would come, but you're working on little Johnny's self-regulation instead.



Opportunities to Deepen Faith and Fellowship In 2014

The next gathering of the faithful at St. James's under the auspices of the ECW, WomanKind will be a day and a half of fellowship, worship, study and prayer to enrich the lives of all women. *WomanKind 2014:*

Truth and Dare will host a powerful lineup of insightful and inspiring personalities whose presentations will explore the universal truths, strengths and vulnerabilities we face as women. Their stories about finding light in the darkness, defining their own



truth, and daring to overcome seemingly insurmountable challenges will be a source of spiritual strength for individuals, as the WomanKind experience strengthens our church community.

The Friday evening reception will feature fabulous food, fellowship, music and a forum with our keynote speaker. Saturday will offer a series of presentations and workshops where we will further explore the theme of *Truth and Dare*.

Register at

<http://womankindrichmond.com>.

Glennon Melton



Marie Monville



Nora Gallagher



Society of St. John the Evangelist Retreat – April 3-6, 2014

St. James's has a special relationship with the Society of St. John the Evangelist (SSJE), the oldest Anglican men's order, located in Cambridge, Massachusetts. We join the brothers at the Society for an extended weekend of quiet, companionship and renewal at the SSJE monastery. This Lenten retreat will be 'directed' and led by one of the brothers. We arrive between 4:00 -5:00 p.m. Thursday and depart

after lunch (approximately 2:30 p.m.) on Sunday. Air travel is arranged on your own. Space is limited to eight rooms, so sign up early!

For questions or information regarding the content of the retreat, please contact the Rev. Ann Dieterle. To register, contact Anita Lisk.



Need in New Orleans and Haiti Still Continues to Call for our Mission Teams

New Orleans

February 9-15, 2014

Ever since Hurricane Katrina, low-income people in New Orleans have been struggling to rebuild their homes, reclaim their jobs, and restore their neighborhoods. St. James's mission



teams have been there from the beginning. This year, we begin a new partnership with RHINO (Rebuilding Hope in New Orleans), an outreach ministry of St. Charles Avenue Presbyterian Church, and our team has room for four or five more members. Contact Andy Smith (smitha@stcva.org) or Russell Lawson (russelllawson@doers.org).

Northern Haiti

March 8-14, 2014

Having completed six classrooms for La Redemption School in Gonaives, Haiti, we hope to begin a new project in this beautiful and poverty-stricken nation. We remain committed to working with our brothers and



sisters in the northern part of Haiti, which has few mission partnerships and resources. Our mission team is looking for members. Contact Page Londrey (plondrey@tranzon.com) or Mike Sullivan (mike_sullivan@ajg.com).

Stewardship



*Chip Woodson,
Director of Stewardship and
Development*

Rise Like a Phoenix

Parks Pegram Duffey III painted an exquisite scene of our church depicting how it looked on Easter 1997, after it had been rebuilt following the fire in 1994. This powerful piece, filled with hope and promise, has since been used on posters and note cards over the years, but it just recently caught my eye. As I viewed the image of a phoenix emblazoned on the hot air balloon rising above the church, I was struck with the truth that it reveals.

The Phoenix, a mythical bird, is a fire spirit with a colorful plumage. About the size of an eagle, it has eyes that are mild and tender, a beak the color of a rose, and a neck that resembles all the colors of the rainbow. It has a 500 to 1000 year life-cycle, near the end of which it builds itself a nest of twigs that then ignites; both the nest and bird burn fiercely and are reduced to ashes, from which a new, young phoenix arises. The new phoenix is destined to live as long as its old self.

How appropriate for St. James's! We are a beautiful church, one that is mild and tender, but able to rise up to any occasion. We have the ability to overcome adversity and the tenacity to keep our church alive and thriving. We recognize the Christian values that we all hold so dear and strive to raise our children in an environment and culture where loving and serving God and our neighbor is a given standard.

As Doers of the Word, we not only say what we do, but our actions speak louder than any rhetoric can convey. Examples of this abound. As Stewardship Director, I am inspired by the amazing generosity of this parish. Each



year, our parish increases its giving to the Annual Fund, which is now about \$2 million. This year, our Cornerstone Centennial campaign resulted in over \$1 million for the Endowment Fund, bringing its fund balance to over \$5 million. Every year there are more members joining the Legacy Society, the group that has made provisions in their estate planning to include St. James's. Needless to say, our parishioners care deeply about the ministries of St. James's.

During this program year, it has been a challenge to keep our annual spending within our budget as our energetic parishioners and staff have creative

ideas on more and better ways to carry out our incredible ministries; a very nice problem, but demanding none the less. As we approach the calendar year end, I ask that we each examine our stewardship responsibilities, whether it is to fulfill our current commitments and/or to pledge for 2014, to insure that we will rise like the Phoenix, keeping St. James's the amazingly unique and magnificent place it is.

Blessings,

Chip



The Interview

St. James's is serving as the CARITAS Intake site for women from October 19 to December 20 this year. We will host 2014 CARITAS Shelter Week February 15-22. Amanda Roberts (Amanda@thevacationchic.com and 370-8294) and Meg Stott (mcstott65@yahoo.com and 358-3271) are co-chairs and contacts for volunteers this year. Recently, they talked about the CARITAS ministry of St. James's.

Chimes: What is the role of servant ministry in the CARITAS programs in which we are active?

Meg: CARITAS began as the "Winter Cots" program many years ago to provide overnight shelter to a homeless community with varied needs. In 1987 it formally became Congregations Around Richmond Involved To Assure Shelter, and today it is recognized only by its acronym. It is the largest provider of homeless services in the metro Richmond area and offers a comprehensive scope of services to address the complexity of homelessness. The emergency shelter is the most inclusive shelter service in our area, providing shelter of last resort for people ineligible for other programs.

Chimes: Why is this ministry important to our Vestry and congregation?

Meg: I know it gets repeated a lot but this is a true example of being doers, not just hearers. This ministry gives our congregation an opportunity to work directly with people who need help. It is an opportunity to not only utilize our congregation, but also utilize our building space. And the people we help are right here in Metro Richmond.

Amanda: CARITAS provides us with the opportunity to directly and immediately help people who really need it.

Chimes: How do we gauge the value of our efforts in CARITAS?

Meg: I think the value of a ministry



Amanda Roberts
Co-chair, CARITAS



Meg Stott
Co-chair, CARITAS

can be gauged on different levels: 1) the CARITAS guests and how appreciative they are, 2) the CARITAS organization and staff, and 3) the St. James's volunteers and how they all feel it is a rewarding experience after they do a shift.

Amanda: CARITAS is a very rewarding ministry to be involved in. As a volunteer, feel that I have really made a direct difference in someone's life. I do a lot of volunteer work and it's rare to be able to see such an immediate and direct impact on the work to which I contribute as I see in CARITAS. It is very touching to get to know the various clients and hear their stories. It only makes me thank God even more for my blessings and good fortune.

Chimes: How is CARITAS affecting the lives of its guests and others it serves?

Meg: It gives people without homes a place to live and the resources to get back on their feet and find a new home and job.

Amanda: I think that it also gives them hope to know that there are strangers that care enough to give of their time to help them out.

Chimes: What more does our parish need to know about CARITAS and our support of its efforts?

Meg: We will host families this year, February 15-22, 2014. There are more opportunities for all church members to participate – men, women and children. We need lots of volunteers to make this successful.

Amanda: Volunteer opportunities

include cooking meals, doing laundry and most importantly entertaining with games and crafts and visiting which is, basically, just being present.

Meg: During Shelter Week, guests not only are provided with basic needs – food, shelter, laundry, shower – but are lifted up in spirit by the warm and welcoming embrace of those who care about them. Interaction with volunteers gives guests some respite from the heavy responsibilities and suffering they daily carry with them, and offer some moments of laughter, fun, and help with their young children.

Amanda: Time here is time they feel that they are not alone in their struggles but rather have people who deeply care. They also find a network of resources for on-going support, such as a help from a "doer" writing resumes, or referrals from the church to other service providers. St. James's provides a place to "re-charge," to meet caring people, and find hope for the days ahead. We know that most CARITAS guests move on to independence and stability, and we are blessed to be a part of the journey that gets them where they need to be.

In addition to CARITAS's sheltering programs, the CARITAS Furniture Bank provides furniture and household items to move into permanent housing, and CARITAS Works counsels and assists men looking for work. The Healing Place is a homeless shelter and long-term recovery program for addicted men, a proven model that works, with 65% of graduates remaining sober one year from completing program. St. James's pledges outreach funds and has a long history of volunteer partnership with this ministry. St. Jameser Karen Stanley is the Chief Executive Officer of CARITAS.



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