



# Spring Chimes



March-May 2015

Quarterly News from St. James's Episcopal Church

VOL.4, No.3

## Marcus Borg's Scholarship Lets Us Walk With Jesus During Holy Week

by The Reverend Caroline Parkinson

### What's inside...



Christmas angels...  
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Walking the foster dogs..  
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**D**uring Lent this year we will offer two opportunities (Wednesdays at 10:00 a.m. and 7:00 p.m.) to study the work of Marcus Borg, which uses the Gospel of Mark to follow the details of Holy Week from Palm Sunday to Easter. The Last Week (Harper, San Francisco, 2006), presents the argument that Jesus and the dominant religious and political structures which promoted oppression and exclusion particularly in Jerusalem, were on a collision course from the very beginning.

Before he died in January, biblical scholar Marcus Borg wrote 21 books on the essence of Christianity and the historical Jesus for "lovers of faith and those seeking a faith to love." Having first heard him speak in the early 1990's, I have followed his writing and lecturing now for almost twenty-five years. As my own faith deepened and evolved in the midst of parish ministry, I felt enriched by Borg's use of metaphor and the way he challenged a literal interpretation of Scripture while opening the religious, cultural and historical background of Judaism in the midst of the Roman occupation of first century Palestine. His was a way of bringing scholarship and spirituality together that I have found empowering.

Borg was clear that he did not believe that there was a single right way of being Christian as seen by his willingness to work with biblical scholars with whom he disagreed such as N. T. Wright, as well as scholars and writers who shared his belief

in a new paradigm including, Jack Spong, John Dominic Crossan, Phyllis Tickle and the members of the Jesus Seminar.

His manner was not arrogant. Always he encouraged his listeners and readers to develop a personal faith that would enrich  
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### Easter Season Schedule

#### March 29 - Palm Sunday

- 7:45 a.m. Holy Eucharist, Rite I
- 8:30 a.m. Pancake Breakfast prepared by Youth
- 9:30 a.m. Stuart Circle Parishes Parade
- 10:30 a.m. Holy Eucharist, Rite II and Reading of the Passion Gospel

#### Monday-Wednesday March 30 - April 1

- 5:30 p.m. Holy Eucharist Chapel

#### Maunday Thursday, April 2

- 7:00 p.m. Holy Eucharist, Footwashing, and Stripping of the Altar

#### Good Friday, April 3

- Noon and 7:00 p.m. Litany for Good Friday

#### Easter Sunday, April 5

- 7:30 a.m. Holy Eucharist, Rite I
- 9:00 a.m. Festival Eucharist with the Children's Flowering of the Cross
- 11:15 a.m. Festival Eucharist

Find us online all the time:





### Giving Up Our Burdens

The Rev. Randolph Marshall  
Hollerith, Rector

*Jesus said, "For this reason the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father."*  
John 10:17-18

**W**henver I travel I always take with me my orange Patagonia duffle bag. I bought it years ago and it has become a faithful friend. It is tough as nails and holds more stuff than I have any business taking with me on my travels. It has seen many a mission trip, hunting adventure and family vacation. But the bag has one serious flaw that I always seem to forget – it has no wheels. Big and bulky, lacking shoulder straps, this bag goes from being a blessing to a curse whenever I have to lug it from concourse A to concourse E as I race to catch a flight. Numerous times I have sweated my way through an airport with my orange Patagonia banging into my shins wishing all the while that I had left it at home.

I think life has a way of burdening us with worries, fears, anxieties and problems that add great weight to our souls. Like my ungainly duffle bag, these soul-burdens weigh us down and generally exhaust our spiritual energy. Most of us carry too much stuff, stuff that makes the journey of life exceedingly difficult. Lent is the time when we generally give up something in order to remind ourselves of Jesus' sacrifice during his forty days in the wilderness. If you have taken on a Lenten discipline and are denying yourself something during these forty

days then I hope it will be a spiritually enriching experience. But in the weeks remaining before Easter, I invite you to not just give up something but to lay down something.

In John's Gospel Jesus said, "I lay down my life in order to take it up again." In one sense the story of the gospels is really the story of Jesus laying down his life and finding new life on the other side of the tomb. It is a story of death and resurrection, of letting go of the old in order that something new can be created. I believe this holy story of death and resurrection is also the blueprint for all human spiritual growth. In order to find new life, new direction, and new meaning, we have to be willing to allow the old to die. We have to be willing to let go of some of the burdens we carry, to put down some of that which weighs down our souls.

Stop and think right now – what are the burdens that you carry? What are things banging into your shins as you make your way through life? Are you angry with someone and unable to forgive them? Are you angry with yourself and unable to let go of something you have done or left undone? Are you hampered by anxiety, by fear for your future or the future of those you love? Do you continually worry about things you cannot control? Has life presented you with a problem for which you can find no solution, no way out? These are the issues that weigh heavily on our souls. What would it take to lay one of these down? What would it take to let go of these burdens?

Right before he died on the cross Jesus cried out, "Father, into your hands I commend my spirit." He gave up all that he was and all that he had and placed it into God's hands. Jesus placed all that he was into God's hands. This example needs to be our blueprint for living. The good news of our faith tells us that new life exists on the other side of death. God's love is always working to redeem that which is broken. Faith at its deepest is really trust and the Gospels tell us that we can trust the resurrecting, redeeming power of God.

So, during these remaining weeks of Lent, I invite you to live into the "way" of Jesus. When you lay down at night say, as our Lord said, "Father, into your hands I commend my spirit." When you rise in the morning say it again. Then imagine yourself taking the burdens that you carry and laying them one at a time at the foot of the cross. Give them and yourself to God. Lay your worries there, your anxieties, your fears; give them all to God trusting that God can make new life out of old just as God did with Jesus. We can't carry everything and we don't have to. If we really believe that God is our Alpha and our Omega, our beginning and our end, then we can trust that whatever happens in this life God has it all well in hand. We can trust that in the end God redeems everything.

Faithfully,



## Upcoming Music You Mustn't Miss...

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

**SUNDAY, MARCH 8 AT 10:00 A.M.**

### DYLAN MASS

In a 1963 interview, Dylan said, "There's mystery, magic, truth, and the Bible in great folk music. I can't hope to touch that. But I'm going to try." His songs are about the struggle for a moral code, and it is, ultimately, the music that provides his religious framework. In *Song and Dance Man III*, English critic Michael Gray wrote, "Along with this unfailing sense of the need for moral clarity, Dylan's work has also been consistently characterized by a yearning for salvation. In fact the quest for salvation might well be called the central theme of Bob Dylan's entire output. To survive, you must attain that clarity of morality: you won't even get by without going that far, and then you must go beyond – get rescued from the chaos and purgatory and find some spiritual home." In another interview, Dylan put it this way: "I don't know who I am most of the time. It doesn't even matter to me. ... I find the religiosity and the philosophy in the music. I don't find it anywhere else. ... I believe the songs." Come listen for God's word with fresh ears.



**WEDNESDAY, APRIL 15, 7:00 P.M.**

### CONCERT: MAGNIFICAT

Magnificat was formed in 1991 by its conductor, Philip Cave, to explore the rich diversity of choral music from the last five centuries. The ensemble specializes in the restoration and performance of neglected choral masterpieces with particular emphasis on music from post-Reformation England and from late 16<sup>th</sup> century Spain. Their latest CD includes Latin sacred music by Robert Parsons, Robert White and William Byrd. Other recordings of music from "The Golden Age" include an album of motets by Gesualdo, Guerrero, Josquin, Rebelo and Victoria together with Allegri's

*Miserere* and Palestrina's *Stabat mater*. Magnificat's recording of Thomas Tallis' forty-part motet *Spem in alium* was hailed as 'quite the best recording' by Gramophone. Tickets will soon be available at [www.thediocese.net](http://www.thediocese.net).

**SUNDAY, MAY 25, 7:00 P.M.**

### MEMORIAL CONCERT

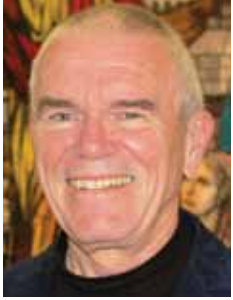
St. James's first Memorial Concert was in 2005. We have presented this concert bi-annually since. The concert is given in remembrance of those who have died in military service and in thanksgiving for those among us who have served in our nation's Armed Forces, including those that are presently serving. This important event provides a wonderful opportunity to say thanks to our veterans. The concert will include Mozart's immortal *Requiem in D minor*.

Peace,  
Mark and Virginia



Presentation of Roses  
at the 2013 Memorial Concert





*The Rev. Mark Cooper,  
Interim Associate Rector*

## Changing Adult Programs

**P**roviding a deepening experience of one's understanding of faith is an on-going goal of our adult education program here at St. James's. We have had a long history of excellence in this field so great change isn't necessary but willingness to experiment and to look for new ways to provide that education is our concern. To that end we made modifications of our Sunday morning programs beginning in January and now have some experience that suggests we are on the right track. We continued our Adult Bible Study with Thom Blair and added several short courses during the same time, *Baptism: Fire Insurance* and *The News and The Good News* were some of the first. We discontinued offering a weekly Forum in favor of one major Forum each month when no other classes would be held and we would support the person or group who comes from the outside for that discussion. We will continue to experiment with our program and we welcome your comments and suggestions both for ways to improve and for topics that you would enjoy hearing more about.

I was asked to present to a weekend workshop at St. James the Less on the concept of Wellness in the fall of last year. I had been reading three new books on the topic of Mind, Body, Stress Reduction (MBSR) that presented a secular view of the use of mediation and reflection as ways to find insight and peace in one's life. Most of the theory

derives from a Buddhist background and I decided to develop an article on my perspective as a Christian priest who teaches Yoga and leads courses in MBSR. You can find that to the right and I invite your thoughts and comments. It was a satisfying exercise for me. The group at St. James the Less responded positively.

We are into Lent as this comes into print and hopefully you have found the courses on Sunday and during the Wednesday evenings as a place to increase your learning and as support to your Lenten pilgrimage. It is a privilege to be part of the pastoral staff here at St. James's and I appreciate very much the continuing opportunities I have to learn from my engagement with you.

Take care,

*Mark*

## Do We Need To Apologize for Yoga?

a pol' o get' ic

ə, pālə' jedik/

adjective

adjective: apologetic

1. regretfully acknowledging or excusing an offense or failure.
- of the nature of a formal defense or justification of something such as a theory or religious doctrine.

"the apologetic proposition that production for profit is the same thing as production for need"

Today, I offer this apologetic for my participation in Yoga, Mindfulness Meditation, as an ordained priest in the protestant tradition of Christianity. The primary contemporary religious voice of those precepts has come from Buddhist practitioners: Jon Kabat-Zinn, Thich Nhat Hanh, Jack Kornfield and others. The concepts of living in the moment, breathin and awareness, seem grounded in and are clearly articulated in the Buddhist tradition.

So what do we do about Yoga, given our fulsome traditions of the New Testament and the protestant view of Christianity? Is there a conflict in these beliefs, do we need to reconcile different points of view, and do we have to convert our experiences from these other religious traditions into our own set of beliefs?

As a Lutheran pastor, ordained now for over 40 years, I have read the texts of our traditions, preparing classes and sermons using our Biblical sources. At the same time, I have studied Yoga, Mind-Body-Stress-Reduction, and Meditation. Have I felt a need to defend that work or do I live with internal conflict? My answer has generally been that I do not see a problem, but, until recently, I had not really given much thought to the potential problem. Over the past few months, I have begun to look more closely at what I'm doing. I've opened

*Please turn to page 11*



*The Rev. Carmen Germino,  
Associate Rector*

## The Anatomy of a Mission Trip

**H**ave you ever wondered what all is required to make a mission trip happen? Here is a list of important components:

**Team Members.** That's you! Without a steady stream of Doers willing to take the leap and immerse themselves in service and discipleship, we would have no mission trips.

**Leadership.** We are so fortunate to have people who answer the call to lead our missions and serve on our Missions Committee. Trip leaders have a big job – they take care of pre-trip budgeting and logistics, keep the group on task during the trip, keep up morale, and evaluate the trip. They are faithful, flexible, organized, friendly, and patient.

**Deadlines.** Um, have you flown recently? Air travel is getting so expensive! For any trip requiring a plane ride, it is imperative that we book flights as early as possible to keep our trips affordable. Sometimes we get a group rate, requiring additional advanced planning. Hence, deadlines. They are not arbitrary. They exist to allow ample time for planning and to make sure the cost of the trip is reasonable.

**Money.** This is a big one. First, there is the money each member pays to participate in the trip. This typically covers transportation, visas, lodging, meals, insurance, gratuities, and other miscellaneous costs. Second, there is the money we use to make grants to our partner organizations who host us. These funds are critical for helping the organiza-

tions meet the needs of the people they serve. We also use these funds to offer scholarships for church members who feel called to mission work but cannot afford the full cost. Every year, we raise all of the money needed for our grants at one fabulous event: Mardi Gras for Missions! So anyone who attends, volunteers, donates, or bids at Mardi Gras is an important part of Missions. Save the date: February 9, 2016.

**Staff Support.** I may be the staff liaison to the Missions Program, but I am by no means the only member of the staff who helps our missions succeed. Russell and Emily in the Communications office help spread the word, Poconna in the Finance office helps keep track of the money rolling in and out, Mary Beth helps plan mission opportunities for our youth, and so many others on the St. James's staff work tirelessly to support this amazing ministry.

**Immunizations.** Depending on where you are headed, you'll need to protect yourself from catching a variety of illnesses: Tetanus, Hepatitis A, Typhoid, Malaria, etc. And before you go anywhere, you should do your best to inoculate yourself against disrespect, rigidity, apathy, selfishness, negativity, and laziness. These ailments can really put a damper on a mission trip.

**Hard Work.** Speaking of laziness, be assured that every mission contains some hard work. Often, it is physical labor, like carrying buckets of mortar or painting a wall in the hot sun. Some-

times though, the hard work is more emotional than physical. The emotional work can be just as exhausting as the physical work, and it is just as important.

**An Open Mind.** While on mission, you will encounter realities that are outside your own norms. You may be confronted with challenges to long-held beliefs. You may be faced with a slower pace than you prefer. You will leave your comfort zone at home. Don't worry, you can pick it back up at baggage claim when you return. Patience, compassion, and being non-judgmental are key.

**An Open Heart.** While on mission, you will encounter profound beauty in unexpected places. You will meet people who will share their stories and astound you with their strength. You will be the recipient of gracious hospitality, and you will return with a sense of deep gratitude. You will likely also come home with a bunch of new friendships from within the church and beyond it.

**Prayer.** Something special happens when we ask God to guide, support, and bless our mission efforts. I have never NOT felt God's presence at some point on a mission. After all, mission is not about us. We participate in God's mission, not the other way around.

So, now that you know exactly what goes into a mission trip, are you ready to jump in?

Faithfully,

*Carmen*



Mary Beth Abplanalp,  
Director of Youth and  
Young Adult Ministry

## ... for Youth and Young Adults

### Walking with Foster Dogs

One of the many perks of our move to Richmond was a house with a fenced backyard. Chris immediately started talking about getting a dog. We are both “dog people” but ironically we have two cats...long story. I’d love to have a dog too, but don’t feel comfortable taking on that level of responsibility right after moving to a new town and starting a new job. The voice of reason is rarely popular.

Chris was just about to hop on my “let’s not get a dog right now” train when my new boss gets a puppy! Chris’s persuasions grew even stronger, so we compromised. We decided to become foster parents with the Lab Rescue of Greater Richmond.

Enter Doolittle. He was quickly



Doolittle and Mary Beth

renamed Doobig which more accurately describes the 4 year old yellow lab weighing in at 114 lbs. His hobbies included laying in the sunshine, sleeping next to the sofa, and eating. You couldn’t help but fall in love with this



Buck and Sweetie

gentle giant. Next came Buck & Sweetie. Unable to pay the vet bills, their previous owner surrendered these two when they became very sick. After 5 months of treatment in the shelter they came to our home and were overjoyed. We played, walked, fetched and had a blast with these two. We even moved out the dining room table to make room for their two crates. Most recently Cooper earned the title of first “troublemaker.” He will be remembered for his marking, barking, and playing hide-and-go-chase-the-cats. After just a week or two with us, each of them were adopted into loving forever homes.

Lots of folks ask us, “Won’t it be hard to let them go when they get adopted?” Well, yes and no. I’m a crier so of course I shed a few tears when we wave goodbye (I even squeezed out exactly

one tear for Cooper). I’ve also been humbled by the opportunity to provide them good care and I am grateful for their company while they’re with us.

It’s a lot like youth ministry. We meet students during a time in their lives that most of us would never want to revisit. We walk beside them and offer some TLC along the way. We are adults they can rely on but not their parent. We make sacrifices in their best interest. We (well at least I do) cry when something happens to them or they move away. We



Cooper

sometimes never know the rest of their story but trust that God is with them, and us, always.

More than ever before, youth need a cloud of witnesses to walk with them sharing God’s love along the way. I challenge you to share that love unconditionally, generously, and daily!

Love ya! Mean it!

*Mary Beth*



Becky Page  
Director of Children's Ministries

# ...for Children

## The Things Kids Do!

### Vacation Bible School

June 22-26

Summer will be here before you know it! Mark your calendars for Vacation Bible School June 22 through June 26. We are going to "Everest" without ever leaving Richmond. We



welcome all children age 3 (fully potty trained) through rising 3<sup>rd</sup> graders to help us in "Conquering Challenges with God's Mighty Power." VBS is an active and fun-filled week for our children to engage in singing, games, stories, and opportunities to learn about God.

Volunteer opportunities are available for St. James's youth who are interested to spend a few hours or the entire week with our VBS campers. Up to 21 hours of community service can be earned by those volunteering for the entire week.

Registration will open March 1. Additional information can be found online at <http://bit.ly/2015VBS>.

### WANTED: Legos!

Sunday school is in for change as Legos are introduced as a way for the



children to engage with the Bible stories they are learning. At a recent conference I discovered a book entitled Building Faith Brick by Brick by Emily Given which offers a way for our children to get creative with how they think about Bible stories and where it is that they see themselves in these stories. I am hoping to integrate Lego stories into the upcoming lessons but need lots and lots of Legos and Lego mini-figures to make this a reality. Have your children outgrown their Legos? Do you have a box of Legos sitting in your attic or basement? Or, perhaps you have so many you'd be willing to share some with the children of St. James's. Please contact me at [bpage@doers.org](mailto:bpage@doers.org) or 355-1779 x314 if you have Legos to share.

### Lenten Mite boxes

Each year during the season of Lent the children of St. James's are given the opportunity to collect coins in mite boxes. Calendars have been distributed through Sunday school (and can be found on our website too) which guide the children through activities to "count" their blessings and share with others. For example, on March 1 they are encouraged to donate "a quarter if you have a refrigerator in your kitchen"

or on March 31 they can offer "a penny for each winter jacket in your house."

I hope the mite boxes will offer your children the opportunity to count their blessings and to share with others.

This year the coins collected in the mite boxes will be donated to Housing



Families First (formerly Hilliard House) which has a mission of "providing families experiencing homelessness the tools to achieve housing stability." I hope your family will enjoy filling their mite boxes during the season of Lent and participate in the Flowering of the Cross at the 9:00 a.m. service on Easter Sunday.

Blessings,

Becky



# Adventures in Taste



*Our Advent Fair allowed for creativity on hand-made gifts. The Advent music forum included the Guitar Ensemble and special guests.*



*Laura McCoy and Erin Jewett chaired the delicious Taste of St. James's, much more than a bake sale for the Food Force.*



*The return of a Holy family, wise men, heavenly visitation and cherub choirs brightened spirits at the annual Christmas pageant.*



*Members of St. James's Parish Choir were invited guest performers at Governor McAuliffe's tree lighting ceremony at the Capitol.*





# Seasons of Hope



*Santa's helpers included Tom Horton, sponsor of the Children's Center Christmas party, and Youth ministry volunteers helping with the Giving Tree at Peter Paul Development Center.*



*Dr. Carl Haywood led the magnificent Norfolk State University Concert Choir in our 12<sup>th</sup> evensong dedicated to Dr. Martin Luther King, Jr.*



*Members of the Cuba Mission team worked and worshiped with the Episcopal Church of Cuba and visited the site of the planned Camp Blankenship retreat.*



*We bid a fond farewell to Chip Woodson as he retired from our staff.*



*Our new Sunday education "Short Course" schedule began with classes from Rev. Parkinson and Rev. Cooper.*





Nancy Warman,  
Director of Servant Ministry

## All Are Called To Serve

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***“But be doers of the word, and not merely hearers.” James 1:22***

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**S**ervant Ministry derives its meaning from the life and ministry of Jesus as “one who comes to serve,” and one who calls forth His followers to do the same. It bears witness to our Baptismal covenant and to our commitment to Christ. It is grounded in the Christian understanding of the Great Commandment to “love the Lord your God with all your heart” and to “love your neighbor as yourself.”

Lent gives opportunity for each of us to take seriously our relationship with God. It is a time to grow in one’s understanding of the life and ministry of Jesus. This liturgical season especially invites prayer and introspection. I invite and encourage you during the upcoming Lenten season to set aside for yourself some intentional quiet time to think about your life, your life in relation to God and your life in response to God’s call to serve.

I invite you especially during the days of Lent to get up each morning and start your day with the thought, “Just as God sent Jesus into the world so He sent me into the world.”

God calls each and every one of us to ministry. Start your day with the conviction that God has sent you and that God is calling you this day and every day to love Him and to share His love with others. And then consider each morning, how you will go about serving God on that day...

- How will you proclaim by word and example the Good News of God in

Christ?

- How will you seek and serve Christ in all persons, loving your neighbor as yourself?
- How will you strive for justice and peace among all people, and respect the dignity of every human being?

Stay close to God in prayer and listen for His voice. What is your ministry? How will you live it outreach day?

**Every Member’s Ministry** is our special call and process to invite each and every church member to find one’s ministry “fit” and to claim one’s ministry, be it at church, home, school, work, or family and friends. God calls us to serve and has a mission for each of us. The annual Parish Resource Guide located online ([www.doers.org](http://www.doers.org)) gives a detailed summary of ministry opportunities, including in-reach and outreach, education, and music. Claim Your Ministry cards, designed to help you get connected to ministry teams of interest, are located in the Narthex and in the front hallway of the Michaux House and may be completed and left in the available blue boxes or submitted online. Ministry discernment, listening for God’s voice, and feeling His nudge is a life-long and evolving process. Please contact me if you would like help in discerning your ministry. I am happy to meet with you or to talk by phone. If you like to help others and if you enjoy being with those whom you are embracing, please consider one of our “hands on” ministries:

**Gateway Homes** – painters, seamstresses, cleaners, and decorators brighten up apartments for in-coming resident to this facility that provides transitional shelter to those challenged with mental illness. Mary Slaughter/[maryslaughter4@msn.com](mailto:maryslaughter4@msn.com)/353-1405

**Virginia Supportive Housing** – collect household items; paint, clean, and help organize rooms of those formerly homeless who live in VSH housing. Kendra Taylor/[kt@kendrataylorlandscape.com](mailto:kt@kendrataylorlandscape.com)/917-239-8120

**project:HOMES** – House repairs, painting and yard work for low-income senior citizens of Richmond. Kyle Martin/[kyle@bkmartin.com](mailto:kyle@bkmartin.com)/673-0138

**Housing Families First** (Hilliard House) – paint a room, offer “playtime” to kids, cook a dinner and host an event for women and children who reside at this housing facility. Laura Garden/[ltolusso@gmail.com](mailto:ltolusso@gmail.com)/540-556-6300

If you are interested in serving on a team or if you would like to do some individual ministry at one of our partner agencies, please contact a team lay leader or be in touch with me at 804-355-1779, extension 333 or [nwarman@doers.org](mailto:nwarman@doers.org)

Peace,

*Nancy Warman*



***Yoga*** *continued from page 4*

the compartments in my thinking that kept the two apart so that I could function in the conventional environment of the church on Sunday morning and continue in teaching a yoga class on Thursday morning at the local YMCA.

We come out of the tradition of the Book. My Christianity looks at the Old Testament stories as history, as stories of people trying to find their way in the world. We see no a problem with science and an evolutionary view of how the world has developed and humanity has come into being. We believe in historic criticism of the text, attempting to understand the context of written word that grew out of an oral tradition. In the original testament there is a well-developed code of conduct, there are stories about how the world evolved, there is family drama and brutal murder and oppression. The consistent message is one of the Spirit of God being with the people, hoping for better times, forgiving lapses in behavior, and looking for a more intimate connection with the Divine. Worship evolved from human sacrifice and multiple gods to a sense of one God and of an appreciation for the struggles of life.

The New Testament tells us of the life and work of a man called Jesus. He turns out not to be the Messiah everyone was anticipating. He turns aside the idea of hierarchy and a powerful god who would restore the Israelites to the center of power. Jesus instead talks about God as a loving father who waits for the prodigal to come home, who sees the neighbor in the despised and rejected. Jesus seems to evolve as he moves out into the crowds, a Greek immigrant asks Jesus to heal her daughter, he answers “the children have to be fed first it isn’t right to take the children’s bread and toss it to the dogs.” She answers, “Lord, even the dogs under the table

eat the children’s crumbs” Jesus is taken aback and acknowledges that this woman’s faith has saved her daughter (Mark 7:24). Jesus talks about the Kingdom of God as something that exists now. It’s not a military or geographical term, it is a sense of being in the moment – forget the past, don’t anticipate the future, the Kingdom of God is right here, right now. Jesus brings healing with his presence. He seeks out space away from the crowd to pray and invites his disciples to wait with him. Jesus is very aware of what people are thinking, the conflict that his radical view of how God works is being perceived. He doesn’t insist on his own way, but he does not compromise his own insight. He finally pays the price for being a radical.

With the nailing of the 95 Theses on the church door, a monk named Martin Luther brings conflict to the church that had once been radical, yet had become the new elite. Luther challenges the idea of works as a way to earn salvation. Saved by Faith apart from works of the law, Luther translates the religious text into the language of the people; he talks about truth as something that will set you free. The Reformation reflected a changing world, the city-state, the printing press; the beginning of capitalism demanded a different way of reading the text an evolving sense of how the spirit of God works in the world.

I think that we have come to another time not unlike the New Testament Church and the Reform Church where a new way of understanding how of God works is required. The Internet, the movement to a global governance system and economy, the development of conflict between radical legalism and radical freedom requires us to find new ways of relating to our faith. Eighty percent of the US population claims a belief in God, 60% of those would also see themselves as spiritual not religious.

With 52% of our population working from their homes in contracted relationships and a profound isolation that results from the breakdown of community organizations, including the church, there is a need to adopt and to proclaim new ways for people to connect.

For inspiration, we can look at the eight desirable characteristics that have been discovered in the study of Mindfulness by the scientific community:

1. Aerobic Exercise
2. Good Sleep
3. Good Nutrition
4. Relationships
5. Novelty
6. Paying Close Attention
7. Time in Journaling
8. Humor

As we read more books that have come into the popular press, it is clear that Mindfulness has moved out of the shadows into the main stream.

Still, when all is considered, I do not see a conflict. I see a church that needs to step forward like St. James the Less, that needs a priest like David Anderson. We need to claim the broader movement in this field as having a place in our community that is not some sort of radical liberal agenda. We don’t have to become Buddhists to be Mindful. We don’t have to repackage the belief of our tradition to be consistent with the precepts of Mindfulness. We need to begin to see what has been developed here as consistent with our tradition and our belief that in fact we need to come to the table in a role of leadership, with a commitment to look closely at our surroundings, live with increased harmony and compassion, to focus our attention on how to make the world better. Mindfulness is a discipline and a practice that magnifies our Christianity, not diminishes it.





## Young Children in Nature

by Debbie Lickey

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

I was lucky to grow up in a family in which nature was valued. I grew up in the country, my family was large and we grew an enormous garden every summer. My dad would take us outside



at night to watch a sunset or listen to the tree frogs. I learned to ride a horse 'old school,' my dad taught me how to saddle, guide, and mount a feisty horse named 'Flame' and then I was on my own. Learning to ride was a little scary at times, it was hard at times, and it took a considerable amount of commitment; if I wanted to ride I knew I had to corral, saddle, walk, water, and groom Flame before putting him back to pasture. But the sense of calm, competence, and freedom I gained from the experience made it worth it. I can remember many days coming home from school, getting on Flame and riding until all the cares of the school day dissipated.

What I didn't understand at the time was that experience was an analogy for life. As I grew into adulthood and was confronted with new challenges, I remembered how I had successfully tackled a situation (or horse) that was a bit scary and complicated in the past and it gave me the confidence to move for-

ward. Most of you have your own story surrounding nature that allowed you to learn to conquer a fear, or memories of being soothed just by being in nature.

The effect of being in nature is being researched more and more as children have less exposure to the natural world and the use of screen media increases. The American Academy Of Pediatrics warns that excessive media use can lead to attention problems, school difficulties, socialization issues, communication problems, sleep and eating disorders and obesity.

On the other hand, there is a growing body of research about how spending time outdoors benefits children's overall development. This research shows that children are more imaginative, creative and cooperative when they have opportunities to play outdoors. In addition, children experience less stress and are more able to focus their attention when they have opportunities to get outside and connect with the natural world.

At St. James's Children Center, we are well aware that we are serving children who may be exposed to too much screen media and not enough time in nature. We are providing parents with information regarding limitations on screen media as well as the benefits of time in nature. As a staff we are conscious of being in an urban environment and, therefore investigating every opportunity we can to provide children with natural experiences.

We are working to provide more natural materials for the children: for example, an arborist in the community

was thrilled to cut branches in different sized discs for the children. We have gathered goggles, gloves and sandpaper and the children will soon be creating their own materials for building, making stepping stones or any other ideas they generate as they begin to work on the wood.

The staff has also made a commitment to try to get outside almost every day. In an effort to do so we are collecting boots, raincoats, rain hats, gloves and warm hats that can stay at school so the children can go out in the rain



and splash about or make a snowman! If you can donate any of these gently used items we would love to have them! Next time you are having your own restorative moment in nature and find something really interesting, think about us and bring it in to the Center to share!



## Welcome to Our New Vestry Members

**Willson Craigie** (married to Susan, two grown children) is an investment professional, currently at Raymond James, with over 40 years in the field. He was born and raised in Richmond, graduated in 1972 from Texas Christian University with a bachelor's degree in economics/finance after decorated service with the First Air Cavalry Division during Vietnam. Willson has served a decade on an Usher Team, and as a Lector.



**Becky DeCamps** (married to Michael, five grown children) has been Sunday School Teacher and Superintendent, coordinated activities and participated in missions (Honduras and Haiti), facilitated Disciples of Christ Community (DOCC) and served as Lay Eucharist Minister. She's been Christmas Pageant Director, sang in the West Gallery Choir plus served on St. James's Children's Center Board.



**Jay Jordan** (married to Nancy, three children, Mason (17), Caroline (15) and John (12)) is Director of Investments at Heritage Wealth Advisors. He has an extensive record of community service including on the Board of Trustees for Elk Hill, as Chair of the Elk Hill Foundation Board, and on the Board of the CFA Society of Virginia. At St. James's, he helped nursery volunteers, and with Children's and Youth Choirs. He is actively involved in multiple youth sports.



**Connell Mullins** (married to Kristin, three sons – Walker (9) and twins Hank and Patrick (7)) is a business litigation attorney at Spotts Fain PC. He has been a member of St. James's since 2005 when he and his wife completed the Pilgrim's Path program. Connell has served as the Chair of St. James's Outreach Committee since 2011, and also serves as a Lector and lay-member of the Service Commission. Connell is a volunteer and Board President for the Blue Sky Fund, a Richmond non-profit whose mission is to provide transformational experiences for urban youth through outdoor education.



**Tom Porterfield** (married to Rita, father of Kent Duffey) is a native of Southwest Virginia, born and raised on cattle and dairy farms. Tom was educated at Hampden Sydney College, University of Virginia and Princeton Seminary. He served as an officer in the U. S. Army. Tom was employed in Senior Management positions for over forty years with ExxonMobil Corporation, its affiliates and distributors. Tom serves as a Lector, and has been a Lay Eucharistic Minister and a volunteer in the Good-Choice mentoring ministry.



**Tina Sherrod** (married to Andrew, twin girls Drew and Powell (8)) works in Brand Marketing at Capital One. She has been an active member of St. James's since 2003. During her time at St. James's, she has been involved in several ministries, including the Newcomer/Welcome Ministry, Wednesday Night Cooking Teams, In-Reach Committee, and most recently teaching seventh grade Sunday School.



## Upcoming Mission Opportunities

### Brooklyn, New York

**April 6-11, 2015**

Two years have passed since Hurricane Sandy and there is still a lot to do in Sheepshead Bay – interior rebuilding, painting, and more. Lay leader: Barbara Robinson (bbrobinson80@hotmail.com)

### San Pedro Sula, Honduras

**July 6-13, 2015**

Our mission will be to a Bible school/summer camp for the girls at Our Little Roses Home for Girls. This is a great trip for teenagers and parents to do together. The sign-up deadline is March 15. Leader: Julie Wade (juliecwade12@gmail.com)

### Richmond

**August 10-14, 2015**

This will be our third summer of partnering with project:HOMES and other local agencies to immerse ourselves in service right here in our own community. This will be a fun week filled with hard work, good food, and plenty of laughter. Leaders: Kyle Martin (kyle@bkmartin.com) and Andy Smith (smitha@stcva.org)

### World Pediatric Project

**Summer 2015** (exact dates TBD)

This summer, we plan to welcome another family to Richmond for surgery. Stay tuned for details! Leader: Lisa Rossi (lyrossi@aol.com)

### Appalachia

**October 4-10, 2015**

We will return to Barnes Mountain, Kentucky, to serve at St. Timothy's Episcopal Outreach Center. Our team will live and work in the community, helping residents with home repairs and improvements and harvesting healthy foods from sustainable gardens and farms. Leader: Mike Bily (mbily@globalweb.net)



## Celebrate Giving

**A**s we close out the 2015 annual Stewardship campaign, we are reminded of the oft-quoted passage from Luke-6:38:

*“Give, and it will be given to you. They will pour into your lap a good measure – pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return.”*

We are truly humbled by the kindness and generosity of our parish and are pleased to report that we have raised almost \$2 million to support St. James’s many ministries. We can measure the gifts in the usual way with spreadsheets and budgets, which is important. However seeing and hearing your generosity in action, through the faces of the children at the Children’s Center, the smile from a CARITAS participant, the fellowship at the Men’s cooking team, the rock and roll music from the Feast of St. James’s, the camaraderie of mission participants, and just knowing the good work that our clergy and staff does tirelessly each day. Those are immeasurable.

We humbly thank each of you for helping St. James’s reach our goals so that we can continue being Doers of the Word.

Blessings,

Brent Winn and Geoff Sisk  
Co-Chairs  
2015 Annual Giving Campaign

*Holy Week continues from front cover*

their lives and deepen their relationship with God. Through his teaching and writing, Marcus Borg reinvigorated the spiritual journey of many. In his writing and lectures, Borg defined what he believed it means to be a Christian: “To love God is to love that about which God is passionate and God is passionate about justice and compassion.”

Borg and Crossan assert the key to the conflict is the exclusion of outcasts – Gentiles, women, children, the sick, the blind and the lame – from the Kingdom

of God. Over and over, Borg and Crossan reiterate that if Jesus is God’s son, then Caesar is not. Undoubtedly, as we study their work, we will be challenged by new ideas, new perspectives and our faith will be deepened.

Grace and Peace,

*Caroline*

## New Holy Week Offerings in 2015

**Good Friday Blood Drive, April 3 from 2:00 - 7:00 p.m.**

*Beloved, since God loved us so much, we also ought to love one another.* 1 John 4:11

As we remember the lifesaving grace of Christ’s crucifixion, let us join with the American Red Cross and give our lifesaving blood. Every 2 seconds someone in the U.S. needs a transfusion. Location: Grace Covenant Presbyterian (1627 Monument Avenue)

**Stations of the Cross Hike, April 4 at 11:00 a.m.**

*Whoever says, “I abide in him,” ought to walk just as he walked.* 1 John 2:6

All are invited to join St. James’s Young Adults for Holy Saturday hiking and fellowship at Belle Isle. The Way of the Cross is a traditional devotion commemorating the last day of Jesus’ life. Location: Meet at entrance to Belle Isle pedestrian bridge.

Check upcoming issues of the e-Chimes for details. Contact: Carmen Germino, cgermino@doers.org, (804) 355-1779

## Education for Ministry (EfM) Group is Forming

**O**ur baptism calls us to ministry, and Education for Ministry (EfM) is designed to help us respond to the call to Christian service. An EfM group is forming and will begin meeting on Wednesday evenings in September 2015. Co-mentors will be Jane Dorrick and Rosie Messer, members of St. James’s and EfM alums. The full EfM program is designed by the University of the South (“Sewanee”) and offers four years of study and reflection in a small

group setting. Members need only commit to one year at a time. There is a tuition fee and scholarships are available. An EfM information session will be offered on Wednesday, April 8 at 7 p.m. Watch for more details to come. For information, contact Jane (dowhit@verizon.net or 804-327-1602) or Rosie (rosawmesser@gmail.com or 804-716-0748). Information about EfM is also online at [efm.sewanee.edu](http://efm.sewanee.edu).



# The Interview

**T**he Chimes asked Jocelyn Wickersham, who was our preacher on Youth Sunday, February 1, to talk about her experience preparing and, more generally, within the Youth Program at St. James's.

**C:** What were your expectations as you thought about preaching on Youth Sunday?

**JW:** I was very excited and honored to be asked to preach on Youth Sunday. It was initially somewhat difficult to write my sermon. Eventually, I realized that whatever I put together would be well-received and appreciated by the congregation. This gave me the liberty to mess up one or two drafts before I settled on a message that felt good. Whenever I told a friend that I was preaching on Sunday, they would naturally ask if I was nervous. Oddly enough, I wasn't really because I knew that ultimately failure was impossible – I knew people would appreciate my words no matter how they came out.

**C:** How did your experience in church and within the Youth program inform your work as you wrote your message? Or did they have any effect?

**JW:** I wanted to be able to reach audiences of all ages with my sermon. I think being a part of some different groups at church – youth, adults, and young children through my teaching Sunday School – helped me to understand how to reach them. I wanted my message to be straightforward and accessible to the youngest, as well as relatable to the other youth, but still applicable to the lives of the older members of the congregation.

**C:** Which of those experiences have made you more aware of your own relationship with God?

**JW:** I've seen God most often in teaching Sunday school. I'm a *Godly Play*



*Jocelyn Wickersham  
Preaching on February 1*

teacher for first grade, and I've found this extremely gratifying and meaningful. I love the curriculum, reminiscent of the Montessori education I received when I was little, and it allows the children space to reflect on the stories from the Bible. My favorite part is after the lesson, when we have time to "wonder" about what we've heard. Rather than putting kids on the spot or asking them to explain their thoughts, we open up the room to reflective discussion. Sometimes something wonderful happens and discussion really flows – it's so exciting for me to witness the youngest members of the church already grappling with their faith. I remember one morning they discussed whether it was Jesus or the Mother Mary who was the most important figure in the story – they concluded that without Mary, there would be no Jesus, so really we owed the story to her. Other times, the kids have moments of sheer profundity in discovering the lessons' metaphors – the sower in the parable is planting love on the earth, for example. The honesty and thoughtfulness with which these 6-year-olds speak is truly inspirational, and I'm often in awe of how connected they are to the Holy Spirit.

**C:** What would you recommend or tell to a friend who was thinking about joining in a part of the Youth ministry at St. James's?

**JW:** At St. James's as a youth, you can be involved in all sorts of ways, in whatever appeals to you – worship, choir, acolyting, being a lector, teaching Sunday school, youth group, and mission trips, just to name a few. I feel that youth are included as an integral part of the parish and, this year especially, I've noticed a fresh vitality around our program.

**C:** As you look back on your experiences at church, where do you find yourself most comfortable? How would a friend know that you were comfortable at church and in the Youth ministry program?

**JW:** I find myself most comfortable in my first grade classroom, but my involvement comes from my own youth education and regular worship attendance. I've found a combination of worship and service that really works for me, and I actually talk about it with my friends a lot. I think it's pretty clear to them how involved and comfortable I am at church because it has really pervaded my life.

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## Parish Palm Sunday Pancakes

*March 29 – 8:30-9:30 a.m., Valentine Hall*

The entire congregation is encouraged to come eat pancakes, eggs, sausage, and fruit prepared by our 5<sup>th</sup>-7<sup>th</sup> grade youth. Donations encouraged to support the Summer 2015 Youth Mini-Mission Trip.

Youth who want to help cook, and adults who want to volunteer, should contact the event coordinator, Kristin Wickersham at [kwickers@verizon.net](mailto:kwickers@verizon.net).



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