



Winter Chimes



Dec. 2016-Feb. 2017

Quarterly News from St. James's Episcopal Church

VOL.6, No.1

Everyone Matters in Peer-to-Peer Connections

What's inside...



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Long before we knew Randy would be called to be Dean of the National Cathedral, the Annual Giving Committee was envisioning a more personal invitation to engage in this essential annual effort. Annual Giving generates over 93% of the annual budget of our church.

We divided the parish into five generational groups: Millennial (20-35), Generation X (36-45), Boomer 1 (46-55), Boomer 2 (56-70) and Traditional (71-105). We asked active parishioners to be leaders of each team with total of about 80. Beginning in early September, these teams of doers began calling every member of the parish in their groups, to check in, ask for prayer requests, and to let each person know to be expecting their pledge card later in the month. And most importantly, they sought to encourage new pledges.

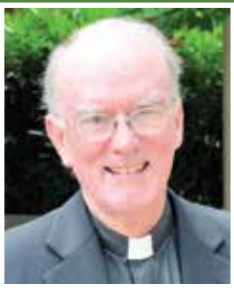
Almost everyone got at least a message or a note. The P2P leaders connected, chatted, shared some important pastoral needs, and also discovered some sheep who have moved to different flocks. We began the process of updating our data.

The response has been gratifying. We have many more increased pledges than in previous years, and a number of pledges from those who attend but hadn't committed to support our church and its ministries. And most exciting, we have a lots of new pledges, demonstrating a deeper relationship and commitment.

St. James's is our home for worship, fellowship, education, and service, and we are renowned as Doers of the Word and not Hearers only. We know this is a point of faithful pride to you, as it is to everyone in our church. Thank you for your pledge!

Find us online all the time:





From the Interim Rector's Desk

The Measure We Give

*The Rev. Dr. Thom Blair, Jr.,
Interim Rector*

You may remember that when Randy was here and celebrating at the Sunday morning services not so long ago, he often ended with a blessing that included a word about the strong connection between giving and receiving. It was a pointed word, and emphatic, holding up the plain teaching of Jesus that the measure we give will be the measure we receive.

Whatever else that teaching means, it means that it matters a whole lot whether or not we have managed to become, over the course of our lives, generous people. It means that the daily practice of generosity is an essential practice for anybody who is trying to become a more faithful traveler along the Way. And it means that, as God has fashioned this world, we cannot receive what we most need if we have not learned to become giving souls.

Because this is our Lord's teaching and not some idle chatter, It isn't a word of advice that we just can take or leave as we wish, without consequence. It actually describes one of the fixed, abiding realities of life in this world of ours. And so it is as much to be reckoned with as any of the other deep realities that govern the natural, physical world. Just as surely as the sun rises and sets, and the tides run high and low, and the seasons come and go, so also surely we receive in proportion to what we give. If we hope to receive, we must practice giving. This is how God has made us. It isn't negotiable.

The happy thing about this is that life brings all of us lots of opportunities every day to practice becoming more generous souls. We can become more generous with kind words. We can become more generous with smiles. We can become more generous with expressions of care and encouragement. We can become more generous with our life energy. And we can become more generous with what is seriously precious to all of us, the money we have made.

The important thing is to realize, one way or another, that the health and well-being of our souls depends on our willingness to accept our Lord's teaching on this matter. To ignore the teaching or to think that somehow we know better is foolishness of the first order. But we don't have to be foolish. We can listen. We can hear the word. We can learn to think about ourselves differently. We can learn to be brave when it comes to sharing what we have. We can set our feet on a different path. We can learn the Way.

As ever,

Thom

Christmas Schedules

Christmas Eve, Saturday

- 4:00 p.m. Family Eucharist
- 6:00 p.m. Festival Eucharist
- 10:30 p.m. Handel's *Messiah*
- 11:00 p.m. Festival Eucharist

Christmas Day, Sunday

- 10:00 a.m. Holy Eucharist, Rite II

Christmas I, January 1

- 10:00 a.m. Lessons and Carols

Office Closed

December 23 - December 28

January 2, 2017



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

Music at St. James's

Music that still rings in our ears...

Blessing of the Animals



On Sunday, October 2, we celebrated the Feast of St. Francis with a service of Blessing of the Animals. The Cherub

and Children's Choirs led the musical portion of the service.

Bluegrass Mass

On Sunday, October 9, The West Gallery Choir and Guitar Ensemble presented the Bluegrass Mass. We were joined by



guest artists, Molly Sharp (fiddle) and Alan Parker (guitar and mandolin) on bluegrass standards and music by Russell Lawson/Andy Smith and Mark Whitmire. There were also songs by Oak Lane and the Vassar Family Band.

Feast of St. James's

On Wednesday, October 26, we presented selections from Disney at the Science Museum. The event featured Steven Ralph, Matt Stanley, Will Conn, Drew McFayden, Rebecca Merrick, Lisa Edwards Burrs, Antonia FD Vassar. We were especially pleased to have talented high school singers Harrison Clark and Catherine Row join the show.



Upcoming music events you don't want to miss...

Choral Eucharist

Sunday, November 20, 11:15 a.m.

Music will include Vaughan Williams' *Mass in G minor*. *Mass in G minor* is one of Vaughan Williams' finest compositions. Composed in 1922, it is one of the first English Mass settings since the sixteenth century – the era of William Byrd and Thomas Tallis. The work combines old and new musical methods, looking back to the 16th century and also ahead to modern composers as diverse as Arvo Pärt and John Rutter.

Advent Lessons and Carols

Sunday, December 4, 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.

Handel's *Messiah*

Christmas Eve at 10:30 p.m.

On Christmas Eve, members of the Richmond Symphony will join the Parish Choir as they sing the first section of the *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 15, 5:00 p.m.

On January 15, 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. Hilary Streever,
Associate Rector

Silent Night, Holy Night, All is calm, all is bright...

On December 24, 1818, the church organ of St. Nicholas church in Oberndorf, Austria broke down. Kaput. The beautiful music prepared for the Christmas mass that night would have to be scrapped! What was to be done? The assistant priest handed the organist a poem; the organist produced the same day a simple but beautiful melody for two-part harmony and accompaniment by guitar, which the organist and priest sang together that night. “Silent Night” quickly spread around the Christian world and became a classic Christmas carol.

Well, whether or not the organ broke down is legend, but the known facts around the writing of “Silent Night” are that the Rev. Joseph Mohr and organist Franz Gruber wrote it on December 24 and sang it together to “general approval by all” that Christmas Eve many years ago. Regardless, two things strike me about this story.

For one, as the daughter of an organist and choir director, and one who has worked in churches behind the scenes: wow. I have seen the insides of organs and I have been on the scene when organs break down right before major worship services. How chaotic the scene around the organ must have been!

Secondly: wow. How deeply soaked in prayer and silence the priest and organist must have been to respond so quickly, gracefully, and with such beautiful creativity, despite being surrounded by

the last-minute pressures of pulling off a Christmas Eve service sans the central instrument.

The song says it all: Silence. Holiness. *Stille* is the word in German for silence, and at the heart of Christmas is a stillness that the soul experiences when in the presence of God. We can talk about God all day long, but ultimately words fail before the divine beauty that is God. At the end of his three-volume epic, Dante’s hero recounts joining the saints in a beatific vision of God in heaven:

“My sight, becoming pure, was able to penetrate the ray of Light more deeply – that Light, sublime, which in Itself is true. From that point on, what I could see was greater than speech can show: at such a sight, it fails—and memory fails when faced with such excess.”

The poet who has produced thousands upon thousands of words is rendered silent before the beauty of God. It is not a cold or oppressive silence, a silence from words taken and people divided, but a silence because words from the created realm fall short of expressing the magnitude of pure beauty.

In the past, I have laughed at the idea that that first Christmas night was quiet: after all, a newborn arrived amidst barnyard animals! But on second thought, after all the labor was over, not only were Mary and Joseph, and barnyard animals and shepherds gazing silently upon the beauty of new life, they were gazing upon the very living image

of God come to dwell among us. Face to face with that vision of God, I imagine I would have been rendered *stille* too.

In the midst of December and all its holiday (holy day) preparations, it can be difficult to find stillness and silence. There seems to always be one more present to buy, one more party to attend, one more dish to prepare. But I hope you will hold fast to the holiness of the season. Find a moment of silence each day of Advent – just a moment, no matter how long or how short. Practice each day leading up to Christmas so that silence deepens in your soul, marks your soul. See what the Holy Spirit plants in you to be birthed on Christmas with Jesus.

Following the busy-ness of the Christmas season, there is a perfect opportunity to enter into silence. Join us for a silent retreat led by the brothers of the Society of St. John the Evangelist, January 19 through 22, at their farmhouse, the Emery House in West Newbury, Massachusetts. Surrounded by the wintry beauty, soak up the silence and enter into the quiet of God’s embrace.

No matter where you find God this Advent, Christmas and Epiphany, I hope you’ll remember how much God loves you.

Grace and peace,

Hilary



*The Rev. Carmen Germino,
Assistant Rector*

Simple Gifts

Around this time every year, my dad and stepmom start asking for our “list.” They love to give Christmas gifts, and they always want to know what we might need. They enjoy the process of selecting and giving gifts as a demonstration of their deep affection for us. I know I will feel the same way when it comes to buying future Christmas gifts for our little one arriving in February.

The giving of gifts at Christmas is a time-honored and even holy tradition, dating back to the very first Christmas. Mary gave her son the gift of life. The magi brought valuable and symbolic gifts to the Christ Child. And God gave each of us the most precious gift imaginable – a Savior, God’s very self in the flesh to love us, guide us, and redeem us. Exchanging gifts can be a joyful and appropriate way to celebrate the gift of the Incarnation.

And yet, I think many of us feel a bit conflicted about giving and receiving Christmas gifts. At its best, gift-giving is a delight. Selecting just the right gift for a loved one can be prayerful, as you give thanks for that person and ponder what gift might hold special enjoyment or meaning for them. But sadly, in many cases, the tradition has become fraught, as we rush through the season of Advent with our obligatory lists – mail carrier, work colleagues, and don’t forget the cousins in Texas! Plus, the expense of it adds up, as does the excessive waste when we buy stuff just to fill that empty

gift bag and cross that name off the list.

I still love giving gifts to family and friends. But more and more, I am finding satisfaction in being more intentional with my gift-giving. Lately, I have been exploring ideas to reduce waste and promote sustainability and justice. Here are a few of my favorite gift-giving practices, in case they may be useful to you this season:

1. Charitable Giving – A contribution to ACTS, St. James’s Children’s Center, CARITAS, or any number of other worthy causes can be the perfect way to honor someone and give them a gift that will make a difference in the community.

2. Experiences, Not Stuff – These days, many people are purging their homes of unwanted clutter. Gifts like wine tastings, bike tours, cooking classes, show tickets, or even a contribution toward the cost of a youth’s mission trip all are memory-making experiences that may last a lot longer than a candle or a sweater.

3. Fair Trade – Sometimes, you really want to give something that can be opened and admired. For tangible items, I love to shop at Ten Thousand Villages and AlterNatives (both in Carytown). Not only are their items beautiful, but it feels great to know that my purchase ensures fair compensation for artisans living and working in vulnerable parts of the world.

There are plenty of other ways to reduce waste and keep gift-giving special: homemade gifts, recycled gifts, a favorite recipe, or grow-able gifts like an herb plant, and so much more. If you are interested in further exploration of the topic of Christmas gift-giving from a biblical, spiritual, and practical perspective, consider attending our Advent Retreat from 9:00 a.m. – 1:00 p.m. on Saturday, December 3. If you come, you will be giving yourself the priceless gifts of peace, quiet, and holy reflection. Register at: <http://www.doers.org/advent/>

Faithfully,

Carmen



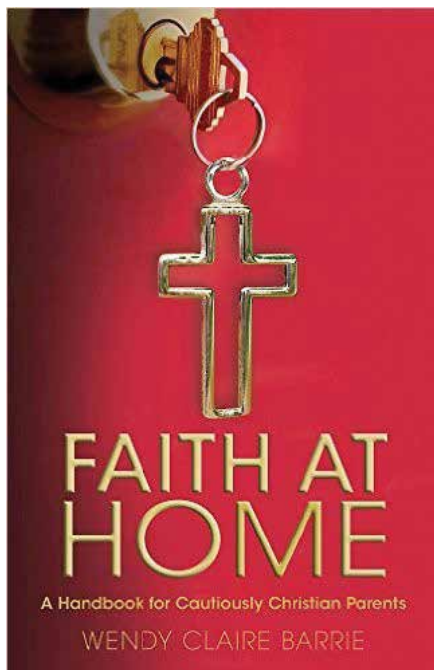
Mary Beth Abplanalp,
Director of Youth and
Young Adult Ministry

“Cautiously Christian?”

They're everywhere aren't they? Can you identify with this title? I'm talking about folks who want to know and love God, but struggle with a sense of inadequacy. Folks who can kneel with the whole congregation during the prayers, but wouldn't dare pray out loud among a group of friends. Folks who attend church every Sunday, but wouldn't call themselves a "Christian." And folks who will gladly organize the next big church event, but wouldn't step foot into a classroom to teach a Sunday School lesson.

As the kids say, the struggle is real. In fact, it's so real that a pair of psychologists coined the term "Imposter Syndrome" referring to individuals marked by an inability to internalize their skills/accomplishments and a persistent fear of being exposed as a fraud. In other words, a chronic case of "I am not <insert adjective> enough."

I see this particularly in parents today. Parents who desperately want to give their children a strong moral foundation rooted in faith, but are scared, lost, and sometimes even paralyzed as to how to raise children of faith. So despite being very faithful believers themselves, many parents feel like an imposter that doesn't have what it takes to pass along faith. And even more often, parents themselves feel insecure in their faith and lost along their own faith journey. These parents in particular are debilitated by guilt and feel like a fraud. How can I talk to my kids about God, if I don't understand God



myself? The struggle is real and you are not alone.

Please know I'm not pointing any fingers here. This is something I struggle with on a regular basis in my faith journey and my work with young people.... and I don't even have kids of my own yet! The struggle is real and you are not alone. This is exactly why we have church. Church is where we gather as a community to support each other along the journey, through the ups and the downs, and through our insecurities. Spoiler alert: None of us know all the answers, including our clergy! In fact, I've come to realize following Jesus is less about the answers, and more about the questions. Only when we're willing to let down our guard, expose our anxieties, and acknowledge our human

brokenness, will we allow God to enter our hearts and homes, and be our guide along the way.

A brand new resource sheds light on this topic and offers great hope. [Faith at Home: A Handbook for Cautiously Christian Parents](#) is a book by Episcopal author, Wendy Barrie that takes the concept of teaching faith to our kids from being the all-too-often big, abstract, and overwhelming chore, and makes it accessible, tangible, and even fun. It also reminds parents of all the things they're already doing well, without even knowing it. This is something that I hope all of us at St. James's will continue to discuss, acknowledge, and wrestle with together. If you struggle with being a cautious Christian, whether you're a parent or not, I encourage you to read this book this Christmas season, in hope that you can free yourself of any sense of inadequacy.

Love ya! Mean it!

A handwritten signature in black ink that reads 'Mary Beth'.



Becky Page
Director of Children's Ministries

New Twist on Mealtime Prayers

Many years ago my mother gave my children a gift that she found at the Bruton Parish gift shop while she was visiting Williamsburg. It was a small wooden cube with a different grace etched on each side. We placed it on the table and used it as we said grace before dinner that night. I did not realize then that that prayer cube would become a fixture on our table for years to come.

We take turns rolling the cube to see what grace we will say before a meal, we invite guests to use the cube when they say grace, and we have shared the prayer cube with family and friends. I have even given the prayer cube as end of the year Sunday school recognition gifts! We have used the prayer cube for so many years now that the graces that were once unfamiliar are now some of our favorites.

Here are the graces on the cube:

Bless us O Lord, and these Thy gifts which we are about to receive from Thy bounty through Christ our Lord. Amen.

Thank You for the earth so sweet. Thank You for the food we eat. Thank You for the birds that sing. Thank You God for everything! Amen.

God, bless this food that we are about to receive. Give bread to those who hunger, and hunger for charity and justice to us who have bread. Amen.

For life and food, for love and friends, for everything Thy Goodness sends. Almighty God we thank Thee. Amen.

Bless our food, dear God we pray, and bless us too throughout this day. Keep us safe and close to You. Keep us just in all we do. Amen.

We thank You, Lord, for generous hearts, for sun and rainy weather. We thank You, Lord, for drink and food, and that we are together. Amen.



Maybe you could add one of these to your mealtime prayers or even get a prayer cube of your own? If you can't make it Bruton Parish you can purchase the Table Grace Die online at the The Episcopal Bookstore <https://www.episcopalbookstore.com/>

Blessings,

Becky



Mark your calendars for the St. James's Christmas Pageant December 18, 5:00 p.m.

Come join the children and youth of St. James's as we celebrate Jesus's birth in scripture and song.

Fall Was A Feast of Service



The Rev. Dr. Jane Tomaine came to us for a retreat in early September on "Practical Spirituality", which included small group discussions and worship.



Servant Sunday returned in September on our own campus, as we packed 10,000 + meals for Stop Hunger Now and served a dozen other ministries.



The girls of Our Little Roses school enchanted our missionaries in Honduras last August.



Programs started in earnest September 18, with Sunday School and the Youth Ministry kickoff.



Mark Cooper started our Wednesday programs off with a discussion of life review and his new book Mapping Your Adventure.



John Deng, one of Sudan's "lost boys" introduced us to his story and new book during a special presentation in September.



We mapped our relationships with a web of colored string and enjoyed bracing fall weather at the Shrine Mont Parish Retreat.



The last Sunday in October, our Peer to Peer campaign leaders and teams carried out the Blessing of the Pledges.

ce, Fellowship and Music



The annual Parish Picnic came right after Servant Sunday's ministries and was blessed by the cooking skills of our just-arrived Troop 400. The Boy Scouts camped overnight at Rock Bottom and prepared the barbeque pig roast and all the fixin's. We showed up around 12:30 p.m. and lined up!

In October, we sent Bless Arthur home with her heart repaired through our World Pediatric Project ministry.



We honored St. Francis on a lovely fall Sunday and blessed all the animals who came, as is our custom.



October included the return of the beloved Bluegrass Mass courtesy of the Guitar Ensemble, West Gallery Choir and musical guests.



Our sixteenth Feast of St. James's included a Disney spectacular from the Music Department, convivial fellowship and a rousing talk by Bishop Ted Gulick.



to Peer stewardship
our gifts to the altar

Service



Nancy Warman,
Director of Servant Ministry

Winter Wonderland of Love

In the birth of Jesus, we the DOERS of St. James's celebrate His life and are called to live out His love. Let your light shine far and wide in our Richmond metro community so that many in need will be embraced abundantly, will know the wonder of this season, and will be touched by the love of Christ Jesus.

CHRISTMAS GIVING TREE

A holy tradition for church members, the Giving Tree is your opportunity to



provide gifts to children and senior citizens served by the Peter Paul Development Center and financial support to our in-house emergency fund which

helps provide financial support to those who are in financial crisis and may be at risk of losing one's housing. Christmas "wish lists" ornaments will be available at the Advent Fair in Michaux House on Sunday, November 20 and in the Narthex on Sundays, November 27 and December 4. Collection Sunday will be December 11 in Michaux House. Please make every effort to return your gifts on the designated Sunday so that ministry team members have ample time to package gifts for distribution. For questions or to serve, please contact lay leader Catherine Irby at 690-4352, catherineirby@gmail.com.

CARITAS INTAKE

Many thanks to those who have provided presence and hospitality to our CARITAS guests as they wait each afternoon, 4:30-6:00 p.m. for the bus

to take them to an overnight site. Our "Doer leaders" also watch over our building, unplugging the coffee pots, and securing the basement door after guests depart. Sign-up with a friend or make it a family affair. Intake continues through December 16. Contact lay leader Margaret Corwin at 673-3956, corwincompany@verizon.net if you can assist.

CARITAS SHELTER WEEK

February 11-18, 2017

Plan to join us for a wonderful week, filled with laughter, learning, growing, singing, dancing, some tears and some homework as we embrace CARITAS families with shelter, food, and lots of love. "It takes a village" is the motto of this week! Many volunteers are needed to join lay leaders Erin Jewett, Carrie Acey, and Sharon Wayne for this important ministry. Details to come but please mark your calendar now!

MCGUIRE VETERANS

This ministry is most often described by team members simply as "We get more than we give!" It is a ministry filled most especially with presence, listening ears, and compassion. "Doer volunteers" gather for a visit with patients at McGuire Veterans Hospital each 4th Tuesday of the month at 6:00 p.m. to provide ice cream, goodies, and friendly visiting. Newcomers may join this team at any time of the year and are connected each month by way of e-mail messages from lay leaders, Madeline and Snead Luck (Madeleine:

Where
will your place
be in the Winter
Wonderland of
Love?

madeleine.luck29@gmail.com; Snead: snead.luck@trentcorp.net). Please let me (nwarman@doers.org) or lay leaders know if you would like to become part of this special ministry.

DOERS ACTION NETWORK

Remember DAN? Just call DAN if you have minor house repairs, yard work, snow shoveling, hanging pictures, organizing checkbooks and health documents. This ministry is all about "doers" helping "doers!" This team provides in-reach ministry to those who are members of the church, and especially to those who are financially or physically unable to care for minor household repairs or needs. Please call lay leader Harry Warner at 357-8157, hhwarne@msn.com if you need assistance or if you would like to join this magnificent team of helpers!

For a complete listing of all Servant Ministry in-reach and out-reach opportunities, go to www.doers.org and hit the red button at the top START DOING or contact me, Director of Servant Ministry, 355-1779, nwarman@doers.org.

Nancy Warman

We Want to Hear From You!

Your search committee has been hard at work. We've had several meetings, starting and closing each with a prayer to remind us of the higher purpose of our work and that we act for the parish.

We are currently focused on how we present St. James's to potential candidates and on discerning the gifts and qualities we need from our next Rector to continue our great spiritual energy and lead us through our next chapter. To attract the cream of the crop, we need to show off our strengths, but also be clear about our challenges and opportunities, so that we call a Rector who is excited about tackling them.

This picture of who we are and the gifts we're looking for in our next Rector needs to come from you. It will not be based on what twelve people on a

committee think, but what we discern to be the voice of the parish and the Holy Spirit.

How can you help?

- Watch for an upcoming parish-wide survey, and please respond to it. This survey will tell us how our collective spirit and energy compares to churches around the country, and it will prioritize the most important qualities of our next Rector. This is a critical tool for the committee, but to be effective, we need a high response rate.
- Participate in a listening session. We are going to Wednesday night groups, Sunday morning groups and other ministries to hear from you.

- Send your thoughts, questions and recommendations to stjamesdoers@gmail.com. Your input will go directly – and only – to the search committee.

With this input, we will enter the search and selection phase of our work. Your search committee is committed to acting deliberately, prayerfully and with all due speed. We are clear that we operate as one team, not representatives of interest groups, and are guided by the Holy Spirit and the best interest of the entire parish. Please participate by sending us your input – and your prayers.

Charlie Whitaker
Search Committee Chair

Bearing One Another's Burdens

Embedded in the examination of the ordination to the Episcopal priesthood are the words:

"You are to love and serve the people among whom you work, caring alike for young and old, strong and weak, rich and poor."

(The Book of Common Prayer, page 531)

What this means to me is that though a priest might have some expertise in liturgy, administration, or some other aspect of the life of the church, all who are called to follow Jesus are called to engage in pastoral care modeled on the ministry of Jesus himself. There is no approach to people more telling of God's love than Jesus's own manner with them. It is clear that he saw each person as a soul of incomparable worth in God's eyes. He took time to listen to people even at the cost of his own plans. He encouraged the possibilities for heal-

ing and wholeness in each encounter. He was able to see the presence of God in ordinary events, such as sowing seed, or fishing on the shores of Galilee, in drawing water from a well. In each case he was able to integrate the health of the individual with the message of God's kingdom.

All of us are called to emulate Jesus in this pastoral ministry. At St. James's, the clergy have a set weekly time to talk about pastoral issues in the parish. If you know of anyone in pastoral need, please share it with the clergy. The ordained are not the only ones called to be caregivers, however. I am always impressed by the way I see parishioners reach out to others in our community despite whatever problematic issues they are going through themselves.

Some of us might know the name

Henri Nouwen. A Roman Catholic theologian and writer, he offered the idea that we are all "wounded healers". That is, it is because of our own pain and suffering that we can understand, empathize and reach out to minister to the pain of those around us. As followers of Jesus Christ we engage in his same desire to bring wholeness and health out of those places where there is illness and despair, to offer a word of peace and benediction where there is angst and hopelessness. St. Paul, in his Epistle to the Galatians (6:2) stated it quite clearly when he wrote, "Bear one another's burdens and in this way you will fulfill the law of Christ." May we all be wounded healers and bear one another's burdens.





Self-Regulation and Young Children

by Debbie Lickey, Executive Director, St. James's Children's Center

The developing brain needs 3 things in order to build a strong foundation for future and more complex brain growth: safety, connections, and movement. In this article, we'll explore one aspect of brain growth, safety.

Children bring their own temperament (which is biological and set at birth) and individual characteristics into the world and their relationships. Because of this factor, it's important to realize that children's sense of safety is more complex than just providing a safe environment. An important factor in a child feeling safe is his/her ability to self-regulate.

There are "critical periods" during brain development. During those critical periods there is a great opportunity for young children to become self-aware in terms of their emotions, which affects their ability to access the higher thinking skills of reasoning and problem solving rather than just reacting.

Teaching children to be aware of the many different feelings they experience necessitates that we expand their emotional "literacy" beyond just "sad, happy, or mad." We all have many diverse feelings such as frustration, sympathy, irritation, anxiousness, etc. Our role as adults is to help children identify what they are feeling and how that feeling manifests in their bodies. At the same time we can provide children with tools and strategies to self-soothe, such as deep breathing, taking a walk, using a fidget toy, etc. When we teach these skills to children we are teaching them to self-regulate. As children learn to

self-regulate they are able to move on to higher level thinking skills and in turn, learn how to notice emotions in others, a first step toward empathy.

There are many ways to help children learn to self-regulate and it begins with our ability as adults to recognize when children are feeling overwhelmed with their emotions and providing them with self-regulation strategies.

An effective way to encourage self-regulation is to read books to children about characters who experience varied emotions and engage in a conversation about the character's feelings and brainstorm strategies that could be used to self-regulate when he/she has similar feelings. This experience provides children with a safe scenario in which to explore difficult feelings, as they look at the scenario from a more objective point of view.

A tool we use for this purpose at The Children's Center is called The Book Nook from the Center for Social and Emotional Foundation for Early Learning (CSEFEL). These resources provide parents and teachers with specific ways to identify emotions and provide an opportunity to discuss

positive ways to handle those emotions. These resources can be found at <http://csefel.vanderbilt.edu/resources/strategies.html#booknook>

In the Spring I will hold a parent workshop for the Children's Center and would welcome anyone who is interested in learning more about this subject to attend. Additional information regarding time and dates will be provided as we get closer to that time.

During this upcoming, busy holiday season you may see many opportunities to practice these skills both with your children and yourself...take a deep breath!



Linda Owen, a St. James's Doer and retired librarian, reads to some of our children in The Book Nook.

With Our Gratitude

This introduces a regular feature of the quarterly Chimes, where we publically thank lay leaders and parishioners who have been exemplary Doers recently.

Annual Giving 2017

Dave Johnson and Bobbie Ukrop,
Co-Chairs
Peggy Crowley, Senior Warden
Becky DeCamps
Janet Hogg
Trey Sibley

Feast of St. James's 2017

Anne Hurt, Chair
Andy and Dick Bennett, Co-Chairs
Louise Bowles, Decorations
Eric Burfeind and Pim Jager, Food
Ginger Trice, Reservations

Sacred Spaces

by Harry Moore

Sanctuary Chancel

Majestic.

If I could pick one word to describe the nave in our sanctuary, it would be majestic. By definition, that means impressive or dignified. It is that, but so much more. Large, yes; imposing, definitely no.

It is impossible to enter without reading the words "Be Ye Doers of the Word and Not Hearers Only" from the

letter of James. The verse suggests that by hearing and not doing, we deceive ourselves.

St. James's is a body of Doers. We reach the corners of our community and our world, imparting the Word and doing good deeds for others. We look for ways to be Doers.

Not even the recent temporary scaffolding to repair some plaster takes away the wonder of our Nave. It is where we gather to celebrate our faith, talk to God and our neighbors.

How would you describe it?



Earthly Matters

by Betty Byrne Ware
Stewards of the Earth Committee

Off to a Great Start

Congratulations, St. Jamesers! Since we started the church's recycling program two years ago this month with TFC Recycling, we have recycled 8.1 tons of materials! Since starting to compost our food waste a little over a year ago, we have saved 1.765 tons of that material from the landfill!

Central Virginia Waste Management Authority has dramatically increased the materials they accept. Along with paper, glass & aluminum, we can now also recycle:

Plastic kitchen, laundry, bath bottles and containers and milk, juice and soup cartons that are plastic-coated. (Empty, rinse, replace caps)

Plastic containers #1-#7 (see number in triangle on bottom of container)

- Butter tubs, yogurt cups, sour cream/cream cheese tubs
- Clear fruit containers and clam shells

No plastic bags! They interfere with the machinery that sorts materials, causing major breakdowns!

There are many things we can do to keep from sending waste to landfills, such as using cloth napkins and towels, instead of paper; using cloth bags at the grocery store, instead of paper or plastic bags.

Our natural forests are disappearing at a rate of 20 football fields per second due to paper and wood-pulp production. Eighteen trees are cut down to create each ton of virgin-pulp paper. To reduce our use of paper, St. James's uses 30% recycled content in our Sunday Chimes and 50% recycled content in our Quarterly Chimes. At home, we can choose to buy recycled content paper to use in our printers.

St. James's Stewards of the Earth urge you to recycle at your homes and workplaces. Countries around the world are recycling 50 to 80% of their trash. The US is only recycling 34%. We can do better!

Stewardship



Suzanne Hall
Director of Stewardship and
Development

Gratitude

Gracious God,
I am dazzled and humbled by the abundant
gifts that you have provided to me.
Thank you for the loved ones in my life,
For the many ways in which I am cared for and
supported.
Thank you for the innumerable small gifts that
grace my life,
The birds, the sun, my dog's love, and that
special peace at the end of the day.
Thank you for our children to whom we teach
your love.
I love to celebrate my faith with our St. James's
community,
Where we worship, serve and learn.
My heart is so grateful and brimming with
thanks.
In Christ's name,
Amen.

In this season of thankfulness and
with a keen awareness of our many
blessings, we include the community of
saints that is St. James's. Our gift of faith
enables us to see the spectacular good-
ness and grace that surrounds us.

Of course, I am thankful for all who
have included St. James's in their family
budgets to assure the continuity of our
beloved church and its many ministries.
To witness the generous sharing by hun-
dreds and hundreds of our parishioners
is a beautiful and humbling demonstra-
tion of faith. I am especially thankful to
the children who decorated their offer-
ing envelopes and for their parents who
are teaching them about faithful giving.



Peace and abundant blessings,

Suzanne

Need help with Financial Management?

In early 2017 we will offer two special, free-to-parishioners courses for youth and adults which will provide tools for faithful financial planning for freedom from debt, and to provide the security that comes from financial stability. Generation Change is a four week course for youth and a parent, and Financial Peace University is a nine week course for adults. Both courses will be offered in early 2017 on Wednesday evenings following our church supper, and registration is required. Details are on doers.org.

The Interview

One of the rewarding ministries of Advent is our Giving Tree, an ornamented Christmas tree in the Narthex decorated with the wishes of children and their families and seniors at the Peter Paul Development Center in the East End of the City. Organized by Director of Servant Ministry Nancy Warman and ministry leader Catherine Irby, it is an annual expression of how our parish and the city's less advantaged form relationships that enable generosity of spirit. We talked with Catherine Irby about the process and meaning of the Giving Tree.

Chimes: Tell us about the Giving Tree Ministry. Who does this ministry serve and in what ways?

CI: The Giving Tree serves children and seniors from The Peter Paul Development Center. We are given the children and senior's "wish lists" for Christmas. The wish lists are then made into ornaments for the parishioners to adopt. The Giving Tree also accepts monetary gifts for our in-house emergency fund. The Servant Ministry emergency in-house discretionary fund is used for low-income individuals and families in the community who need support because they are in danger of losing safe housing or essential services.

Chimes: In what way is our parish involved? What can our parishioners do specifically?

CI: The outpouring of generosity from our parish every year for the Giving Tree ministry is amazing! Parishioners can help by selecting an ornament wish list from the trees located in the Narthex and providing gifts for the children and seniors of the Peter Paul Development Center. Or by helping with the ministry by decorating the trees with the wish list ornaments, assisting parishioners with selecting an ornament, and organizing the gifts when they are returned.

Chimes: How are the Giving Tree gifts prepared for delivery? How does the gift giving happen?

CI: Each family is assigned a number and the gifts are organized and sorted by each family number. Saturday morning before the Peter Paul Christmas party a team of volunteers loads all of the gifts on a truck to take to the party. The gifts are distributed to each family at the party.



Catherine Irby

Chimes: What can you tell us about the results of the Giving Tree that you have observed over the years of your involvement?

CI: I have been involved with the Giving Tree the last several years and the results have been incredible. Every single ornament is selected each year and the gifts returned are truly amazing. It is wonderful to see how many children and adults in our parish are eager to provide a special Christmas for these families.



The Giving Tree

Rest Your Spirit at Emery House during our Society of St. John the Evangelist Retreat, January 19-22



In Epiphany, we will join the brothers at SSJE for an extended weekend of quiet, companionship, and renewal at their Emery House farm and country retreat property in West Newbury, Massachusetts.

When we dare to enter silence, we have an opportunity to see how powerful God's presence has always been. God is always around us; it is our own awareness that is dulled –

dulled by busy-ness, by the noise of everyday life, by external and internal voices alike. By stripping away the external

voices, we can begin to hear our internal voices. We can begin to discern which voice might be God, which might be our true selves, which might be our false selves – or others. Listening to them, we can learn to engage them or quiet them.

Spaces are limited. Register online at <http://bit.ly/SSJE17> or contact Anita Lisk to register: 355-1779, ext. 313 or alisk@doers.org. A deposit of \$100 per person to hold your space is due by December 15; remainder of cost (\$375) is due by January 12. Transportation is not included in the cost. Please make your own arrangements to arrive in West Newbury no later than 4:00 p.m. on Thursday, January 19. The mid-day lunch on Sunday will allow you to depart Emery House at 1:00 p.m., January 22.



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