

# the st. james



## RECTOR'S MESSAGE

February 2022  
Volume 22 Number 2



### Sunday Schedule

8:00 AM Holy Eucharist Rite I  
10:00 AM Holy Eucharist Rite II

### Sunday, January 30, Worship

10:00 Diocesan Convention  
livestream  
[Youtube.com/DIOSWVA](https://www.youtube.com/DIOSWVA)

### ZOOM Worship

February  
10 AM

When the number of Covid 19 cases decrease and are no longer in the red zone, we will resume in-person worship.

St. James Episcopal Church  
4515 Delray Street  
Roanoke, VA 24012  
Phone: 540-366-4157  
Fax: 540-366-2851  
E-mail: [stjames@rev.net](mailto:stjames@rev.net)  
[www.stjamesroanoke.org](http://www.stjamesroanoke.org)

Dear Saints of James,

This week I joined a webinar on “*Healing Trauma: Body, Mind, and Spirit*,” hosted by the Episcopal Province III Christian Formation Deep Dive group. Dr. Patricia Fosarelli, a physician, practical theologian, and spiritual director, was the speaker, focusing on strategies for helping “our parishioners (and ourselves) to move towards wholeness” in this pandemic time. Speaking to lay and clergy Episcopal Church leaders, she did not have to explain how this two year+ Coronavirus pandemic has had an impact on everyone, traumatizing some more than others. Regardless of how Covid19 has highjacked your life, everyone seems to question how to handle the stress of the pandemic and the many other distressing events happening in our families, friend groups, communities, our society, our nation and around the globe. Dr. Pat said that one key antidote to the anxiety of our current times is **joy and meaning**. She explained how important it is for our overall health, to do the things that bring joy and give meaning to our lives.

When was the last time you paid special attention to what put a smile on your face? Who are the people, or experiences, or activities, or pets, that bring joy to your life? What makes you bubble over with laughter? Intuitively we all can testify that laughter is one of the best tools we have for dealing with stress. It is also contagious enough so that you usually smile back if someone is smiling or laughing. Or, if you see someone smiling or laughing, you want to know why. Science reveals that laughter is a robust drug with the contagious power of a virus that

(continued on page 2 . . .)

**St. James Episcopal Church**

**Clergy:**

The Rev. Susan E. Bentley, Rector  
The Rev. William R. Eanes, Retired Deacon  
The Rev. Dr. Robert T. Copenhagen,  
Adjunct Pastoral Associate

**Staff:**

Mrs. Connie Bierly, Secretary  
Mr. Andrew Cochran, Choir Director & Organist  
Mrs. Donna Parks & Mr. Marshall Hudson, Sextons

**The Connection:**

Send copy to: stjames@rev.net

**Internet Web Page:**

www.stjamesroanoke.org  
Gerald Gordon, Web Master  
ggordonva@hotmail.com

**The St. James Vestry:**

Senior Warden, Chris Criscione  
Junior Warden, Tim Buchholtz  
† Clerk, Renée Toth  
† Treasurer, Kevin Shepherd  
† Ass't. Treasurer, Avis Aheron  
† Rec. Treasurer, Danny Fainter  
Tim Buchholtz  
Chris Criscione  
Gail Fields  
Carla Spencer  
Gina Wellford  
Phil Wheeler  
Dottie Wrabel  
Lynn Wright

( † - Not Vestry members)

**Standing Committees & Chairs**

**Finance:** TBA  
**Property:** Tim Buchholtz  
**Hospitality:** Kim Laxton  
**Stewardship:** TBA

\* \* \* \* \*

**Episcopal Church Women:**

Dorothy Herndon

**Daughters of the King:**

Carla Spencer

**Rector's Message continued. . .**

conveys a host of benefits for the mind and body. Laughter can invade your body and trigger your brain to release "feel-good chemicals" known as endorphins. Our body and brain are designed in such a special and complex way that the things we see, smell, touch, taste, and hear can make us feel light as a feather or heavy as a brick. Endorphins are responsible for that great feeling after a good run, after eating a delicious meal, after having a good laugh with a friend, or when going on an adventure or holiday. They are the chemicals in your brain that help you cope with pain, stress, anxiety and produce an overall sense of wellbeing. The surge of endorphins effects your body, mind and spirit and the benefits of experiencing the joys of endorphins include: reduced depression, lower blood pressure, improved self-esteem, reduced anxiety, reduced pain, boosted immunity and appetite regulation.

So here's the question, "what brings you joy; what gives meaning to you?" This is not a trivial question but rather an essential one, for joy and meaningful pursuits, boost our endorphins so that our spirits are lifted, our outlook brightened, and our perspective positive. You might want to reflect on your definition of joy. For me, it is not a momentary feeling and is different than being happy, because happiness is often dependent on external circumstances. Joy is innately spiritual for me; it resonates deep in my

soul so I have an inner sense of well-being and pleasure. When I experience joy, I feel “the peace of God which surpasses all understanding...” (Philippians 4:7).

If you wish to explore the rich spiritual practice of engaging joy in these challenging times of Covid and civil unrest, I highly recommend reading *The Book of Joy: Lasting Happiness in a Changing World* by His Holiness the Dalai Lama and the late Archbishop Desmond Tutu, compiled by Douglas Abrams. Nobel Peace Prize Laureates the Dalai Lama and Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships, or, as they would say, because of them, they were two of the most joyful people on the planet, when together. In April 2015, Archbishop Tutu traveled to the Dalai Lama’s home in Dharamsala, India, to celebrate His Holiness’s eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: how do we find joy in the face of life’s inevitable suffering? By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our times and revealed how to live a life brimming with joy. The Archbishop never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of

peace, courage and joy to which we can all aspire in our own lives. As their Douglas Abrams wrote in the introduction to *The Book of Joy*, “Their courage and resilience and dogged hope in humanity inspire millions as they refuse to give in to the fashionable cynicism that risks engulfing us. Their joy is clearly not easy or superficial but one burnished by the fire of adversity, oppression and struggle. The Dalai Lama and the Archbishop remind us that joy is in fact our birthright and even more fundamental than happiness....Joy is a state of mind and heart.”

I hope you will spend some time reflecting on what brings you joy, and what is meaningful for your well-being. Some things that bring you joy, you may not be able to experience during this pandemic, but I believe the light of God will reveal forgotten or new joys, to lighten your spirits, fill you with surges of endorphins, and bring you delight and pleasure. May it be so. SEB+

### **Sunday, January 30th Worship**

St. James will be joining the 10:00 am Diocesan Convention live stream Holy Eucharist, where Bishop Mark will Preside and Preach. There will be no St. James zoom worship that morning. The livestream link is:  
<https://www.youtube.com/DIOSWVA> .

### **St. James Cycle of Prayers**

***In February, we give special thanks for the attentiveness of our members to enhance the experience of visitors and newcomers and to welcome them into our church family.***

### **VESTRY CORNER. . .**

What is a Vestry? Most Episcopalians would say that the Vestry is the governing body of the local congregation of the Episcopal Church. This is so, and it has specific responsibilities that are set out by the National and Diocesan Constitutions & Canons. Though the Vestry has some similarities to a board of directors, it is different, in that a parish is a covenant community and Vestry members practice a servant leadership. The success of a congregation is not measured in terms of numbers of members or size of the endowment, but rather in the degree to which it is working toward the fulfillment of the mission of the Church. Specific responsibilities of the Vestry include:

- help to define and articulate the mission of the congregation;
- support the mission by word and deed
- select and support the Rector

- ensure effective organization and planning
- ensure adequate resources in leadership and in financial stewardship
- manage resources effectively
- determine that appropriate programs, policies, and procedures have been developed and are followed
- assess its own performance, and
- provide spiritual leadership to lead the congregation in the mission of the Church “to restore all people to unity with God and each other in Christ (BCP p.855)

Congregations today often participate in a “shared ministry” where the clergy and laity function as part of an interdependent team and seek to engage a large number of people in a variety of leadership roles. Leading a congregation in an increasingly secular world is difficult and requires the support and efforts of many. Its foundation is a faithful dependence on God’s guidance and power. Your Vestry is an important part of the ministry team and looks forward to hearing your thoughts and idea. As Saints of James, we are all responsible for sharing the Good News of Jesus Christ and participating in the mission and ministry of St. James, with God’s help.

**TREASURERS' CORNER**

By Kevin Shepherd

**Financials****January 1, 2021 – December 31, 2021**

(These are ACTUAL amounts not budgeted amounts)

Operating Income: \$199,202.65  
 Operating Expenses: \$152,210.36  
 Net Operating Income: \$46,992.29

**OUTREACH NEWS...****February 20 Benevolence**

Our February benevolence goes to support Phoebe Needles.

Our benevolence offering for February is designated to Phoebe Needles. Services offered include: summer camps, leadership development programs, and adult educational programs. The Phoebe Needles Center, Inc., is the camp and conference center of the Episcopal Diocese of Southwestern Virginia, and as such, a Christian organization which invites and welcomes groups and individuals of all ages and faith backgrounds who seek, an environment, facilities, and programs that nurture and challenge in a setting that is safe spiritually, emotionally, and physically; an opportunity for transformative growth and the creative experience of God's presence; to build community and further relationships by actively living love, forgiveness, and service.

**NOTES OF THANKS . . .****Congregational Recognition from Episcopal Relief and Development**

With our 2021 Lenten alms giving, contributions from the Saints of James and friends of the parish, we were able to purchase 36 goats—15 more than our goal, to help sustain families in need, in South Sudan. With the gift of livestock and animal husbandry training, these families strive for sustainability, self-reliance, and a way out of scarcity, so that they can thrive on their own. The goats were purchased through the Episcopal Relief and Development **Gifts for Life** program, because we could buy each goat for \$80.00. A total of \$2930 was contributed to Gertie the Goat.

Due to our significant contribution, we are receiving a Congregational recognition award from Episcopal Relief and Development:

*Greetings, Reverend Bentley,*

*I write today with joyous news. In 2021, Episcopal Relief & Development launched a Congregational Recognition Program to thank those congregations that compassionately give their time, dedication and gifts to the organization. Episcopal Relief & Development recognizes these congregations as Hope Partners, Impact Partners or Transformation Partners.*

*St James Episcopal Church has been recognized as an Impact Partner. Impact Partners demonstrate a*

*commitment to making a measurable impact in the lives of those in communities struggling with hunger, poverty, disaster and disease.*

*Through making a gift to Episcopal Relief & Development, designating a Congregational Ministry Partner, updating your information on the Episcopal Asset Map, and sharing Gifts for Life, hosting an Episcopal Relief & Development Sunday and utilizing Episcopal Relief & Development's formation materials, you've contributed greatly to working together for lasting change.*

*Thank you to Diocesan Ministry Partner Nick Moga for filling out the certification questionnaire so that you can be recognized!*

*In the coming weeks, you will also receive a certificate in the mail. Additionally, Robert Radtke, President & CEO of Episcopal Relief & Development is sending Bishop Bourlakas a letter commending your achievement.*

*Please reach out with any questions, and congratulations on being an inaugural Impact Partner!*

*Blessings,  
Kat Milligan, M.Div., CVA  
Program Officer, Engagement  
Episcopal Relief and Development*

Dear Saints of James:

How very thoughtful of you to remember me with a gift at Christmas. And you need to know that the reason you haven't seen much of me is because, as Mimi's caregiver, I have been cautious about inside gatherings of

some size. Also, I have been the supply priest at two very small nearby parishes.

This thank you also gives me an opportunity to express my gratitude to Mother Sue for conducting Mimi's celebration of life, and to you for your expressions of condolence. Those expressions were and are so meaningful to me and my family. Mother Sue and my St. James family have been "saintly" indeed.

Father Bob  
Adjunct Associate Priest

Dear St. James,

Thanks so much for the generous Christmas gift. Your thoughtfulness is very much appreciated. One of my greatest blessings is to be able to work at St. James. I treasure each of you!

Connie

## **ANNOUNCEMENTS ...**

### **Little Free Pantry**

Our Little Free Pantry continues to be well used and appreciated. Please continue to stock our pantry with non-perishable foods, personal care items and paper goods. Items that may not be on your list but are welcomed are: bread, crackers, flour, sugar, salt, pepper, oil, powdered milk, tea bags, can openers, and women's hygiene products.

## 2022 Church Year Calendars

The 2022 Church Year Calendars are now available for purchase. Calendars are \$4 each if picked up at our church or \$5 each if mail. To request a calendar by mail or in person contact the church office: [stjames@rev.net](mailto:stjames@rev.net) or 540-366-4157. To purchase a calendar on Sundays, please see Odell James, The Rector, or any altar guild member.

## Monthly Tea & Coffee with the Rector

Each first Thursday of the month, from 4 pm to 5 pm, the Rector invites you to join her and others from the congregation for conversation, support, encouragement and sharing prayer requests. The zoom link is included in the weekly e-announcements. The next gathering will be February 3, 2022.

## Forward Day By Day

Forward Day By Day devotionals for **February, March, and April** are available for pick up in the St. James Parish Hall and the red box right under the Little Free Library. The devotionals are \$1.00 each; there is a collection jar in the Parish Hall. Feel free to share Forward Day By Day with family, friends and neighbors, or other Saints of James who may not be getting to Church.

## Altar Flowers

It is time to sign up to give altar flowers for 2022. The Altar Flower chart is on the bulletin board by the kitchen, and you are invited to sign up for the Sundays that you wish to give flowers in 2022. Flowers each week are \$25.00, and checks can be made out to St. James Episcopal Church, with a memo of "flower fund" and left in the office, or put in the offering plate. If you know what dedication you would like for the flowers, you can turn that in with your money. If you are not sure at this time, then you will need to leave the dedication information at the Church office, or email it to [stjames@rev.net](mailto:stjames@rev.net), prior to the Sunday you will be giving flowers.

## Sharing Warmth with our Neighbors

Our winter clothes line has gone back up at the west end of our parking lot to provide warm hats, gloves and scarves for our neighbors who often walk through our parking lot on their way to Crossroads Mall. They are very appreciative of this neighborly kindness, during the winter weather. **Thank you to all who knitted & crocheted hats and scarves to go on the clothes line;** they are bringing warmth and joy to others we do not know but are now connected with threads of kindness. Drop off gently new or gently used hats, gloves and scarves for children and adults in the Parish Hall boxes or in the Parish Office, Tuesday-Thursday, 11 am

to 3 pm.

**Two ways to help fundraise for  
St. James:**

(1) Kroger. In order for your Kroger grocery purchases to be credited towards St. James fundraising efforts, you will need to register online with Kroger ([www.kroger.com/communityrewards](http://www.kroger.com/communityrewards)). St. James' exclusive community rewards organization number is VM990. If you need assistance with signing up, please contact Avis Aheron ([avisaheron@hotmail.com](mailto:avisaheron@hotmail.com) or 540-580-9203). It will take just a few minutes to sign you up, and St. James will receive a check based on the percentage of sales, split among participating organizations.

(2) AmazonSmile. If you do any online shopping through Amazon, St. James could be receiving a percentage of your purchases. Simply log on at [www.smile.amazon.com](http://www.smile.amazon.com), designate St. James as your charity of choice and let the shopping begin. If you have any questions about setting this up, please contact: Avis Aheron (540-580-9203).

**FEBRUARY BIRTHDAYS...**

February 5	Allison Eanes
February 5	Caitlin Witz
February 5	James Michael Price
February 6	Madeline Clouser
February 8	Donna Frost
February 10	Jessica Gawor
February 10	Jessica Hart
February 12	Sarah Aheron
February 13	Joyce Brown
February 13	Anthea Tuggle
February 15	Madalyn Linkous
February 22	Machele Huff
February 22	Dakota Hensel
February 23	Gail Fields
February 24	Wayne Reilly
February 26	Barbara Plunkett

<b>February 2022</b>						
	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
		<b>1</b> <u>6:30 PM</u> AA	<b>2</b> <u>7:00 PM</u> Bible Study	<b>3</b> <u>6:30 PM</u> AA	<b>4</b> <u>10:00 AM</u> Service Dogs <u>5:30 PM</u> Service Dogs <u>7:00 PM</u> Service Dogs	<b>5</b> <u>10:00 AM</u> AA
<b>6</b>	<b>7</b> <u>6:00 PM</u> Sacred Ground Dialogue Group	<b>8</b> <u>6:30 PM</u> AA	<b>9</b> <u>7:00 PM</u> Bible Study	<b>10</b> <u>6:30 PM</u> AA	<b>11</b> <u>10:00 AM</u> Service Dogs <u>5:30 PM</u> Service Dogs <u>7:00 PM</u> Service Dogs	<b>12</b> <u>10:00 AM</u> AA
<b>13</b>	<b>14</b> <u>6:00 PM</u> Sacred Ground Dialogue Group	<b>15</b> <u>6:30 PM</u> AA	<b>16</b> <u>7:00 PM</u> Bible Study	<b>17</b> <u>6:30 PM</u> AA	<b>18</b> <u>10:00 AM</u> Service Dogs <u>5:30 PM</u> Down Syndrome Support Group	<b>19</b> <u>10:00 AM</u> AA
<b>20</b>	<b>21</b> <u>6:00 PM</u> Sacred Ground Dialogue Group <u>7:00 PM</u> Vestry	<b>22</b> <u>6:30 PM</u> AA	<b>23</b> <u>7:00 PM</u> Bible Study	<b>24</b> <u>6:30 PM</u> AA	<b>25</b> <u>10:00 AM</u> Service Dogs <u>5:30 PM</u> Service Dogs <u>7:00 PM</u> Service Dogs	<b>26</b> <u>10:00 AM</u> AA
<b>27</b>	<b>28</b> <u>6:00 PM</u> Sacred Ground Dialogue Group					
<b>27</b>	<b>28</b> <u>10:00 AM</u> Holy Eucharist, Rite II via Zoom <u>2:30 PM</u> AA					

## SERVER SCHEDULE FOR FEBRUARY 2022

### Feb 6

**8 AM** *Lector and Chalcist – Tim Buchholtz*

<b>10 AM</b>	Crucifer	Madde Shepherd	Ushers	Ray Kasey, Larry Mattox
	Acolyte	Jordyn Price	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Gerald Gordon, Michael Kennedy
	Chalcist	Lawton Kasey	Altar Guild	Danny Fainter, Gail Fields
	Lector 1	Art Tatman		
	Lector 2	Jackie Leonard		
	Prayers	Betsy Briggs		

### Feb 13

**8 AM** *Lector – Bill Barksdale, Chalcist – Tim Buchholtz*

<b>10 AM</b>	Crucifer	Yuri Malick	Ushers	Kevin & Madde Shepherd
	Acolyte	Zenon Malick	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Arby Frost, Katie Rucker
	Chalcist	Katie Rucker	Altar Guild	Linda Bryant, Dorothy Herndon, Sharon Miller
	Lector 1	Carla Spencer		
	Lector 2	JoAnn Criscione		
	Prayers	Jessica Price		

### Feb 20

**8 AM** *Lector Tim Buchholtz, Chalcist – Tim Buchholtz*

<b>10 AM</b>	Crucifer	Thomas Rucker	Ushers	Jim & Mary McGlothlin
	Acolyte	Grant Rucker	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Larry Mattox, Jim McGlothlin
	Chalcist	Kevin Shepherd	Altar Guild	Betsy Briggs, Lawton Kasey, Katie Rucker
	Lector 1	Chris Criscione		
	Lector 2	Maile Armstrong		
	Prayers	Phil Hobia		

### Feb 27

**8 AM** *Lector – Phil Wheeler, Chalcist – Bill Barksdale*

<b>10 AM</b>	Crucifer	Madde Shepherd	Ushers	Ray Kasey, Larry Mattox
	Acolyte	Maddie Linkous	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Maile Armstrong, Donna Frost
	Chalcist	Art Tatman	Altar Guild	Odell James, Boots Ingram, Karen Martin, Debbie Williams
	Lector 1	Donna Frost		
	Lector 2	Lynn Wright		
	Prayers	Chris Criscione		

### Mar 2 **Ash Wednesday Noon**

Chalcist/Acolyte – Avis Aheron, Lector – Betsy Briggs, Altar Guild – Odell James (Setup for Evening)

### Mar 2 **Ash Wednesday Evening**

Crucifer/Acolyte	Madde Shepherd	Ushers	Chris & JoAnn Criscione
Chalcist	Tim Buchholtz	Altar Guild	Tim Buchholtz (Cleanup)
Lector	Maile Armstrong		

### Mar 6

**8 AM** *Lector and Chalcist – Tim Buchholtz*

<b>10 AM</b>	Crucifer	Madde Linkous	Ushers	Kevin & Madde Shepherd
	Acolyte	Jordyn Price	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Gerald Gordon, Michael Kennedy
	Chalcist	Lawton Kasey	Altar Guild	Danny Fainter, Gail Fields
	Lector 1	Phil Hobia		
	Lector 2	Jessica Price		
	Prayers	Donna Frost		

**Note:** If you can't meet your scheduled time please find a substitute and let the Office know.