

the st. james



RECTOR'S MESSAGE

January 2022
Volume 22 Number 1



Sunday Schedule

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

The 10 a.m. Worship Service is live streamed through The St. James YouTube channel, each week, and recorded for viewing at a later date. The link for viewing is listed in the weekly e-Announcement sent to your email address.

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

Dear Saints of James,

There is a Sufi story about a man who is so good that the angels ask God to give him the gift of miracles. God wisely tells them to ask him if that is what he would wish.

So the angels visit this good man and offer him first the gift of healing by hands, then the gift of conversion of souls, and lastly the gift of virtue. He refuses them all. They insist that he choose a gift or they will choose one for him. "Very well," he replies. "I ask that I may do a great deal of good without ever knowing it." The story ends this way:

The angels were perplexed. They took counsel and resolved upon the following plan: Every time the saint's shadow fell behind him it would have the power to cure disease, soothe pain, and comfort sorrow. As he walked, behind him the shadow made arid paths green, caused withered plants to bloom, gave clear water to dried up brooks, fresh color to pale children, and joy to unhappy men and women. The saint simply went about his daily life diffusing virtue as the stars diffuse light and the flowers scent, without ever being aware of it. The people respecting his humility followed him silently, never speaking to him about his miracles. Soon they even forgot his name and called him "the Holy Shadow."

— Rachel Naomi Remen, Kitchen Table Wisdom: Stories That Heal

(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, Renee 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. . .

In this Christmas season of welcoming the gift of God's love, come down to us in human form, and of giving gifts to show our love, I wonder what gift you might receive from the Angels that will enrich your life and ability to share God's divine love in the world. I wonder how you might live your life, so that you cast a "Holy Shadow" of good in this world. May you do a great deal of good, without ever knowing it.

Christmas Blessings,
SEB+

St. James Cycle of Prayers

In January, we give thanks for the work of the Vestry. We pray that all Vestry members, wardens, and other vestry officers will be guided by God's grace in their deliberations and decisions throughout the coming year.

TREASURERS' CORNER

By Kevin Shepherd

Financials

January 1, 2021 – November 30, 2021

Operating Income: \$161,330.31
Operating Expenses: \$137,676.65
Net Operating Income: \$23,653.66

VESTRY CORNER . . .

Congratulations to the **new Vestry members** elected for 2022:

Jessica Price
Carla Spencer
Phil Wheeler

The Vestry Officers for 2022 are:

Senior Warden, Chris Criscione
Junior Warden, Tim Buchholtz
Clerk: Renée Toth
Treasurer, Kevin Shepherd
Assistant Treasurer, Avis Aheron
Receiving Treasurer, Danny Fainter

OUTREACH NEWS...**January 16 and 30 Benevolence**

January 16 - The Roanoke Rescue Mission—aids those in need from homelessness, addiction, disabilities and abuse.

January 30 -- The Salvation Army: Support for food pantries, homelessness, secure domestic violence shelter for women and their children, and spiritual healing

Little Free Pantry

Thank you to all who have faithfully stocked our Little Free Pantry; it has been well used and appreciated. Please continue to stock our pantry, of 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.

ANNOUNCEMENTS ...**103 Diocesan Annual Convention**

The 103rd Annual Convention will take place at the Hotel Roanoke from January 28-30, 2022. Although paired down, this year's Annual Convention will allow diocesan leadership the opportunity to regather and renew itself for the sake of moving onward in Mission together.

Delegates and key leaders will gather in-person with masks and distancing protocols in place and will follow a similar Convention schedule to prior years. There will be no exhibits, small workshops, or clergy/spouse gathering. A livestream of the business sessions, Saturday morning program, and Sunday morning worship will be available on the diocesan YouTube channel.

The St. James delegates to Convention are Gail Fields and Arby Frost, the Rev. Susan Bentley and the Rev. Dr. Bob Copenhaver.

Youth @ Convention 2022

We are looking forward to reconnecting after a year apart. In addition, we have a new home base at the Hotel Roanoke to allow for rooming considerations and Covid precautions. We want to provide a safe and fun weekend for our youth in light of the current covid realities. Visit the Y@C webpage for complete details on this event.

For youth grades 6-12, Coming Home: Reconnecting with God & Friends, is the theme and program for the 2022 Diocesan Youth @ Convention, January 28-30. Check-in at the Hotel Roanoke & Conference Center, 110 Shenandoah Ave NE, Roanoke, is from 5-7 pm on Friday; dinner will not be provided. Pick-up is 11:30 on Sunday.

Registration deadline is Friday, January 14th, as the Hotel Roanoke requires an accurate headcount well in advance of the event. If you have any questions about Y@C, contact Jenni Faires, Canon for Evangelism & Youth Ministries at youth@dioswva.org.

January 30th Worship for St. James

Due to the Rector being at Diocesan Convention on January 30th, St. James will worship via livestream with the greater Diocese. The link will be sent in the e-announcements prior to Convention. There will be no in person services at 8 or 10 am at St James on January 30th.

Thank You

Christmastide is a season when we focus on the gift of love, often through tangible gifts. The Saints of James are always so generous at this time of year with staff gifts and I am I very appreciative. Thank you for your love, support and generous Christmas bonus. 2021 has been a difficult year for most of us, with the Covid pandemic reeking havoc in our lives and ministry. I appreciate your faithfulness in supporting the mission and ministry of St. James during this time, and for your support of me as your Rector. May you and our parish be richly blessed in 2022.

God's peace and love,
Sue+

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 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 January 6, 2022.

Forward Day By Day

Forward Day By Day devotionals for **November, December, and January** 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, 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). St. James' exclusive community rewards organization number is VM990. If you need assistance with signing up, please contact Avis Aheron (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, 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).

Pastoral Counseling Help: Stress and What You Can Do

Stress is all around us, a result of a tense society, a busy lifestyle and an increased complexity of daily living. Stress has physical, emotional and behavioral symptoms. Physically one may suffer migraine headaches, gastrointestinal disorders, increased heart rates, muscle spasm and pain. Stress is a leading cause to general suppression of one's immunological system. Emotionally one may be irritable, depressed, anxious or have mood swings. Behaviorally one may experience teeth grinding, insomnia, nail biting, social withdrawal or excessive use of alcohol or drugs.

One may find themselves under undue stress because of the expectation one places on themselves. The stress could be because one allows others to place too many expectations on them. Undue stress can be due to role definitions at work and from social or church group's expectations. People find that their family expectations can be stressful, especially if one is a rescuer. Holiday time often brings on financial stress and life can seem unmanageable.

The Covid19 pandemic has stressed adults and children alike in ways unimagined 2 years ago.

There are some things you can do that will reduce your stress. Try meditative prayer. You might want to ask your priest about meditative praying. Try relaxation exercise as well as physical exercise. A change in diet might be called for. If you find you are eating while on the run, be assured you are not eating well. You might need to become more assertive, do better at time management, communicate your thoughts and feelings more effectively. Do you need to practice saying NO? You can reduce stress by confessing to God those things that have become issues that are interrupting your spiritual life. You might need to act on forgiveness. Accepting God's grace and opening yourself to God's presence allows for the Spirit to open places in you for stress to be released.

The truth is that stress can kill. It can kill one's body, spirit, will, dedication and hope. The counselors at Family Services of Roanoke Valley hope you will find a more stress-free lifestyle, and are glad to help. Services are provided on a sliding financial scale by board certified counselors who work with adults, adolescents and children. *Family Services of Roanoke Valley* 540-563-5316. 5 54

JANUARY BIRTHDAYS. . .

January 1	Marjorie Taylore Price
January 4	John Bird
January 5	Carla Spencer
January 8	John Whitcomb
January 14	Sarah Perry
January 16	Lynn Wright
January 16	Pam Reilly
January 17	Ian Johnstone
January 19	Doug Tuggle
January 20	Gina Wellford
January 24	William Ostrom
January 25	Grace Aheron
January 25	Sara Ostrom
January 25	Evan Lee Miller
January 26	Katie George
January 26	Darryl Perry
January 30	Brittany Frost
January 30	Tom Orville
January 30	Julio Morant

JANUARY ANNIVERSARIES. . .

January 1	Sharon & Jerry Miller
January 14	Pam & Wayne Reilly
January 17	John & Pat Whitcomb

White-Eyes

By Mary Oliver

In winter
all the singing is in
the tops of the trees
where the wind-bird
with its white eyes
shoves and pushes
among the branches.
Like any of us
he wants to go to sleep,
but he's restless—
he has an idea,
and slowly it unfolds
from under his beating wings
as long as he stays awake.
But his big, round music, after all,
is too breathy to last.
So, it's over.
In the pine-crown
he makes his nest,
he's done all he can.
I don't know the name of this bird,
I only imagine his glittering beak
tucked in a white wing
while the clouds—
which he has summoned
from the north—
which he has taught
to be mild, and silent—
thicken, and begin to fall
into the world below
like stars, or the feathers
of some unimaginable bird
that loves us,
that is asleep now, and silent—
that has turned itself
into snow.

SERVER SCHEDULE FOR JANUARY 2022

Jan 2**8 AM** *Lector and Chaliceist – Tim Buchholtz*

10 AM	Crucifer	Madde Shepherd	Ushers	Ray Kasey, Larry Mattox
	Acolyte	Jordyn Price	Coffee	-----
	T Bearer	-----	Nursery	-----
			Tellers	Gerald Gordon, Michael Kennedy
	Chaliceist	Lawton Kasey	Altar Guild	Danny Fainter, Gail Fields
	Lector 1	Donna Frost		
	Lector 2	JoAnn Criscione		
	Prayers	Maile Armstrong		

Jan 9**8 AM** *Lector – Bill Barksdale, Chaliceist – Tim Buchholtz*

10 AM	Crucifer	Thomas Rucker	Ushers	Jim & Mary McGlothlin
	Acolyte	Grant Rucker	Coffee	-----
	T Bearer	-----	Nursery	-----
			Tellers	Arby Frost, Katie Rucker
	Chaliceist	Katie Rucker	Altar Guild	Dorothy Herndon, Linda Bryant, Sharon Miller
	Lector 1	Maile Armstrong		
	Lector 2	Chris Criscione		
	Prayers	Jackie Leonard		

Jan 16**8 AM** *Lector – Tim Buchholtz, Chaliceist – Tim Buchholtz*

10 AM	Crucifer	Jordyn Price	Ushers	Chris & JoAnn Criscione
	Acolyte	Maddie Linkous	Coffee	-----
	T Bearer	-----	Nursery	-----
			Tellers	Larry Mattox, Jim McGlothlin
	Chaliceist	Kevin Shepherd	Altar Guild	Betsy Briggs, Lawton Kasey, Katie Rucker
	Lector 1	Lynn Wright		
	Lector 2	Betsy Briggs		
	Prayers	Art Tatman		

Jan 23**8 AM** *Lector – Phil Wheeler, Chaliceist – Bill Barksdale*

10 AM	Crucifer	Yuri Malick	Ushers	Kevin & Madde Shepherd
	Acolyte	Zenon Malick	Coffee	-----
	T Bearer	-----	Nursery	-----
			Tellers	Maile Armstrong, Donna Frost
	Chaliceist	Art Tatman	Altar Guild	Odell James, Boots Ingram, Karen Martin, Debbie Williams
	Lector 1	Jessica Price		
	Lector 2	Phil Hobrla		
	Prayers	Carla Spencer		

Jan 30**8 AM** *No in-person services today***10 AM****Feb 6****8 AM** *Lector and Chaliceist – Tim Buchholtz*

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <u>10:00 AM</u> AA
2 <u>8:00 AM</u> Holy Eucharist, Rite I <u>10:00 AM</u> Holy Eucharist, Rite II <u>2:30 PM</u> AA	3	4 <u>6:30 PM</u> AA	5 <u>7:00 PM</u> Bible Study	6 <u>6:30 PM</u> AA	7 <u>6:00 PM</u> Medical Service Dogs <u>9:30 PM</u> NA	8 <u>10:00 AM</u> AA
9 <u>8:00 AM</u> Holy Eucharist, Rite I <u>10:00 AM</u> Holy Eucharist, Rite II <u>2:30 PM</u> AA	10	11 <u>6:30 PM</u> AA	12 <u>7:00 PM</u> Bible Study	13 <u>6:30 PM</u> AA	14 <u>6:00 PM</u> Medical Service Dogs <u>9:30 PM</u> NA	15 <u>10:00 AM</u> AA
16 <u>8:00 AM</u> Holy Eucharist, Rite I <u>10:00 AM</u> Holy Eucharist, Rite II <u>2:30 PM</u> AA	17 <u>6:00 PM</u> Sacred Ground Dialogue Group <u>7:00 PM</u> Vestry	18 <u>6:30 PM</u> AA	19 <u>7:00 PM</u> Bible Study	20 <u>6:30 PM</u> AA	21 <u>5:30 PM</u> Down Syndrome Support Group <u>9:30 PM</u> NA	22 <u>10:00 AM</u> AA
23 <u>8:00 AM</u> Holy Eucharist, Rite I <u>10:00 AM</u> Holy Eucharist, Rite II <u>2:30 PM</u> AA	24 <u>6:00 PM</u> Sacred Ground Dialogue Group	25 <u>6:30 PM</u> AA	26 <u>7:00 PM</u> Bible Study	27 <u>6:30 PM</u> AA	28 <u>6:00 PM</u> Medical Service Dogs <u>9:30 PM</u> NA	29 <u>10:00 AM</u> AA
30 <u>8:00 AM</u> Holy Eucharist, Rite I <u>10:00 AM</u> Holy Eucharist, Rite II <u>2:30 PM</u> AA	31 <u>6:00 PM</u> Sacred Ground Dialogue Group					