

the st. james



RECTOR'S MESSAGE

March 2022
Volume 22 Number 3

Ash Wednesday



*Remember that you are dust,
and to dust you shall return.*

ECCLESIASTES 3:20

Ash Wednesday Services
12:15 PM & 7:30 PM

Sunday Schedule

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

The 10:00 a.m. Worship Service is live streamed weekly and recorded for later viewing through the St. James YouTube Channel. The link is in the weekly e-Announcements sent to your email.

St. James Episcopal Church
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Dear Saints of James,

The time for the season of Lent is upon us. I started thinking about time after I read this quote: "Time is a companion that goes with us on a journey." (Captain Jean-Luc Picard, STAR TREK). In our American culture, time is an engine that drives us consciously and unconsciously. We are a pragmatic, productive people and in some ways, time has become our national God. Listen to our language: we spend time, invest time and need time; we lose time, save time, waste time, find time, buy time, gain time and want time. And so, in the end, time, not life, threatens to absorb us. Time, we Americans assume, is for doing something, for producing things, for achieving goals, and so it takes a conscious effort and intentionality to change our narrative and accept that life is really about becoming a person of value and worth, and that "being" rather than "doing" is an essential spiritual practice. As Pierre Teilhard de Chardin wrote, "We are not human beings having a spiritual experience; we are spiritual beings having a human experience."

I confess that I have drunk the cool-aid of our American culture and have an inner monitor that measures if I am using my time well. I find it difficult to be and not do. Even watching the Covid isolation marathon of movies and Netflix mini-series, unless I am absolutely mentally exhausted, I am doing my needle work, so I feel productive and not "wasting time" watching the TV. I am guilty of being held captive by the American mindset of time needing to be result oriented. So this Lent I am thinking about time being a companion for my life journey; what is the nature of my relationship with time, how I can foster habits that allow me to value being. I hear the

(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. Copenhaver,
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. . .

echoes of the voice of the Holy One that proclaims to Jesus as he comes out of the water of Baptism, "You are my beloved, with whom I am well pleased." Beloved is who we are to God; can we accept that in our heart of hearts.

The desert father Abba Poemen said: "The nature of water is yielding and that of stone is hard. Yet if you hang a bottle filled with water above the stone so that the water drips drop by drop, it will wear a hole in the stone. In the same way the word of God is tender, and our heart is hard. So, when people hear the word of God frequently, their hearts are changed."

Consider: Sit quietly and imagine your heart as stone. Ask God to come as water, as word, to change it. Repeat this exercise often until you see and feel your heart changing. What gift(s) did God give you that changed your heart?

The time of Lent is upon us, and the spiritual focus of this journey is clarified in the words of Psalm 51, "create in me a clean heart of Lord, and renew a right spirit within me." The purpose of Lenten exercises such as prayer, fasting, and service, of taking on or giving up habits, emotional narratives, patterns that feel secure, is to have a slow 40-day drip, drip, drip repetition of the practices we choose that transform our hearts so we can fully be who God created us to be.

The spiritual tragedy of many a Lent, is that Lenten practices may be put in place so we can check them off the list each day, and feel holy in our doing. It is easy to count our "Lenten duty done", but what about justice done,

and compassion freely given. The spiritual tragedy lies in the fact that we can say our daily prayers and at the same time do nothing for the family next door who struggles to pay the high electric bill in the winter time. We can give up alcohol all Lent, but still not see the source of our inner pain, or the economic/ racial/environmental injustice around us. We can give away all our old coats to the Rescue Mission and still do nothing about equal pay for women who are now 57% of the primary wage earners in the country. Or even more eroding to our spiritual health, we can use our own pious Lenten practices as a way of evaluating the religious disciplines of others, and find them wanting. Our Lenten disciplines, our regular spiritual practices, are meant to prod our souls so that our hearts will be softened and created clean, in order to serve those who Jesus served. Lent is not about winning the blue-ribbon marathon of getting to Easter feeling holy. It is about the slow, methodical, daily practices and reflections that bring us closer to God, to walking the Way of Love that Jesus called us to. How will you use time to be a companion for your Lenten journey, and what practices will you choose that will help to create a clean and soft heart in you?

Blessings for your Lenten journey,
SEB+

The Season of Lent

The liturgical season of Lent is the 40 days prior to Easter Sunday, excluding Sundays. This year Lent begins March 2nd with Ash Wednesday, and

concludes April 16th. As Jesus journeyed for 40 days in the Judean wilderness as he began his active ministry, so the wisdom of the Church invites us each year to a dedicated time of self-examination, prayer, service and fasting or the discipline of abstaining. The purpose of these practices is to allow God to further shape us into the image of Jesus, and be fully who we are created to be, in the image of God. As you think about your Lenten journey, reflect on these questions: what role has self-examination played in your spiritual life? How open are you to the season of pray, fasting, penitence? How might you serve others during this time of self-sacrifice? What practice will deepen your connection to God? Observing a Lenten fast for 40 days of abstaining from a habit or activity, commit to a particular prayer practice, read and study the Holy Scriptures, daily devotional reading, choosing an avenue for almsgiving and serving your neighbor in love - these are but a few possibilities for practices that can be transforming for your heart, mind and spirit. If you wish for any guidance for what might be a Lenten practice that deepens your spiritual growth this Lent, contact the Rector.



Feed Gertie the Goat

Gertie the Goat is glad to make her appearance in the Parish Hall this Lent, and she is hungry and eager to see the Saints of James. For decades we have used Lenten alms giving to purchase goats from Gifts for Life programs through Heifer International, and Episcopal Relief and Development, organizations that provide livestock and training to empower individuals and families around the globe, so they can become self-reliant with food and income. Goats provide milk, cheese & butter; income through sale of milk; and encourage better crop yields by creating fertilizer & clearing land. One goat can produce 4 gallons of milk a day, which is easy for people to digest. Goats need little land as they are considered “zero grazers”, and their natural curiosity and intelligence make them great pets for families.

Remember Gertie when you are adding to your Hope Chest Mite Box, available in the Parish Hall, and at the end of Lent, we will buy goats to be sent to our neighbors in South Sudan. In 2021, during our Covid isolation, we

were able to buy **36 goats at \$80.00 each**. Our challenge number of goats this year is at least 36, and hopefully more. Mite boxes will be collected beginning Easter II, April 24th. Checks can be sent to St. James with a notation for “Gertie the Goat” or donations can be made on-line through our St. James website (<https://stjames.dioswva.org>); in the “note field” designate your contribution.

Lent as a Time of Self Examination

Lent begins this year on Ash Wednesday, March 2nd and this season of self-reflection, prior to Easter, allows us opportunity to increase our attention to the depth and breadth of our spiritual lives, to refocus our lives. Lent is one of the times of the Church year when it is particularly appropriate to make a private confession. Anyone who would like to make their confession, using the form for the Reconciliation of a Penitent in our Book of Common Prayer, page 447, may contact the Rector, seb@rev.net, to make an appointment.

Devotional Resources on line

Daily meditations of Scripture, Prayer and Action: www.d365.org

Center for Action and Contemplation-Fr. Richard Rohr’s daily meditations: <https://cac.org/2019-daily-meditations/>

Episcopal Relief and Development meditations: <https://www.episcopalrelief.org/church-in-action/lent/>

Resources for the Spiritual Journey:
<http://www.SpiritualityandPractice.com/>
www.explorefaith.org

Daily Prayer site: <http://sacredspace.ie/>

Practices that guide our faith journey:
<http://www.practicingourfaith.org/>

Society of Saint John the Evangelist:
 Brother Give Us a Word-daily
 meditations: <https://www.ssje.org/word/>

Still like to hold a book in your hand or on your tablet here are some suggested **books** that may bring new spiritual growth and awareness; books can be ordered from Canterbury Books, at St. John's Episcopal Church, 540-491-9914.

Nonviolent Communication: A Language of Life, by Marshall B. Rosenberg. More than a communication technique, this book teaches how to transform thinking, language and moralistic judgments that keep us from enriching our relationships and lives. If you wish to resolve conflicts with ease, more easily get what you want without using demands, begin to hear the needs of others with less struggle, strengthen your personal & professional relationships, this book is for you.

Strength For The Journey: A Guide to Spiritual Practice, by Renee Miller, prods our spirituality and reminds us that spiritual discipline can deepen our relationship with God. This book has a rich breadth of spiritual practices for body, mind and soul.

The Heart's Time: A Poem a Day for Lent and Easter, by Janet Morley. Poetry demands that we 'slow down to the heart's time' in order to discover deeper levels of meaning than first appear. These poems offer cultural and theological insights, with spiritual guidance for the Lenten and Easter journey.

Wonderous Encounters: Scripture For Lent, by Richard Rohr. Franciscan priest and founding director of the Center for Action and Contemplation, Richard Rohr is one of today's most prophetic voices. He invites his readers to self-disclosure and to enter into the wondrous divine relationship through daily meditations on the Lenten scriptures.

God for Us: Rediscovering the Meaning of Lent and Easter, reflections by leading spiritual writers. *God For Us* explore the meaning of Lent and its importance in spiritual formation and preparation for Easter in with meditations, prayers and art.

No time for spiritual reading.....add contemplative listening to your day. Listen to spiritual music while you drive in the car, work, do house chores, have a silent supper, as your daily devotions. A few recommendations:

His Love Endures Forever: Psalms of Thankfulness and Praise, by the Gloria Dei Cantores Choir, features twenty-one beautiful psalm tunes and uplifting texts.

Taize: Music of Unity and Peace, recorded by the ecumenical Taize community in Burgundy.

Angelis, Voices of Angels, Metro Label

Lent At Epheuss, recorded by Benedictines of Mary, Queen of Apostles

Voices, Chant From Avignon, recorded by the Benedictine Nuns of Notre-Dame Del'Annonciation

Vision, The Music of Hildegard Von Bingen, by Richard Souther, Angel Records

The Way of the Heart: Treasuring the Freedom Within, by Karunesh, Music of the Spirit, Oreade Music recording

St. James Cycle of Prayers

In March, we recognize and give thanks for the ministry of the Caregivers Group, the Rector, and all who provide pastoral care. May they, through the power of the Holy Spirit, bring comfort and support to all whom they serve.

TREASURERS' CORNER

By Kevin Shepherd

Financials: January 2022

(These are ACTUAL amounts not budgeted amounts)

Operating Income: \$10,445.72
 Operating Expenses: \$25,783.82
 Net (Loss) Operating Income:
 (\$15,338.10)

OUTREACH NEWS...

March 20 Benevolence

The plate and loose offering received on **March 20** will go to the **St. James Youth Scholarship Fund**. These funds will help the youth defray the cost of Youth @ Council, YMT training and retreats, Spring Youth Event, summer camp, Fall Youth Event, Happening, and the Episcopal Youth Event (EYE).

Please give generously to the **Youth Scholarship Fund** to help our youth attend these events.

The Bishop's Dollar The Episcopal Diocese of Southwestern Virginia

The holy season of Lent offers each one of us an annual invitation to reflect on our discipleship in Jesus' name. As you journey through the forty days of Lent, I invite you to consider making a donation to our annual Bishop's Dollar collection. Your contribution to The Bishop's Dollar Fund helps support a variety of initiatives and needs throughout the diocese that are not otherwise covered through our annual program budget.

These funds provide mission support; allow for aid to congregations; aid to clergy, their families, and other individuals in need; and gifts to institutions connected to diocesan ministry and mission.

You may send donations to the Diocesan Office made payable to The Episcopal Diocese of Southwestern VA with "Bishop's Dollar" in the memo line. Mail to: Attn: Bishop's Dollar Fund, PO Box 2279, Roanoke, VA 24009. Or, donate online at dioswva.org/online-giving.html.

Peace,
The Rt. Rev. Mark A. Bourlakas

NEWS FROM BOY'S HOME OF VIRGINIA . . .

Submitted by Linda Bryant

New Tradition - BIG FIVES!: During announcements at mealtimes, staff members recognize students who have done positive things for our community. Following the recognition, the student receives five big claps from everyone in the dining hall. The tradition helps energize the campus, build community and recognize students for their positive efforts. A student volunteering to teach a sign language class, two boys helping a neighboring cottage shovel snow and a boy helping a classmate who was having a bad day are a few recent examples of Big Fives on the Hill.

Community Corner: It was time for a field trip! Ten juniors and seniors toured the Virginia Tech campus. The trip was hosted by Project Discovery, an

organization that works with first-generation college bound students providing information, encouragement, cultural workshops and campus tours.

NOTES OF THANKS . . .

St. Nicholas Day Total

The Rt. Rev. Mark Bourlakas

I am pleased to share that the offering total for the 2021 St. Nicholas Day Appeal was \$10,163.43. These donations will be sent to RIP Medical Debt and will provide substantial debt relief for families in Appalachia.

Keep in mind that every dollar raised relieves \$100 in medical debt. So, together, we have relieved over \$100,000 in medical debt through the St. Nicholas Day campaign, which is definitely a blessing and accomplishment worth celebrating. I offer my sincere thanks and gratitude to everyone that made a donation.

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 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 March 3, 2022.

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).

Bishop Mark's Visitation

Bishop Mark will be making his regular visitation on Sunday, May 1st and this is an opportunity for Confirmations. Due to the Covid19 pandemic, Bishop Mark has not been with us since March 2019, so this will be a celebration for our community. Any youth or adult who wishes to be Confirmed, contact the Rector as soon as possible so Confirmation preparation can be scheduled. Mark your calendars now and plan to be part of worship that day.

MARCH BIRTHDAYS...

March 6	Ashley Nelson
March 7	Alex Bentley
March 9	Jim Williamson Terri Curley Chris Criscione
March 10	Sophia Morant-Frost
March 15	Cam Srpan
March 16	Mike Kennedy
March 21	Alicia Baxter
March 24	Ben Bosworth
March 25	Lawton Kasey
March 26	Butch Johnstone
March 29	Boots Ingram



Why Trust Science?

Presented by Dr. Michael Bentley

Tuesday, March 8, 2022

10:00 AM—12:00 PM

- Is what schools teach about "the scientific method" true?
- What are the misconceptions about the nature of science?
- How are they impacted by the way the human mind perceives reality?
- How do science, technology, and society interact?



Science image courtesy of Freepik.com.



Phoebe Needles Center, Inc.
Center for Lifelong Learning

732 Turners Creek Road PNCenter@gmail.com
Callaway, VA 24067 www.PhoebeNeedles.org
540-483-1518

Pre-registration
required.

Fee to attend
includes LUNCH!

For more information or to register contact Phoebe Needles:
www.PhoebeNeedles.org, PNCenter@gmail.com, 540-483-1518

March 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>6:30 PM</u> AA	2 Ash Wednesday <u>12:15 PM</u> Eucharist <u>7:30 PM</u> Eucharist	3 <u>6:30 PM</u> AA	4 <u>10:00 AM</u> Service Dogs <u>1:00 PM</u> Service Dogs <u>6:00 PM</u> Service Dogs	5 <u>10:00 AM</u> AA
6 <u>2:30 PM</u> AA	7 <u>6:00 PM</u> Sacred Ground	8 <u>6:30 PM</u> AA	9 <u>9 AM to 3 PM</u> Knitting Group <u>7:00 PM</u> Bible Study	10 <u>6:30 PM</u> AA	11 <u>10:00 AM</u> Service Dogs <u>1:00 PM</u> Service Dogs <u>6:00 PM</u> Service Dogs	12 <u>10:00 AM</u> AA
13 <u>2:30 PM</u> AA	14 <u>6:00 PM</u> Sacred Ground	15 <u>6:30 PM</u> AA	16 <u>7:00 PM</u> Bible Study	17 <u>6:30 PM</u> AA	18 <u>10:00 AM</u> Service Dogs <u>1:00 PM</u> Service Dogs <u>5:30 PM</u> Down Syndrome Support Group	19 <u>10:00 AM</u> AA
20 <u>2:30 PM</u> AA	21 <u>6:00 PM</u> Sacred Ground <u>7:00 PM</u> Vestry	22 <u>6:30 PM</u> AA	23 <u>7:00 PM</u> Bible Study	24 <u>6:30 PM</u> AA	25 <u>10:00 AM</u> Service Dogs <u>1:00 PM</u> Service Dogs <u>6:00 PM</u> Service Dogs	26 <u>10:00 AM</u> AA
27 <u>2:30 PM</u> AA	28 <u>6:00 PM</u> Sacred Ground	29 <u>6:30 PM</u> AA	30 <u>7:00 PM</u> Bible Study	31 <u>6:30 PM</u> AA		

SERVER SCHEDULE FOR MARCH 2022

Mar 2 Ash Wednesday Noon

Chalicer/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
Chalicer	Tim Buchholtz	Altar Guild	Tim Buchholtz (Cleanup)
Lector	Maile Armstrong		

Mar 6

8 AM *Lector and Chalicer – Tim Buchholtz*

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

Mar 13

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

10 AM	Crucifer	Yuri Malick	Ushers	Larry Mattox, Ray Kasey
	Acolyte	Zenon Malick	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Arby Frost, Katie Rucker
	Chalicer	Katie Rucker	Altar Guild	Linda Bryant, Dorothy Herndon, Sharon Miller
	Lector 1	Jackie Leonard		
	Lector 2	Art Tatman		
	Prayers	JoAnn Criscione		

Mar 20

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

10 AM	Crucifer	Thomas Rucker	Ushers	Jim & Mary McGlothlin
	Acolyte	Grant Rucker	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Larry Mattox, Jim McGlothlin
	Chalicer	Kevin Shepherd	Altar Guild	Betsy Briggs, Lawton Kasey, Katie Rucker
	Lector 1	JoAnn Criscione		
	Lector 2	Carla Spencer		
	Prayers	Lynn Wright		

Mar 27

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

10 AM	Crucifer	Maddie Linkous	Ushers	Chris & JoAnn Criscione
	Acolyte	Madde Shepherd	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Maile Armstrong, Donna Frost
	Chalicer	Art Tatman	Altar Guild	Odell James, Boots Ingram, Karen Martin, Debbie Williams
	Lector 1	Maile Armstrong		
	Lector 2	Chris Criscione		
	Prayers	Jackie Leonard		

Apr 3

8 AM *Lector and Chalicer – Tim Buchholtz*

10 AM	Crucifer	Yuri Malick	Ushers	Michael Bentley, Maddie Linkous
	Acolyte	Zenon Malick	Coffee	-----
	T Bearer	-----	Nursery	-----
		-----	Tellers	Gerald Gordon, Michael Kennedy
	Chalicer	Lawton Kasey	Altar Guild	Danny Fainter, Gail Fields
	Lector 1	Lynn Wright		
	Lector 2	Donna Frost		
	Prayers	Carla Spencer		

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