



Saint James Episcopal Church

Clayton, Georgia

Visit our website

Our mission is to preach the Gospel, worship God, renew our hearts and minds, and serve others.

Saint James Messenger

Sundays in August

During the month of August, we welcome the following clergy:
August 11, The Reverend Doris Graf Smith
August 18, The Reverend Dan Wilson, Preacher; The Rev. John Templeton, Celebrant
August 25, The Reverend Dave Tonge

Farewell Letter

Last Wednesday, The Rev. Mary Demmler sent a farewell letter to the parish. Due to a link that Mary+ included in the letter several of our Windstream and TruVista customers did not receive the email. If you would like to read her letter to the parish, [click here](#).



TAG SALE

Mark your calendars now and start cleaning out your closets for the annual Tag Sale, October 10-12! All proceeds from this sale support our Miracle Fund account which helps the people of Rabun County in times of individual financial need.

Retirees Lunch

The retirees will meet on Tuesday, August 6, at noon. Everyone is encouraged to meet for lunch at Ishy's Grill in Clayton--you don't even need to be retired!



AARP Safe Driving Class offered at Saint James Monday, August 19

Learn how to refresh your driving skills, save money, volunteer and find useful information and guidance about getting around at aarp.org/driversafety. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Led by Marcus Booker, the class will be offered on Monday,

August 19, 9:00am--3:00pm. You may register by signing the sheet in the Parish Hall or emailing the church office [here](#). The cost is \$15 for AARP members and \$20 for non-members.



Lunch and Learn
The Innovative, non-Invasive Approach to Skin Cancer
Friday August 23, 2019
11:30-1:00 pm

The Pastoral Care Team invites you to the next Lunch and Learn with guest presenter, Roxie Hall, on Friday, August 23, in the parish hall of St. James. You may sign up in the parish hall or [click here](#).

Opportunities to Serve



Coffee host/hostess needed

We are looking for people to sign up for the coffee fellowship time following the 10:30 service in September. If you've never hosted before it's as simple as bringing a plate of cookies and making some coffee. There's always someone around to help you get started. Sign up on the poster located in the Parish Hall next to the outside door or [click here](#).

Vestry

The Vestry met July 17, 2019.

In addition to addressing several administrative matters, the Vestry took the following actions:

- Adopted the proposed Priest in Charge Letter of Agreement which includes employment specifics and details of compensation.
- Approved a motion to give eleven percent as Saint James' Annual Pledge to the Diocese and direct one percent to the Ministry Innovations Task Force.

Complete Vestry minutes with further information on the Vestry action items can be found on the website: www.stjamesclayton.org. Click on Members Pages at the top of the page and select Vestry Minutes.

The next meeting of the Vestry will be on August 21 at 5:30 p.m.

Christian Education

The Wednesday Lectionary Study Group will take the month of August off and resume in September. All are welcome.

Outreach

Brown Bag Sunday

The fourth Sunday of each month is Brown Bag Sunday. Please bring shelf-safe food donations for the Sharing & Caring pantry. Items to leave in the Parish Hall include small

Paws4Life Donations

Don't forget our furry friends by bringing your donations for the critters at Paws4Life, and leave them in the Parish Hall the first Sunday of each month. In addition to dog,

sizes of flour, sugar, oatmeal, grits, cereal, jelly, and any heat-and-serve canned food, such as spaghetti, soups, corn, or peas.

puppy, cat and kitten food (and litter), Paws4Life can also use treats, litter boxes & liners, puppy pee pads, food dispensing toys, leashes, harnesses, collars, postage stamps, trash bags, and Swiffer dusters. The staff and critters all say Thank you!

Office Notes

Helpful Links

[August Serving Schedule](#)

[Sermons](#)

[Annual Reports](#)

(password needed)

[Parish Directory](#)

(password needed)

Give Now

Pastoral Care



August – Vaccines are not just for kids . . .

According to the Centers for Disease Control and Prevention (CDC) adults need to keep their vaccinations current because immunity from childhood vaccines can wear off over time. Adults are also at risk for other diseases. Vaccination is one of the most convenient and safest preventive

care measures available.

“Vaccines contain the same germs that cause disease; however, they have been either killed or weakened to the point that they don’t make you sick. Some vaccines contain only a part of the disease germ. A vaccine stimulates your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease - without having to get the disease first. This is what makes vaccines such powerful medicine. Unlike most medicines, which treat or cure diseases, vaccines prevent them.” CDC

Have you had the flu shot, pneumonia vaccine, shingles vaccine or Dtap? If not, now’s the time to visit your County Health Department, your local pharmacy, or your physician’s office, and discuss when is the best time for you to receive your vaccine.

The CDC recommends getting your flu shot by the end of October, before the bulk of flu season hits, because it takes about two weeks for the flu shot to be effective. Everyone older than 6 months is urged to get the flu shot each year. The pneumonia vaccine is for people 50 years of age and older and those 19-64 years of age who smoke or have asthma. It is recommended for everyone 65 years or older. It helps protect you from illnesses such as pneumonia, blood infections and meningitis caused by the pneumococcus germs.

There are two vaccines for pneumonia that protect against different types of the infection:

- PCV13 helps protect people from 13 of the most severe types of bacteria that cause pneumonia.
 - PPSV23 protects against an additional 23 types of pneumonia bacteria.
- Neither can prevent every type of pneumonia, but they work against more than 30 common, severe types.

People who need a pneumonia vaccine should get both shots: first, the PCV13 shot and then the PPSV23 shot a year or more later. For most people, one of each shot should be enough to protect them for their entire lives. Sometimes, you may need a booster shot. Ask your doctor whether you should get one.

If you have had chicken pox in the past, the virus remains in your body. It can reactivate later in life as a condition called shingles which can be very painful, and the side effects may linger for several months. About 1 in 3 adults contract shingles. The most common symptom for shingles is a painful rash with blisters, often with a burning sensation, that develops on the face or torso. The blistering rashes scab over in seven to 10 days and clear up in two to four weeks.

The CDC has "recommended a new recombinant zoster vaccine (RZV) for shingles prevention, replacing the zoster vaccine live (ZVL). And for the first time, the agency is recommending a shingles vaccine for anyone 50 or older; the previous threshold was 60." The RZV is marketed by GlaxoSmithKline and is available under the name Shingrix. Research shows that it is more than 90 percent effective. Estimated cost for the vaccine is approximately \$300 for two doses. Reports indicate that private insurance has not offered payment yet, but Medicare, Part B, does provide coverage. Be sure to talk with your insurance carrier or group. The new vaccine, available since 2018, consists of two intramuscular doses that are to be given two to six months apart. It is recommended to take the Shingrix even if the Zostavax was given earlier.

If there is a new baby in the family, and you will be in close contact with them, it is recommended that one dose of Tdap (Tetanus, Diphtheria, Pertussis Vaccine for Adults) be given to prevent whooping cough or pertussis which has made a recent resurgence in the US.

The CDC provides a recommended schedule for immunizations and vaccines for infants and children which is available on the CDC website. It includes the age and appropriate immunization time. Parents are strongly encouraged to discuss the program with their pediatricians and complete the series of vaccines as suggested or required.

Now is the time to talk with your healthcare provider if you have questions. They can decide if you are a candidate for the above vaccines. It's all about staying healthy!

Resource and for more information – visit www.cdc.gov; AARP; WebMD
Kathy Booker, RN

Medical Equipment

Did you know, several medical equipment items are available in our inventory for loan. Contact the church office [here](#) if you are in need of an item--we may have it.



CareNotes are located in the lower entrance to the church. Please feel free to go by and see if there is a topic that might be helpful for you or a friend.

Some examples are:

- *Getting Help With an Additction*
- *Self-Care for Caregivers*
- *Walking With God Through Grief and Loss*
- *Advance Care Planning: Making Care Decisions Now and for the Future*

There is a wide range of issues available to you at no cost. There are also topics that will help your children and grandchildren. Stop by and take a look.

Garden Guild



Tips for the August Garden

It's a hot month! Here are some garden tips and tasks for those sizzling summer days of August.

- Gather herbs and flowers for drying and preserving in the midmorning after the dew has dried –herbs are often at their peak for drying when they begin to flower.
- Collect cuttings for new plants – focus on stem cuttings from herbaceous, hardwood, and semi-hardwood shrubs and climbers.
- Prepare garden beds for fall plantings by cleaning out weeds and cutting back overgrown plants.
- Work early morning shifts before it becomes too hot. Be sure to stay well hydrated.
- Remove dead limbs and branches from trees and shrubs. Prune trunk suckers.
- Keep deadheading spent blooms unless planning to collect seeds.
- Refresh mulch as needed – keep soil covered to help discourage new weed growth.
- Remove any diseased foliage now. Dispose of diseased plants in the garbage or burn them. Don't put them in the compost pile.
- Continue to provide moisture locally to the base of plants - avoid surface watering which encourages plant roots to come to the surface. Vegetable gardens, most flowering plants, and the lawn all need about one inch of water every week to keep them looking healthy and productive.
- Still time to plant quick growing plants such as herbs, cilantro, Swiss chard, lettuce , spinach, and endive.
- Enjoy the variety of vegetable harvest from the home or community garden.
- Order spring bulbs now for the best selection – most companies deliver them at the appropriate time for fall planting.
- Visit your local library – get a good book to read while the temperatures and humidity are high.
- Share the garden production!

Kathy Booker
GMGEV – Rabun County

August Celebrations

Birthdays

7, Cheryl Stewart
9, Eve Kelly
9, Margaret Kelly

Anniversaries

9, Gerald and Ann Kemper
16, Linda and Bob Holt
17, MC and Brian Phillips

14, Tara Southern
17, Bets Berry
20, Jeremy Nash
24, Dirck Myers
24, Ann Inman
27, Victoria Watson
28, Lee Burson
29, Mary Lu Gunn

19, Linda and Ron Barden
23, Robbin and Walt Henderson
27, Jan and Bill Bomar
29, Gretchen and John Howell
31, Bev and Cal Mannes

Known Activities for the Week

Monday, August 5

Tuesday, August 6

Noon--Retirees Lunch at Ishy's
5:30 pm--Al-Anon

Wednesday, August 7

9:30 am--Pastoral Care Team

Thursday, August 8

10:00 am--Homemakers
11:00 am--AA
2:00 pm--Chess

Friday, August 9

Saturday, August 10

10:00 am--DOK Gathering

Sunday, August 11

8:00 am--Holy Eucharist, Rite II
10:15 am--Nursery
10:30 am--Holy Eucharist, Rite II
11:30 am--Coffee and Fellowship
2:00 pm--Chess
5:30 pm--Al-Anon

Alcoholics Anonymous meets every evening at 7:00 in the parish house.

[Complete Calendar](#)

August Events:

6, Retirees Lunch
7, Pastoral Care Team
10, DOK Gathering
16, Book Club
19, AARP Smart Driving Course
21, Flower Festival Meeting
21, Vestry
23, Lunch and Learn

Looking Ahead to September:

2, Labor Day, Office Closed
3, Retirees Lunch
4, Pastoral Care Team
4, Choir Rehearsal
8, Choir Returns, Piano Dedication
14, DOK Gathering
18, Vestry
20, Book Club

Timeline for the Weekly Messenger:

Articles received by noon on Thursday will be in the next Messenger. The file is sent for proof reading on Thursday afternoon, changes are made on Monday morning before it is sent out. Please contact the [church office](#) if you have any questions.

Saint James Episcopal Church | 706-782-6179 | 260 Warwoman Rd. Clayton, GA 30525 | www.stjamesclayton.org | email:admin@stjamesclayton.org

