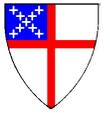


TIDINGS

SAINT JAMES EPISCOPAL CHURCH - CLAYTON, GEORGIA
EPISCOPAL DIOCESE OF ATLANTA



Volume 14 Number 5

May 2018



***The mission of Saint James Episcopal Church is:
To worship God, renew our hearts and minds, and serve others.***

What's Going on at Saint James?



Mark Your Calendar

May 1	Retirees Lunch	noon
May 2	Pastoral Care Team	9:30am
May 2	Lectionary	11:00am
May 6	Christ and Culture	2:00pm
May 7	ARRP Safe Driving	9:00am
May 9	Lectionary	11:00am
	Choir Rehearsal	5:30pm
May 11	Lunch and Learn	11:30am
May 12	DOK Gathering	10:00am
May 13	Christ and Culture	2:00pm
May 15	Vestry	5:00pm
May 16	Flower Festival Meeting	9:30am
	Lectionary	11:00am
May 18	Book Club	10:00am
May 20	Installation of The Rev. Mary Demmler as Rector	2:00pm
May 23	Lectionary	11:00am
May 27	Cathedral Visit	11:30am
May 27	Christ and Culture	2:00pm
May 30	Lectionary	11:00am

From the Rector

The Losses of Gains: Waiting for Pentecost

This morning my son said "Mommy, I miss Toccoa." We moved from that city to our new home this summer and occasionally our kids will wax nostalgic about our old home. My immediate reaction has been to worry that they aren't adjusting to their new surroundings and that I'm not doing a good job helping them settle in and make new friends.

But that's not what my son meant. He wasn't making a negative comment about our current home. He's adjusting just fine, as are our girls. All three have made friends, love their new school and being in Rabun County. He simply was mourning the losses that have come from the change.



Somewhere along the line we are taught that we should only be happy when positive things happen to us. When we have a new baby we are to be elated all the time. When a new and better job comes our way, it's all balloons and "congratulations!" Weddings are all about celebrating and sending the couple off into their "happily ever after."

But that's not real, is it? Even though these are exciting and positive events, they are still changes and with every change comes some kind of loss. The new parents have the joy of a new baby but that baby means the end of their days of spontaneity and a lot of their free time. They can't decide to walk out the door at a moment's notice to go to a movie or on a couples' weekend. Similarly, a new job with better pay also means leaving coworkers and friends, a support network, at the previous job. And all of us who are married know the myth that "happily ever after" means all sunshine and roses. We commit ourselves to one another out of love but that commitment includes forever taking someone else's needs and desires into account. In getting married we give up the rights to our self-centered impulses that once ruled our lives as single people.

My son was pointing out the obvious: when we gained our new life here, there are opportunities and relationships in our old lives that have been missed, lost, or forever changed. He wasn't making a condemnation of the new, just recognizing that he misses some of the old.

Too often we don't allow ourselves time and space to mourn the losses that come with the gain. Somehow we've decided that all loss is bad and mourning is a sign of failure. We willfully deny that loss is fundamentally a part of any change, no matter how positive that change may be. We don't want to admit any sadness in the face of improvement and progress. Celebration is only about joy and happiness.

Continued on following page

But that's not the way of the world. Quite often we are unable to fully engage the elation of positive change because we're denying all that we've lost, even for good reason. There's no shame in mourning losses, regardless of the nature of the change. I miss things about my former job and our former town. That's not to say I'm unhappy with where I am now. I love my new church and our new community. What's not to love?! But moving here was a change and with that change came the loss of the life we knew.

Pentecost Sunday will soon be here. On May 20 we'll celebrate the Holy Spirit burning in the hearts of the disciples in a new way to push them out into the world to spread the Good News. But before the disciples could accept the Holy Spirit, they had to spend some time in the upper room. They had to escape and lock themselves in and the world out in order to process the change that came with the resurrection. The resurrection of Christ brought the most important and wonderful change to ever happen to this world! Jesus of Nazareth broke the bonds of death in the ultimate show of unconditional love. All of creation was made new and forever changed in a beautiful and fundamental way. What's not to celebrate?

But the resurrection meant that the life the disciples was forever changed and they were to be thrust into new vocations, ones for which they felt ill prepared. They were fishermen, tax collectors, craftsmen, who accepted a major disruption when they answer Jesus' call to join his ministry. Then, his resurrection demanded yet another major shift. Everything was changing for them once again. They needed the upper room. They needed a safe space to process the losses that came with the great gain of the resurrection. We can only imagine what they discussed and how they processed their encounters with the risen Christ, but I would wager that they needed time to mourn together, to adjust and debrief.

Pentecost is coming and once again we will be renewed by the Holy Spirit to go forth into the world, preaching the Good News of the new creation that comes with the risen Christ. To prepare for the fire of the Spirit, we need time together. The excitement and joy of a new call from the Spirit includes with it the death of our old ways of being, our former selves. We have much to gain but in gaining we must first lose. Mourning relationships that will pass away, the disappearance of some privileges and freedoms we once enjoyed, feeling sad about opportunities we'll never explore, are all a part of this change. These emotions prepare us for what lies ahead and make us ready to burst forth into the joy and newness.

We lose, even when we gain. But that's not a terrible thing.

Senior Warden — Lynda White

This has been a busy spring! We held a garden work day on April 21, church committees are meeting, we're hosting a Lunch and Learn on May 11, finalizing plans for Mary+'s installation as our Rector on May 20, and preparing for the Flower, Garden & Liturgical Arts Festival in June. So many wonderful things are happening at Saint James!

This was especially evident on April 22, when the Parish Hall was filled with tables, each representing an activity or ministry of our church. Many thanks to the Stewardship Committee (Ginny Heckel, Bonnie Klinec, Nannette Curran and David Tatum) for your work on the "Time and Talents" portion of our Stewardship Campaign. If you are not involved in an activity and think you would like to be, or just want additional information, please let one of the members of the Stewardship Committee know. There are many opportunities for ministry and service at Saint James this spring and summer, and additional members on committees are welcome!

Speaking of service, we have a new opportunity. Last month, Becky Callahan, Ginny Heckel, Peggy Melton, Mary Wilson, Mary+ and I met to discuss the possibility of Saint James participating in the Summer Food Service that operates out of the Community Partnership. We learned that the program is flexible and organizations can participate for the entire summer, for a week, for two weeks, whatever time works for them. Schedules are posted listing where meals will be served and the time. Meals would be brought to Saint James and we would need volunteers to oversee the distribution of the meals and supervise the children while they were eating. After much discussion, we determined that we would like to participate on a limited basis this first summer. The week of June 25 was selected as the week we will participate. We will serve lunch and combine it with an activity with the children prior to or after the meal. Peggy has informed Community Partnership that we wish to participate. We will be finalizing plans in the coming weeks and if you would like to participate by volunteering for all five days or for one day, please let me know. We are plowing new ground and this is exiting!

I continue to be grateful for the opportunity to serve with all of you. Please let me know if you have any questions, ideas or concerns. You may contact me at Email: alanlynda@windstream.net or Cell: 404-317-6981.

Love and Peace,

Vestry Actions – Linda Barden

The Vestry did not meet in April 2018.

Complete vestry minutes can be found on the website:
<http://www.stjamesclayton.org>.

Click on Members Pages at the top of the page and select Vestry Minutes.

The next meeting of the Vestry is scheduled for May 15 at 5:00 p.m.

Junior Warden – Jack Bream

Currently, we are still looking into some major projects including speed bumps, to slow outside traffic using our parking lots as a thru passage.

We are also working on a new rope system for the bell/bell tower. As always, we are continuing to work on many routine small projects.

Parish Nurse — Kathy Booker, RN, FCN

“My doctor says I have osteoporosis – what does that mean?”
How did I get it? Is it serious? What should I do?”



Osteoporosis, porous or thinning of the bones, is a condition that means the bone density is changing causing the bones to become weaker and more brittle - setting up the possibility of breaking a bone with only minimal effort. Bone is living tissue that is constantly being generated and breaking down – osteoporosis occurs when the renewal of new bone can't keep up with the reduction or loss of the old bone. Any bones can be affected, but the hip, wrist and spine are the most common areas targeted by osteoporosis and resulting in fractures. It affects men and women of all races, but Caucasian and Asian

women who are postmenopausal are at highest risk. About half of women 50 and older will have an osteoporosis-related fracture in their lifetime.

Symptoms are not noted in the early stages of bone loss, but they may become more evident as the disease progresses. In fact, you can have significant bone loss without even knowing it. Back pain, caused by changes in the vertebrae, may be the first sign that something is wrong. There may be a loss of height over time, a stooped posture or sloping shoulders, or a bone fracture that happens too easily are clues that bone changes are occurring.

There are several factors that can affect the likelihood of developing osteoporosis – some that you cannot do anything about such as:

- Gender – women are more affected than men
- Age – the older you get, the greater your risk
- Race – more common in white and Asian women
- Family history – having a parent or sibling with osteoporosis puts you at greater risk, especially if either parent experienced a hip fracture
- Body build and size – men and women who have small body frames tend to be at higher risk because they have less bone mass to draw from as they age

Other factors may include:

- Lowered hormone levels - reduction in sex hormones tend to weaken bones in both sexes. Too much thyroid hormone can cause bone loss. Osteoporosis has also related to overactive parathyroid and adrenal glands.
- Dietary factors – low calcium intake; eating disorders; and gastrointestinal surgery.
- Steroids and other medications may interfere with bone-building process
- Presence of other medical conditions – celiac disease, inflammatory bowel disease, kidney or liver disease, cancer, lupus, multiple myeloma, and rheumatoid arthritis
- Lifestyle habits – sedentary activity, excessive alcohol consumption, and smoking

As with most disease processes, prevention is the best treatment. Talk with your physician to outline a plan of action to help avoid or lessen the effects of osteoporosis. Start with good nutrition and regular exercise – both are essential for keeping your bones healthy throughout your life. Include enough protein because it is one of the building blocks of bone. Maintain an appropriate body weight – being underweight increases the chance of bone loss and fracture; overweight is now known to increase the risk of arm and wrist fractures.

Be sure to include calcium in your diet. Men and women between the ages of 18 and 50 need 1000 milligrams of calcium each day. It increases to 1200 milligrams when women turn 50 and men turn 70. If diet does not provide adequate amount of calcium, supplements may be used. It is recommended not exceed 2000 milligrams daily for people over 50.

Vitamin D helps the body to absorb calcium and improves overall bone health. A good dose of sunshine can provide adequate amounts of Vitamin D. Supplements may also be necessary to ensure recommended dose is reached and maintained.

Exercise helps build strong bones – start early and make it a lifetime activity. Healthy habits as a child or teenager can pay off years later with stronger bones. Young people can build their bones by eating calcium-rich foods, getting enough vitamin D (through sunshine or diet), and exercising regularly. By age 30, the average woman has built 98% of her peak bone mass. As we get older, start mixing strength training exercises with weight-bearing and balance exercises. Balance exercises such as tai chi can reduce the risk of falling.

There are several medications available. Your health care provider may suggest or prescribe medicines to prevent or treat bone loss. Discuss the risks and benefits of medicines for bone loss with them.

Create a safe environment at home – reduce your chances of falling by making your home safer. Have good lighting in all areas, remove throw rugs that cause tripping, add grab bars in your bath or shower, and use a bath mat in the bathing areas.

Talk with your physician or health care provider about tests that let you know about your bone strength or bone density. A frequent test is the DXA (dual X-ray absorptiometry) which uses low-dose X-rays to measure bone density in the hip and spine. The test takes less than 15 minutes. Your doctor will help decide which test is best for you. If you are age 65 or older, you should get a bone density test.

If you have bone loss but not enough to be osteoporosis, you may have a condition called osteopenia (borderline bone loss). As with osteoporosis, there are no physical symptoms. Osteopenia can progress to osteoporosis, but with changes in diet and exercise, you can slow the bone loss. Your doctor will evaluate you to see if you need medication.

Osteoporosis doesn't have to interfere with your life. In fact, being inactive or immobile will worsen bone health. So, get out and walk, and enjoy leisure activities. Don't hesitate to ask for help carrying heavy grocery bags or other items, and be sure to use railings or a cane or walker if you need stability. Stay active – keep those bones moving!

Kathy

Resources – for additional information, visit these websites: www.Mayo Clinic, www.WebMD; National Osteoporosis Foundation – www.nof.org

Lunch & Learn at Saint James Episcopal Church –

Mark your calendar and join us for the next **Lunch & Learn on Friday, May 11, 11:30am, in the Saint James Parish Hall**. The topic is “My Aging Bones”, presented by John Hemmer, MD. Dr. Hemmer is an orthopedic doctor who practices in Gainesville with the Specialty Clinic of Georgia. He will cover a variety of topics related to bone health with time for questions and answers. Reservations can be made through the church office at 706-782-6179.

Parish Committees

Book Club – Mary Thornton

We welcome Linda Ball, Gig Fischer and Ann Inman to our group. Linda attended our April meeting; Gig and Ann indicated an interest in joining when they stopped by our "Book Club" table at the Church Ministry Fair this past Sunday.

Date: May 18

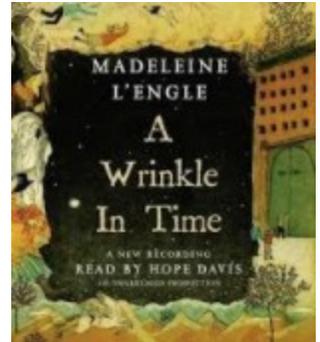
Time: 10 am

Place: Sue Paulsen's home (80 Applewood Dr, off Bethel Road)

The book titled *A Wrinkle in Time: A Guide to the Universe* by Madeleine L'Engle.

We will also be able to view the movie on Netflix following discussion!

All are welcome to join us for an enjoyable morning. Bring a sack lunch to go with the coffee which is always provided by our hostess.



Daughters of the King – Mary Flanigen

The Saint James chapter of The Order of the Daughters of the King will gather this month on May 12, 10:00 AM in the Parish Hall to discuss upcoming activities and pass along information from the DOK national and diocesan offices. Please show up with some good ideas for us to consider. We have several open dates to plan for in 2018 and need to make sure our gatherings will not be in conflict with other activities being planned for in the parish. Summer and early fall tend to keep our calendars full.

We invite anyone who would like to learn more about our Order, or simply join us each month in worship, study and fellowship, to attend our gatherings and other events. The Saint James Chapter is open for membership to all women who are communicants of St. James Church. Each Daughter pledges herself to a life-long program of prayer, service, and evangelism dedicated to the spread of Christ's Kingdom and the strengthening of the spiritual life of the parish.



Stewardship – Ginny Heckel

STEWARDSHIP - TIME AND TALENT



Over the course of three Sundays in April, Saint James members and friends were invited to consider how each of us is using our Time and Talents gifts to serve God and to serve God's people—both within Saint James and in our communities.

Paper leaves were passed out during each service, inviting those in attendance to list the ways they were using their Time and Talents:

through the many programs and ministries at Saint James;

through groups in the community who care for our neighbors.

Leaves were also passed out for making a list— a list of the ways each person was considering how to use his or her Time and Talents gifts.

Following each service on each of the three Sundays, the leaves listing Time and Talents were hung on the "Time and Talents" tree that was growing in the narthex. Over these three weeks, the tree leafed out beautifully!

The Time and Talents focus of Stewardship at Saint James culminated with a Ministry Fair following the 10:30 service on April 22. The parish hall was packed with tables and people— showcasing all the opportunities at Saint James for engagement with the many ministries and groups at Saint James. Sign-up sheets were available, with many attendees doing just that — signing up and sharing the gifts of Time and Talents.

The Time and Talent tree continues to leaf out. If you did not have a chance to fill out a leaf, there are leaves available for you in the narthex adjacent to the tree. Come see. Come list. Come sign up!

On pages 13 and 14, you will see all the groups and ministries at Saint James, with the name of whom to contact if you are interested in joining.



TIME AND TALENTS TREE

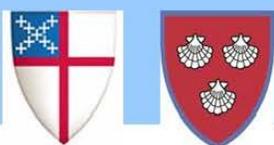


MINISTRY FAIR



Saint James Episcopal Church

WELCOME



We hope you'll find this list of parish activities helpful, and we invite you to participate in as many as you like. It's a great way to meet others, get to know your community, and have fun in the process!

Lay Servers

Eucharistic Ministers assist the priest and deacon with the administration of the Consecrated Elements at a Celebration of Holy Eucharist.

Lectors read the lessons and lead the prayers of the people.

Ushering is a ministry of welcome and hospitality.

Acolyte service is open to anyone in second grade or above. **Tellers** collect, count, record and deposit donations received at a service.

The Reverend Mary Demmler

Book Club

Members read a variety of authors and topics, aiming for good fiction, nonfiction and progressive theological books. Meetings are on the 3rd Friday of each month at 10:00am at the home of Sue Paulsen. Join us and suggest titles!

Mary Thornton, 706-782-6084

Education

Lectionary Study Group

Most Wednesdays the rector hosts a conversation at 11 a.m. on the readings for the next Sunday's worship. All are invited to reflect on scripture and how the wisdom found within challenges, encourages, and informs us.

Continued Learning Classes

Saint James regularly offers classes on theology, scripture, the Prayer Book, current issues, and more. These classes usually meet weekly for 4-8 weeks. Watch for announcements about upcoming classes and please speak with our rector if there is a topic that interests you and/or if you would like to lead a class.

Retirees Luncheon

We meet on the first Tuesday of each month to socialize over lunch.

Roland Clemmons, 706-782-7611

Pastoral Care

The Pastoral Care Team supports the health needs and safety issues of our congregation and community. Members work under the direction of the parish nurse, learning about medical situations and how to respond. Health information sessions and classes are offered to the parish throughout the year. Members visit parishioners and friends living in residential facilities and hospitals who need help, offering conversation, prayer, and assistance with referrals.

Kathy Booker, 706-782-9203

Altar Guild

Members prepare the altar and worship space for the Sunday services and other services, including funerals and weddings, as necessary. New members are welcome.

Peggy Melton, 706-490-1705

MUSIC

Music is an important part of worship at Saint James. The choir sings each Sunday, September through May, at the 10:30am service. We are an all-volunteer group; no auditions required—just a love of singing. Rehearsals are Sunday, 9:00-10:15am. We're a friendly group and are always on the lookout for new voices. Speak to any member or Music Director, Alan White 706-782-3150

Garden Guild

The Garden Guild is open to anyone (experienced, novice or "wannabe" gardeners) who enjoys working and playing in the garden. We have seventeen areas on the church grounds that have been designated as gardens – each has someone to watch over it. All members help when there are projects, special events, and/or general maintenance to be done. The group meets quarterly. If you are interested in working with other gardeners, learning about plant care, and would like to play in the church gardens this is definitely the ministry for you!

Kathy Booker, 706-782-9203

Hospitality Committee

Members oversee food preparation for the many church activities throughout the year, including the Parish Picnic, the Low Country Boil, and the Flower Festival preview party. Sunday Coffee Hour is sponsored by this committee. Food is provided as well for those who are sick or going through a difficult time. We are always looking for helpers.

Katherine Grice, 706-782-7387

Children and Youth

Seasonal activities are offered for our younger Christians, giving opportunities for fellowship and to learn about the Christian faith and what it means to be an Episcopalian.

Brian Phillips, 706-746-5160

Daughters of the King (DOK)

The Order of the Daughters of the King is a spiritual sisterhood of women dedicated to a life of Prayer, Service and Evangelism. We have made a commitment to Jesus as our Savior, and we follow Him as Lord of our lives. Membership is open to women who are communicants of the Episcopal Church, churches in communion with it, or churches in the Historic Episcopate. Today our membership includes those in the Anglican, Episcopal, Lutheran (ELCA), and Roman Catholic churches.

Mary Flanigen, 706-212-2886

Flower Guild

This guild is responsible for the altar flowers each Sunday, and for arranging flowers for special events in the life of the parish. These include the Bishop's annual visit and baptisms. Special attention to flower arranging is given on Holy Days during the church year. Anyone interested in flower arranging, is invited to join.

John Templeton, 706-212-0031

Communications/Media

We ensure the *Good News* found at Saint James is made known within the parish community, and to the greater community in which we live and serve. We do this through newsletters, social media platforms and our website.

Ginny Heckel, 706-490-2867

Outreach

Outreach at Saint James extends far and wide. Each year the Vestry establishes a budget line item that is designated for the Outreach Committee to disburse. The parish has adopted and supports two godchildren at Our Little Roses Orphanage in Honduras. Outreach financially supports Emmaus House in Atlanta, and many helping agencies in Rabun County. The committee sponsors Brown Bag Sunday each month in support of Sharing and Caring of Rabun County. The annual fall "Tag Sale" is a parish-wide event that helps fund the Miracle Fund. The committee welcomes volunteers.

Peggy Melton, 706-490-1705

Foyers

Foyers provides an opportunity through fellowship to get to know other members of the parish. Small, informal groups come together, usually monthly, over a simple meal. Groups are formed at the beginning of the year and new members are added as needed.

Linda Barden, 706-746-0272

Katherine Grice 706-782-7387

Flower, Garden & Liturgical Arts Festival

Held annually, floral table displays showcase the theme chosen for the annual festival. Flower demonstrations and the church gardens are featured.

Bev Mannes, 706-782-9717

Saint James Episcopal Church
260 Warwoman Road, Clayton, GA 30525
P.O. Box 69, Clayton, GA 30525
The Reverend Mary Demmler, Rector: mary@stjamesclayton.org
706-782-6179; www.stjamesclayton.org

Outreach — Peggy Melton

The Saint James Outreach was able to help several families with utility and heating bills.



Our Miracle Fund provided \$ 1,500 to help purchase a car for a single grandmother who recently adopted her three young grandchildren. Her car had earlier “died” in the Head Start parking lot. Head Start called community Partnership for help who, in turn, called Saint James and our Miracle Fund.

Saint James Outreach was also able to help a young mother purchase a Portable Activity Kit recommended by her doctor for her 2-year old child with Shaken Baby Syndrome. DCFS contacted Saint James for help which we provided.





MUSIC NOTES

May promises to bring flowers, showers and warmer temperatures; something we all look forward to. However, May does make me a little sad because it is the final month of the 2017-2018 choir season before our regular summer break. Someone asked me why we break for the summer but continue to rehearse and sing right through snow, wind and the flu in winter. Of course you know what I said; "Well, since I have been here that's the way we've always done it!" Actually, we do look forward to a little break since we sing about nine months a year which makes more like a school calendar than anything else, although we don't have to catch a bus and we usually work only on Sunday!

But I do want our congregation to know we hope to make the most of May with several very nice anthems including two selections on the special May 20th service honoring Mary+ and her family. Also note that our children will participate in that service as well, singing "*I'm Goin'-a Sing When the Spirit Says Sing*". All should be fun and we hope that many will be able to attend.

We have been proud of the work our choir has been doing. They work very hard every Sunday morning and some of the music has been a bit more challenging than some others we have sung recently. Many may not know that every week the choir reviews the hymns, the Gradual, a communion hymn and usually works on three different anthems; all in about one hour! Whew, I'm tired just listing it out.

More recently we have ended rehearsal with a Chorister's Prayer that was first printed in 1848 and we pray in unison:

Bless, O Lord, us your servants
who minister in your house.
Grant that what we may sing with our lips,
we may believe in our hearts, and what
we believe in our hearts, we may show forth in our lives.
We ask this through Jesus Christ our Lord.
Amen.

Enjoy May and let a choir member know you appreciate their effort.

Pastoral Care Team – Kathy Booker

From the Pastoral Care Team –

Do you need to refresh or learn new skills about what to do in a medical emergency? A CPR class was held in March with a full class of twenty participants. The next opportunity to enhance your knowledge and preparation is a **First Aid Class** being presented on **Monday, April 30, 9am to 2pm**. Trampes Stancil, Rabun County EMS, will teach the class.



Our next Lunch and Learn is scheduled on **Friday, May 11**, in the Parish Hall. A light lunch will be served at 11:30, and the program starts at noon. John Hemmer, MD, an orthopedic physician, will talk about **“Bone Health – My Aging Bones”**. Dr. Hemmer is connected with the Specialty Clinic of Georgia, located in Gainesville. He is also the father of our priest, Mary Demmler. Dr. Hemmer will be talking about bone changes that occur as we get older and how we can keep our bodies moving through the years. There will be a time for questions and answers.

Mark your calendar for the **Smart Driver’s Course** being held on **Monday, May 7, 9am – 4pm**, the Parish Hall. The class will be taught by Marcus Booker, Certified AARP Instructor.

Reservations can be made for the above events through the church office.

Flower, Garden & Liturgical Arts Festival—Bev Mannes

12th Annual Festival—Flowers and Faiths of Many Nations

Friday, June 22 & Saturday,

June 23 from 9:30-4:00 each day

reception Thursday, June 21 from 5:00-7:00 p.m.

Demonstrations 10:30 both days, Ikebana on Friday, Daylilies on Saturday

Flags will be flying, gardens blooming, the church filled with flower arrangements, scriptures of many faiths and a festive reception

Ways you can help:

Volunteer to do a small table in the parish hall - two left to fill

Make an International hors d'oeuvre for the reception - contact Katherine Grice

All who have globes and scriptures of another faith - bring them to the parish by Wednesday that week

Put up a poster to advertise it. Ginny Heckel will let you know where we need them

Plant flowers now you can harvest that week and take them to the parish hall Tuesday or Wednesday

Help take down and clean up at 4:00 on Saturday afternoon

Invite your friends - it will be an inspiring way to spend a couple of hours!

Bev Mannes 706-782-9717 bjm999@windstream.net



Garden Guild – Kathy Booker

Snips from the Garden

There was a lot of activity in the gardens this month. Guild members met, toured the gardens, enjoyed seeing the new growth of the season, and had a workday – preparing the yards for the many activities scheduled over the next few months at Saint James.

So many weeds – how do they grow so fast! Many were removed, and mulch distributed over the areas – hopefully, to discourage their return! A little more pruning was done, fertilizer spread, and a few plantings. More plants will be installed after the last frost makes its appearance.

Take a moment to walk through the gardens – they are ready for you to enjoy some quiet time alone or with a friend.

Here are some snapshots of gardeners having fun at the recent workday . . .



Many thanks to all who helped at the workday and to those who worked before the event – looking good! More opportunities to come. See you in the gardens.

Quilter—Lucia A. Scroggs

Lucia grew up in Rabun County and attended Rabun County Elementary and High Schools. After graduation she attended North Georgia College in Dahlonega, Georgia. She moved to Atlanta after finishing college and stayed there for forty years. In 1999 she took some classes in traditional quilting and pursued that for a year or so.

In 2001 she married Bobby Scroggs, retired from work and moved to Habersham County. She joined the Mountain Laurel Quilt Guild about six months after relocating. After seeing the different quilts being made by the members decided to join the Art Bee group which was starting up. While she still does some traditional pieces most of her efforts are directed at her art quilts. She shows her work at The Center Gallery and Soque Artworks Gallery located on the square in Clarkesville.

Lucia also belongs to the North Georgia Art Guild in Clayton, Georgia and the Currahee Art Guild in Toccoa, Georgia.



Artist—Bobby J. Scroggs

Bobby was born in the beautiful Northeast Georgia mountains of Rabun County. He has a love and respect for nature which forms the inspiration for his painting/drawings. He spends countless hours hiking mountain trails and walking through open fields observing and photographing the wonders of nature.

He works primarily from photographs, being careful not to copy a photo, but combining two or more photographs to arrive at a suitable composition. He works in pastels, acrylic, pen, and ink.



Parish Posting—Reverend Mary

Stand, sit, or kneel

This may sound like an Episcopal version of “rock, paper, scissors” but it’s a question that can trip up even the most experienced of Episcopalians. The traditions around these postures in worship has changed over the years, further complicating the matter. For example, before 1979 we did more kneeling in the course of the service and many of us continue to kneel in places that the 1979 Prayer Book prescribes we stand.

A general rule of thumb, in our post-1979 Prayer Book era, is: sit to listen, stand to pray, kneel to confess. For example, people who grew up with the 1928 Prayer Book sometimes feel strange standing for the Prayers of the People and for the Eucharistic Prayer. Now we stand for those parts of the service in recognition that these prayers are lifted by everyone in the community, not on their behalf.

Another helpful thing to bear in mind is that the architects of the 1979 Prayer Book placed the preferred action, setting, or prayers, first in their ordering of instructions. For example, if the rubrics in the book say “the people stand or kneel,” the 1979 architects intended for standing to be the norm for that part of the service. While many of us continue to kneel out of habit and preference, the Prayer Book encourages communicants to stand to receive communion, acknowledging that our participation in Holy Communion is a form of prayer. This is also why people are welcome and encouraged to say “amen” after the celebrant says “the body of Christ, the bread of heaven” and the chalice bearer says “the blood of Christ, the cup of salvation.”

We are forever balancing corporate response and action with individual devotion in our worship life together as Episcopalians. We do not make people stand or kneel or genuflect (bowing or kneeling to reverence the altar) or make the sign of the cross on themselves. These are all expressions of our personal relationship with God and how we engage with the Holy Spirit during worship. If you prefer to kneel to receive communion, please do so. But if you prefer to stand or are unable to kneel, please know that you are most welcome to stay on your feet. In fact, that is the preferred posture according to the 1979 Prayer Book rubrics.

“Rubrics,” you say? What’s that? Rubrics are the italicized instructions provided in the Prayer Book. They are so named because they were written in red before we had the benefit of modern type facing and easily can now change the font size and appearance of certain words. Next time you are in worship, spend some time examining those rubrics. You’ll find handy instructions and information about our worship life together and may even spot where the clergy have done something contrary to these rubrics.

Continued on following page

But let's get back to the altar rail and communion. Why is there a gap in the railing? The practical reason for this is that the altar party, including the clergy, ministers, and acolytes, need to be able to move in and out of the chancel area during the various processions in the service. Many churches have a hinged gate or bar that allows the chancel rail to be closed for communion. Again, the practical reason for this is that we can fit more people at the rail if there isn't a gap, thus allowing for communion to proceed more quickly. However, some churches, like Saint James, have removed this gate for theological reasons. While the gate is about convenience, it can give off the illusion that the chancel area is meant to be kept separate from the laity. This can reinforce the misconception that only "special" or "trained" leaders are allowed near the altar. That potential misunderstanding does not square with our belief that the altar of God is a table for everyone, regardless of whether or not we think we are deserving. To the contrary, those of us who most feel incompetent and unworthy are the ones who most need to gather around the table. It is for this reason that some churches choose to leave the gap in the altar rail for the entire service: the table (and, thus, Christ himself) is never cut off from the people and everyone has equal access to the nourishment and comfort it affords.

So stand, sit, or kneel as you are encouraged by the rubrics; as you feel comfortable according to your personal relationship with God; as your body will allow; or even simply as you see other people doing. The movement of our bodies in worship help us to engage physically in our praise of God and reminds us that we have an incarnate faith, one that demands we use our bodies to express the desires of our souls and to do the work that our spirit compels us to do.

This article is in response to a question that was asked during one of our learning series. Please keep the questions coming! You never know who else may have the same questions about Episcopal worship and belief.

EASTER AT SAINT JAMES

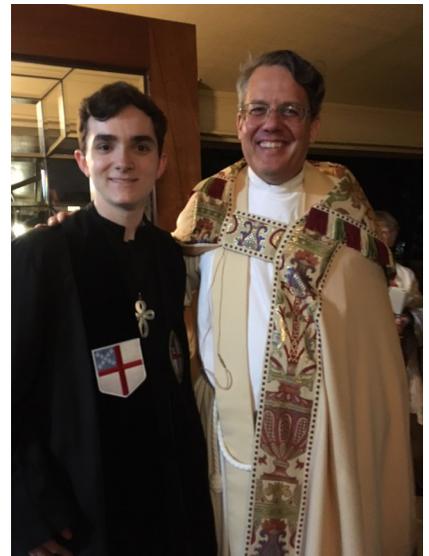




Peripatetic Worship

From Ginny Heckel—

I attended the Easter Vigil service at St. Martin's in the Fields Episcopal Church, in Keller, TX. During the service my grandson was installed as a Verger. On Easter Morning he served as Verger. I was super proud!



Announcements

First Aid with CPR review

Monday, April 30, 9am – 2pm. This class is an opportunity to learn the latest updates in administering first aid and being prepared for a variety of situations that require assistance. It will be taught by Trampes Stancil, Rabun County EMS. Please note that this is a 6 hour course, and will be held in the Parish Hall. Sign up in the Parish Hall or email saintjames@windstream.net.

Save the Date

On Pentecost Sunday, May 20, we will have a day of many celebrations. Bishop Rob Wright will be here to officially install The Reverend Mary Demmler as our priest and we will be celebrating our 60th anniversary as a parish. There will be no morning services as we join together for one service at 2:00 p.m. followed by a reception.

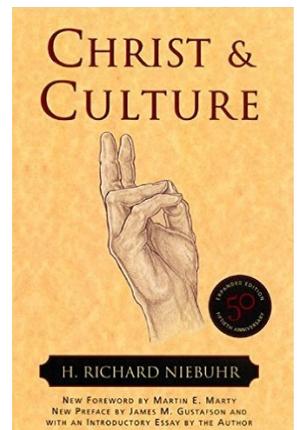
The Reverend Mary Demmler's Blog, *Prayerful Kitchen*

<https://www.stjamesclayton.org/reverend-marys-blog/>

CHRIST AND CULTURE BOOK STUDY

Now is the time to plan ahead! Dan Wilson and Mary Demmler will be co-leading a series on H. Richard Niebuhr's classic book "Christ and Culture". Is it possible to be both a Christian and participant in today's culture? How much of the culture is changed for the good by Christian participation in it and how much is the faith watered down or the church compromised by this same participation? For over 65 years seminaries have used the same text book to help students understand the challenges of being both Christian and ethical in contemporary times.

Classes began the week after Easter (April 8). The classes will be Sundays from 2-3:30 p.m. on the following days: April 29, May 6, 13, 27, and June 3. We will skip April 22 and May 20 due to scheduling conflicts.



RETIREES LUNCH

The Retirees Lunch will be held at Ischy's Grill on Tuesday, May 1 at noon. We each pay for our own meal and enjoy good fellowship.

CATHEDRAL OUTING

The week after Bishop Wright visits Saint James, we're heading to his official ecclesiastical "home"! On Sunday, May 27, anyone interested is welcome to travel with members of our parish family to attend the 11:15 a.m. service at the Cathedral of Saint Philip in Atlanta. We'll leave from the church parking lot at 8:30 a.m. that morning. After arriving at the cathedral, our rector will give us some information about the cathedral and the Diocese of Atlanta before we find seats for the service. Anyone interested may go to lunch together after to talk about the service. Please sign up in the parish hall or by calling the church office. Please let us know if you are willing to drive or if you would rather ride with someone else and if you would like to go out for lunch with other members of Saint James.

FORWARD DAY BY DAY DEVOTIONAL

The May, June, July devotional booklets (large print and regular print) are now available and are located in the in the Parish Hall. Pick up your copy today.



NEW FLOWER CHART—2018

The 2018 flower chart for designating flowers on the altar each Sunday is located on the bulletin board in the parish hall. Parishioners can honor, celebrate, or remember a special occasion or person. Choose the Sunday you wish, then send a contribution of \$30.00 to the church office to cover the cost of the flowers.

MEDICAL EQUIPMENT

Several medical equipment items are available in our inventory for loan. Contact Jack Bream if you are in need of an item—we may have it.

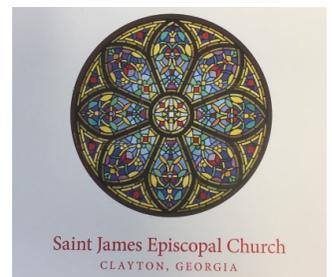
BROWN BAG SUNDAY

Thanks to all who bring in groceries once a month for Rabun Sharing and Caring. We are the only church who does this on a regular basis! Please limit the food you bring to small packages. A list of grocery needs can be picked up the 3rd Sunday of each month, and on the following Sunday (4th Sunday) return full grocery bags to the Parish Hall.



SAINT JAMES NOTECARDS

We have beautiful note cards for sale in the church office. The cards with our stained glass rose window on the cover are available for \$1.00 each, 10 for \$8, or 12 for \$10. All proceeds will benefit the Pastoral Care Team.



VOLUNTEERS NEEDED

The Food Bank of Northeast Georgia is always interested in new volunteers. If you are interested in having a good time and helping families in need in north east Georgia the Food Bank is the place to do it. If you are interested as an individual or if you could organize a group to volunteer in the evening, please drop by the Food Bank or contact Robin Canady at 706-782-0780 or email at volunteer.mtn@foodbanknega.org.



INFORMATION NEEDED

The Pastoral Care Team would like to collect/update emergency contact information for each of our members. Please email or call the church office to provide the name and contact information of the person, other than your spouse, that we may contact in the event of an emergency.



CARE NOTES

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



On the first Sunday of each month, please bring your donations for the critters at Paws4Life, and leave them in the Parish Hall. The shelter needs: Adult & puppy dog food, canned & dry cat & kitten food. (Please, no Ol' Roy brand dog food.) They always need cat litter, and appreciate the environmentally friendly wood pellets. The shelter staff and their furry residents say, *Thanks!*

HAVE YOU EVER THOUGHT ABOUT BEING A MASTER GARDENER?

If you would like to learn more about soil, trees, lawns, shrubs, flowers, etc.; teaching youth and others about gardening, and helping in your community as a volunteer this class is for you. The Master Gardener class for 2018 is forming and is open to resident of Habersham, Rabun and White counties. Classes will be held on Tuesdays from 9-11, March 6-May 22. For more information contact Steven Patrick, Habersham County Extension Service at 706-754-2318 or email stevep@uga.edu.

RECYCLE



Any parts of your bulletin that you do not want to keep, please leave in the rear of the church following the service. They will be recycled!

PARISH HALL

For all who use the Parish Hall during the week, it would be helpful if you would please return the tables and chairs to the place you found them! Thank you!

If you are on Facebook, take a moment to “like” the Saint James Episcopal, Clayton, Georgia, Facebook Page and invite a friend! If you don’t have a page yourself, you still can visit to see photo albums and notices.

<https://www.facebook.com/pages/St-James-Episcopal-Clayton-GA/136165709779019>

FOR FAITH

A weekly devotional from Bishop Rob Wright

To sign up for Bishop Robert Wright’s weekly “FOR FAITH”, go to:

<https://www.episcopalatlanta.org/news/connecting/>

At the bottom of the page, click on “Sign up for emails”.

Passages

Happy Birthday

5/5 Al Wiggers
5/5 Eston Melton
5/8 Annabelle Barkmann
5/8 Jane Apple
5/13 Jackie Tatum
5/14 Linda Holt
5/15 Karen Pietrowicz
5/18 Camille Day
5/22 Jenny Sanders
5/23 Caroline White-Wallis
5/30 Lee Robertshaw
5/30 Huston Sgro

Happy Anniversary

5/1 Nancy & Robert Fichter
5/2 Ann & Dick Metzgar
5/10 Kim & John Ingram
5/10 Victoria & Johnny Watson
5/13 Gig & Tom Fischer
5/25 Terri & Bob Manoogian



the lectionary



The Lessons appointed for use—RCL Year B

SIXTH SUNDAY OF EASTER (May 6)

Acts 10:44-48
Psalm 98
1 John 5:1-6
John 15:9-17

ASCENSION DAY (May 10)

Acts 1:1-11
Psalm 47
Ephesians 1:15-23
Luke 24:44-53

SEVENTH SUNDAY OF EASTER (May 13)

Acts 1:15-17, 21-26
Psalm 1
1 John 5:9-13
John 17:6-19

DAY OF PENTECOST Whitsunday (May 20)

Acts 2:1-21
Psalm 104:25-35, 37
Romans 8:22-37
John 15:26-27; 16:4b-15

FIRST SUNDAY AFTER PENTECOST Trinity Sunday (May 27)

Isaiah 6:1-8
Psalm 29
Romans 8:12-17
John 3:1-17

Lay Servers – Bonnie Klinect

May Serving Schedule

	May 6	May 13	May 20	May 27
One holy & apostolic calendar	Easter 6	Easter 7	Pentecost Sunday	Trinity Sunday
8 A.M.				
Lector	Kathy Booker	Vicki Darrah	NO 8:00 or 10:30 service	Linda Barden
Eucharistic	Marcus Booker	Ann Inman		Ron Barden
Ushers	Kathy and Rocky Ford	Betsy Elsas and Jack Bream		Jean and Steve Gustafson
VPOD	Becky Callahan	Jack Bream		Ginny Heckel
10:30 a.m.			2:00 p.m.	
VPOD	Jack Bream	Lynda White	Brian Phillips and Jack Bream (floater)	Becky Callahan
Lector	Alan White	Dustin Emhart	Lynda White	Nannette Curran
Eucharistic	Bonnie Klinect	Peggy Melton	Ginny Heckel	Paulette Williams
Acolyte	Cassidy Klimasewski	Huston Sgro	All	Hannah Demmler
Intercessor	Deacon Anthony	Deacon Anthony	Deacon Anthony	Deacon Anthony
Altar Guild	Mary Flanigen and Paulette Williams			
Tellers	Terry Klinect and Dustin Emhart	Janice Grant and Gilda Little	Jim Zobel and Terry Klinect	Nannette Curran and Tom Callahan
Ushers	Jan and Bill Bomar	Mary Wilson and Gilda Little	Becky Callahan Jan Bomar	Dirk Brown and Tim Burns
Hospitality		Sharyn and Tim McCabe	Hospitality Committee	

Altar Flower Schedule – John Templeton

May

6 Sharyn McCabe	The Sixth Sunday of Easter- White Altar Hangings
13 Tim Burns	The Seventh Sunday of Easter –White Altar Hangings
20 J Templeton	The Day of Pentecost – Red Altar Hangings
27 Karen Pietrowicz	Trinity Sunday - White Altar Hangings

June

3 Kathy Booker	The Second Sunday after Pentecost-Green Altar Hangings
10 Rebecca Brandon	The Third Sunday after Pentecost –Green Altar Hangings
17 Betsy Elsas	The Fourth Sunday after Pentecost –Green Altar Hangings
24 Flower Festival	The Fifth Sunday after Pentecost- Green Altar Hangings

July

1 Sharyn McCabe	The Sixth Sunday after Pentecost- Green Altar Hangings
8 Peggy Melton	The Seventh Sunday after Pentecost- Green Altar Hangings
15 Bev Mannes	The Eight Sunday after Pentecost- Green Altar Hangings
22 Tim Burns	The Ninth Sunday after Pentecost-Green Altar Hangings
29 J Templeton	The Tenth Sunday after Pentecost- Green Altar Hangings

August

5 Karen Pietrowicz	The Eleventh Sunday after Pentecost- Green Altar Hangings
12 Kathy Booker	The Twelfth Sunday after Pentecost-Green Altar Hangings
19 Peggy Melton	The Thirteenth Sunday after Pentecost- Green Altar Hangings
26 Rebecca Brandon	The Fourteenth Sunday after Pentecost- Green Altar Hangings

Members

John Templeton	706-212-0031	jht1938@windstream.net
Bev Mannes	706-782-9717	bjm99@windstream.net
Peggy Melton	706-782-5112	eston@windstream.net
Kathy Booker	706-782-9203	kbooker@truvista.net
Betsy Elsas	706-782-2122	betsyelsas@gmail.com
Karen Pietrowicz	706-782-0781	pietrowiczk@msn.com
Rebecca Brandon	863-632-5556	rctbasid@aol.com
Sharyn McCabe	706-782-5594	shay36@bellsouth.net
Tim Burns	404-663-4126	timb10pop@yahoo.com
	201-658-4961	

Please arrange your own substitute if you are unable to do the flowers for your assigned week and let Bonnie know by Tuesday of the week before your Sunday. I would also like to know as I am keeping the Master Schedule. All supplies are in the Flower Room. Please notify me if we need oasis or other supplies. I hope all of you know how much our flowers enrich the worship life of St. James. Thank you so much! John T

The Most Rev. Michael Curry, Presiding Bishop
The Rt. Rev. Robert Wright, Bishop, Diocese of Atlanta
The Rt. Rev. Donald Wimberly, Assisting Bishop, Diocese of Atlanta
The Rev. Mary Demmler, Rector
Dr. Anthony Sgro, Deacon

Vestry and Staff

<i>Lynda White, Sr. Warden</i>	<i>706-782-3150</i>	<i>Bonnie Klinect, Parish Admin</i>	<i>706-782-6179</i>
<i>Jack Bream, Jr. Warden</i>	<i>706-782-2122</i>	<i>David Tatum, Treasurer</i>	<i>706-782-2875</i>
<i>Jan Bomar</i>	<i>706-782-1436</i>	<i>Alan White, Music Director</i>	<i>706-782-3150</i>
<i>Becky Callahan</i>	<i>706-782-8429</i>	<i>Robin Rogers, Organist</i>	<i>828-837-4219</i>
<i>Ginny Heckel</i>	<i>706-490-2867</i>	<i>Kathy Booker, Parish Nurse</i>	<i>706-782-9203</i>
<i>Brian Phillips</i>	<i>706-746-5160</i>	<i>Cheryl McKay, Sexton</i>	<i>706-970-7348</i>
<i>Linda Barden, Vestry Clerk</i>	<i>706-746-0272</i>	<i>Robert Bleckley, Mowing</i>	<i>706-782-3467</i>
		<i>Ginny Heckel, Newsletter Editor</i>	<i>706-490-2867</i>
			<u><i>gheckel@wt.net</i></u>



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[**www.stjamesclayton.org**](http://www.stjamesclayton.org)

"The end result of mission must not be a better church. The end result of mission must be a changed community."