

The St. James'

Pilgrim

“News for the Journey . . .”

2017 No. 10

11815 Seven Locks Road, Potomac, MD 20854-3340

June 1, 2017

www.stjamespotomac.org



Thank You from Rev. Catharine

Thank you, St. James'

Wow, what a celebration! Thank you, St. James', for the lovely reception on May 28, the very generous purse, and the beautiful stole. I will remember you and think of you when I wear it. You all will continue in my prayers of joy and thanksgiving for a long time to come.

Thank you for the fellowship we have shared—the laughter as well as the fears shared and tears shed. Thank you for welcoming me among you. Thank you for providing such a loving environment, both on Sundays and through the week.

I have indeed been blessed by my association with St. James'. The blessings I have received are innumerable, and I am especially grateful for the support and friendship of St. James' fantastic clergy, staff, and volunteers—Rev. Meredith, James, Newton, Grace, Kirsten, and all the folks who joined committees and groups to help me, as well as those who pass through the church office during the week seeking to serve Christ through the St. James' community. You have all been part of my formation as a priest, and I hope you have had as much fun along the way as I have!

More than anything, I thank God for the gift of love and for seeing God's face in the people of St. James'. God bless you all, your clergy and leadership, and your gifted parish staff, as you continue to serve Christ at St. James'.

Gratefully,
Catharine+

Thank You from Rev. Meredith

Dear Friends,

Thank you to all who came on May 20 for our Celebration of New Ministry. There are many who worked tirelessly to make that day possible. I sincerely appreciate the work of the Search Committee and Vestry in bringing us together; our wardens for their guidance and support since my arrival in January; the amazing staff who has shown me the ropes and shared many laughs; and Committees and Commissions who are already living into the work God has called us to do. Most of all, thank you to the people of St. James' for welcoming me and my family with open arms and hearts, and for inviting me to join you on your journey of faith.

May God bless and keep us all!

With love and gratitude,

Rev. Meredith



We Did It!

Because of some 30-35 very nice people, the recent reception following Reverend Meredith's Institution provided plenty of delicious food for some 175-185 people. It was manageable for those serving, it was extra tasty, and there was almost nothing left after a few leftovers were put out for Sunday fellowship. You might not have thought of it, but it was also a superb exercise of stewardship for our St. James' family.

Some quick calculations: A generous estimate of monies expended is \$500. Catering for 180 people at \$20 per person would have cost \$3100. If calculated at \$30.00 per person, the catering charge would total \$4900.

The entire congregation can feel a real sense of pride and joy in the success of this event. Well done!



Bringing it On: Accepting the Bishop's Challenge!

During our Celebration of New Ministry the bishop challenged us as a community to intentionally focus on our walk with Christ so that we might deepen our spirituality. In doing so, she suggested, we will be better able to hear God's voice and discern God's call to us.

A great way to begin this part of the adventure is by participating in our **summer Faith Talk series** beginning on Sunday, June 11!

Each week we will come together in the parish hall meeting room to study the Sunday readings, and we will continue with this format until our fall program begins. Each class will be led by the preacher of the day who will facilitate a discussion of the assigned scripture.

Why should you participate?!

- ✦ To learn more about the bible!
- ✦ To discuss how we might apply the scripture to our lives!
- ✦ To relate more deeply as we hear the sermon!
- ✦ To make friends!
- ✦ To share in our spiritual life as a community!
- ✦ To grow closer to God and one another!

Call or email Rev. Meredith if you have any questions: 301-762-8040, or rector@stjamespotomac.org.

Take on the Bishop's Challenge. Go deeper with Christ. And we'll see you there!



Men's Spring Tailgate Grill! (at church)

When: June 3, 5:30 p.m. to 7:30 p.m.

Who: Men of St. James' (age 18 and up)

What: Spring Tailgate Grill

Where: Field at the back of parking lot

We'll hang out, talk, play outdoor yard games (CornHole, Kan Jam, Bocce Ball, etc.), and, of course eat great grilled foods, sides and desserts. We hope to see you there!

Burgers, buns, condiments, and water will be provided **with the cost offset by donations.** Please bring your favorite beverage and a side dish/dessert to share. Have a favorite outdoor game?

Bring that too!

We will need coolers, grills, and POP-Ups if you have them. If it rains, we'll move indoors to the undercroft and play indoor games like poker and we'll grill under the parking overhang. There's a sign-up Genius link in your News and Notes email.

RSVPs required to purchase the proper amount of food and to let us know what tools and games you are bringing. Please send RSVP to welcome@stjamespotomac.org.

Reflection from our Junior Warden, Sarah Hnatov

We're having a rummage sale SO THAT ...

Each year, for more than 25 years, St. James' has held a rummage sale, and for many years two—one in the spring and another in the fall. And we are preparing to do all of this again in a few weeks, but why?

That is an important question to ask. In fact, in her sermon delivered as part of the *Celebration of a New Ministry* at St. James' on May 20, Bishop Mariann challenged us to ask that question each time we plan an event or undertake a ministry. She told of an author who writes that the two most important words for churches today are “so that” and challenged us to use them often. Now I ask you again, we are having a rummage sale *so that* ...



As I reflect on the purpose of the rummage sale, I realize that we do it for several reasons: **So that...**

- We receive money that benefits our operating budget and allows us to provide programs for our members (e.g., Advent or Lenten programs, Sunday school and Youth Group; music) and for members of the community around us through use of our buildings (e.g., Cub Scouts, twelve-step programs, another church, public programs).
- We enjoy the fellowship of others with whom we are working and share with them a common purpose.
- We are able to pass on useful items at very modest prices—an outreach to many in our community.
- We recycle hundreds of items reflecting our church's “greening” commitment.
- We donate lots of leftover items to a charity supporting veterans.
- And finally, we have a rummage sale **so that** we may share with others the love that God has shown to us and invite them to live in it with us as well.

If you do not already know, here is how it works: One Sunday afternoon following the 10:30 church service (June 4), we all work together to empty the shed out in back where items donated since the previous sale have been held. Those with pickup trucks or vans drive back and forth while others help load up or unload their vehicles with boxes and bags going from the shed to the parish hall. Some people bring items from home that they are ready to donate: gently used clothing or toys that children have outgrown or maybe something they just don't wear anymore; household items such extra dishes, pots and pans, linens, lamps, books, and small furniture; or special items like jewelry or golf clubs that they no longer use and want to pass on to someone else. Then we begin right away on Sunday and continue for a few days to sort and display items that will be for sale. Each item is priced as we prepare for the rummage sale that will begin on Friday morning and run through Saturday afternoon. Saturday also brings packing up the leftovers. **This time the rummage sale will be held June 9 and 10** and advance preparations are already underway.

The rummage sale involves many members of our St. James' community. Throughout the week people come and go making time to help with tasks of interest, helping with the time they have available. People of all ages are involved. Teens work alongside those who are retired and some may choose to help in the evening. Some may take a day or more off work to help. There are jobs for those who like to work alone and those who like to work with others; some for those who like to talk while they work and others for those who like silence while they concentrate. The bottom line is that there is a place for everyone and we need everyone to make a rummage sale like this happen. Just ask me and I will find a niche for you!

Sarah

Spring Rummage Sale Preparation

Spring Cleaning? Set aside extras and gently used items for the St. James' Rummage Sale.

Rummage Sale Donations will be accepted on Sunday, June 4 and Monday, June 5

- Bring items to the parish hall (Sunday is best!)
- Leave items in the designated area(s)
- Have items cleaned and in good repair, sorted (sorting saves time for volunteers), and grouped with similar items (e.g., books with books, clothing folded and separated by size, dishes in a separate box)

What sells well in the Rummage Sale?

- Adult and children's clothes (outgrown, not worn out)
- Power and hand tools
- Bicycles and sporting equipment (gently used)
- Small electrical appliances
- Toys / Games
- Kitchenware / Housewares
- Small furniture (easily transported)
- Books (adult and children's; no encyclopedias), records, CDs, DVDs
- Gardening equipment
- Costume jewelry
- Blankets, quilts, bedding, towels, and table linens (label with size to save prep time)
- Collectibles
- Baskets
- Framed art

What can't be sold in the Rummage Sale?

- Stained, or well-worn clothes, shoes, or linens
- Old televisions, computers, and electronics
- Off-season items
- Broken, unsafe or recalled goods (check that the items you're donating have not been recalled or pose any potential hazards)
- Larger furniture: Contact Don Schuessler for collection and selling furniture online

A HELPFUL RULE OF THUMB:

If you would not give the item to a friend or family member, please do not donate it.

These items will not sell and create more work for our volunteers.

Progress Report: Samaritan Ministry Spring Toiletries Drive

Collecting Toiletries, Gift Cards, and More, Sunday, June 18

On Mother's Day 2017, St. James' parishioners contributed toiletries, grocery gift cards, and other needed items to support the outreach programs of Samaritan Ministry of Greater Washington. This nonprofit organization offers services to the homeless and those in need, such as housing and employment counseling, coaching, motivation, substance abuse counseling, and much more. Donations help to support a Samaritan Ministry participant taking steps toward a better life. Visit their web site at www.samaritanministry.com for additional information.

Thank you so very much to all who have already contributed to the program. On May 22, we were able to deliver 14 bags of toiletry articles, five bags of food, and \$135 in cash and gift cards.

The drive will continue through June 18, Father's Day, so grab a grocery bag and fill it with items from the most-needed list below. The complete list of needed items can be found at samaritanministry.org/content/wish-list.

Toiletries

Hand/body lotion (small or medium)
Antiperspirant/Deodorant
Disposable Razors and shaving cream
Toothbrushes/toothpaste/dental floss
Loofahs and washcloths
Soap/body wash
Hand sanitizer
Hair products (shampoo/conditioner)
Feminine care products

Gift cards

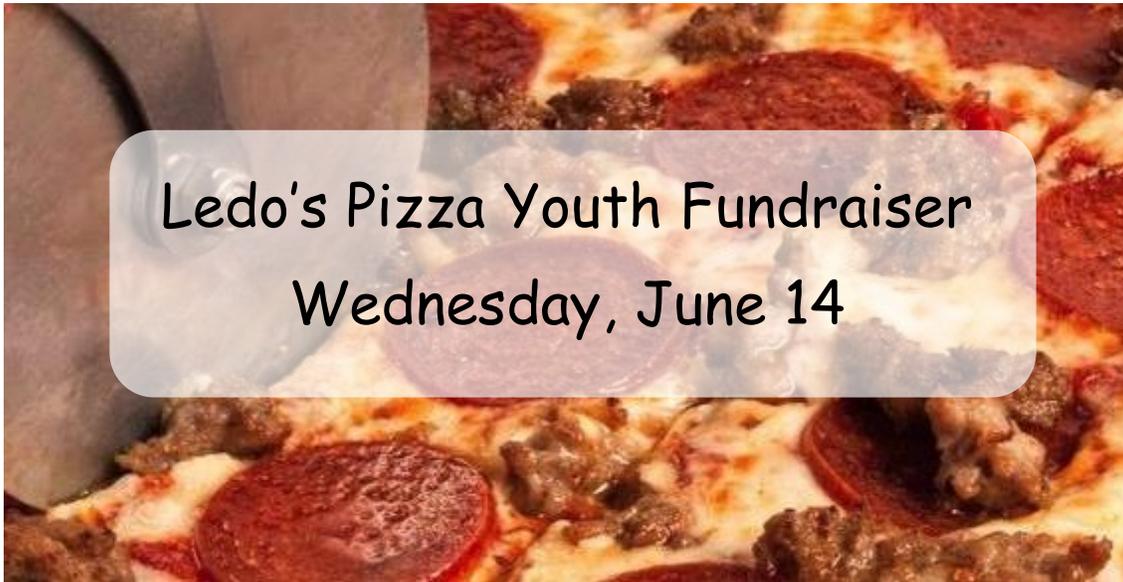
\$5-\$25 gift cards to grocery stores or Target

Other needs

Reading glasses
Small folding umbrellas
Flash drives/memory sticks
Metro SmarTrip cards for job interviews
Powder laundry detergent



Youth Sunday, May 14: Recognizing St. James' Sunday School teachers and volunteers

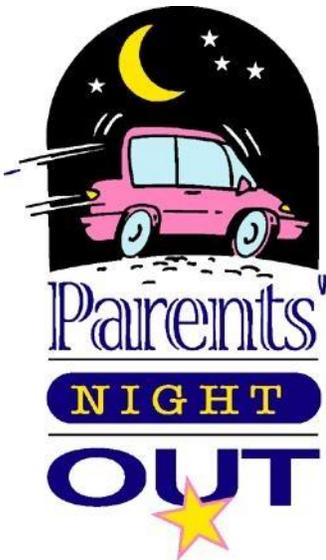


Ledo's Pizza Youth Fundraiser Wednesday, June 14

Too tired to cook? Don't want to heat up the house by using the oven?

Join us **Wednesday, June 14**, 5:00 to 8:00 p.m. at Ledo Pizza. Ledo's will donate 20% of all dine-in or carry-out sales to St. James' youth group for their summer work camp mission trip. Don't forget to mention "St. James'" for carry-out orders.

Ledo Pizza (Next to Montgomery Mall)
10301 Westlake Dr, Bethesda, MD 20817
Phone: (301) 469-6700



Parents' Night Out, Friday, June 2 Youth Work Camp Fundraiser

Moms and Dads, enjoy an evening out, while we entertain the kids! Little ones, ages 1-13, will have a blast playing games, making crafts, watching a movie, and eating a delicious dinner.

100% of the proceeds from this fun night supports the St. James' Youth Group's mission trip to Wilmington, NC to help rebuild homes for the disadvantaged. The youth work hard all year raising money for transportation, lodging and building supplies.

The fun runs from 6:00 to 9:00 p.m. on Friday, June 2 in the St. James' parish hall. A donation of \$30 per child, \$25 per additional child (sibling) is suggested, but donations of any amount are gratefully accepted.

Reservations are required. Please RSVP to Rachele Donnelly, Youth Director:
Rachele@stjamespotomac.org.

***This safe environment is led by adults trained in adult and infant CPR and First Aid,
with up-to-date background checks.***

Lunch and Learn: Bingo in July, BBQ in September

This casual group is open to everyone: you, your friends, neighbors, or visiting family members. Your next chance to share a meal and a good time will be Tuesday, July 11 at 11:30 a.m. Yes, we know this is not the usual first Tuesday, but that would be July 4; therefore our next meeting—in the parish hall—will be lunch followed by the annual Bingo Bash. There's nothing quite like playing bingo where the prizes are someone else's "white elephant," gag gift, or "I don't know what it is, either."



Even though there is no program cost to cover, the provided lunch necessitates asking for both \$10.00 and a reservation for each person. Sarah Padgett can take care of that. Reservation counts are the means by which adequate food is ordered, while simultaneously avoiding costly over-ordering. We hope you will come share this time with other St. James' members and their friends.

Skipping August, Lunch & Learn will resume in the undercroft, Tuesday, September 5. The meal for September is usually barbecue and side dishes with dessert and drinks. Watch the monthly *Pilgrim* for information regarding programs.

Tai Chi Classes Return to St. James'

Beginning Tuesday, June 20

Join us on Tuesday evenings from 6:00 to 7:00 p.m. in the undercroft for quiet, meditative movement. Dr. Douglas Pratt, a pediatrician with FDA, has been practicing Tai Chi for over 20 years. Students of Tai Chi follow the teacher's slow and gentle movements (no verbal instruction) to build strength, balance, and peace of mind.

Each class consists of three 15-minute active sessions with five-minute breaks in between. All levels of ability are welcome. Instruction is free; a freewill offering (\$1-5 suggested) is being collected to cover St. James' utilities. **Please contact the office if you are interested**, so we can gauge the class size, at office@stjamespotomac.org.

We offered this class last year with great success. Many of the students have continued the practice at another location throughout the year. Come discover the benefits of Tai Chi!

Health Benefits of Tai Chi

The odds of a bone-shattering fall increase with age, as muscles weaken and vision fades. Bad falls send about 250,000 seniors to the hospital each year in the U.S. with hip fractures that can leave them frail and depressed even after intensive physical therapy. Moreover, seniors who *fear* falling are at a higher risk of falling—even if they have never taken a spill before.

Yet research on fall prevention suggests the slow and meditative exercise of tai chi, with its disciplined focus on balance, may help lessen apprehension. P.S.: Tai Chi is not just for seniors!

St. James' Children's School News

Our Threes Class is Learning Through Nature

By Sonia Schwartz

Summer is on its way and outdoors is where the Threes Class at St. James' loves to be... outdoors in God's beautiful world.

Being surrounded by nature and natural items provides infinite benefits to children. Nature instills in everyone a sense of beauty and calmness. It exposes us to things that are alive and growing and promotes curiosity and exploration. With an adult as a guide, children can learn about being gentle and respecting living things. Nature can also help children learn concepts in many developmental areas.

Earlier this season we went on a spring walk and found many signs of new life: growing grass, daffodils, forsythias, blue bells, wild violets, spring buds, flower blossoms on the trees, tulips, mud and puddles. We even had story time under the cherry blossom tree. ***We learned the signs of spring.***

We dug in the garden bed and discovered worms and centipedes as we got ready to plant. We planted flower seeds that now measure at least five inches and will bloom flowers for us to enjoy all summer long. ***We learned measuring growth.***

In May we watched caterpillars grow and spin their cocoon and will soon turn into butterflies that we will take and release outdoors. ***We learned the life cycle of a butterfly.***

Just after our theme about "baby animals" we recently discovered that in the garden hiding under the bushes is a nest of baby rabbits. The children understand we are not to startle them, and they approach to take a quiet look with amazement in their little eyes. ***We learned that a baby rabbit is called a kit.***



Now we are learning about bugs and insects. Each day as we are out, we find spiders, ants, flies, cicadas, beetles, and grasshoppers. We will be really excited if we find a ladybug! We now have learned the names of at least a dozen kinds of insects.

There's an amazing world outdoors full of wonder, waiting to charm our young children to explore with enthusiasm. Our school is looking forward to setting up an outdoor classroom this summer and you can bet the friends in the Threes Class will be there!

Book Club's Summer Calendar

St. James' Book Club, to which everyone is welcome, has chosen its summer reading list. All meetings are in the parish hall library from 6:45 until about 8:30 p.m. on the fourth Sunday of each month. On June 25, *Still Life*, by Louise Penney will introduce this mystery series. For July 23, the book will be *Ordinary Light* by Tracy K. Smith, followed on August 27 by *The Art of Racing in the Rain*, authored by Garth Stein.

The group, usually varying in attendance from eight to twelve, discusses opinions, interpretations, the author, and the values (or lack of them) presented. Being a church-based discussion in a very casual setting, discussions are free-flowing, unpredictable, lively, and frequently enlightening. Give it a try! Recommendations for books are welcome from anyone. The reading list has no proscribed boundaries. Contact the church office with recommendations and/or questions.



Recognizing Confirmands on Youth Sunday, May 14

Thanksgiving for the Life of Frank Reaves

Frank Reaves, a local HVAC expert whose work benefited St. James' and other congregations, died on May 13, 2017. Frank was well known to clergy, wardens, church staff, our Children's School, and the Facilities Commission. No doubt others observed him roving our property to diagnose problems, tinker with recalcitrant equipment, and experiment with less costly approaches.

Frank was generous with time, talent, and financial assistance. He was a member of our neighboring parish St. Luke's, assisting that church and others, including the Washington Cathedral.

Good News Jail & Prison Ministry Annual Banquet, Saturday, June 10

**At Seneca Creek Community Church
13 Firstfield Rd, Gaithersburg, MD**

Chaplain Russ Isler will present a program about Christian ministry in Montgomery County facilities. St. James' will sponsor a table. All are welcome to attend. There will be a good meal, and a freewill offering will be taken. For information, call Grace Huff, 301-251-1624.

Call for Vestry Nominating Committee

The St. James' nominating committee will review and recommend to the parish candidates for our 2018 vestry and diocesan delegates, to be elected at our annual meeting, November 19. If you are interested in serving on this short-term committee, please contact Joyce Nohowel, Chair of the Administrative/Personnel Commission.

The nominating committee goes through an interesting process of reflecting on who we are, where we are on our journey, and chatting with fellow parishioners about their own journeys and inviting them to serve as vestry members or diocesan delegates.