



The St. James' Pilgrim

News for the Journey ...

April 2019

St. James' Episcopal Church

11815 Seven Locks Road, Potomac, MD 20854-3340

www.stjamespotomac.org



Thoughts from our Assistant Rector, The Rev. James S. Isaacs

Reflection on the Reflections

It has been amazing to be the person compiling this year's Lenten Reflections on the theme of "Reflections on God from the Wilderness." (Kirsten Hall in the office is the one who has received

them from me, formatted them, and sent them out.) As they have come in, I have found myself again and again moved by the powerful reflections that people are sharing from a place of vulnerability and faithfulness.

By the time we had the "In Our Own Voices" presentation made by two NAMI volunteers about their experiences living with mental illness, I had already received many reflections from people in the congregation. One of the things that was so moving to me as I observed about 30 parishioners from St. James' at the presentation was that I realized that this wasn't a group of people unaffected by mental illness listening to others come and tell them what it is like. The whole room was filled with people, many of whom had either experienced mental health issues or had supported a loved one through those experiences. And the two presenters from NAMI were, in their own vulnerable and personal ways, giving voice to their own experiences. And when they did that, they helped break the silence at St. James' about people sharing their own experiences around mental health issues.

Many of the reflections that have gone out, and will continue to go out, through the season of Lent have further been breaking the silence around mental illness. One of the things that can be so

painful about mental illness is the isolation that can come from the stigma surrounding it. Our congregation is building a safer community in which people can be honest and open about challenging experiences (with or without mental illness) that they have lived with or are living with.

I thank God for the resources that are available outside of the church to help people who are struggling. I believe that God can work through therapists, doctors, medication, organizations, and supportive family and friends. I also see emerging at St. James' an opportunity for God to work powerfully through our community especially because it is becoming a safer community for people to share in vulnerability with one another about what they are going through. As we are guided by the Holy Spirit and Christ's example, we can support each other in moments of vulnerability. Indeed, in those moments, God is ministering to us through each other.

There remain tantalizing questions about where God is leading us. I hope you will join us at 9:15 a.m. on Palm Sunday (April 14) for an important time of reviewing what God seems to have revealed to us so far through the Mental Health/Wellness Series on Sunday mornings and the Lenten Reflections. If you also are feeling called to enter into the leadership of this ministry area with a greater commitment of time and energy, please also let me know so you can be a part of the group involved in the next steps of discernment.

continued on page 3



Reflection from our Senior Warden, Barry Thompson

“For spring now in his timely hour, is ready to come forth him to receive, and warns the Earth with diverse colored flowers.” (from Edmund Spenser’s Amoretti #4)

The 49th Annual Earth Day will be celebrated April 22, 2019 in almost 200 countries around the world. St. James’ will observe Earth Day in worship on Sunday, April 28.

Spring is making its (halting) appearance in Maryland. Winter seemingly has released its grip on us, even if our frost-free date of May 15 makes possible a relapse. The grass is greening. The birds are singing. Daffodils, crocuses, crabapples, and some flowering cherries are in bloom; nature in all of its beauty. Much is right with the world, and we are reminded again of God’s beneficence and our many blessings.

“Through Him all things were made; without Him nothing was made that has been made.” John 1:3

Even as we are enthralled by what we now see, it may be well for us to reflect on the adverse impact that humans and our technologies have had on God’s creation. Busy with day-to-day responsibilities, do we ever take the time to reflect on our actions and those of our society in sully this magnificent and beautiful world which God has provided for us? Too often, it may seem to be “someone else’s problem” or the issue appears to be so large in scope that we believe “there’s nothing I can do about it.” “I’m only one person,” or “my family is only one family,” we may say.

The magnitude (and possible causes) of global warming, or the existence of the unimaginably large “Great Pacific garbage patch” (an estimated 80,000 metric tons of plastic), or the almost complete disappearance of the Atlantic codfish due to overfishing, or the severe deforestation of places such as Haiti and illegal logging of South American rainforests, or the proposal to genetically engineer the extinction of disease-transmitting mosquitoes (without taking into account the fact that mosquitoes comprise much of the diet of many songbirds) may dismay us and prompt demands that government(s) “do something.” Citizen advocacy of environmental preservation and restoration at the international, national, regional, state, and local levels is

important and something in which each of us can engage.

Aren’t there additional actions that we as individuals and families can take to lessen, or even reverse, some of the insults to the environment and the lives of others that our living in the “First World” may cause? Certainly we have heard suggestions for positive impact, but to what degree have any of us undertaken and continued actions, such as:

- Recycling of paper, metal, and plastic
- Composting yard materials (grass clippings, leaves, and plant/vegetable waste) at home (to lessen the need for transport and handling of such materials at county facilities)
- Donating usable clothes to charity (to avoid significant expenditures of energy and water needed to manufacture new clothes)
- Planting a tree or trees to increase absorption of carbon dioxide and to improve air quality (if you don’t need a tree at home, join civic organizations in their reforestation efforts)
- Gardening for the enjoyment of flowers, fruit, and vegetables
- Using alternative means of pest control, such as integrated pest management (IPM) to lessen the need for potentially harmful manufactured compounds
- Foregoing the manicured lawn and landscaping with pollinator-supportive, native ornamentals
- Turning off electronic devices and appliances when not in use, to reduce energy consumption
- Employing solar power to reduce dependence on hydrocarbon fuels

This Earth Day, why not examine our daily activities and make positive lifestyle alterations which, while seemingly small, represent in the aggregate a reverence for Our Lord and a respect for His Creation? Perhaps then we can say with the poet:

“I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky, and for everything which is natural, which is infinite, which is yes.” e.e. cummings

Good Friday Vigil

For the past few years we have invited parishioners to share a meditation at our Good Friday Vigil, reflecting on Jesus' final hours. This year, instead of reflecting on these events through meditations, we will experience them through building a visual art installation together, directed by our Intern Todd Thomas.

Our liturgy will remain the same and our art installation will be assembled piece by piece at the altar as we experience the readings and prayers of the fourteen stations of The Biblical Way of the Cross. We hope you will join us for all or part of this gathering, from 12:00 to 3:00 p.m.



Reflection on the Reflections continued from page 1

While we are anticipating where God is leading us, I would also like to encourage you to take time and reflect. Reflect on all that has happened at St. James' so far and how God is moving you through it. As I describe the breadth of presentations and sharing that is happening here, some of the expert presenters we have had are, from an outside perspective, impressed with all that is happening.

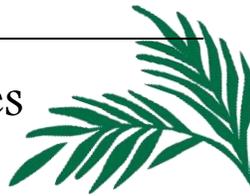
Pray for us to continue to hear God's guidance and have the courage to be faithful to follow where we are led.

We also have two other related events approaching. On Saturday, April 27, we hope you can join us for the NAMI Walk in Cabin John Regional Park (online registration instructions have been sent out by email; for more information contact me or the office). And we are also hoping soon to offer a training session at St. James' in Mental Health First Aid. (More on that to follow...)

It is a pleasure to serve Christ with you all at St. James'.

Holy Week and Easter Services

- ✧ **Palm Sunday, April 14**
Holy Eucharist at 8:00 and 10:30 a.m., Brunch at noon
Bells, palms, and a dramatic reading of the Passion of Christ. Brunch hosted by St. James' Youth Group.
- ✧ **Maundy Thursday, April 18**
7:30 p.m. Holy Eucharist and foot washing
- ✧ **Good Friday, April 19**
Vigil, 12:00 to 3:00 p.m.; Liturgy, 7:30 p.m.
- ✧ **Easter Sunday, April 21**
Holy Eucharist 8:00 a.m.; Festival Eucharist 10:30 a.m.
Brass, choir, and a glorious celebration of the Resurrection of Our Lord! **Childcare at 10:30 a.m.** for infants and toddlers; no Easter Sunday School. Children are invited to join their families in church. **Children's Easter Egg Hunt** after the 10:30 service.



Good Friday Offering for Our Church in Jerusalem



For more than 80 years, Episcopalians attending Good Friday services have reached out to the Anglican Church in Jerusalem through the Good Friday offering. In the strife-torn Middle East, the offering this year is critically important. Our church there, through its congregations, hospitals, schools and other institutions, proclaims the gospel and promotes justice, peace, and the reconciling love of the crucified and resurrected Christ. It ministers to all God's people. Please use the offering envelopes in the pew, or designate your check to St. James' "Good Friday Offering" in the memo line.

Image source: <https://ecclesiasticalheraldry.weebly.com/episcopal-church-in-jerusalem.html>

Flowering of the Church, April 20

The Flower Guild would love some help with ladder work on Holy Saturday, April 20. Long legs and reach and good balance are a plus for four very large wreaths and a few other decorative pieces. Our ladders are sturdy!

This is also a good time to green the cross featured at our Easter service—no height requirements for that part! Watch for details—probably late morning or early afternoon.



Flowered Cross for Easter

One of our favorite traditions is to invite members to flower a cross for the Easter service. It will end up on our steps as a joyful reminder of Christ's resurrection.

Please bring a flower or two from your garden or the store. No bunches—keep the surplus for your own enjoyment. And please keep the stems short—3 to 6 inches. Volunteers can assist if need be, but we don't want to be awash in flower trimmings and wrappings as we honor Jesus. We will have some extra flowers on hand if we run short.

Easter Flowers and Music—Your Chance to Rejoice, Honor, and Remember

Spring is finally here, and soon our worship space will be transformed by flowers expressing our thankfulness and joy as we celebrate Christ's sacrifice and resurrection. It's a beautiful opportunity to express your joy, to honor someone, or to remember departed friends and family.

As always, we will have some flowers or plants to send home for those who can't attend church on Easter.

We'll accept flower and music offerings through Monday, April 15. Please use the flower envelopes in the pew, or use the form below, for your donation for Easter Flowers or Music. Music donations support the special music we hear on Easter Sunday and throughout the year.

Your dedication will be printed in the Easter Sunday bulletins. Please print your name and dedication clearly on the envelope or send it by email to office@stjamespotomac.org.

Easter Flower and Music Remembrances and Donations

You're invited to make a contribution to our music and flower funds to remember or honor a loved one this Easter. Undesignated gifts will be divided between flowers and music, or you may designate your gift for either fund in the memo line of your check. Please print your message legibly on the envelope, use the form here, or send an email to office@stjamespotomac.org. **Dedications are due by Monday, April 15.**

For: Music Flowers Both

Your name: _____ Phone or Email: _____

In Memory of: _____

In Honor of: _____

In Thanksgiving for: _____

Relationship of person(s) to you: _____



State of the Parish Address: How we do what God calls us to do

In our March 17 State of the Parish Address, Rev. Meredith reminded us that our mission here at St. James' is to bring people together to be transformed by and to proclaim Christ's love through worship, formation and service.



In order to fulfill our mission we have quite a number of commissions and committees to help us do this work, our goal being to be more “mission focused” rather than “task focused.”

We cannot do this work, and remain focused on God, without help from the entire parish. In order to encourage involvement, and to remain God-focused, it is important for everyone to be aware of our Commission Structure, and the work each Commission is assigned to do.

Our **Administration Commission** is chaired by Joyce Nohowel, who is also its vestry liaison. This commission serves a crucial behind-the-scenes role doing the business of the church—managing personnel issues, forming the vestry nominating committee, managing the business of the annual meeting, and making sure we are following our by-laws, policies and procedures—essentially making sure (as Grace Lo says) that things run smoothly and people are happy. This year the members of this commission also assisted with our mutual ministry review. Along with their usual tasks, their next project will be to perform a review of our payroll service.

The **Worship Commission** includes everything related to worship and how we experience God in community. Lori Minasian is our vestry liaison to our Worship Commission, with John Eisold serving as chair. This team is comprised of representatives from the flower guild, altar guild, acolytes, Lay Eucharistic Ministers, Lectors, intercessors, special liturgies, ushers, Music ministry and clergy. We are blessed that this group is creative, flexible and thoughtful.

Our vestry liaison, Carolyn Ragland, will be working hard this year to re-formalize our **Pastoral Care Commission**. The first task will be

to assess the congregation's pastoral needs and determine, based on how pastoral care is being delivered at this time, if those needs are being met, and how we might improve. Stay tuned.

We also welcome Lindsay Ragheb to our **Christian Formation/Education** team, focusing on children's education.

As our Sunday School grows, this is the time to pay attention to our staff, volunteers and curriculum—asking if we are doing our best to grow disciples and teach our children about God's love. Rev. Meredith, Ann Venton and James Isaacs continue to work on adult formation. Our recent mental health series on Sunday mornings has proved very popular, and our Thursday morning bible study recently had to move to a bigger meeting space (parish hall)—because we have grown that much. Thanks be to God!

Dawn Iype is serving as the Vestry Liaison and Chairperson of the **Membership Commission**. The goal of this commission is to strengthen our community—building relationships that last, through multigenerational activities that build bonds between us, inviting people to engage in meaningful ways. This commission is also responsible for welcoming and engaging newcomers. To summarize, this is the group that allows us to be Christ to one another in fun and meaningful ways!

The **Communications Commission's** new chair and Vestry Liaison is Holly Mulderig. This commission is responsible for our Facebook presence, our website, and our PR in the community. Holly will be working on a rebranding project (following last year's branding survey), the goal being to have literature and material that is neat and streamlined, and says “St. James” in a consistent way.

The **Mission and Outreach** Commission has done an incredible job ensuring that St. James' is contributing to the needs of the community and the world. With long-time Chair Bill Wallace attending to family matters, **James Isaacs** will

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Joyce Graf Receives Seabury Award



On April 3, Joyce received the Seabury Award, recognizing contributions to parish life and beyond. Each year the Bishop presents this award to a senior member of each parish participating in the program.

At St. James' Joyce has served on the Vestry and the Children's School Board, and as a Lay Eucharistic Minister, Sunday School teacher, member of the Flower Guild, and head usher. She applies her skills to rummage sales and youth group work camps. She is one of those saints who perform necessary, but often unnoticed, tasks.

Joyce's work career included quality assurance management, teaching high school and college

chemistry, and serving as director of environmental science for a major trade association.

Community activities include stints as an active Scout leader, Montgomery County election judge, and volunteer at Shepherd's Table. She supports Shepherd's Table, Samaritan Ministry, and Interfaith Works by delivering donated food and clothing. A life member of the American Association of University Women, Joyce has served at state and local levels.

Joyce's experience as a private pilot sparked her interest in geology, landscapes, and their formation. She enjoys traveling, hiking, gardening, and crafting. She traveled with her late husband Bob to every continent. She has two adult sons and four brilliant grandchildren.

State of the Parish Address, continued from page 5

chair M&O meetings and continue to serve as our clergy representative, with vestry members **Wendy Hicks** and **Anselm Hennis** taking different roles on this commission. This commission will continue to share information about the work we are financially supporting, confirming parish commitment to these ministries, as well as finding more hands-on ways to help those in need on a more regular basis, building relationships and serving others. Members will also explore the area of mental wellness as a call to this parish.

Our **Facilities Commission** is chaired by Isabelle Schuessler, and our vestry liaison is Ken Van Valkenburgh. This commission is responsible for managing repairs and upgrades to our property as needed. We anticipate this year that we will be repairing the HVAC unit that services the parish hall, replacing the ramp, fixing the drain along the side of the sanctuary, painting the parish hall exterior and perhaps resurfacing the parking lot.

Vestry member Sandy Soundararajan has recently accepted the chair of our **Finance Commission** after former chair James Beebe announced that he and his family are relocating this summer. This commission continues to manage our operational finances and is currently exploring ways to cover facilities' costs so we can use our money to do God's work.

We are grateful for the hard work and dedication of all those who are part of our commissions and the leadership of St. James.' If you want to be part of the work we are doing, we hope you will reach out to your vestry members and commission chairs. God is working to transform us through God's love, and we encourage you to be a part of that. ♦



Vestry Meeting Highlights

Meeting of March 19, 2019

With the Rector presiding, the vestry met at 7:30 p.m., March 19, 2019.

Lori Minasian's reflection recalled her grandmother's fleeing the Armenian genocide of 1915, always trusting that Jesus would protect her. She taught Lori the strength of faith and how to pray.

The Treasurer reported a current surplus of about \$6000 (income over expenses).

Reverend Meredith reviewed the State of the Parish Address, reminded everyone of the upcoming (third) meeting with a Capital Campaign consultant (this time with a representative of the firm, Generis), summarized the status of repairs to the HVAC for the Parish Hall, and commented on the success of the recent Bingo Potluck, the Shrove Tuesday Pancake Supper, and the Ash Wednesday services, thanking all participants for their help and their attendance in support of these activities.

Rev. James noted that ministry has been happening during our period of discernment. Lenten reflections are being received; more can be accommodated. He outlined the remainder of the mental health and wellness series at 9:15 on Sundays. The one remaining session will occur on April 7.

Carolyn Dick was approved to return to the vestry, to serve out the remainder of Harley Venton's term.

Commission Reports

Education: Lindsay Ragheb (Children's Ministry) - Information to parents; Care Card ministry/ special prayers. Rev. Meredith (Adult Education) - Thursday morning Bible study, using "The Way of Love," Isaiah, Psalms, church history. The group has become close-knit and caring.

Missions and Outreach: Wendy Hicks - Re-assessment of programs, looking for "Why?" Are the programs those the congregation supports? The vestry will assist the Commission in hearing God's call.

Pastoral Care: Carolyn Ragland - Considering a variety of means to accomplish care. Information sought from other institutions. Additional members of the Commission will be welcome.

The **Parochial Report** was approved, with the proviso that one item be confirmed before submission.

The **Junior Warden** reported receiving very positive comments about the many things that are happening at St. James'. Additional individuals are getting involved in various programs.

The **Senior Warden** provided updates about security, environmental activities (Friends of Cabin John Creek), and potential Earth Day activities after the 10:30 service on April 28.

Dates to remember:

- April 10 Ecumenical Lenten Supper, Scotland AME Zion Church
- April 14 Palm Sunday, Noon Brunch hosted by Youth Group
- April 18 Maundy Thursday, no evening meal
- April 19 Good Friday
- April 21 Easter Sunday
- April 27 NAMI (National Alliance on Mental Illness) Walk; Cabin John Park, 9:00 a.m.
- April 28 Earth Day observed in worship

There being no additional business, the meeting was closed with prayer and adjourned at 9:00 p.m.

Barry Thompson, Senior Warden

Vestry Announcement

Carolyn Dick will return to the Vestry to complete the term vacated by Harley Venton. This was approved by the Vestry at the March Vestry meeting. Carolyn will continue to be involved with the Membership Commission, and serve as a liaison to the Fellowship Commission. Thanks to Harley for his service, and to Carolyn for completing his term!

Becoming More Intentional About Church Security

In places of worship, violent acts with fatal consequences have become disturbingly more common in the past decade. Communities of faith now struggle with the duality of remaining open and welcoming to all who seek to worship and of guarding against the miniscule but real possibility of harm to members of the worshipping congregation. The possibility of harm generally resides with a stranger, although a disturbed or disaffected member of the parish cannot be discounted completely.

In order to address safety concerns and to develop and implement a plan for increased security at St. James', the vestry has formed a committee, led by the Senior Warden. We have received site visits and recommendations from the Community Resources Office of the Montgomery County Police. Clergy, vestry members, and staff have attended one or more of the "Securing Houses of Worship" workshops conducted by the Montgomery County's Office of Emergency Management and Homeland Security, Fire and Rescue Services, Police, and the interdenominational "Faith Community Working Group."

For St. James', as for most churches, the most effective approach may be a combination of physical security measures and heightened situational awareness on the part of all of those attending church services (or participating in activities in church buildings before, between, or after services, or frequenting church buildings at non-service times as their church-related activities may require). Our buildings generally are secured during "off-duty hours", with keys provided to those who need access to perform tasks or to attend meetings or special activities/events. The fairly wide distribution of keys to our facilities is a recognized fact and one that must be addressed separately.

During services, the multiple entry points into the church must be considered and appropriate measures instituted to increase surveillance and security. Although the ushers remain our first line of defense against an intruder, members of the

congregation can assist in recognizing unfamiliar persons, especially if an individual appears to be agitated or disturbed. The altar party generally faces the narthex and the front doors and also may notice persons whose demeanor or actions are unusual.

At St. James', we do not want to surrender our welcome to all who wish to worship with us, but recent events indicate a need to be vigilant. Any disturbance that cannot be managed by an usher or clergy member should prompt a call to 911.

The safety of our children, infants, and staff of the Sunday School is a paramount concern. Additional locks and procedures have been added to enable the Sunday School to be secured during the 10:30 service.

Communication among church, Sunday School, and the parish hall is important but imperfect. Telephone communication is difficult. In order to bolster our ability to connect with other parts of our church buildings, we have begun using simple walkie-talkies. The ushers, a Sunday School leader, and Sunday Sexton Jerome Childress, have walkie-talkies to be used if word needs to be sent to others.

The bottom line: you may encounter secured doors and limited entry at times. Please be flexible in going around, if necessary, to an open door; and please make suggestions for improving safety at St. James'.

New Pastoral Care Commission Survey

A newly-formed Pastoral Care Commission will soon be sending out a survey to obtain input from the congregation. Responses will guide the commission in planning and initiating realistic approaches to helping St. James' people better serve each other. If you have ideas, please contact Carolyn Ragland, Chairperson.

Member Spotlight: Sam and Jane Ireland

By Holly Mulderig

Say hello to Sam and Jane Ireland, who you'll see at the 10:30 service (and they are diligent about wearing their name tags; the membership commission thanks them).

The Irelands live in Gaithersburg, but I caught up with them at their winter retreat in Cedar Key, Florida—a little island in the middle of the Gulf of Mexico—where Jane's mother grew up.

Sam grew up in Mount Vernon, a small farming community in southwest Missouri, where his family attended the Methodist church. Jane grew up in Chevy Chase, and attended Walt Whitman High School. Jane's family were parishioners at St. John's, Norwood.

Sam and Jane met as undergraduates at Tulane University in New Orleans; Sam studied political science and Jane, history. They were surreptitiously "set up" in Jane's sophomore year by a scheming sorority sister—and the rest is history. Jane and Sam were married at St. John's, Norwood, by the Reverend Bill Beal. Coincidentally, Rev. Beal was one of the clergy members responsible for the founding of the Montrose Mission in 1963—which would soon evolve into St. James'!

After living in New Orleans for two years post-wedding, the Irelands returned to the DC area. Sam worked for nearly two decades on Capitol Hill, in the legislative offices of Sens. Tom Eagleton (D-Mo), Lloyd Bentsen (D-TX), Sam Nunn (D-GA) and Claiborne Pell (D-RI). When he left the Hill Sam embarked on various management consulting positions at organizations including the American Red Cross, FINRA (formerly NASDAQ), and Deloitte.

Sam enjoys playing golf when time permits. (He—and Jane—graciously agreed to be interviewed while on a break from the links). Jane enjoys needlework and Sam has built several pieces of furniture for their home.

Jane has been doing genealogical research (for her family and for others) for a few decades –



utilizing records at the Library of Congress, the Daughters of the American Revolution archives, the National Archives and online. She especially enjoyed transcribing a Centennial Diary (1876) kept by an ancestor in upstate New York, taking a deep dive into the everyday life of almost a century and a half ago: the changes of seasons and how they affected daily life and work, commemorations such as the Centennial, ("Centennial" diaries were very popular), the customs (from April Fool's Day jokes to funeral customs), even a glimpse into the criminal justice system. Jane explained that her relative had commented on a hanging in a nearby town. After some research, Jane learned that the condemned man may have been part of a love triangle involving a farmer and his wife; he was also the last man to be executed by hanging in Ontario County.

The Irelands are voracious readers. As of this writing, however, it remains to be seen whether Sam has polished off Jane's birthday gift of Laurence Sterne's *Tristram Shandy*.

The Irelands joined St. James' in the fall of 2017. Jane says, "From our first Sunday we felt welcome and have found it very easy to become involved." They're currently Altar Guild members. "We also love the preaching and the style of worship, and we've told everyone we know about Humor Sunday!"

The screenshot shows the top navigation bar with links: REGISTER, DONATE, FAQ, FUNDRAISING, ABOUT NAMI. Below is a banner for NAMI Walks with the text "#JOINTHEMOVEMENT" and a photo of a group of people. A sidebar menu includes: HOME, LOCAL SPONSORS, RAISE FUNDS, EARN A GIFT. The main content area features the St. James Episcopal Church logo and text: "St. James Episcopal Church", "NAMIWalks Montgomery County MD", "JOIN OUR TEAM", and "SUPPORT US".

This is what you'll see at www.namiwalks.org. Search for the St. James' team. JOIN US!

Join the St. James' Team! NAMI Walk Saturday, April 27, 9:00 a.m. in Cabin John Park

Join the St. James' team to walk for the National Alliance on Mental Illness (NAMI), Montgomery County, on April 27. It's a beautiful 5K (3 mile) walk, close to St. James'. This is a family-friendly event. Dogs on leash are welcome! Check in at 9:00 a.m. The walk begins at 9:30 a.m. at Cabin John Regional Park, 7400 Tuckerman Ln, Bethesda, Maryland.

To walk with us: Register online at www.namewalks.org (instructions follow) or contact James Isaacs at james@stjamespotomac.org. Then meet us at the park!

Want to support a St. James' walker? Visit our team page to contribute to our team's goal directly, or make your check payable to St. James' with "NAMI Walk" in the memo line of your check. Donations made to NAMI MC for the Walk support free programs including classes, support groups and presentations for individuals impacted by mental illness.

How to Register online for the NAMI Walk on April 27

1. Click "Join our Team." Fill in your name and email and create a password. Click "continue to next step."
3. For "Registration Type," scroll down and choose "Walker on a Team."
4. Click "Join a Team" and choose St. James' Episcopal Church. Click "continue to next step."
5. Enter a fundraising goal (any amount) and choose whether to make a donation. Enter your contact information (required items have a red asterisk). Agree to the terms and click "continue to confirmation."
6. Review your information and click "complete registration." You'll see a pop-up that lets you customize your fundraising page. You can do as much as you like with that page, or nothing.

You're done! At this point you'll get an email with more information about getting news about the walk and updating your page if you choose to do so.

Book Club: *Forty Autumn*, April 28

Nina Willner, a former American military intelligence officer, writes about her family's lives in the context of the world's history as it played out on both sides of the Berlin Wall. Their quiet (most of the time) courage, their impressive skills of survival, the effects of divided loyalties, the anguish of separation, all come together in this book to be discussed at 6:45 p.m., April 28, in the parish hall library. The author became the first female Army Intelligence officer to lead sensitive intelligence operations in East Berlin at the height of the Cold War. Though separated by only a few miles from her German relatives, a bitter political war kept them apart.

Notable quotes from the book, taken from www.Goodreads.com:

"People all around the world stopped in their tracks at the news, astounded by the eerie scene of the country locking its people in."

"The first challenge the Soviets faced was to change the mind-set of the almost 19 million German citizens who, long before World War II, had been led to believe that communism was the greatest threat to the Western world. Stalin demanded the transition be swift, and the approach uncompromising."

The book has been celebrated for its "enduring resilience of the human spirit and for its narrative nonfiction storytelling." Willner's grandmother steadfastly upheld the idea that they had a "family wall" that would not be broken down. All are welcome to the group-led discussion.

Future books to be discussed by the group, in order, are: *Hero of the Empire*, by Candace Millard; *Educated*, by Tara Westover; and *The Great Alone*, by Kristin Hannah. Do you have a suggestion? Call the office and they can direct your call.

Clara Barton's Washington: Lunch & Learn

Susan Rosenvold, speaker for the **Tuesday, May 7**, Lunch & Learn gathering, will offer a first-hand portrayal of discovering Washington D.C. through the eyes of one of its residents: Clara Barton. Barton lived in Washington several times, first, to become an independent woman, second, as a humanitarian, and later a lobbyist attempting to found the American Red Cross. Discover what Washington was like, who Clara rubbed elbows with, and about her success as a humanitarian.

Ms. Rosenfeld has a Masters of History with a Civil War concentration, specializing in Clara Barton and Lt. General James Longstreet's lives and roles during the Civil War. Among numerous volunteer/docent positions with Antietam National Battlefield and the National Museum of Civil War Medicine/Pry House Field Hospital Museum, she managed the project of developing and opening Clara Barton's Missing Soldiers Office in Washington, D.C. Several television productions, lectures, and guided tours have added to her considerable body of knowledge. Her lecture will be from 12:30 to 1:30 p.m.

Social time runs from 11:30 a.m. to noon, at which time the buffet lunch is served, followed by the program. If you are planning to join in the meal, please contact Sarah Padgett with your reservation and bring \$10.00 per person. Making reservations makes sure the committee can have adequate food and drink.

This group, convivial and casual, meets in the undercroft, and there is plenty of welcome and room for YOU. Questions? Call the office and they can direct your call. See you there!

Faith Talks after Easter

Our Mental Wellness Faith Talk series will wrap up on April 14 when we gather together to review and reflect upon what we heard through this series and how God might be speaking to us.

Our next series, *Unafraid*, begins on April 28 and continues for five weeks. In this series we will talk specifically about our fears and anxiety, exploring practical steps for overcoming them, all in the light of Scripture.

St. James' Women's Retreat 2019

May 4 and 5

*Courage starts with showing up
and letting ourselves be seen.*

— Brene Brown



Please join us for “The Courage to Show Up”

A workshop for the women of St. James’

facilitated by David Hoover, MDiv, LCSW, and Certified *Daring Way* Facilitator.

Using the research of social worker and researcher Brene Brown, participants will explore how values and courage help us show up in our lives in more meaningful ways. In this day-long retreat, a series of interactive exercises will help us see how to show up more bravely in our lives and relationships.

Location **Claggett Retreat Center:** 3035 Buckeystown Pike, in Adamstown, Maryland (about a 30 minute drive from St. James’).

Schedule **Please plan to arrive on Saturday, May 4 by 10:00 a.m.**
The workshop will end at 4:00 p.m.

Lodging We invite you to stay overnight if you wish. We hope that many of you will stay for dinner, evening fellowship and fun, and compline. If you stay overnight, we will depart from the Claggett Center in time for the 10:30 a.m. worship service on Sunday.

Cost/Meals The cost will be \$150 for the program, meals, and overnight accommodations. For commuters not staying overnight, the cost will be \$100. Financial assistance is available by speaking to the rector.

Registration **RSVP by Friday, April 19. Use the form below or register online at <http://bit.ly/May4Retreat>.**

Questions? Contact Rev. Meredith Heffner; Sarah Hnatov, Junior Warden; or Dawn Iype, Membership Commission chair: dawniype@gmail.com.

St. James' Women's Retreat RSVP (due Friday, April 19)

Please make payments to St. James' Episcopal Church, "Women's Retreat" in the memo line.

Return this form to the parish office. You may also register online at <http://bit.ly/May4Retreat>.

Name _____

Email/Phone _____

_____ Yes, I plan to attend the workshop and I will need overnight accommodations (**\$150**).

_____ Yes, I plan to attend the workshop, dinner, and evening activities but will not be spending the night (**\$100**).

_____ Yes, I plan to attend the workshop only (**\$100**).

_____ I regret that I cannot attend.

Letting Go and Spreading Joy: St. James' Community Spring Sale

Saturday, May 18, 8:00 a.m. to 5:00 p.m.

By Ann Nayback-Beebe, Community Sale Chair



It's that time of year again to clean out those closets and let go of all the excess baggage in our lives! St. James' Community Spring Sale is right around the corner on Saturday, May 18. That's right, we will only be open for business one day this year so let's make it amazing for both the St. James' community and the community at large. The theme of this year's May 18 Saturday sale is "Letting Go and Spreading Joy."

That's right! Let go of those gently used electronics, books, household items, furniture, kids' clothing, toys, sporting goods, and collectibles. We are also letting go of the way we have conducted the Rummage Sale. After talking to the St. James' Community and hearing your feedback, we've decided to change it up a bit. We recognize the incredible work our St. James' family put in to setting up and running the previous rummage sales and we have listened to their feedback in deciding how to move forward. Special thanks to Don and Isabelle Schuessler for years of leadership and support, and for their continuing resale efforts.

Donations

This year, we've decided not to accept certain items such as men's and women's clothing that were time intensive to set up and manage. We would still love to take your gently used children's clothing (infant to children's size 14-16, please no winter wear). Kids grow fast and buying new clothing every few months can get expensive for young families. Let's spread joy to the young families in our community and continue to support them by offering these items.

We've decided to price donated items as they come in and to implement a universal pricing list based on resale shops in the area. It takes an incredible amount of time to price donated items. If you believe a certain item is especially valuable, please let our volunteers know during drop-off or consider donating to Don and Isabelle Schuessler for resale online in support of St. James' Church. We would be happy to provide labels and a standardized price list if you are interested in donating your treasures AND time by pricing your items prior to drop off in support of the sale. We will be hosting a "Collectors' Corner" in the parish hall meeting room on May 18 to feature select

collectibles; however, most donated items will be priced according to standard resale prices in the local area. Our volunteers will be available to accept donation items every Sunday 9:30 to 10:30 a.m. and after the 10:30 service at the shed in the St. James' rear parking lot April 7 through May 12, and all day Friday, May 17, 8:00 a.m. to 6:00 p.m. at the parish hall during sale set up.

Setup

And that leads to our biggest change: we have decided to limit set up to Thursday May 16 from 4:00 to 9:00 p.m. and Friday, May 17 from 8:00 a.m. to 8:00 p.m. so as not to disrupt our other community members that depend on use of our parish hall. That means we need members of our St. James' family to donate a few hours of their time to accomplish this on a shortened time line. We need help Thursday night to set up and label tables in the parish hall and to move donated items from the shed to the parish hall. Friday, we need volunteers interested in unpacking, sorting and pricing remaining items. And Saturday, we need our parish sales people who will straighten merchandise and assist customers with purchases. SSL hours are available for any youth who help with set up and organization of items. The St. James' Youth Group will also be supporting the Saturday Spring Sale by selling coffee, water and snacks on to help raise funds for the upcoming youth mission trip.

The added benefit of volunteering your time is that you get first look at all the merchandise and can buy any items available for sale before we open to the public on Saturday. Breakfast, lunch, and dinner will be available for our volunteers, after all we are working to bring joy to the community and share God's good grace and fellowship. If you are interested in volunteering your time, talent and treasures to the St. James' Spring Sale committee or if you would like more information and pricing stickers to help price your donations prior to drop off, please email Ann Nayback-Beebe.

Hope to see you Thursday, Friday, or Saturday **May 16-18 for fun, food and fellowship** in support of the St. James' Community Spring Sale!

News from St. James' Children's School

Classroom Spotlight: Art

By Yuganti Shirodkar

Student Art Show, May 29!

It is evident all through human history that making art is a part of literacy development; humans have documented their experiences and emotions in the form of cave paintings, carvings, and other such artwork as well as written language.

Our art program at St. James' Children's School focuses on making our children visually literate. We use different art mediums to express our ideas and emotions. We learn about different art genres and artists.

On May 29, our Art Show will showcase artwork created by the Twos, Threes, Fours and Pre-K classrooms. Students will be using different art mediums to create different styles of art. All of the art lessons are integrated with the Creative Curriculum study that the individual classes are studying.

Art-making helps students express ideas more easily; teachers can use artwork as starting points in lesson introduction and instruction. Student-generated art can be a vital source of developing understanding in different subject areas, making art a direct mode of instruction rather than a filler activity.



Calendar of Events

Sundays at 9:15 a.m.:

FaithTalk adult spiritual formation (childcare available)

Sundays at 10:30 a.m.:

Sunday School, childcare

Wednesdays at 6:30 a.m.:

Men's Prayer Breakfast

Thursdays at 10:00 a.m.:

Way of Love study

April 10: Ecumenical Dinner and Study, Scotland AME Zion Church

April 14: Palm Sunday Services and Brunch

April 15: Easter Flower/Music Dedications Due

April 17: Visit to Potomac Valley Nursing Home

April 18: Maundy Thursday Service 7:30 p.m.

April 19: Good Friday Services noon and 7:30 p.m.

April 21: Easter Sunday, Services 8:00, 10:30 a.m.

April 23: Newsletter submissions due, May 3 issue

April 27: NAMI Walk, Cabin John Park

April 28: Book Club

May 1: Visit to Manor Care Nursing Home

May 4-5: Women's Retreat – RSVP by April 19

May 7: Lunch & Learn, Clara Barton Presentation

May 15: Visit to Potomac Valley Nursing Home

May 16-17: Spring Community Sale Setup

May 18: Spring Community Sale

Fundraisers for St. James' Children's School

SJCS Spring Bake Sale, April 15-16: Staff will be baking some delectable Easter delights! Enjoy goodies to take to work or share with family over the Easter holidays. All proceeds benefit the teacher's conference fund.

Save Us Your Box Tops For Education! Please clip those "Box Tops" labels and bring them to school. We submit them for cash for our classrooms. This is a great way for grandparents and other family members to support the school without spending any extra money!