



The St. James' Pilgrim

News for the Journey . . . August 2019

St. James' Episcopal Church • 11815 Seven Locks Road, Potomac, MD 20854-3340 • 301-762-8040 • www.stjamespotomac.org



Reflection from our Rector, The Rev. Meredith T. Heffner

Exciting Times at St. James'

On the day we celebrated the Feast of St. James, our seminarian Mary Margaret Winn preached about what it means to be part of a community named for James, "Son of thunder."

In her sermon, Mary Margaret talked about how James, as a follower of Jesus, sounded the thunder that comes in response to Jesus' light in our lives. I loved it when she said we were aptly named. I couldn't agree more. In responding to Jesus' lightning, there will be thunder around St. James' as we, as a community of faith, move on with the work Jesus has for us to do.

- It begins on September 8 with Rally Day, during which we kick off our program year. Our children will meet their Sunday School teachers, and we will celebrate the end of summer and new beginnings of the fall with our annual picnic, co-sponsored with our St. James' Children's School family.
- Sunday School begins the following Sunday, with a new Bible-based curriculum grounded in the Episcopal tradition. Students will learn who they are as God's children, who they are in the family of God, and who they are in God's beloved community. What better way to share God's Word from generation to generation?
- Our FaithTalk series resumes as well. Building on the success of our spring series focusing on

mental health, we'll be studying the book *Becoming a Healing Presence*, by Albert S. Rossi, Ph.D., and how we need to be healed ourselves before we can share Christ's healing love with others. A more in-depth description can be found later in this newsletter.

- On Thursday mornings we will be studying the book of Isaiah, experiencing the word of God through the faithful witness of this prophet, reflecting on what Isaiah says to us today.
- The Mental Health Ministries leaders are inviting us to reflect on the powerful and moving moments that came out of our MHM initiative last year. These reflections will be compiled for sharing, bearing witness to the surprising and wonderful ways God is working through this ministry.
- Perhaps most exciting of all, we are being called to envision our future through a building vision process. Through this process we will explore together how our property might be used in the future, both as a place of welcome and worship as well as a beacon in our community.

These are exciting times at St. James', and I can hear the thunder roll. Please plan to join me on September 15 at our next Quarterly State of the Parish Address to hear more about our plans and how God is working in this place.

May God bless us and guide us as we move forward.

Rev. Meredith



Reflection from our Music Director, Newton Lewis

The Power of One

I often throw out the tidbit that up until the 1950s and '60s, for Protestant congregations, singing in parts was the norm. That's why when you look in your hymnal, most of the hymns provide four-part harmony. Up through that time, music education was an integral part of school curriculums starting in elementary schools, whether you were in a rich suburb or the middle of Kansas.

The driving force behind having a music curriculum in schools was Lowell Mason. He is often called the father of American music education as well as the father of American church music. In our own hymnal his music appears in no fewer than 13 hymns including such obscure ones like "Joy to the world," "O for a thousand tongues," and "My faith looks up to thee." These are just a few of the 1600 hymns he wrote.

Mason was born into a musical family in 1792 in Medfield, Massachusetts. He learned how to sing and play several instruments. By age 16 he was the choir director for his church, and two years later, the director of the town band.

At age 20 he moved to Savannah, Georgia and pursued a career as a banker. But he also continued his interest in music, leading several singing schools and again becoming the choir director of his church. He also became the Sunday School superintendent for his church, founded the first Sunday School program for African American children in this country, and founded a missionary society.

At the same time, wanting to improve his compositional skills, he studied theory and composition with a German immigrant to Savannah by the name of Frederick Abel. Around that time an amateur English composer, William Gardiner (Hymn 609 "Where cross the crowded ways"), had compiled a collection of hymns based on Mozart, Beethoven, and other classical masters. Mason, under the guidance of his teacher, set

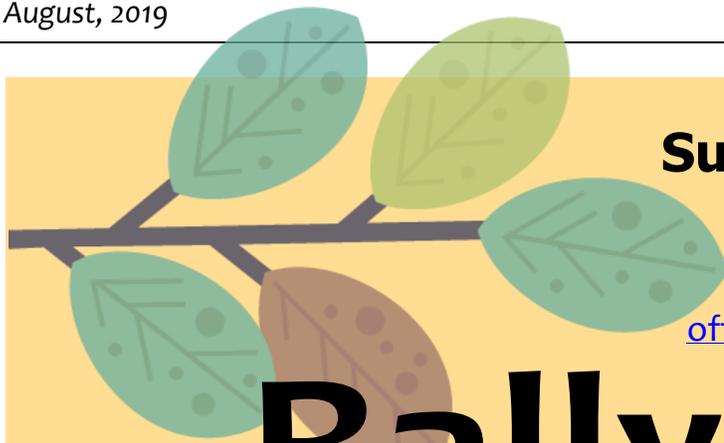
about to do the same. He sent his collection around to several publishers, anonymously since he did not want to be known as a musician and possibly damage his career as a banker! It was finally accepted by the Boston Handel Haydn Society (anonymously) where it went through 20 printings and sold 50,000 copies.

Flush with success, he returned to Boston in 1826. He kept his banking work while serving as music director to three churches concurrently on a six-month rotation and becoming president of the Handel Haydn Society.

At this point Mason turned his attention to music education for children. He published the first ever hymnal for children *The Juvenile Psalmist*. There had been some talk of teaching music in the Boston public schools but no action had been taken. Mason and a few other colleagues opened the Boston Academy of Music in 1833 for the purpose of teaching vocal and instrumental music to all children, not just the talented few. Within a year the school had 3,000 students enrolled. A few years later in 1837 Mason approached the Boston School Board and volunteered his services for one year at Hawes School in South Boston. The following year the School Board passed a resolution to teach vocal music in all its schools and Mason would be in complete charge of the program.

The teaching of music in schools quickly became the "Better Music Movement." Mason, certainly adept at promotion, began music conventions around the country to teach others to teach music. Horace Mann, no less a figure in education, once said "I'd walk 50 miles if I had to, to watch Mason teach." The instruction guidelines were set out in the manual for the Boston Academy, based on European models. One of the seven principles was that notes were to be called by their proper instrumental name (C, D etc.). This was in direct opposition to the shape note tradition in the United States. On the down side, it became a goal of Mason to stamp out the "lewd

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Sunday, September 8, Noon

RSVP by September 5

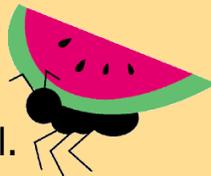
to the St. James' church office

office@stjamespotomac.org or 301-762-8040.

Rally Day!

Fun and games! BBQ picnic at church back lawn

Barbecue Lunch from Mission Barbecue. Sponsored by St. James' Sunday School and Fellowship ministries, in cooperation with St. James' Children's School.



Blessing of the Bags, NOON

Come to St. James' back yard

to celebrate the start of Sunday School and a new program year. Bring your backpack, briefcase, purse, and other totes for a back-to-school blessing.

The Power of One, continued from page 2

and crude" music of Billings and other early American composers. Shape note music was pretty much driven out of New England and urban America, only to become a curiosity of rural Appalachia.

He left for New York in 1851 to enter a music business with his sons. One of the aspects of the business was pipe organs and pianos (as in Mason and Hamlin). He took the position of choir director at the new Fifth Avenue Presbyterian church, where through his efforts the congregation actually gained fame for their singing.

Mason is certainly a testament to the power of "one." It is largely because of his efforts that there are school bands and choirs. It is probably because of those efforts of training children in music that enough interest grew to have symphony orchestras and opera companies in this part of the world. Unfortunately, that came at the price of choking out an already thriving musical tradition (shape note music), and today Mason and his followers are sharply criticized for this.

Happily today, we are able to appreciate and make use of the wide variety of music that has been used to sing praises to God. In our present hymnal, Sacred Harp music stands side by side with Mason and Mason-inspired tunes. We can love "Joy to the world" AND "What wondrous love is this."

What was the underlying purpose of it all? He wanted to promote congregational singing. In his own words, "a solid music education for all children is the only means of genuine reform in church music." He did it to enhance worship. There are few things more rousing than a full voiced congregation participating in hymn singing. Unfortunately for us, media bombardment has made us a society of observers, not participators, and people tend to think of music as something for the talented few and not for all. It's probably time for a new Lowell Mason.

Newton



Work Camp Mission Trip 2019

By Rachele Donnelly, Youth Director

The sun was shining the morning of June 22 as our group of 16 (12 teens and 4 adults) departed from the St. James' parking lot. The three rental vehicles were filled to the brim with luggage, tools and teenagers.

The first leg of our journey was to Hershey, Pennsylvania. The scenic drive was spent singing, laughing, playing the game "My Cows" (which is simultaneously pointless and fiercely competitive). Each participant understood the week ahead would consist of physical challenges, hard labor and unfamiliar faces, but today was our fun day—which meant the perfect combination of roller coasters and chocolate.

After a fun day, we drove on to the charming town of Danville, Pennsylvania and the historic Christ Memorial Episcopal Church, established in 1828. Upon our arrival, the rector in charge, Fr. Jim, welcomed us with snacks and interesting details about the building. The following morning, we attended the 8:00 a.m. service. Before our departure, Fr. Jim had one more treat for us, offering to show any brave youth or adults the bell tower. The courageous few who ascended the tower discovered the bells had previously been replaced by an electronic system.

From Danville we journeyed to our home-for-a-week, Marywood University in Scranton. The campus setting was a stark contrast from typical work camp accommodations, which usually include sleeping on the floor of a high school classroom and dining in a school cafeteria. Seasoned work campers understand that indoor showers (with the ability to adjust water temperatures) and air conditioning are not always a given. In Scranton, we had dorm rooms with actual beds, private showers and yummy dining options. In short, we had stumbled upon the work camp equivalent of a unicorn.

Our group joined 381 other campers for an incredible week serving the Lord and the city of

Scranton, Pennsylvania. Together, we represented 18 churches from 11 different states. Participants were grouped into 66 six-person crews, working a total of 68 job sites. Crew participants, all of whom were strangers on day one, quickly formed tight-knit groups of friends, complete with inside jokes and nicknames! Teens painted, performed drywall repairs, cleaned, gardened, replaced roof shingles and steps, built wheelchair ramps, and more! Collectively, the Scranton work camp completed 11,910 service hours and donated 908 items of canned and dry goods to a local food bank.

Warm days were spent completing physical labor, while evenings consisted of worship and play. Daily morning and evening worship programs consisted of music, prayer, scripture and thought-provoking discussion and activities in a small-group setting. Free time in the afternoon and evenings was spent playing cards, nine-square, volleyball and more. Wednesdays are half work days, allowing participants to spend time with their youth group. For our half day, we toured the retired Lackawanna Coal Mine. Descending 300 feet into the cool, wet mine, we learned about the dangerous work environment that adults and children as young as seven were exposed to.

On Saturday, June 29, our group returned to St. James'. Physically we were exhausted, several of us still covered in paint. Our bags were full of dirty, stinky clothes. Spiritually we were the equivalent of a field of giant sunflowers, all in full bloom. The excitement was tangible. Our youth were eager to share their experiences with family and friends. For our amazing adult chaperones, Rev. Meredith, Luther, Sean and me, work camp truly is a labor of love, which we are honored to be able to share in. Our heartfelt thanks go out to the many individuals whose generous donations made this incredible endeavor possible.

For those already interested, our 2020 work camp will take place from June 20 to 27 in the Pittsburgh suburb of Imperial, Pennsylvania. More information will be available in the fall.

Martha's Table Service Project

By Andrew and Matthew Boyce

Martha's Table has been helping families in the DC area for almost 40 years. Martha's Table works to provide resources for childhood education, health programs, and support for families. Martha's Table runs community markets where families in need can shop at no-cost, as well as food services in two downtown locations for people who have issues with housing or hunger. Donations are accepted by Martha's Table to provide the resources to help families that are struggling in our community.

The Sunday School juniors and seniors decided to raise money to help Martha's Table by holding a spring bake sale during the coffee hour after the 10:30 am service on Sunday, April 28. Thanks to the families who donated baked goods and to the generosity of the congregation, we raised \$397 to buy supplies for the Martha's Table food preparation scheduled for Sunday, June 2.

Mrs. Mathai organized the food preparation, and she purchased and brought the supplies to the Parish Hall on June 2. During the Sunday School hour, the junior and senior groups worked together to make sandwiches and bags of trail mix. First, Mrs. Mathai led us in a prayer and we asked God that our service would help those less fortunate and provide them with the nourishment that they need. Then we divided into groups for sandwiches and trail mix, and we joyfully began our service work!



Separate tables were set up for sandwich making and for trail mix bagging. The sandwich table was like an assembly line! Different people were in charge of bread, cheese, turkey and bagging the sandwiches once they were complete. At the trail mix table, different types of cereal were mixed into several big bowls. Then the trail mix was scooped out into little bags. We filled up boxes with the freshly prepared sandwiches and bags of trail mix. When we were finished, we had made 120 sandwiches and 129 bags of trail mix for donation to Martha's Table!

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Matthew 25:40.

It was fun to work together in the food preparation, and it felt good to do something that God could use to help others! We were only able to complete this service work with the support of our parish. We would like to thank all of our congregation members for their support and donations at the bake sale!



Prison Ministry

St. James' has a history of prison ministry for about 25 years. Michael Lash (a former member) worked with the chaplain at the detention center to start a mentoring program for inmates being discharged.

Working with volunteers from other churches, a Christian parenting program for women inmates was offered. A Bible cart program has continued, visiting inmates, praying with them, and offering Bibles and Christian materials.

I have been very blessed to be involved in all these ministries for the last 27 years. At this time, I am the only member of St. James' who has a badge to volunteer in the jail. We need more!

The people of St. James', through the Missions and Outreach (M&O) budget, have provided thousands of Bibles, pocket New Testaments, and Christian materials. In 2018 the M&O budget provided \$1,015 to buy 397 new Bibles, 200 pocket New Testaments, 107 Christian booklets, and 225 Gospel tracts. Grace Lo did a great job getting discounts and free shipping. She also photocopied hundreds of pages of handout materials—calendars, Christian teachings, and holiday fliers.

Grateful thanks to the people of St. James' for these generous gifts to our brothers and sisters who are incarcerated in a facility on Seven Locks Road, located one and a half miles from St. James' Church.

Prison Ministry and Mental Health

The people of St. James' made an important decision to emphasize ministry for mental health. Jails are one of the primary providers of mental health services. Many inmates have a diagnosis of serious mental illness. The exact percent is unknown, but previous estimates were 20 to 25 percent.

All incarcerated persons have mental health challenges and needs, and there is especially a need for someone to share God's love and Bibles. This is a real, available opportunity for *direct, personal* sharing of the Gospel in our own

community. *Real people* are needed—called and committed volunteers—to continue Christian prison ministry.

Where in our life experience do we have such an opportunity to share God's love and offer a Bible to someone who is *asking* for it? This is an opportunity to become involved in mental health ministry and learn how to do it.

What is required of volunteers? Obtain a badge. Have a TB test and a security clearance, and attend an orientation at the correctional facility in Clarksburg. Be available to work at the detention center for two hours on a weekday from 12:30 to 2:30 p.m.

Being arrested and taken to jail in chains is a wake-up call for some. I hate to see anyone in chains, but it can be a life-changing experience. An inmate once asked me, "What can God do for me? I've tried everything else."

Please pray about this situation; that the Lord will call and send faithful prison ministers to serve those with mental health challenges. Please contact me (via the parish office) for more information.

Grace Huff

Vestry Nominating Committee, 2020

Joyce Nohowel, chair of the Administration Commission, submitted to the vestry for confirmation the following candidates for the Vestry Nominating Committee:

Brad McCullough
Dawn Iype
Sarah Hnatov
Jennifer Nordin
Amy Metcalf

The vestry approved the committee.

Remembering The Shepard Sisters

Eulogy by Barry Thompson, July 15, 2019

Mary and Josephine (or Jo) Shepard. Who can forget the way Jo would cock her head to one side when she wanted you to know she was really listening? Or Mary's dimple, the way one could tell her from her nearly identical sister?

The twins already were "fixtures" at St. James' when Jo Ann and I joined the church in 1996. They were involved in oh-so-many activities, from Martha's Ministry (coffee setup for fellowship in the days before Jerome Childress), to Williamsburg Night (with handmade crafts for sale before Christmas), to Rummage Sales (remember the boutique room with the sisters managing the "vintage" jewelry?).

The Shepard sisters were "all in," whether it was engaging in the myriad activities of the parish, participating in Bible study, knitting prayer shawls, helping out in the office or at a reception, or meeting an unexpected financial need.

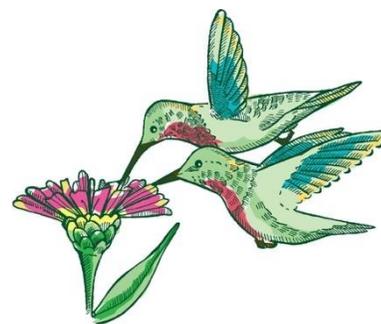
One day, the parish hall freezer was failing. A call came in from the twins, "You all pick it out, and let us know, so we can cover the cost." They didn't want recognition—just take care of the need. Theirs are two of the beautiful and symbolic stained-glass windows that grace the narthex. These ladies were quietly and continually giving. Most of you know of Mary's quite generous bequest to St. James' last year.

Many have called Mary and Jo "gracious" —and they were, always. "Sweet" is another frequently heard description. I know of no one that would disagree. No matter your story, each sister was ready to listen, without any apparent judgment, to whatever was being related.

At the same time, the Shepards were "real." Years ago, when it was easier than it has been recently for any of us to do physical labor, Mary and Jo were among a group of women doing the

nitty-gritty scrubbing that any church kitchen occasionally needs.

It was a long day, something didn't go right, and everyone was tired. Mary was heard to mutter emphatically, "Damn." What a relief! Finally proven to be sweet, but not TOO sweet.



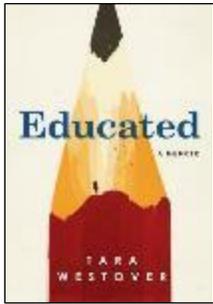
In a different setting, Jo was the first of the two to help us sense that, although they were always gracious, they did NOT like hypocrisy. To borrow an old phrase, they could "smell it a mile off." Don't pretend to be something you aren't. Don't say something you obviously don't really believe. Yet they steadfastly promoted the idea that God, indeed, does love us all, no matter how we act at times.

After some twenty-five years of knowing them, I can still respect their intense desire for privacy. In fact, they would probably just as soon have us NOT talking about them!

My thanks to many of you who have shared with me tales of the two sisters. Other parishioners have said to me, "I really didn't know them well." I'm not surprised. Maybe I didn't know them in detail either: their childhood in the area, their church lives before coming to St. James' in 1992. Yet, I felt a caring connection with each of them, and I miss them.

The term "family" can have many forms. Their friends and their church were family to Mary and Josephine. These elegantly quiet ladies have left us, but we can remember well their steadfastness, strong faith, and love. We are grateful for their presence in our lives and treasure our memories of them both.





The St. James' Book Club Gets Educated, August 25

Book Club will meet in the parish hall library at 6:45 p.m. to discuss Tara Westover's memoir *Educated*. All are welcome.

Thursday Morning Bible Study Resumes September 12; Sign Up by September 1

All are welcome to this small-group study of Isaiah, 10:00 to 11:30 a.m. Thursdays in the parish hall meeting room.

We will begin the year studying the book of Isaiah, the largest book in the Old Testament. See and hear the word of God through the faithful witness of this prophet as he reveals God's message with reverence and compassion.

The Kerygma study guide cost is \$23. Join the group order and save on shipping. Please contact the office to sign up by September 1.

Confirmation Classes Begin September 29

We have two opportunities for those who would like to be confirmed in or received by the Episcopal Church. The first is on November 3 when the Bishop will visit St. James'. The next will be in May at The National Cathedral.

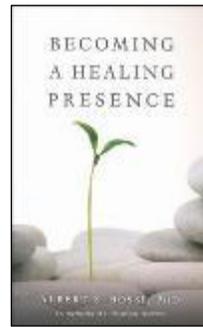


Adults and youth who are interested in being confirmed or received in November are expected to attend our Confirmation class series this fall. (Confirmation classes for the May event will take place in the spring.)

We will meet for five Sundays, beginning on September 29, after the 10:30 service. Pizza will be provided! Come have fun and learn about what it means to make a mature commitment to Christ.

Sign up with Rev. Meredith by September 22, rector@stjamespotomac.org.

FaithTalk Book Study Begins September 8



For the beginning of our first Faith Talk series of the program year, we'll delve deeper into the spirituality of our Mental Wellness Ministry with discussion of the book *Becoming a Healing Presence*, by Albert S. Rossi.

In this book, Rossi proposes that, in order to become a healing presence for others, we must first be healed ourselves through an active relationship with the Great Healer, Jesus Christ. Drawing on teachings of the Fathers and saints of the Church, Dr. Rossi points the way toward deepening our love for God and for each other so that others may experience Christ's healing presence through us.

This discussion series will be facilitated by Ann Venton. Participants are encouraged to read two to three chapters of the book in advance of each discussion, but participation is open to all. To reserve a book at \$13.95 per copy, please contact the church office by September 1.

Summer Tai Chi at St. James', 6:00 p.m.

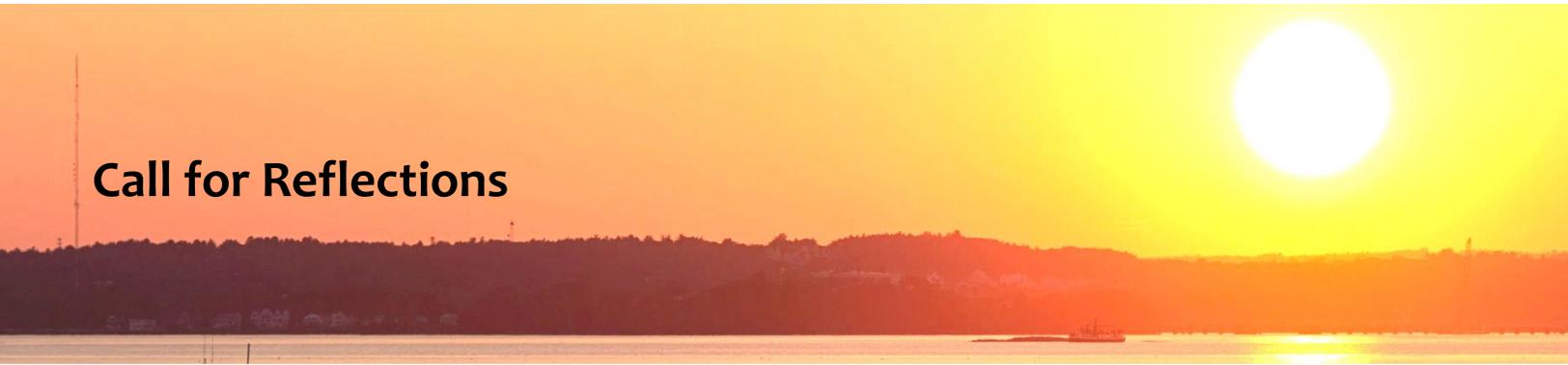
Join us Monday evenings, 6:00 to 7:00 p.m. in the undercroft through August 26. Tai Chi is low impact exercise and helpful for balance. No prior experience is needed. We copy the movements of the leader, Douglas Pratt, M.D. There is no charge, but any donations go toward St. James' utilities.

Do You Love Working with Children?

Sunday School volunteer teachers and assistants are needed for our fall. The time commitment is flexible,



we provide simple and easy lesson plans, and fun and blessings are guaranteed! Please contact the church office, office@stjamespotmac.org or 301-762-8040.



Call for Reflections

Remember all of those moments that were so powerful and moving, or maybe surprising and wonderful, that came out of the Mental Health Ministries this past year?

- We discerned a call to mental health ministries;
- we had informative and inspiring speakers during the FaithTalk series;
- we had mental health issues mentioned in sermons;
- we wrote and received email reflections on God in the wilderness throughout the season of Lent;
- we participated in the NAMI Walk; and
- we had informal conversations with people in the parish about mental health issues, about what is happening in our own lives and in the life of the congregation.

An Invitation to Offer Your Own Reflections

The Mental Health Ministries leaders are inviting people in the congregation to reflect on their experiences of those initiatives so that we can keep the living Spirit present in the congregation and maintain the positive momentum from those initiatives.

A working group of the leaders will receive these new reflections, compile and organize them, and share them with the congregation. These new, compiled reflections may also be shared with people outside of St. James.' **No names will be associated with the compiled reflections.**

You are invited to respond to as many of the following three prompts as you would like. Please respond to a single question with each reflection, identifying the question in your response. Each reflection can be up to 500 words long, and **should be submitted no later than August 31.**

The reflection prompts

1. As you experienced the recent mental health ministry initiatives (Lenten reflections, faith talks, NAMI walk, sermons), how have you been personally moved?
2. How have you noticed God working through these initiatives to continue to shape the life and community of St. James'?
3. In the context of these initiatives, what would you tell your friend/neighbor about what you see happening at St. James'?

Please submit your reflections by August 31.

Reflections should be emailed to: MHReflections@stjamespotomac.org.

Thank you for your ongoing participation in this meaningful and Spirit-filled work.





Lunch & Learn

Barbecue and White Elephant Bingo

Tuesday, September 3, 11:30 a.m.

Save the date for a great time in the undercroft at the next meeting of Lunch & Learn. All ages are welcome!

Enjoy a barbecue lunch with appropriate sides. This month's program will be White Elephant Bingo, so save your "treasures" to bring for prizes.

Please contact Sarah Padgett to reserve the \$10 lunch. The Bingo is free!



Altar Flowers

A Celebration Opportunity

Remembering a loved one? Celebrating a milestone? Giving thanks?



Altar flowers glorify God and enhance our worship. They are made possible only by donations to the flower fund. Donors can request particular colors or varieties and the Flower Guild will do their best!

- **Reserve your altar flower dedication date** using the flower schedule on the narthex wall.
- **Donate** using the white envelope in the pew, or send a check to St. James' with "Altar Flowers" in the memo. Any amount is welcome, but flowers for a full arrangement usually cost about \$50.
- **Please include a dedication**, by email if possible to office@stjamespotomac.org.

We can also offer a chance for you to arrange your flowers yourself if you'd like to try your hand at design, or just want to learn a few basics about making cut flowers last longer than you may expect. Questions? Contact Mary Miers at 240-274-7087 or marylmiers@comcast.net.

Integrated Pest Management

By John Combs

In addition to a life-long interest in plants and animals, John Combs has long been a member of the Maryland Ornithological Society, He is certified by the Audubon Naturalist Society as a macro invertebrate identifier and stream monitor, as well as a University of Maryland Agricultural Extension certified Master Naturalist. He served in his previous parish as the chair of the Creation Care Ministry for a number of years.

Integrated Pest Management (IPM) is a program that provides a method to safeguard plants from insect pests while also reducing the use of toxic pesticides. Pesticides, which also include herbicides, are chemical formulas designed to kill living organisms.

Since you and I and our children and our pets are living organisms it behooves us to be very careful how we use pesticides. All toxic pesticides have the potential to cause unintended harm to humans and wildlife, through pesticide spray drifting in the wind and impacting unintended people and pets, or through storm water runoff. The potential for harm is real and can be a very serious concern.

While healthy adults can often recover from small doses of pesticides, children's physical development can be impaired by doses that might not cause significant harm to adults. The Environmental Protection Agency and others try to keep track of the amount of foreign substances in our public drinking water where a number of chemicals are present in small quantities. These small amounts are presumed to be safe but no one knows for sure.

Integrated Pest Management seeks to limit the use of pesticides to those situations where they are the only method of solving a pest problem. I cannot cover the full range of IPM treatments that may be used in this short paper but an internet search of IPM will demonstrate the many alternative treatments available. I will simply give a few examples to illustrate the theory of IPM.

IPM uses a wide range of alternative pest control methods which begin with good cultural plant management, including ensuring that we know what the cultural needs of the plants are and that we make sure we follow them. If a plant needs full sunlight, we plant it where it will

receive full sunlight. If the plant needs medium moisture we ensure it is planted where it will receive medium moisture, etc. We then ensure it is planted correctly so the plant can grow successfully.

IPM calls for regular monitoring of your plants, generally weekly inspection, to ensure that any problems are identified promptly and dealt with. The general principal of IPM is that we use the least toxic product first to see if that will solve the problem. If the problem continues we use a slightly more toxic product to solve the problem and then observe the result.

For example, if an inspection shows that aphids are present and affecting the plant's health, the initial approach might be to spray the plant with a fine water spray to dislodge many of the aphids and often this will solve the problem. If the problem persists then a second water spray treatment may be necessary. If the problem persists again then the use of a mild pesticide such as plain soap mixture may be necessary or a sticky card could be placed near the plant to trap the pests. If the problem is not solved we continue to move up the scale of toxicity until we find a solution to the problem.

The value here is that we limit toxicity and the prevalence of the use of pesticide while still being open to use pesticides where they are necessary to control situations that cannot be resolved with less toxic means. In a healthy ecosystem, especially one with many native plants, the insects we call pests are subject to control by natural insect predators such as Assassin bug or Lacewings, as well as birds and animals. Generally, most insects have several natural predators that provide a check on their numbers and prevent them from causing significant harm to our plants. If we use a broad-spectrum insecticide we kill off

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Integrated Pest Management, continued from page 10

the natural predators as well as the target insect species and we may actually create a more significant problem.

In a future essay, we will discuss the incredible role that microorganisms play in the life of the soil, but it is crucial to the long-term health of the soil that we limit toxic pesticides that might kill critical microorganisms.

In closing, I am reminded of the words of Rachel Carson whose pioneering work of

uncovering the harmful effects of pesticide toxicity led to the beginning of our society's study and control of toxic pesticides:

"The contamination of the environment with harmful substances is one of the major problems of modern life. The world of air and water and soil supports not only the hundreds of thousands of species of animals and plants, it supports man himself." — Rachel Carson

**Additional IPM Information**

University of Maryland, College of Agriculture and Natural Resources:
www.agnr.umd.edu/Extension/agriculture/IPM/

IPM Institute of North America:
www.ipminstitute.org

Other Important Contact Information

Maryland Poison Center (operates 24 hours)
 800-222-1222, www.mdpoison.com

National Pesticide Information Center
 Non-emergency info on pesticides and pesticide use: 800-858-7378, www.npic.orst.edu

Maryland Department of Agriculture
 Pesticide Regulation Section; Report complaints about commercial pesticide applicators or pesticide misuse;
 410-841-5710, www.mda.stste.md.us/plants-pest

University of Maryland Home and Garden Information Center
 800-342-2507, www.hgic.umd.edu

Maryland Pesticide Network
 A grassroots coalition of organizations in Maryland dedicated to protection health and the environment from the hazards of pesticide and promoting solutions for healthy living;
www.mdpesticides.org

Sunday School Parents Meeting, Sunday, August 25

12:00 - 1:00 pm, parish hall meeting room

Parents who have volunteered to help lead Sunday School classes this year are asked to attend a training with the rector and other Sunday School leaders. Learn about our new curriculum and how to use it with ease and effectiveness. **Pizza** will be provided!

Need childcare? RSVP to the parish office so adequate childcare can be provided in the undercroft. Tell us the number and ages of children who needing care, and please note any dietary restrictions. **If you are unable to attend**, please reach out to Rev. Meredith to arrange a time to review the material together, at rector@stjamespotomac.org.



News from St. James' Children's School

Classroom Spotlight: The Older Infants Room

By Tiffany Belcher

We are welcoming summer and all of the warmer weather.

Our room has recently transitioned to a Toddler room and two new friends have joined our class. Everyone has adjusted quickly and we have settled in as our new classroom of eight.

As children have gotten older, we have been enjoying more time outside exploring and playing. The children enjoy looking at all of the animals that run through our playground. We also like to observe insects, frogs and other types of nature that may be nearby.



The class recently talked about the life cycle of the butterfly. A butterfly kit with larvae was purchased for our classroom. We read *The Very Hungry Caterpillar* every day and watched as our larvae transitioned into caterpillars then into butterflies. The children were very excited when it was time to release our butterflies! We are also able to create daily artwork, using various paint, markers, glue and tissue paper.

It's so much fun to watch the children make a beautiful mess! The Older Infant team is so proud of all of our friends and wish them well as they get ready to move into their new classrooms in September.

Fall Preschool Spaces Still Available at St. James' Children's School!

St. James' Children's School still has a few openings for children between ages 2.5 and 4, starting September 1. We offer a full day (7:30 a.m. to 6:30 p.m.), year-round, preschool program children in our Infants, Toddlers, Twos, Threes, Fours and Pre-k classes. We also offer additional Spanish, Art and Music lessons, with specialized instructors that are all included in the monthly tuition. Anyone interested should call the school at 301-762-3246 to schedule a tour or check out our website at www.stjameschildrensschool.com.

Calendar of Events

Sundays 9:15 a.m.: FaithTalk adult spiritual formation

Sundays 10:30 a.m.: Children's activities, childcare

Mondays 6:00 p.m.: Tai Chi at St. James'

Wednesdays 6:30 a.m.: Men's Prayer Breakfast

Aug. 7, W: Visit to Manor Care Nursing Home

Aug. 21, W: Visit to Potomac Valley Nursing Home

Aug. 25, SU: Sunday School parents' meeting; Book Club discussion

Aug. 27, TU: Newsletter submission deadline, September 5 issue of *The Pilgrim*

Sept. 1, SU: Deadlines to order Kerygma study guide (Thursday study) and *Becoming a Healing Presence* (FaithTalk) through the church office

Sept. 8, SU: FaithTalk book study begins

Sept. 12, TH: Thursday Morning Book Study begins

Sept. 28, SA: Fall Community Sale at St. James'! Setup begins Thursday, September 26.

Sept. 29, SU: Confirmation classes begin for November 3 Confirmation at St. James'



Save the date and your donations!

St. James' Community Fall Sale

Saturday, September 28
8:00 a.m. to 5:00 p.m.



More information to come about donations and ways to help.
Want to help us make it a success? Contact the parish office,
office@stjamespotomac.org.

Save your donations of gently used items:

- | | |
|-------------------------------|-------------|
| Children's clothing | Toys |
| Household goods | Electronics |
| Decorative items | Jewelry |
| Sporting goods | Tools |
| Books, CDs and DVDs | Furniture |
| Men's and women's accessories | |