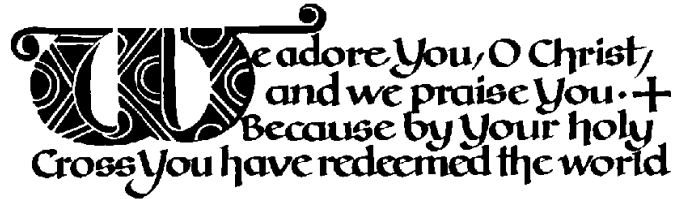


NEVERTHELESS

Newsletter of the Church of St. James the Less, a parish of the Episcopal Diocese of Virginia
125 Beverly Road, Ashland, VA 23005 (804) 798-6336; Internet: www.stjamestheless.com

April 2009



There is a church in New Mexico that I first attended when I switched pews from the Roman Catholic to the Episcopal Church. The people of the church commissioned an artist to make a cross to hang behind the altar. I'm not sure when they commissioned the cross if they really knew what they were getting. The artist made a cross that would be called a crucifix. The cross held a life size, three-dimensional body woven of wide and narrow strips of steel much of which looked rusted. At various points in this sculpture you could see through the frame of the body.



The first Sunday it was hung behind the altar some members of the congregation clearly did not like the image. And who could blame them, for it was such a powerful image of a stark suffering Messiah. To this day, especially during Holy Week and on the Friday we call "Good," I think of the image of that cross and the story of faith it exemplifies.

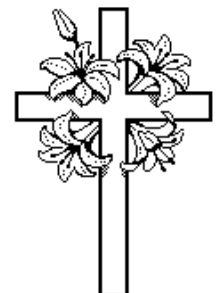
Like Holy Week itself there is more to the story of the cross. When I walked into the church the first Easter Sunday we had the new cross, I found the powerful wounded woven steel Jesus gone! It was a shock. It was a shock that reminded me in a way of the shock the first followers of Jesus encountered on Easter morning when they found the empty tomb.


The powerful steel body on the cross was gone, replaced by a three-dimensional life size image of the risen Christ in beautiful simple flowing robes. The arms were extended, free of nails, and the face of the risen Lord seemed to glow, truly expressing the joy, hope and promise of the new life of resurrection.

These coming weeks in the journey toward Easter there will be many opportunities for us to encounter Jesus in a new way. The events and stories we encounter will reveal to us not only another view of God but also another view of our humanity. Like the wounded woven steel crucifix, we do not always like the image we see because it is so powerful. Yet the story of the death of Jesus demands a longer view, for it is in these collective stories and images that we meet the gift of God's very self to us.

Even if you are unsure of what you might be getting into, come and enter the journey toward the cross. In that journey you will discover that suffering and death are not the final word. You will discover a new perspective of your faith. And you will once again meet the God who gives life to the dead and creates out of nothing things that never were! (Romans 4:17)

Lord Jesus Christ you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen. (Book of Common Prayer pg. 101).





Many of us are seeking comfort and reassurance in these difficult economic times. The following are two of several new prayers contained on the Church of England Website: <http://www.cofe.anglican.org/prayers>:

Prayer on being made redundant

"Redundant" - the word says it all -
"useless, unnecessary, without purpose, surplus to requirements."
Thank you, Heavenly Father, that in
the middle of the sadness, the anger,
the uncertainty, the pain,
I can talk to you.
Hear me as I cry out in confusion,
help me to think clearly,
and calm my soul.
As life carries on,
may I know your presence with me
each and every day.
And as I look to the future,
help me to look for fresh opportunities, for new directions.
Guide me by your Spirit,
and show me your path,
through Jesus, the way, the truth and the life. **Amen**

Prayer for those remaining in the workplace

Life has changed:
colleagues have gone - redundant, out of work.
Suddenly, what seemed so secure
is now so very fragile.
It's hard to know what I feel: sadness, certainly, guilt, almost,
at still having a job to go to,
and fear of the future:
who will be next?
How will I cope with the increased pressure of work?
Lord Jesus, in the midst of this uncertainty, help me to keep going:
to work to the best of my ability,
taking each day at a time,
and taking time each day to walk with you;
for you are the way, the truth and the life. **Amen**



HOLY WEEK AND EASTER SERVICE TIMES:

Palm Sunday: 8:00 & 10:00 a.m.;

9:00a.m. Blessing of the Palms at Henry Clay School.

Maundy Thursday: 7:00 p.m. Holy Eucharist.

Good Friday: 12:15 p.m. Good Friday Liturgy; 7:00 p.m. Stations of the Cross.

Easter Sunday: 9:00 & 11:00 a.m. Easter egg hunt after the 11a.m. service.

In Our Parish Family

Transferred In: Andrew Doak and Lauren Smith

ECO CORNER

We have two totally unrelated topics this month. First--styrofoam peanuts. Don't throw them away! If you don't want to reuse them, take them to Post-Net in the Ukrop's shopping center. They'll re-use them. Also, check to see if they are truly the nasty styrofoam ones. If you think they may be made of something else, try running one under water. If it dissolves, it is cornstarch, and you can either wash them down the sink or put them in the compost heap (the better solution--it doesn't use water).

The second topic is buying local. When you purchase fresh fruit, for example, look to see its area of origin. Apples come from Washington State, New York, Pennsylvania, and ta da!! Virginia!! Consider how much energy it took to get that apple to Ukrop's, and purchase accordingly.

And items other than fruit: corn meal? Ashland or Texas as a starting point? Just check the labels there for that information. And keep it close to home!

--Sandi Shirey





YOUTH GROUPS UPDATE

MIDDLE SHCOOL

The planning for our Shrine Mont weekend continues. Just keeping our fingers crossed for as nice of weather as we had last year, but youth who are planning to go should pack plenty of warm clothes just in case!"

A huge "thank you" to everyone who came for the Shrove Tuesday Pancake Supper to support our group. We were able to raise \$260 after expenses. We will have a discussion with the youth and see how they want to donate this money. Also, thank you to the middle school parents that stayed to help out during the evening.

We took the kids to visit Charlotte Reynolds. We thrilled her with our singing and a few gifts that she seemed to enjoy.

I am still looking for additional youth volunteers for our monthly trip to Aylett to pack food. We go the first Saturday of each month. This opportunity is open to all middle and high school youth. If you have any questions or are interested in joining us, please contact Vicki at 550-2425.

--PK Kinser, Vicki Morison, Tish Sanders

SENIOR HIGH YOUTH GROUP

All students in 9th thru 12th grade

Sundays from 6:00-7:30pm

We've had a full month of learning about 'missions' in other parts of the world, from Iowa to the Congo. Most every youth will be going on a mission trip this summer, and we're very excited about that, either to help out with flood relief in Iowa or to go to work camp in Petersburg. This coming month we'll be heading to ShrineMont for our spring retreat and planning for the senior high youth group Sunday service on May 3.

If you are in high school and have not attended in a while, please feel free to come back anytime—we miss you!

Aleta Meyer (380-7832 or meyera2@nida.nih.gov)



Children's Choirs

Both choirs will perform at 10:45 a.m. as part of the prelude to the 11 a.m. Easter service.

For the St. Cecilia guys:

1. Hope Song – Rebecca St. James

- The first is a song by Rebecca St. James from the Veggie Tales series called “The Hope Song” from *The Easter Carol*.
- Here’s the link to the clip if you’ve never seen it: http://www.youtube.com/watch?v=k7_HexyXXGk
- It’s more of a challenge, but the St. Cecilia’s seem to want that! We did a simpler version with guitar that Riley was nice enough to be guinea pig for us on the SJTL website: http://www.stjamestheless.com/attachments/File/Hope_Song.mp3
- Lyrics can be found at http://www.stjamestheless.com/attachments/File/Hope_Song.pdf

2. Alleluia, Alleluia, Give Thanks (first two verses)

See <http://www.stjamestheless.com/Choirs.php> for lyrics and music.

For the Cherubs:

Miss Sally has chosen a song called “*He is the King of Me*” that should be a lot of fun.

-- Danah Massey (nursery@stjamestheless.com) 550-7420

HELP WANTED

NURSERY ATTENDANT: St. James the Less is looking for a lead caregiver for the younger members and visitors to the church (under age 3 during Sunday School at 9:00 a.m. and all ages during the 10:00 a.m. service). Each Sunday the attendant opens the nursery at 8:30 a.m., greets children and their families and closes at 11:30 a.m. The attendant provides guidance to the parent and youth volunteers and works with the nursery director to make sure that the needs of all are met. Salary is \$50.00 per Sunday. Required are an approved criminal background check, attendance at an abuse prevention workshop and CPR/First Aid training.

For more information, please contact Danah Massey at nursery@stjamestheless.com or 550-7420.

--Danah Massey

U.T.O. COORDINATOR: The United Thank Offering (UTO) is a program of The Episcopal Church, founded by and administered by women since 1889, for the mission of the whole Church. We need an individual to coordinate the UTO offering for SJTL for 2009. For details you may consult the website www.episcopalchurch.org/uto.htm. An ingathering of donations is to take place on Sunday, May 24, 2009. Please contact the church office at 798-6336.



Fall Prevention

Falls are a threat to the independence, health and lives of adults over the age of 65. Every 18 seconds an older adult is seen in an emergency department for a fall and every 35 minutes someone in this population group dies as a result of their injuries.

You can reduce your chance of falling by doing several things:

1. Begin a regular exercise program:

Exercise strengthens your muscles and improves balance. Yoga and Tai Chi are particularly good at improving balance.

2. Make your home safer:

Remove things you might trip over such as papers, clothes, shoes and other items from areas where you walk.

Remove throw rugs or use double-sided tape to keep them from slipping.

Keep items you use often in places you can reach easily to avoid the need for a stepstool.

Put grab bars in your tub, shower or by the toilet.

Use non-slip mats in the tub and shower.

Improve lighting – inside and out.

Install handrails on all stairways.

Wear shoes with good support with non-slip soles. Avoid slip-ons and shoes with deep treads.

3. Review your medicines with a healthcare professional:

As you get older, the metabolism of medications changes and side effects such as dizziness or lightheadedness may become more pronounced. Some medicines interact with others to cause these side effects as well.

4. Have your vision checked:

You may need more correction to your lenses or have a condition such as glaucoma or cataracts which impairs your vision.

Hopefully these hints will prevent you or a loved one from having a needless fall.

--Bobbi Street





HOLY BAPTISM: If you or a family member wish to receive the sacrament of Holy Baptism, the next available is Pentecost Sunday, May 31. Please contact the office at 798-6336.

SPECIAL ENVELOPES: Your **Ash Wednesday** Contribution will be sent to the Diocesan Fund for Human Need, **Good Friday's** goes to the Church of Jerusalem and the Middle East, and **Easter** helps to retire the SJTL debt (Building Fund).

APRIL IS OUTREACH DINNER MONTH. The April Outreach Dinner will be Sunday, April 26. The menu will be fried chicken, mashed potatoes, green beans, tossed salad, rolls, cookies and sherbet. There will be a sign-up sheet on the bulletin board outside the library beginning in April.

--Linda Ray

USHER ALERT: We are now in need of ushers for the months of May and June at the 10 AM service. This is a wonderful way to meet and greet your fellow parishioners. This rewarding experience makes the service run smoothly and you will be appreciated by all. A monthly sign-up sheet is in the hallway on the bulletin board for May and June 2009.

Please take your turn and I will be glad to assist or if you have questions give me a call at 368-0609.

For those who have ushered so far in 2009, your service is greatly appreciated.

Let's see some new faces for the rest of the year. Thank you.

--Rich Holt

COLLEGE MINISTRY: Thanks to all of you who have been signing the birthday cards for our SJTL's college students. They really appreciate them! There are a lot of spring birthdays, so please check each week on the table outside the acolyte room.

--Jane Jones

ECW OF CENTRAL HANOVER: will visit the Mattaponi Indian Museum on Monday April 6. Information is posted on the bulletin board opposite the church office.

--Lula Hopkins

LIONSHOP & SHARE: Participants' registration slips have been sent to Food Lion. All purchases will financially aid the Church and the Free Clinic beginning April 1! This is an ongoing way to benefit the Church and the Clinic. If you're not yet a supporter, PLEASE register. Slips are posted on the bulletin board opposite the office.

--Lula Hopkins



APRIL BIRTHDAYS

- 1 Patricia Jordan, Robbie Hooley, Parke Pleasants, Claire Reagan
- 2 Don Jones, Katherine Ellithorpe
- 3 Janet Taylor
- 5 Denton Baker, Taylor Green, Tyler Green, Olivia Baker, Henry Shifflett
- 8 George Spagna, Linda Ray
- 9 Ron Hopkins, Nicole Mau, Josh Sanders
- 12 Rachel Hoar
- 13 Stewart Dishman
- 16 Mary Friedman, Bethany Callis
- 17 Kendra Shifflett, Bekah Taylor
- 18 Betty Tharrington, Yancey Jones, Kristina Raney, Hollis Reynolds
- 19 Madge Carter, Bill Blakemore, Bob Brown, Marcia Hill, Rebecca Cauthorne
- 20 Bobbi Street, Madeleine Alderman
- 21 Jillian Callis
- 22 Steve Pace, Dani Petitt
- 23 Ian Starrett
- 26 Sally Walton
- 29 Doris Hassell, Karla Batten, Sam Rhodes
- 30 Elizabeth Cardaropoli

Our Prayers Are Invited...

For healing: **RANDY** Munford, **CHARLOTTE** Reynolds, **BEKAH** Taylor and **EMILY** Starrett;

For the homebound: **JOYCE** Jeffers and **NANCY** Bugge;

For those serving in the military: **ADAM** Baker, **PATRICK** Raney, **TRENT** Chelette, **BRAYDEN** Pleasants, **CHRIS** Abaire, **SCOTT** Feeley and **C. DALE** Reed;

Relatives & Friends: **ETHAN** Rekant (friend of Bob & Mary Lou Brown), the **LESKO** family & **TIM** O'Connell (friends of Doris Hassell), **WHIT** Licata (nephew of Cami Stiles), **PEGGY** Kern (friend of Lyde Longaker & Katherine Tinker), **JOHN** Kennahan (friend of Jim & Betty Moore), **BILL** Lohr (friend of the Hooleys), **MAURA** Schofield (sister of Pat Jordan), **TRISH** Riley (family of Bob & Janice Jones), **PEGGY** Raper (friend of Tom & Bobbi Street), **THOMAS** Sheffield (father of Maggie), **LAURIE** Meschke & **ELIZABETH** Robertson (friends of Aleta Meyer), **CHARLES** Pleasants (father of Brayden & Parke), **WEB** Buchanan (friend of the parish), **MACK** Castle (son-in-law of Sally Walton), **BETTY** Ahern (friend of Barbie Dix), **RICK** Seabolt (friend of Vicki Morison), **CONNIE** Hoar (sister of John), **NANCY** Ketner (friend of Lula Hopkins), **BARRY** Bittner (father of Julie Ericksen), **FEILD** Baskerville (friend of Ron & Condé Hopkins), **ROBIN** Smith & **SANDIE** Litsinger (former parishioners), **LOGAN** Monk (grandson), **SCOTT** Ruff (son-in-law) & **RANDY** Rosinsky (friend) (of Rebecca Cauthorne), **SUMPTER** Priddy (cousin of Charles Thompson), the **JAN** Meacham family, **JENNIFER** & **DEREK** Burton (Lee Ann & Ed's family), **JUDY** Thomas (friend of the Flanagans).

Unless you inform us otherwise, we will keep persons on the Prayer List for four months. To make any changes, please contact the church office. Thank you.