



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

December 2008 – January 2009



On behalf of the vestry and staff I wish you a blessed Advent and Christmas as we await and then celebrate the birth of Our Lord and Saviour Jesus Christ.

In helping us to prepare and be mindful of these holy seasons St. James the Less will be holding an Advent Festival on Dec. 7 immediately following the 10:00 service. You can find out more about it in the article below.

We will also hold an intergenerational Christmas pageant at the 10:00 service on Sunday, December 21. Rehearsals will be held on November 30 and Dec. 14 after the 10:00 service. If you are unable to make any of those rehearsals you are still invited to join in the pageant.

Our Christmas service times will be at 5:00 and 10:30 pm on December 24th. A service of Holy Eucharist will also be celebrated at 10:00 am on Christmas Day.

May God bless you and your family with His true peace and joy in this holy time.

Ed

Christmas and Epiphany Service Schedule

December 24th 5:00 pm Holy Eucharist-Our Children's Choir will sing.

December 24th 10:30 pm Holy Eucharist—Our Choir will present musical

offering beginning at 10:00 pm.

December 25th 10:00 am. Holy Eucharist- A quite and intimate service

with no music.

January 4th 10:00 am. A Service of Lessons and

The Bishop of Myra is scheduled to visit the SJTL Advent Festival on DEC. 7th!!!

On December 7, 2008 St. James the Less will hold its first Advent Festival!

“That’s great!” you say, but “What is an Advent Festival?”

I’m glad you asked!

An Advent Festival is a celebration for all ages to help remind us of the coming of the birth of Christ.

Ok. I got the part about Advent being about preparing and getting ready for the birth of Christ, but “What will happen at the festival?” “Do we turn out all the lights, pull down the shades and wait in darkness for Jesus until Dec. 24th?”

We could do that but how about this:

After the 10:00 service we will all be invited to go to Brydon Hall where we will be served a delicious simple lunch. After we have all had a chance to eat, we will then have opportunities to explore and enjoy the various Festival Centers set up around the church.

Lunch, Food! Groceries! You say: “Sounds yummy!” And yes, you don’t have to cook! But “What is a Festival Center?”

Well, each Festival Center will have a table with a project on it with varying degrees of difficulty, so all ages will have something they can enjoy. Each of the projects will in some way be a reminder or reflection of the Christmas story that we look forward to in the coming days. Each Festival Center will also have someone to help guide participants in the project where necessary. People can move from one Festival Center to another and participate in the varying projects. When everyone has had an opportunity to enjoy the Festival Centers, we all be asked to gather together to meet and greet a special guest. (He’s very busy and on a very tight schedule!)

We have made special arrangements to be able to have as our guest the Bishop of Myra (Myra is the present day city of Demre, Turkey.) The Bishop of Myra, better known to many as Bishop “Nicholas”, will explain how he acquired his reputation, which then spread in notoriety around the world. He is regarded as the patron saint of children and of sailors.

To the Dutch he is known as *Sintaklaas*. So beloved is he that when the Dutch settled in this country they brought with them the stories and traditions of this bishop and saint. So many here were fascinated by the stories of St. Nicholas, they also adopted him. However, when children tried to pronounce *Sintaklaas*, St. Nicholas, it slowly began to transform from *Sintaklaas* into Santa Claus. The rest, as they say, is history (or some form of it!).

At the end of the Advent Festival, we will be greeted by *Sintaklaas* and tell stories of how to this day many maintain the tradition of hanging stockings by the fireplace. Before he leaves, St. Nicholas may even surprise you by giving you a (chocolate) gold coin or two.

I hope you all mark your calendars and join in the fun for all ages on December 7th immediately following the 10:00 service. The whole event will be over in no more than 1 ½ hours.



MIDDLE SCHOOL YOUTH GROUP UPDATE

By the time this is being read the group will have had our annual youth service. I hope that it was enjoyed by all.

Our next trip to Aylett will be on Saturday, December 6th. We will leave from the church parking lot at 9:00 a.m. The last couple of times we have stopped to enjoy lunch and fellowship on the way home. Even though I (Vicki) am now the Aylett contact, this project remains open to the high school group as well. If you have any questions or would like to join us, please feel free to give me a call.

Last month we had our group work with the Outreach Dinner. The youth enjoyed this opportunity and were a great group of workers. The next dinner will be on December 28th and I hope that we will have a group of willing workers that evening as well.

The group will be looking forward to our annual Christmas party at PK's house. This year it will be on Sunday evening, December 21st.

One of our goals this year is to perform acts of service for our local, national, and world community. Now that the youth service is behind us we can return our attention to this goal. If you have any suggestions for activities that would give our kids a chance to directly help folks in need, we would love to hear them! Along those lines, we will be planning several construction-skills labs to prepare youth to perform basic maintenance tasks SKILLFULLY and SAFELY. We hope to put those skills to use several times throughout the year, and are in the early stages of planning a major mission trip to Cedar Rapids Iowa to help with flood cleanup and reconstruction. Over 5000 homes and rental units were damaged in Cedar Rapids during the flood, and many STILL have no power and no appreciable reconstruction! The approximate date for this trip is July 2-10. More details will be forthcoming as plans firm up.

If there are any 6th – 8th grade youth who have not been to our meetings, please know the door is always open.

As always, if anyone has questions regarding our group please feel free to contact any of the youth advisors.

PK Kinser (752-6620), Vicki Morison (550-2425), Tish Sanders (752-2382)

We have a few St. James the Less logo items left from previous orders. They are:
3 royal blue sweatshirts (2 large and 1 3XL) \$25
6 maroon sweatshirts (4 small and 2 medium) \$25
6 XL blue t-shirts \$10
Proceeds go to senior high ski trip.
-Jane Jones



Christmas Gift Program Coming Soon!

Meredith Roemer and the Senior High Youth will be taking charge of the annual Christmas Gifts Program this year. Carrie Boyle provided excellent instructions to help smooth the way. This year, as in several years past, Hanover ARC will give us names of children with mental disabilities, whose parents are unable to provide Christmas presents. In turn, we will provide clothing and gifts to them.

Please look for sign up sheets in the Hallway outside the church offices.

Each year, you continue to amaze with your generosity and joy!

-Mary Field





Dear parents and friends:

If there is an interest and enough Cherubs around on Christmas Eve, I will be glad to come out of hiding (more like traveling) and help this sweet group sing a couple of simple songs. Danah Massey is helping me get the word out to all who are the age for this. We had said age 3ish – k. 1st grade can go either way (St. Cecilia or Cherubs). We can practice in the Nursery after church for about fifteen minutes, **while the St. Cecilia** Choir practices in the Junior High room. I will get the music out and we can practice on Dec. 7th, 14th and 21st.

Our Christmas Eve performance would take place at the 5pm service. Please let me know if you will be in town on Christmas Eve and have a “young-un” who would like to sing.

My e-mail is: trebleball@aol.com and my cell is 306-9436.

Thank you very much.

-Sally Ellithorpe

Take a look around the church property! Mary Lou Brown has been planting trees in the Wardens’ Walk. Wilbur’s Willing Workers have been planting flowers in the Memorial Garden. Clint Rose has been mowing and taking up leaves. Please take a minute and let these terrific people know how much they are appreciated.

Annual Reports for 2008 are due from the wardens in the church office no later than February 1, 2009.

Annual Diocesan Council will take place on January 23 and 24, 2009.

Your delegates are Carl Harris and George Spagna. The alternates are Condé Hopkins and Tom Street.

USHER ALERT

We are now in need of ushers for 2009 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 January-June 2009. Please take your turn and I will be glad to assist. For those who have ushered in 2008, your service is greatly appreciated. Let’s see some new faces in 2009.

If you have questions give me a call at 368-0609 or kmlholt@comcast.net. Thank you.

-Rich Holt

Outreach Dinner will be held Sunday, December 28. The menu will be baked ham, sweet potato casserole, green beans, salad, rolls, and a holiday dessert tray. There will be a sign up sheet on the bulletin board beginning in December.

ECW of Central Hanover will meet here at 11:00 a.m. on Monday, December 1. There will be a covered dish luncheon. **Everyone is invited.**



Parish Life is looking for volunteer “Supply Purchasers” for the kitchen.

Items needed are: coffee (regular and decaf), tea, sugar, sugar substitute, creamer, napkins, paper towels, garbage bags, dishwasher detergent, dish detergent, hand soap and scouring pads. If you don’t feel that you can do this on a regular basis, please consider purchasing “one or two extras” when you do your own grocery shopping.

You will be reimbursed for your expenses. Thanks for everything that you do.

-Doris Hassell



THINK WARM

Warm coats and jackets are needed for Hanover area children of all sizes!

Ashland Christian Emergency Services (ACES) is a non-profit organization supported by the churches in this area to provide food, clothing, household furniture and supplies, and emergency financial aid to those in need. They need donations of food and clothing all year long. This year the need is greater than usual. Thank you for all you are doing. Please continue to bring your donations to church, so they can be delivered to ACES.

Questions? Call Lee and Susan Chambers 798-6647.

Please bring toilet articles (razors, shaving cream, soap, combs, shampoo, deodorant, toothbrushes, toothpaste, dental cream) for A.C.E.S. and the Peter-Paul Development Center. These articles cannot be purchased with food stamps and very much needed.

A couple of little environmental tips, that take no time or effort, but have an impact just the same: cut scrap paper (junk mail letters for instance) in half, put them on a small clipboard and use them for scrap pads like grocery lists or notes to other family members. If you have a choice about which of two products to purchase, choose the one with less packaging around it. Who needs the plastic/paper/cardboard/stapled creation that holds your two new Sharpies anyway?

Sandi



Ten Tips for a Healthy Holiday Season

The holidays can wreak havoc on our health. Stress causes us to fall into unhealthy habits, causing us harm both mentally and physically. When our bodies are working at peak efficiency to meet the demands of the season, our immune systems don't work effectively and we become more prone to illness. It's particularly important to get plenty of rest, exercise regularly and maintain good eating habits.

Here are a few tips for maintaining your health this holiday season.

- 1) Work exercise into your daily routine. Take the stairs rather than the elevator. Park the car at the far end of the parking lot and enjoy the extra steps. Divide laundry into several small piles and make the extra trips to put them away.
- 2) Eat nutritional food. Decrease the fat and sugar, the things your body craves under stress, and add fiber, fresh fruits and vegetables.
- 3) Don't try to lose weight during the holidays - it will only leave you feeling deprived during a joyous season. Instead, treat yourself to the treats you enjoy - but in moderation.
- 4) Avoid caffeinated beverages. Caffeine dehydrates your body and can also make you nervous and unable to sleep well.
- 5) Drink lots of water. Indoor heat is very dehydrating, so our bodies need extra water in the colder months. Water can also decrease the sense of hunger, allowing you to feel satisfied with less food.
- 6) Get at least eight hours of sleep per night. Sleep deprivation suppresses the immune system and acts as a potent stressor.
- 7) Learn some relaxation techniques. Take a class in relaxation and stretching techniques, like Tai Chi or Yoga.
- 8) Get a flu shot. They're readily available this year. You certainly don't want to come down with the flu over the next few weeks!
- 9) Wash your hands often, particularly after shopping or being in crowds.
- 10) Laugh! It's a great tension reliever, burns calories, lowers blood pressure and actually boosts immunity. Laughter is one thing we want to be contagious during the holidays.



On October 26, 2008, the clinic was two years old! I know, I can't believe it either! As this year draws to a close, it is worthwhile to reflect and report upon where we are and provide some hints about where we may be going and to give thanks.

LET US GIVE THANKS: The Clinic has been the beneficiary of an outpouring of generosity. Organizations which have recently held events to benefit the Clinic include:

- The Episcopal Church Women
- The Ashcake Women's Club "Ashland Harvest Run"
- The Friends of Hanover's "2008 Gala"
- The Independence Ruritan Club's "Salt Fish Breakfast"
- The Ashland Lions' Club "Pancake Breakfast"
- The St. James the Less Episcopal Church's "2008 Heavenly Creations"

We are so grateful for this community support.

WHERE WE ARE: As I have reported before, from the inception of the clinic we have experienced a backlog of dental patients. A new patient can expect a waiting period of six months to a year before receiving care! This is despite the fact that there are two dentists per one doctor on each clinic night.

Regarding medical care, for the first two years we were generally able to schedule new folks within a couple of weeks of approval. Recently, that time has increased to around four weeks despite opening for one additional Thursday evening per month.

The Eye Care Satellite at Shiloh Baptist Church opened its doors on August 30, 2007. Dr. David Haine and his assistant Debbie Burks have served along with 11 Shiloh volunteers. LensCrafters has provided, free of charge, 87 pairs of eyeglasses to patients.

All told we have served 530 patients during 2600+ dental, medical and eye care visits, with many patients receiving multiple services. This is over \$450,000 in medical care not including samples, pharmaceuticals and eyeglasses distributed or specialist visits and tests provided through free referrals.

LOOKING AHEAD: We have good news for helping to meet the demand we are experiencing and in providing a wider range of services to patients. A number of other churches have enthusiastically expressed interest in starting satellite clinics for mental health, medical and dental care. We will share more details in the New Year as these satellites come into being.

WISHES: And since it is Christmas time, we thought we would include our wish list here in case you have some of this stuff lying around to re-gift! This list was created because St. Anne's Catholic Church asked us to put one together so they could help meet some of our needs (Thank you St. Anne's!): 2 Music Systems, Computer, Wireless Printer, Fax Machine, Chairs, Commercial Floor Buffer, Mobile Filing/Storage Cabinets, Ear Syringes (10cc and 20cc), Thermometers (digital), Magazines for Waiting Room, Privacy Screen, New Floor in Hallway?!, Patient Gifts.

-- Julie Ericksen

If you are interested in making an ongoing pledge to the clinic or have any questions about making a donation, you can call our Board president, Lee Chambers at 798-6647 or send us a note with your intention. Checks can be placed in the collection plate payable to "Saint James the Less Free Clinic" or mailed to us at "Saint James the Less Free Clinic, PO Box 117, Ashland, VA 23005". Thank you.

If you would like to call the clinic for an appointment, a question, or to determine eligibility for services, please call 798-8890 to leave a message and we will call you back.



Our Prayers Are Invited...

For those in need of healing: MAUD Brumback;

for the homebound: JOYCE Jeffers and NANCY Bugge;

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

Relatives & Friends: CLAY Stiles (cousin of Cami Stiles & Betty Tharrington), CONNIE Hoar (sister of John), NANCY Ketner (friend of Lula Hopkins), KAY Dew (mother of Joanne Flanagan), OLETA Taylor (mother of Richard), ANNE Robb & JOHN Bernard (friends of Pat Jordan), KEVIN Wagner (friend of the Mays), DONNER Buchet (brother) & BERNICE Petrak (friend) (of Sally Walton), BARRY Bittner (father of Julie Ericksen), ROB DuPriest (friend of Ron & Condé Hopkins), ROBIN Smith & SANDIE Litsinger (former parishioners), THOMAS Coleman (nephew of Madge Carter), SALLY Wright (friend of Pat Funk), LOGAN Monk (grandson of Rebecca Cauthorne), SHANNON Pride (daughter of Harry Hassell), SHEILA & JAY Whiteford (family of the Hassells), MARY Bland Pamplon (cousin of Pat Temple), SUMPTER Priddy (cousin of Charles Thompson), LEIGH Gray, GAIL Glavé & RODNEY Reed (friends of the Paces), AVA Chung (niece of the Masseys), the family of MANDY Hullander Horne, JENNIFER Fry (friend of Ragan Phillips & Phyllis Theroux), the JAN Meacham family, CAREN Petersen (cousin of the Purmasirs), LOUISE Rison (mother of Townes), ADA Lewis (mother of Steve), KARL Meyer (father) & ILANA Berger (cousin) (of Aleta Meyer), JENNIFER & DEREK Burton & GEORGE Waters (Lee Ann & Ed's family), JAN Abrams (friend of Melissa Roberts), ELIZA (daughter) & REINA Longaker (daughter-in-law) (of Lyde), NED Dillon (friend of Maud Brumback), ERNESTINE Nix (Nix family member), JUDY Thomas, ELWOOD Kelley, & IRA Andrews (friends of the Flanagans).





DECEMBER BIRTHDAYS

- 2 Jack Kay
- 3 Terry Pirko
- 5 Paul Tarbox, Christine Sayed, Brody Wehman
- 6 Jane Howard, Norman Kubala
- 8 Faith Boyle
- 9 George Stiles II
- 10 Bob Hopkins, John Hodges, Kris Holt
- 11 Billy Rison, Erik Rison, Jonathan Ray
- 13 Cara Wehman, Maddie Miles
- 14 Hilda Kelly, Joy Sentgeorge-Crist
- 15 Deklan Cauthorne
- 16 John Pirko
- 17 Riley Elizabeth Gentry-Funk
- 19 Lori Callis
- 20 Carl Harris, Robbie Mau
- 21 Louise Green
- 22 Tom Fritter, Kass Lawrence, Laura Baker
- 24 Teva Rittenhouse, P.K. Kinser
- 25 Mary Jane Spagnolo, Abby Friedman
- 26 Megan Rodman
- 27 Lelia Wehman
- 28 Ron Petitt, Trevor Tiffany
- 29 Rick Alderman, Morse Olin, Sharlé Purmasir
- 30 Sam Rosser, Harrison Baker
- 31 Beth Renswick, Hannah Moberg



JANUARY BIRTHDAYS

- 1 Abraham Deng
- 2 Chris Starrett
- 3 Will Seymour, Kathryn Roberts
- 4 Lee Chambers, Hunter Fines
- 5 Jane Wallingford
- 6 Jim Sanders
- 8 Buddy Kelly, Aleta Meyer
- 9 Virginia Meade
- 10 Ashton Cobb
- 12 Mary Field, George Field, Mark Stafford Reece
- 17 John Dull
- 18 Barbara Olin, Jennifer Cauthorne, Yancey Jones Sr.
- 19 Dale Hill, Dale Alderman, Danah Massey
- 21 Mark FitzHugh
- 22 Jim Cobb
- 23 Sarah Suydam
- 24 Rob Stiles
- 25 Emily Kay, Tyler FitzHugh
- 26 Angela Pirko
- 27 Fran McConnell

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

If your birthday has not been included, please contact the church office at 798-6336 so that it may be added to the list.