

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

July 2008



Some months back I wrote in the NTL that I was looking into getting one of those GPS gadgets to help me reach my destination. Well I did purchase one and it has come in very handy already. One of the things I discovered is when I head off in a different direction than the GPS originally programmed, a voice speaks out from the unit saying it is *Recalculating!*

In many ways, *recalculating* is where God is leading all of us in our lives. We start out in one direction and after listening to God's Spirit nudge us, we recalculate and begin to head in another direction. I think God may be nudging us to recalculate our Christian Formation gathering time at SJTL.

For many years our Christian Formation program, Sunday school and adult education, have met after the 10:00 service on Sunday. Though it has served many of us well in the past, it seems we have come to the point where it is not working for a large group of our parishioners, in particular the younger families of our parish.

As I have written before, there was a group formed to plan for a new Director of Children's Ministry and re-visioning our Sunday school program. The group's members offered feedback they received from parents with young children. The majority suggested it would be much better to hold all our Christian Formation time for children, youth and adults *between* the services beginning at 9:00 am and ending at 9:40 or 9:45. Even though it was tried once many years ago they believe the times are different now. This would be a good way to encourage and help younger families to participate in our Sunday school program. The following are some of the reasons given to move the time.

Interruption of the Sunday school.

Parents report there has been too much interruption of the Sunday school schedule throughout the year. There has been confusion on what Sundays we are meeting or not meeting because of special parish events after the service that cause classes to be canceled. It has also limited the total amount of Christian Education our children receive at church. Moving the time would still allow special events to be held after the service without canceling Sunday school or adult forums.

Clearly defined times to begin and end.

There would be a clear stated beginning and ending time defined for Sunday school. At present the beginning time can fluctuate depending when the services end. The time also fluctuates during various liturgical seasons or when special services are held. A defined length of time would also help teachers plan their lessons to be the same length of time each Sunday.

Build Community

Having all Christian formation between the services offers an opportunity for those at the 8:00 am service to receive Christian Education without having to come back to church two hours later. It would also give everyone an opportunity for the regular attendees at 8 and 10 to meet one another and build community.

Helps younger children and parents stay on a regular schedule.

The earlier time would enable many families to feed the younger children closer to their normal schedule. Teachers have also suggested that children are much more alert earlier in the morning than later.

Opportunity for more flexibility of schedules.

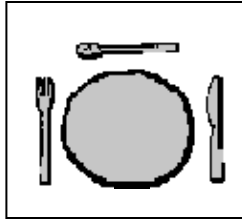
At present there are children who leave in the middle of Sunday school or miss altogether to attend other activities. This would allow them to attend for the full session and not miss their other events later in the day. It would also leave more flexibility for other family opportunities during the day.

Moving Christian Formation between the services means there are, of course, lots of questions to ask and explore. How would this affect the various ministries in the parish? Does an hour between the services leave enough time? How would schedules need to be shifted?

The vestry and I are asking for you to prayerfully reflect on what *recalculating* the time for Christian Formation between the services would be like for you and what it could offer to others. We want to hear your agreements and/or your concerns and ask you to share your reflections with me and/or members of our vestry. We want to listen and make adjustments where necessary. Depending on your feedback we would look at beginning this fall on September 14. We will let you know if we *recalculate* a new direction.

Still being nudged to recalculate daily,
Ed





THE ST. JAMES THE LESS SUPPER CLUB

The St. James the Less Supper Club has been a SJTL tradition for many years, and is a wonderful way to get to know fellow parishioners. It is inter-generational; members with ages ranging from younger to older get to spend time together. With the exception of December, Supper Club meets on the third weekend of the month, from September through May. There is a major change for the upcoming year. Everyone will meet on Saturday, rather than on alternating Fridays and Saturdays.

Groups are comprised of 8-10 people, meeting at a different host's home each month, with each member bringing a different dish each time (ex: person(s) "A" would bring the main course to "B's" home one month, and dessert to "C's" home the next month, and so on). A schedule is provided to everyone in order to keep track of when/where to be each month.

Those interested in participating will need to add their names to the signup sheet posted on the hallway bulletin board by July 31. The committee will then arrange the schedule and mail it to everyone along with a list of participants' names and phone numbers. There is an element of commitment, as once you have signed up, and the schedule is distributed, you are expected to participate as often as possible. This avoids a "hole" in the schedule that could be there every month.

In the event that someone is not able to attend a dinner, the host can call someone to take their place and bring the needed dish. This "substitute" could be another parishioner (newcomer or otherwise), a neighbor, or personal friend.

The host/hostess will coordinate the meal, inviting participants and substitutes. They will provide their home, along with appetizers and wine. Participants are asked to bring their own spirits and a dish sufficient to serve the full group.

Hopefully, this description explains Supper Club in a clear way, and enables everyone who has not tried it to do so. If there are any questions, please feel free to call the coordinators for more information.

George Field 752-6384; Doris Hassell 798-0529; Janet Taylor 752-6732

In Our Parish Family...

Baptized: Charlene Tate Boyd – June 8, 2008

Born: Ruby Grace Starrett – June 12, 2008

Married: Georgia Luck and Jeff Mitchell – June 21, 2008



2008 SHRINEMONT:

September 19, 20 & 21. This year we will continue the theme of the MDG (Millennium Development Goals) with a GO GREEN Saturday and a GO HEALTHY Sunday.

Friday night will be another "camp fire" event so plan to bring a chair, a song and a story. Our campfire will be up the hill next to the building we will have for our gatherings, so we won't have to walk up and down the hill so much (not to mention the stairs in the big house). Hopefully, George Spagna will be there to tell us what we're looking at in the sky.

Musicians, bring your instruments, please.

Saturday we'll learn how to be naturalists and we just might make some costumes out of recyclables to wear to the Saturday night event where we'll sing, dance and enjoy the fellowship of SJTL. We might have Karaoke, so those of you who like to sing, practice now.

Check out the sign up sheet for more details and we'll plan to have the info on our website.
--Ron Petitt

Senior High Youth News

The senior high ended the year with a wonderful get-together, complete with egg toss, kickball and lots of water! We hope all the teens have a safe, fun and productive summer. Best wishes to our graduating seniors!

Eleven of the teens are headed for the Petersburg Work Camp from July 20th through July 26th. This will be the ninth year we have sent teens to this camp. They will spend a week repairing homes during the day; evening programs offer inspiration through music, worship, liturgical dance and other art. Our workcampers are Carrie Boyle, Devon Ericksen, Jordan Ericksen (Devon's cousin), Gwynyth Hooley, Clair Purmasir, Meredith Roemer, Taylor Fines, Dylan Grosse, Chandler Hubbard, Quinn Kinser, Trent Thomas, and adult chaperones, PK Kinser and Clara Shea. If you would like to send a note to these campers during the week, the address is:

**WORKCAMP 2006
PO Box 1761
Petersburg Va. 23805**



Saint James the Less Free Clinic -- July 2008

When a patient is leaving our care for a period of time, we ask them to fill out an anonymous exit survey which asks them to check some boxes and leave a comment if they so desire at the bottom of the form. I'd like to share with you some of the comments that we received. I went through all of the surveys, with comments or without and there were no poor marks or remarks to be seen. These surveys come from both the medical/dental clinic at St. James the Less and the Eye Care Clinic at Shiloh Baptist Church:

Thank you for caring about those of use who have needs and no funds. You are a blessing to me, also an answer to prayer.

The care is overwhelming.

I can't thank you enough for helping me see better. (Thank you)!!! And God Bless.

Best exam I've ever had -- very thorough.

The whole staff and volunteers were wonderful. I got a full set of teeth and glasses. I've been waiting for years. May God bless everyone here, and keep them safe. I look wonderful!!!

I have never been more happy than coming here. The help and niceness and promptness are wonderful. God Bless.

I can't thank everyone enough for everything you have done for me. This is what God does!! You are all beautiful and I am so thankful that God put you in my life.

I thank God for what you all have done for me. I pray every night for the great work that you all do to God be the glory. Thanks so much.

This is the best place I've ever been that people are so caring, compassionate and loving. They made my life worth living. God bless them all.

Thanks so much. No only my health improved but so will my self esteem! Thanks to everyone!

We have also received a number of thank you cards in the mail. Here are some excerpts from them:

Thanx to the greatest team in the whole world, for giving me my health back, and your sincere friendship.

You all make every one of us that walk thru the doors feel that we still have dignity and are special people. I can't begin to say all the special things that I would like to say in fear that I would leave out something!!! Truly the very best people!!!

To all the volunteers, thank you all so much for all that you are doing, not only for my husband and me, but for the community. You all give of yourselves each week to improve the health and lives of those in need. It reminds me of 1 John 4:20 which says in essence: "If anyone makes the statement, 'I love God' and yet is hating his brother, he is a liar. For he who does not love his brother, who he has seen, cannot be loving God, whom he has not seen." You all prove you love God as well as your brothers and sisters in this community. Thanks again.

-- 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.

CARITAS: We would like to give a huge "Thank You" to all of you who helped with the recent CARITAS visit. We would not be able to do this without folks like you, and your efforts are very much appreciated.

--Sandi Shirey and Don Bruce

A.C.E.S.

Food is getting ever more costly. More people right here in our area are in need. Please continue to bring canned goods to the church. (Please be sure the dates on the cans are current.) God bless you.

--Lee and Susan Chambers

Remember that the first Sunday of every month is "Food Offering Sunday". You may place your offering of non-perishable food in the wicker basket in the narthex. It will be brought up to the altar at the Offertory during the 10:00 a.m. service.

HEAVENLY CREATIONS

Are you a person who loves to make craft projects, knit, sew, etc.? Or is baking or cooking your talent? The **Heavenly Creations Art Show** committee needs you! We are going to have a larger display area at the art show (Nov. 21-23) where we will sell handmade, donated craft items made by our church members. Since the show comes close to December, items suitable for Christmas giving are very popular. We will also sell homemade food items contributed by our best parish bakers and chefs. 100% of the profit from the crafts/food sale will be given to the church and used for Outreach. If you have 1 or many items that you would like to make and donate, or if you have questions about what to make, please contact me right away. Thanks in advance!

--Jenny Bruce 798-0922

NEW! Announcements and/or events concerning the parish
will be sent by e-mail.

Please contact the office at 798-6336 if you are not receiving the messages and
we will add your e-mail address to the system.

(The same applies if you would like your birthday and/or wedding anniversary to
be printed in the NeverTheLess)



Extreme Heat and Your Health

Unusually hot weather conditions affect the body by pushing it beyond its limits. When temperatures and humidity are high, the body must work extra hard to maintain a normal temperature. The body's normal response to heat is to sweat. When sweating is impaired for some reason, body heat rises and the risk of serious injury rises.

Individuals at particular risk for heat-related illness include:

- Seniors
- Infants
- People with chronic diseases such as diabetes, pulmonary or cardiac disease or people on dialysis
- People who play sports or exercise outdoors
- People who do strenuous outdoor work such as construction workers
- People who work where heat is involved, such as foundries, bakeries, dry cleaners, etc.
- People taking certain medications such as diuretics, anti-depressants, antihistamines, sleep medications, etc.
- Pregnant women
- Overweight individuals

The following are conditions that can arise from exposure to high temperatures:

Heat Cramps – These are painful spasms of the leg and stomach muscles, usually accompanied by profuse sweating. They can be alleviated by moving to a cooler environment and lightly massaging and stretching the affected muscles.

Heat Exhaustion – A person may be sweating heavily, but the skin may be cool, pale or flushed. Weak pulse, dizziness, fainting, nausea and headaches are also symptoms. The person should be moved to a cooler place, clothing should be loosened, and cool water applied to the skin. The person should sip water slowly at the rate of about half a glass every 15 minutes.

Heat Stroke – *This is a severe emergency that can result in death.* Body temperature will be elevated above the normal 98.6, breathing is often shallow and the person may experience throbbing headache, confusion, dizziness, nausea and have red, hot, DRY skin (not sweating.) The person should be taken to a hospital immediately. En route he should be sponged with cool water.

To avoid problems with the heat, pay attention to the weather forecast, limit outdoor activity to morning and evening if possible, wear light colored, loose fitting clothing, a wide brimmed hat and sunglasses. **Drink plenty of water – don't wait to feel thirsty!** Avoid beverages containing alcohol, caffeine and sugar, as these can dehydrate you further. Above all, be aware of the dangers of exposure to extreme heat, and seek help if you develop any of the symptoms of heat-related illness.

Bobbie Street
Parish Nurse