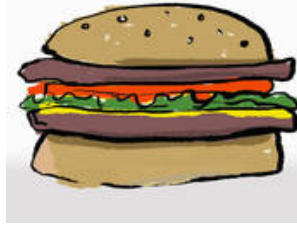


# NEVERTHELESS

## Parish Picnic/Holy Eucharist



***Trinity Sunday, June 7:* We will all gather at 10am at the picnic grounds (Brydon Hall if it's raining) for the celebration of Holy Eucharist, followed by a backyard barbecue picnic. Hamburgers, hot dogs and drinks will be provided. You are asked to bring a side dish to share. It is also Recognition Sunday, when we acknowledge all of your hard work. The children's choirs (St. Cecilia and Cherub) will be offering music. Anne Lane Witt, our seminarian/summer intern, will also be here to meet all of us. Let's give her a warm Saint James the Less welcome!**

I think an old saying goes something like this: "When the preacher is away the Senior Warden will play". So since Father Ed is on vacation, and he asked if I would write the letter to the parish, here goes.

Sitting in church last Sunday (May 17) and listening to Barbara Blakemore's sermon on love really made me think a lot about the congregation of St. James the Less. The outpouring of love from this congregation is incredible. It can be seen outwardly through the Free Clinic, CARITAS, Outreach dinners, the work of our youth groups, the support and prayers for Charlotte and the Reynolds family and countless other ways. It can be seen inwardly through something as simple as the way we greet each other every Sunday morning.

This brings back memories of when Joanne and I were first married and looking for a church to join. We attended several in the Richmond area, but were rarely greeted with open arms and made to feel welcome. Maybe this is a bad reflection on me, certainly not Joanne, rather than the churches. I think it is so important, when we see new faces in the congregation, that we all welcome the newcomers and invite them to return. We can all take notes on Dick Shirey. We need to very simply SHARE THE LOVE! This is generally all that visitors are looking for, and we have a lot to share.

On a side note, I want you to know that your Vestry is working very hard, and that in addition to the wonderful work going on daily, we have a few points of emphasis that we would like to concentrate on during this Vestry year. We will begin a program to abolish our debt on Brydon Hall, establish the vehicle for planned giving and create a long range plan for St. James the Less.

Obviously, your prayerful support and participation are vital to success. I would love to hear your thoughts on these endeavors and I will be calling on you for your help in the near future.

Blessings,  
Lou Flanagan

**Senior High Youth Group**  
**All students in 9<sup>th</sup> thru 12<sup>th</sup> grade**  
**Sundays from 6:00-7:30pm**

Thanks to everyone who participated and attended the Senior High Youth Service on May 3, 2009—there was a great turn out, where the seniors provided profound and grateful remarks on life at St. James the Less. Preparations for the two mission trips this summer are underway, with 7 youth planning to go to Petersburg and 9 youth going to Iowa. As part of the fundraising for the Iowa trip, the congregation has been invited to join the youth group to watch Field of Dreams on May 31 from 6-8:30pm (donations for the Iowa Flood Relief Mission welcome!). Popcorn, pop, pizza, and homemade goodies will be available at a concession (before the movie and during an intermission). On June 1, all the youth are invited to go to a wall-rehabilitation workshop at Home Depot, where they will get to build the framing, put up dry wall, learn to patch holes, and prime and paint a wall. Our end of the year celebration will be June 7—be ready to get wet and participate in some hilarious relay races!!

--Aleta Meyer (380-7832 or [meyera2@nida.nih.gov](mailto:meyera2@nida.nih.gov))



**Can you give a week for outreach and our teens?**

Seven St. James the Less teenagers are scheduled to attend this year's Petersburg Work Camp from July 19-25. Each group **must** send a male and female chaperone. Richard Grosse has generously volunteered as our male chaperone.

**We are in need of a female chaperone for the week.** Requirements are minimal; you must be at least 21 years old and enjoy being with teens! NO work skills are required; there are lots of handymen available to help. Wonderful evening programs are also planned. **The girls cannot go to camp without a chaperone!** Please call Jane Jones at 798-6919 if you feel called to this ministry.

**Undergraduate and graduate students:** The Episcopal Church Women (ECW) offers **scholarship assistance** to students who are communicants in the diocese and who are planning to attend seminary, college, technical or professional schools. An application form, which may be copied, is on the bulletin board opposite the office.

--Lula Hopkins



## Restless Legs Syndrome

Restless legs syndrome (RLS) is a neurological disorder characterized by a “jumpy” sensation in the legs and the uncontrollable urge to move them while at rest. The sensation is often described as burning, creeping, or as if something were crawling inside the legs. The feeling can range from merely annoying to actually painful.

People with RLS usually have trouble falling asleep and are often unable to sleep well because they feel compelled to move their legs. Because it interferes with good quality sleep, the syndrome can cause exhaustion and daytime fatigue. Symptoms can begin at any stage of life but the onset is most common in middle age.

The cause of RLS is unknown (idiopathic), however a family history of the condition is seen in about half of cases. Certain conditions seem to be seen in conjunction with the syndrome: anemia; chronic diseases such as kidney failure, diabetes, Parkinson’s disease and peripheral neuropathy; pregnancy. Caffeine, alcohol and nicotine may aggravate the symptoms.

There is no single test for RLS. It is diagnosed based on patient history and symptoms. If RLS seems likely, laboratory tests may be useful in determining coexisting conditions (e.g. anemia, diabetes, decreased renal function) which might support or refute the diagnosis. Sleep studies may also be done.

Treatment of RLS is directed toward relieving the symptoms. Lifestyle changes such as limiting alcohol or stimulants may provide relief. Vitamin/mineral supplements such as iron, folate or magnesium may be helpful. A regular sleep schedule and regular exercise should be initiated.

If these interventions do not result in improvement, there are medications which have been shown to be very effective. In 2005 Ropinirole (Requip) – a drug used to treat Parkinson’s disease - became the first drug approved by the FDA specifically for the treatment of RLS. It is usually the first line of treatment for patients with moderate to severe symptoms.

RLS is generally a lifelong condition and symptoms may worsen with age. If you feel you may be suffering from this condition, try some of the lifestyle modifications and if these don’t bring relief, contact a health care professional for further help.

--Bobbi Street, Parish Nurse



### **In Our Parish Family:**

Born May 21, 2009: **Joseph Meade**, son of Matt and Alex Meade,  
brother of Virginia and Hardy.



In an ideal veggie world, we'd be all eating all organic all the time, but it just doesn't always work that way. But some foods are more prone to pesticide contamination than others and are thus less safe to eat than others. Here's a list of the Good Guys and the Bad Boys.

- The Bad Boys, most important to purchase organically, include:

Peaches	Cherries
Apples	Kale
Bell peppers	Lettuce
Celery	Imported grapes
Nectarines	Carrots
Strawberries	Pears

It is not as important to purchase these Good Guys as organic, because they have fewer pest issues (and therefore fewer pesticides) or tougher skins which are also generally removed.

- They include:

Onions	Frozen peas
Avocados	Kiwis
Frozen sweet corn	Cabbage
Pineapples	Eggplant
Mangoes	Papayas
Asparagus	Watermelon (or any other melon)

--Sandi Shirey



## Ashland Mental Health Free Clinic – Volunteers Needed

**Ashland Christian Church** in collaboration with St. James the Less Episcopal Church is offering a **Mental Health Free Clinic** each Thursday evening from 6 to 9 pm. This is an expansion of the fee medical and dental clinic offered by St. James the Less and the Eye Care Free Clinic at Shiloh Baptist Church. We are in the process of recruiting volunteers to serve in an administrative capacity and mental health clinicians to work several evenings per month and no more than one evening per week providing individual and group short-term counseling. Volunteer clinicians need to be licensed in the Commonwealth of Virginia as a psychiatrist, psychologist, social worker or professional counselor and carry their own malpractice insurance. For more information and a complete program description please contact Stacy Johnson-Moore at 804.365.4283.



## Announcements

**The Outreach Dinner** will be held Sunday, June 28. The menu will be *Fix Your Own Taco/Taco Salad, Fruit and Chocolate Cake*. There will be a sign-up sheet early in June. Thanks in advance for your continued support of this important ministry.

--Linda Ray

**LionShare:** If you have not yet registered your Food Lion MVP card to benefit SJTL or the Free Clinic, you may do so **now through Sunday June 21**. Envelopes with sign-up forms are on the bulletin board opposite the office. You must record all twelve numbers (including the tiny first and last ones). You may also register by calling Lula Hopkins at 798-5401.

**Boys' Home Inc.:** Boys' Home is continuing its drive for the **UPC codes** on Campbell's labels for education. The UPC codes benefit the Boys' Home School. If you are not familiar with this ministry of the Episcopal Church, please consult the newsletter on the bulletin board opposite the office. On page 7, under "Notes and Quotes", there is a listing of the many educational items purchased for its school using donated codes. An envelope is also provided for your UPC codes (just the codes, not the labels).

--Lula Hopkins



### JUNE BIRTHDAYS

- 3 John-Paul Pirko
- 5 Holly Rison
- 6 Curtis Shifflett, Taylor Fines
- 9 Pat Blair Funk
- 12 Larry Ham, Ruby Grace Starrett
- 13 Michael Miles, Vicki Morison, Anne Sprinkel
- 14 Don Bruce
- 16 Terry Raney, Chandler Hubbard, Philip Morison
- 20 Condé Hopkins, Lindsey Conley
- 21 James Garlick, Bob Ellithorpe, Landen Helsley
- 23 LaVerne Keyser, Anita Tarbox, Clay Tharrington
- 24 Anne McDougall
- 25 Mary Anne Harris, Mary Waugh
- 26 Thomas Suydam
- 27 Philip Cobb
- 28 Dylan Grosse, Katie Penland
- 29 Townes Rison
- 30 Jan Meacham

### Our Prayers Are Invited...

For healing: **BUDDY** Kelley, **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, **CHRIS** Abaire, **SCOTT** Feeley and **C. DALE** Reed;

Relatives & Friends: **LIZ** Stiles (aunt of Cami Stiles & Betty Tharrington), **KENNETH** Niblock (brother of Sarah Sanders), **BERNARD** Hawk (friend of the Howards), **SUSAN & BOB** Paul (sister & brother-in-law) & **TODD** Rudolph (nephew) (of Jan FitzHugh), **ETHAN** Rekant (friend of Bob & Mary Lou Brown), **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), **MARILYN** Buchet (sister-in-law of Sally Walton), **RICK** Seabolt (friend of Vicki Morison), **CONNIE** Hoar (sister of John), **BARRY** Bittner (father of Julie Ericksen), **FEILD** Baskerville (friend of Ron & Condé Hopkins), **ED** Cox, **ROBIN** Smith & **SANDIE** Litsinger (former parishioners), **LOGAN** Monk (grandson of Rebecca Cauthorne), 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 these persons on the Prayer List for four months. To make any changes, please contact the church office. Thank you.*