

# 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](http://www.stjamestheless.com)

March 2009

## “Four Fabulous Fasts!”



*Four Fabulous Fasts* will give a new twist on our traditional gathering we have usually held in the evenings during Lent. Over time, with the growth of ministry, it has been realized that many at SJTL have very full evening schedules. For example, EfM classes and the SJTL Free Clinic both meet on Wednesday evenings. Our dedicated choir rehearses on Thursday nights. All those groups have a large amount of participation by our parish members with some attending both nights. It is also difficult or next to impossible for many families to venture out in the evenings. So in an effort to keep the Lenten gathering tradition and to nourish our participation and experience of the season, SJTL will hold *Four Fabulous Fasts*. (And you don't even

*have to wear designer sackcloth and ashes!*)

Each *Fabulous Fast* will include a “Simple Lunch” followed by a time to engage in various activities that relate to the journey of Jesus and the disciples toward Jerusalem. For example one Sunday's theme will be “Bread.” On Holy Thursday Jesus instituted the sacrament of Holy Eucharist. At the *Fabulous Fasts* we will hear stories about some of the things that Jesus said and did with bread. Following the stories all will be invited to join one of the activity centers set up in Brydon Hall to highlight the scriptural theme. In one activity participants will learn and make the type of bread common in the first century that might have been used at the Last Supper. Another activity will share how to make the bread we use for Holy Communion at SJTL. Another activity will include a demonstration of various stages of what happens when a little yeast is added to flour and water. Along with making different types of bread there will be an opportunity to bake and eat some too! (Yummy!) The other *Fabulous Fasts* will follow the same format.

The *Fabulous Fasts* will be held on **March 8, 15, 22 & 29 immediately following the 10:00 service.** Each gathering will last about one hour. The *Fabulous Fasts* are intended for all ages! You are also encouraged to invite your friends and neighbors too!

This Lent, come share the journey with Jesus and the disciples in new way. Carve out time for you and/or your family to participate. If you do, I think you will find these *Fabulous Fasts* will leave you hungering for more!

Blessings,  
Ed

*If you would like to help with one or more of the Fabulous Fasts with an activity or in the kitchen please call the office at 798-6336. Thanks!*

## **Seminarian to Intern at St. James the Less This Summer.**

In June we will welcome seminarian Anne Lane Witt from the Diocese of Virginia to SJTL for eight weeks. As part of the Mid Atlantic Parish Training Program (MAPTP) Anne Lane (she uses both names) will join SJTL as she explores and participates in many areas of parish ministry. The following is some information about Anne Lane.

Anne Lane Witt was born and bred in Richmond, VA. A cradle Episcopalian, Anne Lane was baptized and confirmed at St. Stephen's, Richmond and reaffirmed at St. James's, Richmond. After thirteen years at St. Catherine's School, she attended the University of Virginia, graduating with a B.A. in Art History. Her college career included a semester in the Walt Disney World College Program, with a Ducktorate in Human Resource Management. After college, Anne Lane worked largely in retail until landing in the field of international logistics and customs compliance. While working at Circuit City Stores' Store Support Center, she became a licensed U.S. Customs Broker. It was during her four years at Circuit City that she discerned a call to the priesthood. Anne Lane entered seminary at the General Theological Seminary in New York City in September 2007 and is currently serving as a seminarian intern at St. Ignatius of Antioch Episcopal Church in New York City. She is thrilled to be working at St. James the Less this summer and looks forward to meeting everyone! We look forward to Ann Lane's arrival and her ministry at SJTL.



## MIDDLE SCHOOL YOUTH GROUP UPDATE

Time is getting close to our annual Shrine Mont weekend. We will be going the weekend of March 27<sup>th</sup>. We will keep our fingers crossed for great weather that weekend. There will be youth going who have never had the opportunity to experience ShrineMont and I am sure that it will be an enjoyable weekend for them as well.

This past month we took the group for a fun evening of bowling. Amazing how some enjoyed a perfect “zero” game! Bowling is always a great time together. As always, during the other meetings we continue to be surprised by what games PK is able to pull out of his “bag of games”. Ask the kids about Alka-Seltzer. By the time you are reading this newsletter, we will have the Shrove Tuesday Pancake Supper behind us.

We will continue to help with the Outreach Dinners and going to Aylett to pack food. The first Saturday of February a group of high school youth and Richard Grosse and I packed 360 bags and boxes.

**If there are any middle school youth who have not been to any of our meetings, the door is always open to joining at anytime during the year.**

Youth Middle School Youth Advisors: PK Kinser    Vicki Morison    Tish Sanders



## SENIOR HIGH YOUTH GROUP

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

The Valentine’s Dinner for parents and grandparents was a big success. Much gratitude was shared, with 50 in attendance, not counting the youth! On January 31, two of our leaders attended a Diocese of Virginia organizational meeting for the flood relief effort in Iowa. We found out that Home Depot can provide hands-on training in the needed skill areas of framing, dry wall, taping, mudding, priming, and painting—what a gift! Attendance continues to be high, with 20-25 youth here each Sunday.

*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](mailto:meyera2@nida.nih.gov))

In Our Parish Family...

Baptized: Brown Pierce Cobb and Aliya Taylor Cobb, February 8, 2009.

Transferred In: The Rhodes family: Dusty, Kathy, Sam and Max.  
Andrew C. Doak and Lauren K. Smith.



This month I'd like to provide a more in-depth look into the role of one of our volunteers, Sally Gudas. Sally first came to the clinic in January 2008. She is quite often the very last one to leave the clinic on Wednesday night, and spends the entire evening buried in paperwork and phone calls. I asked Sally if she could share with us some of her thoughts and experiences related to the clinic:

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I am so lucky to be able to work at the St. James the Less Free Clinic and have this opportunity to help people get the medical/dental care and treatment they deserve. I also am fortunate to be able to do the types of things I used to do in my seven years as a social worker, one of my very favorite jobs. The clinic is such a positive force in our community and it gives more to me far more than I give to it.

One could describe my clinic role as eligibility documentation follow-up. It is my role to review the submitted documentation materials and make sure we have all the identification and income documentation necessary to support the statements patients have provided during the initial registration. We often refer patients for lab testing, to specialists and to the free pharmaceutical program. Therefore, when we review the documentation at registration, we must be sure they are income eligible so they will be able to receive a full range of outside services in addition to our care.

It has been such a good fit for me to work in eligibility since my job experience has included seven years as a social worker. Working at a county social services agency, I had lots of experience in reviewing income and applying policy guidelines, obtaining documentation of income, and determining whether clients were eligible to receive services.

I get to know the patients primarily on the phone rather than in person. Every once in a while, though, I have time to get to know a patient more in depth and it is wonderful to see how much the clinic means in that person's life. The patients are so thankful and appreciative for the care they receive.

It is one big happy family at the clinic. At the end of a day of work, I feel refreshed to walk into the clinic and see the doctors, dentists, clinic workers, and patients. It is a joy to be there every Wednesday. I am especially grateful to St. James the Less Church, Susan and Tom Hubbard, and all the many volunteers.

At the Richmond Friends Meeting (Quakers) where I am a member, I am on our Peace and Social Concerns Committee. We do a lot of work related to poverty and social justice. Sometimes it is difficult to see the results of our work. At St. James the Less Free Clinic, though, I see the very tangible results of the time I spend volunteering, and for that I am very thankful.

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Thank you, Sally, for your comments! Sally is a joyful presence at the clinic.

*If you are interested in volunteering, 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.*

-Julie Ericksen



## Women and Heart Disease

**Cardiovascular disease is the number one killer of women in the United States. It kills more women each year than all forms of cancer combined.**

Men and women both have heart attacks, but women are more likely to die from them and to have worse outcomes overall. In addition, women are more likely than men to have complications from cardiac surgery and interventions such as angioplasty and stenting. The use of hormones for birth control or as replacement therapy can also increase a woman's risk of heart disease, especially if she smokes.

Heart disease often has no symptoms. Chest pain or pressure can be a symptom of heart disease and a warning that a heart attack is about to occur. Other common symptoms include discomfort in one or both arms or jaws, nausea and a cold sweat. Women sometimes exhibit these symptoms, but also are more likely to have atypical symptoms such as upper back pain, heartburn, and a feeling of total exhaustion, often for weeks prior to seeking attention. These symptoms may be ignored or wrongly-diagnosed because they are not the "classic" symptoms of an impending heart attack. Women are sometimes diagnosed with anxiety or depression when in fact they are presenting with symptoms of heart disease.

The first step in preventing heart disease is to know your risk factors. The main risk factors for heart disease are family history, high blood pressure, obesity, inactivity, high cholesterol, smoking and stress. The way to deal with risk factors is to modify or eliminate them. Find out if anyone in your family (parents, siblings, aunts or uncles) had a heart attack or stroke, particularly before the age of 60. Have your blood pressure checked regularly and seek medical help if it is not in the normal range. Know what your desirable weight should be for your height and stay in that range. Try to get 30 minutes a day of exercise. Get your cholesterol and triglycerides checked and work with your doctor to keep your values within the desired limits. **Quit smoking.** Learn stress management techniques and practice them on a regular basis.

Heart disease is largely preventable and certainly treatable. Making the necessary changes in your lifestyle can mean the difference between life and death.

-Bobbi Street, Parish Nurse

## Announcements:

**Easter Monday, April 13, the church office will be closed.**

The E.C.W. of Central Hanover will meet at St. Paul's-Hanover at 11 a.m. on Monday March 2. The Rev. Jack Sutor will be the speaker. Bring a sandwich.

### SJTL Social Culinary Events:

**Supper Club:** Groups, usually 7-9 people, share dishes and fellowship on the 3rd Saturday night of each month. This is a great way to get acquainted with your fellow parishioners.

**ROMEOS:** Retired Old/Odd/Outstanding Men Eating Out: The 2nd and 4th Tuesday at 11:30 at "The Smokey Pig".

**JULIETs:** Just Us Ladies Is Eating Too! Women of SJTL and Ashland area, wearing red hats and purple accessories, have lunch on the fourth Tuesday of each month.

**Chinese Wednesday:** All are invited for lunch on the first Wednesday of each month. We gather at 1:15 at "Little Hunan" Chinese restaurant. (US 1 and Ashcake Road).

**Advanced Adventurers:** On the third Thursday of each month, the 50+ age group of SJTLers meets to share snacks and informative data.

**Ashland Coffee and Tea:** Wednesday mornings at 8a.m. following the 7:30 Eucharist at SJTL.

Ask just about anyone if you want particulars on any of the above activities. If they don't know, they'll know whom to ask.

-Ron Petitt



### REUSE-REDUCE-RECYCLE

This month we talk about balloons. Cute, fun balloons can be deadly to wildlife. If you are using them outdoors, don't ever just release them into the air--for a few moments, it is beautiful and symbolic but after that, they can be deadly. Turtles particularly among land animals see them as food. Upon ingesting them, their intestines are blocked and they die a lingering, painful death. There are also reports of birds, dogs, cats, and other critters attempting to eat them. Sea animals see them as they do plastic bags--a jellyfish snack, and the strangulation issues are the same.

The chemical makeup of most balloons of rubber and plastic (not the mylar ones) takes years and years to decompose in the soil, so the balloon bits from your child's birthday party will be around longer than you will.

-Sandi Shirey

## **NEW VESTRY MEMBERS FOR 2009**

### **Aleta Meyer**

My name is Aleta Meyer. For work, I am a behavior scientist, which reflects my interests in understanding what things support individuals, families, and communities in being healthy, happy, and responsible. I'm particularly interested in ways to transform the idealism and genius of young people into action, as well as ways to sustain that energy through adulthood (and beyond!). Hence, my attraction to the SJTL community... I've been a member here since 1997. I began my first 'youth group' work in 2000, volunteering to be a Sunday school teacher for middle schoolers. I expanded that a couple of years later to being a middle school youth group leader and am now on my third year of being a leader for the Senior High youth group. I am married to PK Kinser. I have one daughter (Morgaine, age 14) and two step-children (Quinn, age 16; Sacha, age 18). After being a member here for more than ten years, it feels like it's time to step up and help out with the nitty-gritty of this wonderful church.

### **Donald K. Bruce**

I have been a member of this parish more than 10 years now. It has been my honor to serve the parish in a number of ways through the years. I am currently a Lay Eucharistic Minister and a Lector for the Sunday Morning service. I am a graduate of the EfM program, and I am a co-mentor to the current EfM group. I sing in the choir. Some years ago, I was a member of the Vestry, and I have been a delegate to the Diocesan Council and to the Region XI Council. I have volunteered with the CARITAS program. I was an editor of the Parish Profile we produced to assist in our search for a new rector. In our Diocese, I am a member of the Mental Health Committee. Our parish is faced with some serious challenges in the days ahead. We will need to find ways to adjust to the financial situation in our parish, in our community, and in our Diocese, making the hard decisions necessary to keep ourselves afloat in a sinking economy. At the same time, we will need to continue to reach out to the community with such programs as the clinic. Within the parish there are programs that need to be strengthened, and I am sure that we will find the need for new programs as we go ahead. With faith in God to light our way and to give us the strength and the courage to face these challenges, we cannot fail. The challenges are daunting, but I look forward to the opportunity to meet them.

### **Janet Kurowski Taylor**

My connection with SJTL began with the marriage of my parents here. My father had attended Randolph-Macon College and my mother was raised in Ashland. When my sister and I were born we were both christened here. Shortly thereafter, my family moved several times throughout Virginia before settling in Richmond. Richard and I met and were married at St. Michael's across the river 38 years ago February 13th. After living in Reno NV for eight years and after some varied travel, we once again returned to Richmond before settling permanently in Ashland and joining SJTL. We were warmly accepted into St. James and have always tried to pass forward the hospitality that we received when we first arrived. Supper Club has been a very big part of that hospitality. I have served on the vestry before, and found it to be a very awakening time. I soon learned that it wasn't the priest as much as the congregation that made a church. I have also had the opportunity to serve as a Sunday school teacher and on the Altar Guild. I have worked with the Ministry committee, and have participated in Stephen's Ministry training. I feel that church is a very important part of a person's life. It gives a balance between church and state. It is also where we learn our moral constancy, and have great support in times of trouble and joy-a place we can turn inward or outward as the case may be. It is my moral obligation to help this community that I so believe in.

### **Bob Chamlee**

I've been a parishioner here for fourteen years; Nancy and I moved from St. Thomas' in Ginter Park. I work part-time at The Supply Room and we have two spoiled, lovable mutts, Lucy and Millie. I hang with the tenors in the choir and it's amazing that after fourteen years I still haven't been kicked out! I've been asked a number of times to stand for the Vestry, but declined, offering some lame excuse. I said that I'd reconsider when I retired. Well, I retired last year and it's time that I "kicked in". Nancy and I love SJTL dearly and I'd be honored and humbled to serve on the Vestry.



### MARCH BIRTHDAYS

- 2 Jeff Ericksen, Mallory Rison
- 3 Anabel Shifflett
- 4 Liam Penland, Riley Elizabeth Dull
- 6 Perry Reynolds
- 8 Barbie Dix
- 9 Jamie Cobb
- 10 Mary Helen Williams
- 11 Erik Helsley
- 14 Lee Paul, Christina Dull
- 16 Jason Tiffany
- 17 Hardy Meade
- 18 Lorrie Cecchini
- 20 Julie Ericksen, Dawn Penland
- 21 Cohen Helsley
- 23 Daniel Ellithorpe, Dutch Jones,  
Nathaniel Cecchini
- 24 Dick Shirey, James Cox, Ann Lawrence
- 25 Elaine Hooley, Annika Cline
- 27 Betty Moore
- 29 Scott Wagner, Sara Waugh, Hayden Massey
- 30 Bill Sanders, Matt Stone

### **Our Prayers Are Invited...**

#### **For those in need of healing:**

**CHARLOTTE** Reynolds, **BEKAH** Taylor and **EMILY** Starrett;

#### **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:** **L.J.** McMillan (grandnephew of Sally & Bob Ellithorpe), **BILL** Lohr (friend of the Hooleys), **TIM** O'Connell (friend of Doris Hassell), **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), **PEGGY** Kern, **LYNDA** Brown & **WEB** Buchanan (friends 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), **KIM** Gillis, **ROBIN** Smith & **SANDIE** Litsinger (former parishioners), **LOGAN** Monk (grandson), **SCOTT** Ruff (son-in-law) & **RANDY** Rosinsky (friend) (of Rebecca Cauthorne), **SHANNON** Pride (daughter) & **ALEX** Pride (grandson) (of Harry Hassell), **SUMPTER** Priddy (cousin of Charles Thompson), the **JAN** Meacham family, **JENNIFER** & **DEREK** Burton (Lee Ann & Ed's family), **KAY** Dew (mother of Joanne Flanagan), **JUDY** Thomas, **ELWOOD** Kelley, & **IRA** Andrews (friends of the Flanagans).