

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

September 2008



Welcome Claudia!

We are about to begin an exciting fall at SJTL! There is much happening especially as we begin in September.

I am delighted to announce that beginning in September the Rev. Claudia Merritt will join the staff as our new part time assisting priest at SJTL! Claudia will serve for a period beginning September 1st, 2008 and ending June 7th, 2009. Her part time ministry includes 20 hours a week. Besides conducting worship services, Claudia will be a support and resource to those involved in Sunday School Christian Formation programs. She will also be available two or more mornings a week on a regular basis. You can read about her background in an article she has written for this newsletter (*see page 3*).

Also on September 7th at the Adult Forum you will have an opportunity to meet Claudia and welcome her to SJTL. I am thrilled she has accepted a call to be an Assisting Priest at SJTL and look forward to serving with her in ministry, as I know you will too!

New Time for Sunday School and Adult Education! 9:00 am.

Beginning September 7th all education classes will meet between the 8:00 and 10:00 am services. Both Sunday School and Adult Education will meet at 9:00 on Sunday and end at 9:40 to 9:45. The response to the suggestion of this time has been overwhelmingly positive. Those attending the 8:00 am service will now have a much greater opportunity to participate in the full life of the parish education program. Parents with younger children will be able to get home in time for lunch and naps at a more reasonable time. This will also enable us to keep a much more regular schedule for Sunday School and allow for special events to take place from time to time after the 10:00 service. (Like a bishop's visit!)

SJTL Fall Picnic-- Sunday September 7th after the 10:00 Service

As is tradition the Sunday September kick off includes our annual SJTL fall picnic following the 10:00 service. Please bring a dish to share with others on the picnic grounds behind the church after the 10:00 service. **Our Cherub Choir, guided by Dan and Danah Massey, will sing at the picnic too!**

September 7th --Sunday School Registration and Adult forum 9:00

Also on September 7, Sunday school registration will begin at 9:00 am. Our first Adult Education kick-off will include an introduction to some of the Adult education themes and topics for the year, a note about other educational opportunities at SJTL and some time to get to know Claudia Merritt. (*continued on page 2*)

Parish Retreat at Shrine Mont--September 19-21

There is still time to sign up for our SJTL Parish Retreat to be held at the beautiful setting of Shrine Mont at The Cathedral Shrine of Diocese of Virginia, located at Orkney Springs, nestled in the foothills of the Blue Ridge. If you have never been to a SJTL parish retreat at Shrine Mont there is a special reduced rate to entice you to join in the fun! You can join in the fun by signing up on the hallway Sign Up Board. Want to see the beauty of creation that awaits all of us there, log on to www.shrinemont.com (Scholarships are also available.) Call George Field (752-6384) for more information.

Welcome Bishop Johnston!

Bishop Shannon Johnston Visits SJTL September 28th!

Speaking of special events! **Bishop Shannon Johnston will be here with us on Sunday September 28th for the bishops' annual visit.** He will preside at the 10:00 service with Confirmation and will also be our special guest presenter at the 9:00 Adult Education Forum. Please mark your calendars for that special day. You won't want to miss it! A special reception will follow the 10:00 service to greet Bishop Johnston and our new confirmands.

But Wait There's Still Even More!

There is even more happening, you will find in the pages of this month's Nevertheless. **Check out our new SJTL Website stjamestheless.com,** beginning **September 7th**, created by Dan Massey over the summer months! You will find it easy to navigate, find information about parish events and lots and lots of pictures too!

October 5th will be our Annual Holy Eucharist and Blessing of the Animals at 10:00 on the SJTL picnic grounds. Bring a chair and your pet. (Rain or Shine)

I hope you will join with us in these and so many other exciting adventures ahead as through them we offer thanksgiving to Almighty God for all the blessings continually bestowed upon us!

In Thanks,
Ed

Quick Look:

September 7 After 10:00 Service--Annual Picnic (Bring a dish to share)
9:00 am--Sunday School Registration
9:00 am--Adult Education

September 14 9:00 am-- First day of Sunday school classes
9:00 am--Adult Education

September 19-21--Parish Retreat at Shrine Mont.

September 28 Bishop Johnston's Annual Parish Visit
9:00 am Adult Forum with Bishop Johnston
10:00 am Holy Eucharist and Confirmation

October 5 10:00 Holy Eucharist and Blessing of the Animals

A note from Claudia...

Dear People of God at St. James the Less,

It is with delight that I look forward to joining you in your ministry. I have visited on a Sunday morning and was struck by your warmth and kindness. I am also impressed with your outreach presence in the Ashland community.

To help us get to know each other I'll tell you a bit about me. I have been a priest for 30 years and have served in four dioceses as a rector, an assistant, and an interim. I love what God has called me to do with my life. As a child I grew up in Wisconsin and then Philadelphia when I was older. I was graduated from Carnegie-Mellon University with a degree in economics and Princeton Seminary with a concentration in pastoral care; I also have an MBA.

We live in Richmond on Northside. I have four children—three boys and a girl and two stepsons. We also have a small dog, named Nicholas. My husband, Craig, is an attorney with Christian & Barton in Richmond. He, too, is looking forward to our time at St. James the Less. In addition to ministry and family I like to exercise, bake, travel, read, and spend time with family and close friends.

I look forward to getting to know each and everyone of you soon.

Faithfully,
Claudia

Note: Beginning on September 1, 2008, Claudia's e-mail address at St. James the Less will be:
cmerritt.sjtl@comcast.net

Senior High Youth Group- All students in 9th thru 12th grade-Beginning Sunday, Sept 7th 6PM

What a fantastic and full summer it has been for our youth. As a highlight, in July, ten youth and two adults, PK Kinser and Clara Shea, spent a week in Petersburg repairing homes. The youth were so energized by the combination of really helping real people and learning some really helpful skills (like how to build a handicap ramp and how to fix a hole in the floor) that they want to do more—in Virginia and beyond! We're considering a mission trip to Iowa over Spring Break to help families cope with the floods this summer—more news to come!

Another great school year of spiritual growth, fun, fellowship and outreach activities is about to begin. We will generally meet every Sunday except holidays from 6:00 to 7:30 for a light dinner, then a program. Our first meeting will be Sunday, September 7th at church. Be sure to put the weekend of September 19th – September 21st on your calendar to attend the St. James the Less family weekend at Shrine Mont. Encourage your whole family to attend as well. That weekend is a time to get to know the members of your youth group better, as well as the extended church family.

If you haven't come to youth group before, give us a try! We celebrate and acknowledge everyone's unique gifts! See you Sept. 7th!

--Aleta Meyer (380-7832)



Tithe the Tax follow up!

If you find yourself saying *Tithe the What?* Here is what that is all about.

Over the summer months two of our Heating and Air Conditioning systems (HV/AC) broke down within about two weeks of each other! One system cooled the SJTL Free Clinic and the other controlled the choir room, rector's office and main office. After about 17 years of use both systems needed to be replaced. The cost to replace each system was about \$5500 for one and about \$6000 for the other, which is roughly our whole line item budget for the year!

Since most of us were receiving a check of \$600 or \$1200 from the government to boost the economy, it was suggested that we *Tithe the Tax Refund* in order to help our own church economy. It was realized that not every one would be able to do this, but if 100 people at SJTL gave \$60 we would have enough to pay off the upstairs HV/AC system and help balance our budget.

The following is where we are as of August 20, 2008 in that giving.

Without everyone in the parish even knowing about the *Tithe the Tax Refund*, we have **received \$4,717 toward our \$6,000 goal**. We are only \$1,283 shy of our goal to pay off the upstairs HV/AC system! If you would like to help toward paying off the remaining balance of the upstairs HV/AC, please make your check out to SJTL and put HV/AC in the memo section.

Still more blessings abound as over the summer SJTL received a check from the **SJTL Free Clinic** board in the amount of \$2,500. (*The Clinic is a separate 501(c)(3)*). It is a gift for the parish as thank you to SJTL for allowing the Clinic to use the clinic space rent and utilities free. The vestry has applied that \$2,500 gift towards the \$5,500 needed to repair the downstairs HV/AC which the clinic uses. We are very grateful for their gift!

We are grateful for all the gifts we have received from the clinic and from all the people of SJTL for their generosity. (We even received gifts from some who were not even members of the parish!) These gifts are all thanksgivings to God for the many blessings we are able to give and receive in the ministry. *Thank you again to everyone who have helped blessing become blessings!*

Ed



EfM at St. James the Less

St. James the Less boasts a lively tradition of participation in the Education for Ministry program. The current seminar group has been led by George Spagna and Don Bruce – but our church boasts a number of currently accredited and former mentors.

What is EfM?

EfM is a distance learning program of theological education, created and administered by the School of Theology of the University of the South, in Sewanee, Tennessee. Completion of the program takes four years, during which participants study the Bible, church history, and 20th Century theology. Participants commit one year at a time to meet regularly in seminars led by trained mentors. It's more than Bible study – the program includes regular worship, fellowship, and a disciplined method for connecting theology to daily living.

What is the purpose of EfM?

EfM provides a comprehensive, experiential education in the foundations and message of the Christian faith.

Who participates in EfM?

EfM is for the laity of the church. Every Christian receives the call to Christ's ministry at baptism. EfM provides the basics of a theological education in order to develop knowledge and confidence about the ministry we all share. Since its beginning in 1975, more than 54000 persons throughout the United States and overseas have participated in EfM.

Why do people participate in EfM?

Many desire to increase their knowledge of the Christian faith. Some want to continue their spiritual formation, or they wish to prepare for special lay ministries. People have joined EfM and become involved in social ministries, worked in nursing homes and hospices, become better Church School teachers, lay readers, Christian education and church leaders. EfM is also a way to prepare for seminary studies or participate in local ordination programs, though this is not its primary role.

What can you expect from EfM?

Each seminar group of six to eleven students is led by a mentor. The group usually meets once a week during a nine-month cycle to reflect theologically, discuss the materials they have read, and to worship together. Students follow a lesson and a study guide which are to be read each week. There are no tests or papers to write, because EfM presupposes that adult education best takes place when the student is responsible for his or her own learning.

Who are the mentors?

Mentors are men and women from a variety of professions who have engaged in serious religious study. They are comfortable with helping others express their points of view and have the ability to lead a group effectively. EfM mentors complete an 18 hour training session at least once every 18 months in order to qualify to lead a seminar group.

Why does EfM work?

EfM works because people are hungry for theological education. It works because the program comes to the student and provides credible scholarship, carefully supported by a tried and tested educational design. EfM

works because it adapts to a variety of situations under a wide range of leadership styles and expectations from students. *(continued on page 6)*

What does EfM do for the Church?

Graduates of EfM fulfill many ministries and bring to the church a laity better prepared to make decisions and fulfill the Great Commission – to bring Christ to the world – in an effective and loving way. EfM’s 14,000 plus graduates have become a source of informed, committed, and prepared leadership for the church.

Where is EfM used?

EfM has contracts with most dioceses of the Episcopal Church. It is also used among Methodists, Roman Catholics, Presbyterians, and Disciples of Christ. EfM is found in Australia, the Bahamas, Canada, New Zealand, Nicaragua, Honduras, and in Europe.

What kind of credit does EfM give?

The University of the South grants eighteen Continuing Education Units (CEU) for each year of EfM.

What can you tell me about the seminar at St. James the Less?

We have been meeting in the church library on Wednesday evenings from 6 – 8:30, October through May. We take breaks for Thanksgiving, Christmas and New Years. Tuition is \$340 per year, and 50% scholarships have been available through the Chenery Fund.

How can I get more information?

Contact George Spagna, at 752-6513, or email at thespagnas@comcast.net.



St. Cecilia Choir: Will debut on Sunday, Sept. 7 at the Parish Picnic. If you haven't already done so, please contact Dan & Danah Massey 550-7420, masseycrew@comcast.net

Dear People of SJTL: I am so happy that "The Masseys" have decided to make a go of the St. Cecilia Choir. This is wonderful since it has been the traditional Children's Choir "forever" in the history of our church. This is wonderful and there are some great plans and music for this choir.

As most of you know, we started the **Cherub Choir** in 2000 so the younger ones could enjoy doing a little singing in front of the congregation. The age range has varied depending on the age distribution at our church. However, we have aimed for the 3+-1st graders. I hope there is still an interest in continuing. (I did take a break last spring from working with this age group.)

If there is an interest and no one else is excited about leading this group, I will be happy to continue to have them sing a few times a year. Since most children of this age are in the nursery, practicing after communion a few Sundays before performing seems to work well.

So, I guess the point of this is to check with all as to what we want to do about the Cherubs. We don't want to leave them hanging if there is an interest. It is also great preparation for the older choir.

So... anyone or everyone just let me know and I will be willing to help.

--Sally Ellithorpe, 798-3876 or trebelball@aol.com



Headaches

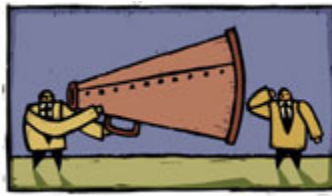
Headache is a term used to describe pain in the head that is located above the eyes or ears, in the back of the head or the base of the skull. It can be chronic, occasional or recurrent and can range from barely noticeable to so severe as to disrupt daily activities. Primary headaches comprise about 90% of all headaches. Primary means that the headaches are not caused by any other disease process. Secondary headaches are caused by underlying causes such as head trauma, tumors, infection, vascular abnormalities, diabetes, sinus problems, etc.

The three types of primary headache are: tension headache, cluster headache and migraine.

- Tension headaches are the most common, accounting for 70 – 90% of all headaches. They are more prevalent among women and can be brought on by stress, muscular tension, postural changes, vascular dilation or hormonal changes. Arthritis or degenerative changes in the neck or spine, anxiety/depression and disorders of the jaw can cause also tension headaches.
- Cluster headaches occur frequently over a period of weeks or months and are associated with triggers that dilate or constrict blood vessels (e.g. alcohol or nicotine.) They are much more common in men than women.
- Migraines are the second most common type of primary headache. Approximately 28 million people suffer from them annually in the United States. Before puberty, boys and girls are equally affected, but after puberty approximately 75% of migraine sufferers are women. A migraine is a throbbing headache that is often one sided and associated with nausea, vomiting, sensitivity to light, sounds and smells. The headache may be preceded by an aura, often visual, manifested by bright shimmering lights, zigzag lines, wavy images or even partial vision loss. Nonvisual auras include limb weakness, speech or language problems, dizziness, and tingling or numbness of the face or extremities. A migraine typically begins on one side of the head, spreads and builds in intensity over several hours and then subsides, although some migraines last for days. The attack can be debilitating, leaving the sufferer feeling weak and drained. The cause of migraines is unknown, but there is often a family history of the disorder. The pain is the result of inflammation of the blood vessels and nerves in the brain and scalp. Triggers for migraines include changes in altitude, exertion, consumption of alcohol, caffeine, monosodium glutamate and nitrates, exposure to glare, hormonal changes, hunger, lack of sleep, stress and some medications.

The good news is that treatment for all types of primary headache is available and effective. Lifestyle modification, avoidance of known triggers and stress management techniques can be very effective and there are many medications not only for pain control but for actual prevention. If you experience headaches on a regular basis, talk with your doctor about the many treatment options available to you.

--Bobbi Street, Parish Nurse



Announcements

Traveling Eucharist sets: In a discussion of the fall schedule, Heavenly Creations was mentioned. As the library will need to be emptied for that, the little traveling Eucharist sets that were made several years ago during a Lenten program were considered. It is time for them to move on. If you made a set and would like to have it, please pick it up and take it home. If you made a set and do not want it, someone else may. Please pick up your set by the first of October, or it will be given another worthy home. Thanks.

--Sandi Shirey

On that note, the brass stand (in the library) that holds the bronze plate depicting Moses has gone missing. Did anyone cleaning up from last year's Heavenly Creations show accidentally take it home?

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Supper Club Update: For those who have signed up, be on the lookout for your schedule and other info shortly after Labor Day. We will have the first dinner in Brydon Hall on Saturday, September 27th at 7:00 PM. This fourth weekend will be an exception to the usual third weekend format, due to the ShrineMont Parish Retreat being held on the 19th-21st this year.

Speaking of the ShrineMont Retreat, there is still time to get your name on the sheet. Hope to see you at both!

--George Field, 752-6384

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Outreach Dinner: Thank you to everyone who provides continuing support for the Outreach Dinner. During 2008, we have served an average of 32 persons, with some new guests each time. The September meal will be held on Sunday, September 28. Please look for the sign up sheet on the bulletin board beginning September 7. We could also use one or two more persons who would be willing to either serve at the dinner or come near the end and help clean up.

For more information, please contact Linda Ray, 798-1905.

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Ashland Christian Emergency Services (A.C.E.S.): THANK YOU to all of those who have brought non-perishable grocery items to church for our Hanover County neighbors in need. Every jar of peanut butter, every can of tuna, all help A.C.E.S. assist families in trouble. Please keep it up. Let's all try to bring one item (or more) each Sunday.

--Lee & Susan Chambers, 798-6647

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(continued on page 9)

Lost and Found: Have you lost a ring? An umbrella? A jacket? The ring is locked in the church office awaiting its owner. Several umbrellas are in the umbrella stand on the library landing and on the credenza by the office. A jacket has been hanging on the rack next to the office for several months. If they remain unclaimed, these items will make their way to A.C.E.S.

New Parish Directory: Good News! The new parish pictorial directory will be coming soon. Upon receiving your copy, please notify the office if you wish to make changes or corrections to your records. Thank you.

Attention parents of college students and/or grown children who wish to stay in touch with SJTL!

We would like to be able to contact them and send them the NevertheLess while they are away. Please provide the office with their names and current mailing addresses, as well as their e-mail addresses. (The NTL can be sent via “snail-mail” or e-mail.) Thank you.

A note on housekeeping: There have been several instances when either the kitchen and/or Brydon Hall doors have been left open or unlocked, as has been the freezer door. It is not fun to clean up melted items that have leaked into the interior of the freezer and onto the kitchen floor. Please inform the office when you are using Brydon Hall, and make sure that all appliances (including the stove) are turned off and that all doors are secured when you leave.

--Sylvia Spagna, 798-6336

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Fall Picnic: This year’s Fall Picnic will be on September 7 after the 10:00 am service. The picnic will be pot luck--drinks to be provided by Parish Life. We’ll enjoy the picnic outside in the area behind Brydon Hall. In case of rain, the picnic will be held in Brydon Hall. All food items for the pot luck should be delivered to the kitchen before the 10:00 am service, and please remember to label your containers with your name.

Reception for Bishop Johnston: After the service on September 28, Parish Life will be hosting a reception for the new confirmands and Bishop Johnston. In addition to the cake and beverages that Parish Life will be providing, we would like to serve finger foods. We would appreciate your assistance with the finger foods. Please bring your items to the kitchen prior to the 10:00 am service. Thank you for your contributions and please remember to label your containers.

--Doris Hassell, 798-0529

In Our Parish Family:

Married: Ragan Bowman and Dustin Dyer – August 2, 2008

Births: Brown Pierce Cobb – August 21, 2008

Deaths: Shirley Campbell FitzHugh – August 10, 2008



- 1 Jay Fines, Cami Stiles
- 2 Debbie Ham, Peyton Bowman
- 3 Clair Purmasir, Maggie Cardaropoli
- 4 Anne Woodward
- 5 Justin Williams
- 7 Meg Helsley, Emily Starrett, Erin Miles
- 8 Monroe Reece, Robert Hughes
- 9 Gary Waugh
- 10 Katherine Suydam
- 11 Rachel Reynolds
- 13 Betsy Snipes
- 14 Allison Pace
- 16 Andrew Tarbox
- 18 Dan Massey
- 19 Jane Newchok
- 20 Sally Temple, John Friedman, Bob Callis,
Graeme Alderman
- 21 Lyde Longaker
- 22 Rich Holt, Bettilee Kay
- 23 Jenny Bruce, Christopher Stone
- 24 Robbie Bach
- 25 Paul Wehman
- 26 Lee Ann Tracy
- 27 Curt Williams, Rochelle Purmasir

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.

Our Prayers Are Invited...

For those in need of healing: EMILY KATE & MEREDITH Roemer, and BEKAH Taylor;
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:

DONNER Buchet (brother of Sally Walton), **ROB** DuPriest (friend of Ron & Condé Hopkins), **BERNICE** Petrak (friend of the Waltons), **JAY** Watt (friend) & **TERRY** Ling (mother) (of Kris Holt), **ROBIN** Smith & **SANDIE** Litsinger (former parishioners), **JACKIE** Whitehead (friend) & **THOMAS** Coleman (nephew) (of Madge Carter), **SALLY** Wright (friend of Pat Funk), **LOGAN** Monk (grandson of Rebecca Cauthorne), **ROGER** Herring & **CINDY** Sheldon (friends of the Hassells), **MARY** Bland Pamplon (cousin of Pat Temple), **GINNY** Tilton (friend of Ann Lawrence), **COLIN** Schaffer (friend of Charles Thompson), **LEIGH** Gray, **GAIL** Glavé & **RODNEY** Reed (friends of the Paces), **KATIE** Roberts (friend of the Browns), **ANN & BOB** McDade (parents of Elizabeth), **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), **MARLA** Creasy (sister of Bettilee Kay), **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), **ELWOOD** Kelley & **IRA** Andrews (friends of the Flanagans).