

NEVERTHELESS- September 2011

St. James the Less, Episcopal Church
125 Beverly Road, Ashland, VA 23005 (804) 798-6336
www.stjamestheless.com



Calendar of Events

Sept. 4 – Labor Day:
Church office will be closed.

Sept. 11:
9am: Sunday School opens.
10am: Outdoor service followed by “Chicken Fest”.
6pm: Youth Groups resume.

Sept. 18:
Vestry Coffee Pot and Ministry Fair.

Sept. 23-25:
Shrine Mont Retreat.

Oct 2:
Blessing of the Animals following the 10am service.



3rd Annual Parish Picnic Chicken Fest! Sunday, Sept. 11

We will kick off our fall church year with a
Parish Picnic “Chicken Fest”.

WHEN? Immediately following 10:00 service Sun. Sept. 11th

WHERE? At the SJTL Picnic Grounds behind the Church.

WHAT CAN I BRING? We’re glad you asked!!!
You are asked to provide any kind of side dish and/or dessert to share.

The vestry will provide the chicken and drinks.
Wear some comfortable clothes!

See you on Opening Sunday!

A Letter from the Rev. Charles Joy

My Dear Friends,

On Ash Wednesday night two years ago, my friend Jo, then senior warden of St Anne’s Parish, Albemarle County, where I was serving as interim, and Clifton her husband -- also my friend - were driving home after the evening liturgy. A deer appeared from nowhere and literally thundered into the side of their car. Often I remember that little disaster as I drive around Hanover, especially at night.

I also remember it when I see, on Route 54, a yellow sign with no words, only the silhouette of a deer rampant. Had I lived always in Norfolk or in some other urban setting I might not even notice the sign, and if I did I might not realize exactly what it means.

When we drive we are meant to notice all kinds of signs: "STOP", "YIELD"; signs that mean lane ending, new traffic pattern, detour, construction ahead. Even the silent colors green, red and amber are eloquent and significant in their silence which speaks loudly and that we overlook at our peril. Signs help us get where we want to go, even the ones without words.

God sends us signs all the time: eloquent, easily overlooked, not labeled, but filled with help and reassurance in the journey that we make to the Kingdom. It's very easy to drive along the road of life oblivious to these important signposts. We are meant to be looking for them, interpret what they mean, and be glad that they are there. That's why Jesus tells parables. They are all something he had seen or heard, that become for him signs of God's presence and God's intentions to us. Summer is a good time to become more aware, to start looking for little ways God might be showing you the way every day. Stop. Look. Listen. Know that God loves you, wants the best for you, wants to help you with divine grace. Not just on Sundays at the altar -- every single day. As God never gives up on the seeds broadcast across the world in a luxury that is often wasted, so God's grace is everywhere all the time if we only look.

Best blessings on your looking.

JOYfully yours,

Charles

A Letter from the Senior Warden

Father Joy speaks to us about "signs" in his article for this edition of the *NevertheLess*. Signs are indeed everywhere – some big and life changing, others small that enhance and enrich our lives.

The recent break in the summer heat must surely be a sign that fall is just around the corner. As the summer winds down and summer trips and vacations become pleasant memories, it is now time to turn our attention to the activities that we took a little time off from in the summer.

But before moving to the fall and upcoming events, I want to thank my brothers and sisters at SJTL for their leadership and support this summer as we make our way through the transition and search for a new spiritual leader.

Another "sign" to me has been how smoothly our daily life and spiritual life here at SJTL have progressed this summer. God is with us, guiding and motivating us to watch over each other during this time of transition. In particular, I would like to recognize our supply priests, our parish administrator, our property and grounds volunteers, our Vestry and our Search Committee and all the others for the time they spent on our behalf during the summer months, each quietly and efficiently working in service to our spiritual home here at SJTL.

Please come and join us on September 11th for the parish picnic and installation of Sunday School instructors. Also - please plan to join us at 9am on September 18th for a "Vestry Coffee Pot" and Ministry Fair. This will be an opportunity to share your thoughts and volunteer your talents.

--Dale Hill, Senior Warden



Saint James the Less Free Clinic – September 2011

I'd like to tell you about a very special service we provide at the clinic: dentures. Most of us can imagine or know how the loss of teeth impacts quality of life. Each tooth has a function that lends itself to your overall health allowing you to chew food and thereby impacting your eating pleasure and intake of nutrition. When a tooth goes away, the bone that holds it also begins to recede, as it no longer has a function. Loss of teeth can impact your jaw structure and your appearance. With no teeth to support the lips, the mouth has a 'caved in' appearance. Missing teeth often make it less pleasurable to smile, impact self-esteem and the ability to get a job. Simply placing the dentures in the mouth instantly makes a patient look ten years younger.

When a patient is first seen in our dental clinic, they often need many teeth removed. Sometimes all of the lowers or uppers are removed if they are beyond saving. Therefore, many of our patients can benefit from full or partial dentures. Some of the criteria for choosing a patient for dentures are need, motivation and hygiene.

Creating dentures is an involved process that requires four or more appointments. St James the Less Free Clinic provided about 40 sets of dentures last year, which is an astounding number for a clinic that is open 1 day per week for 3 hours! In my work, I visit dental clinics; there are some full time clinics that will not provide dentures because it is too challenging or they say they don't have the space. Tom Hubbard and his assistant Kenda Deford do their denture work in a 4'x6' bathroom that has a sink and a toilet in it!

The process of making dentures is quite an art whether performed in a small bathroom or not. It involves making a stone mold from an impression, forming wax rims on the mold with a small propane torch and snipping and shaping to get a good fit. The product is sent to a dental prosthetic lab where it is used to make a permanent denture, which is returned for more adjustment in the patient's mouth. When the patient receives their dentures, they are often overwhelmed with joy though it is definitely an adjustment as they relearn to talk and eat with this foreign object in their mouth!

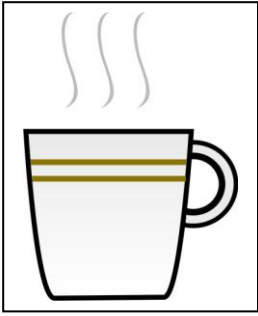
I bet you didn't know all the work that was going on in a little bathroom in the basement of your church!

-- Julie Ericksen

St James the Less Free Clinic: (804) 798-8890

We always welcome new volunteers. We have a special need for healthcare providers. If you are interested in volunteering please contact Susan Hubbard at (804) 798-8890. If you are interested in making an ongoing pledge you can call our Board president, Lee Chambers, at (804) 798-6647. Donation checks can be placed in the collection plate or mailed to us at "St James the Less Free Clinic, PO Box 117, Ashland, VA 23005". Thank you.





Ministry Fair and Vestry Coffeepot

Sept 18th 9 AM Brydon Hall

How will you use your gifts to be a part of the SJTL ministries?

Do you like getting to know people and enjoying good food? Join our Supper Club!

How about helping with children? The nursery needs adults of any age each Sunday.

Do you sing in the shower? We can use that voice in the choir!

Do you like to bake bread? We've got a group that makes our communion bread.

Could you help us make sure we continue our work with homeless folks in the CARITAS program?

Want to learn to knit or crochet? There's a Web of Hope group that meets to make prayer shawls as gifts.

How about helping make the altar table beautiful by caring for the linens? St. Hilda's Altar Guild can use you! It's not just about arranging flowers.

Have you wanted to be involved in the clinic?

You're invited to explore the possibilities at the ministry fair. The vestry will be there to visit with you and answer questions about our ministries and our exciting future!

A message from your Senior Warden:

On behalf of your Vestry of SJTL, let me take this opportunity to update the congregation on some exciting news.

Thanks to wondrous acts of kindness and stewardship from our congregation, the Vestry of SJTL has approved a payment of \$22,000.00 to reduce the debt from the Building Fund, incurred in the 1991 expansion. This payment lowers our outstanding loan from SunTrust from \$212,017.25 to \$190,017.35. This payment was made possible from many acts of kindness and devotion, such as memorials and directed gifts of stewardship.

I am truly overwhelmed to share with you that we received a check of \$20,000.00 from the Mary Palmer Field Revocable Trust. Mary's spoken wish that this sum be used to reduce the debt from the Building Fund. Once applied, this will lower our SunTrust loan outstanding balance to around \$170,000.00. We are so grateful to Mary and the Field family for their ongoing devotion and support of SJTL.

Stewardship is giving thanks for all of God's gifts. The Vestry thanks you for your stewardship.

Again, thank you and God bless you

--Dale Hill, Senior Warden

OUR YOUTH GROUP LEADERS



Doonesbury's "Red Rascal"
(Bryan Cline)



Dilbert's colleague "Alice"
(Vicki Morrison)



Queen Aleta Meyer



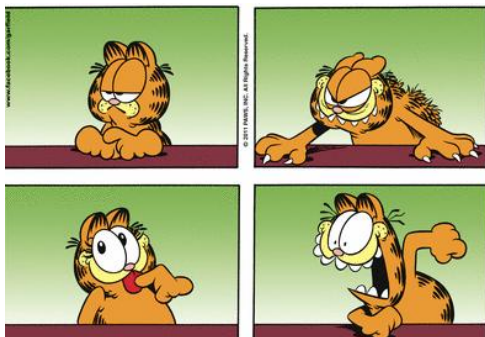
Rose is Rose "Biker-Chick" persona
(Rebecca Cline)



Marmaduke
(Bill Sanders)



PK Kinser



Garfield (Tish Sanders)



Jane and Yancey Jones



Ziggy (Steve Pace)

STJL Senior High Youth Group 2011-2012

Senior high youth group starts in just a few weeks, on September 11, from 6-7:30pm. We generally meet every week at the same time on Sunday evenings, starting with a shared meal and leading into shared activities. All youth in 9th-12th grade who attend St. James the Less are welcome, as are your friends!! In preparation for one of our first activities, please ask your family about the origin/selection of one of your names (first, middle, and/or last)--we want to get to know you!!

We will be joining the St. James the Less family retreat on September 23-25. There will be activities designed especially for the high school youth, including mask making/decorating and a trust walk, along with opportunities to relax and be with God's beauty at Shrine Mont. Join us! Sign up at the first youth group meeting. Cost is approximately \$90--please don't let \$ be a reason not to attend (ask any of the leaders about options).

This summer a large crew of us went to Tri-Cities Work Camp, with Janet Taylor and Bill Sanders as chaperones (thanks, Janet and Bill!!). Youth members had a wonderful time helping others, making new friends, and just plain old 'Being Young and Serving the Lord!' Youth who attended were Emily Weichman, Angela Stubbs, Josh Sanders, Jessica Sanders, Laurie Rodman, Katie Penland, Jarbarli Parsons, and Morgaine Goettl-Meyer. Thanks to the Chenery Committee for your generous gift in supporting their attendance!

And one more piece of news--Rebecca Cline has joined our leadership team (welcome Rebecca!!) and Richard Grosse has 'retired.' If you get a chance, please thank Richard for all his years of dedicated and enthusiastic leadership. We will miss him!

In Peace, *Aleta Meyer - Bill Sanders - Rebecca Cline - Jane Jones*

THE NURSERY NEEDS YOUR HELP!

St. James the Less needs you! After eight years, the Masseys are moving out of the nursery and into the next stage of their church life. We need a volunteer to help with the following:

- Welcome new families to the nursery
- Coordinate nursery volunteer schedules (quarterly)
- Coordinate annual back-to-Sunday School nursery clean-up day
- Represent the Nursery in church planning in partnership with the Vestry

We are very fortunate to have a wonderful Nursery Attendant, Loida Matthews, who, along with volunteer participants, tends to the young ones for each week's Sunday School and 10 AM service. She will continue in this capacity.

We only have 3 families available to volunteer this fall and one of them can only volunteer in September. Please search your hearts and your schedules for just one day that you could volunteer this fall. The nursery is open during Sunday School and the 10 a.m. service in the fall. The children and their families are absolutely precious and wonderful to work with. Please take this as an opportunity to get to know them and get back in touch with your inner child! Our nursery attendant, Loida Matthews, will be there every Sunday to help. She just needs a second adult to comply with safety standards! We can always use extra youth helpers as well!

For more information, please contact Danah Massey at 804-550-7420 or via E-mail at masseycrew@comcast.net



Heavenly Creations - November 18-20

It's time once again to prepare for our annual fundraiser, the Heavenly Creations Arts and Crafts Show held here at St. James the Less. The Show displays the work of 40 regional artists. The artists pay a booth fee and also donate 20% of their sales to the church. We have pottery, baskets, jewelry, furniture, fused and stained glass, quilting, carved and painted wood folk art, wreaths and much more.

AND IT IS ALL HANDMADE!

PLEASE PUT THESE DATES ON YOUR CALENDAR:

Friday, November 18 from 6pm to 9pm (Opening night wine and cheese reception)

Saturday, November 19 from 9am to 4pm

Sunday, November 20 from 9am to noon

We are thankful for all your support at past Shows. Last year the Show made \$6,283.35; 1/3 went to the Church operating budget and 2/3 went to supplement Chenery Grant funds. We hope we can count on you to volunteer again this year.

WE NEED INVENTORY PEOPLE, WRAPPERS AND GREETERS.

PLEASE CONTACT RON AND DANI PETITT TO VOLUNTEER AT 798-6548, rpetitt928@gmail.com. There will also be a sign-up list on the bulletin board next to the Choir room. Please save your paper grocery bags for the show.

The Heavenly Creations Committee is excited about this year's Show and, with your help, we look forward to another successful year. Call or email me with any questions that you may have.

--*Marcia Hill* - 798-4615 - mfill@hotmail.com

Are you a person who loves to make craft projects, knit, sew, etc.? The Heavenly Creations Art Show committee needs you! We are going to have a display area at the show (Nov. 18-20) 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. 100% of the profit from the craft sale will be given to the church. If you have 1 or many items that you would like to donate, or if you have questions about what to make, please contact me right away.

--*Jenny Bruce* - 798-0922

Your help is also greatly needed in stocking the Gourmet Food section. Your offerings of jams, jellies, pickles, herbs and baked goods sell out very quickly, so donate a little extra if you can. These contributions are 100% profit for SJTL and are an important draw for the show. Thanks in advance!

--*Jenny Bruce* - 798-0922



How Stress Affects the Body

“Our relative safety from predators, plus high amounts of leisure time, has transformed these useful biological coping mechanisms into a source of pointless suffering and illness.”

**Robert Sapolzky, M.D.PhD
Neuroendocrinology, Stanford University**

Stress is the body’s reaction to a real or imagined threat, event or change. The “stress response” is basically a natural, instinctive reaction that the human body mounts in order to protect itself from harm. In prehistoric times, when man was faced with a stressor such as a sabretooth tiger or some other immediate threat, his body was programmed to respond with a physical reaction that would allow him to either stay and fight the aggressor, or run as fast as he could in the opposite direction. This so-called “fight or flight” mechanism involves the release of certain “stress hormones”, primarily epinephrine (adrenaline) and cortisol (a steroid). When these hormones are released, they cause physical reactions in various parts of the body: The heart rate and blood pressure rise, pupils dilate, muscles tense and the brain becomes very alert as blood is shunted to vital organs and away from organs not so important in an emergency (such as the kidneys, GI tract or reproductive system.) The resulting state of readiness is great for dealing with a sudden, stressful event, but when exposed to these hormones over a longer period, the body receives a lot of damage.

The cardiovascular system suffers the effects of high blood pressure and heart rate causing plaque buildup in the arteries; tense muscles cause headaches, back pain, etc; brain cells actually slow their growth causing forgetfulness, paranoia and insomnia; the GI tract from ulcers, nausea, diarrhea, constipation, anorexia; blood sugars rise; immunity is impaired; chronic illnesses such as rheumatoid arthritis flare up...basically every system in the body suffers.

When someone experiences an acute stressor, such as a severe injury or sudden scare, the stress hormones surge and circulate in the system for up to **one hour**. That’s why you still feel “shaken” for a long while after a stressful incident.

However, when you are exposed to ongoing stressors, such as pressures on a job, a serious illness, financial issues, interpersonal problems, etc., the stress hormones circulate constantly over a long period of time, never being fully reabsorbed. Continuous exposure to these damaging substances causes ongoing physical and mental damage.

It’s important to learn to recognize your own body’s responses to stress and learn techniques to anticipate and cope with stressors. The next few articles will continue to explore this topic and discuss a variety of strategies for successful stress management.

--*Bobbie Street*, Parish Nurse

MIDDLE SCHOOL YOUTH GROUP

- We want to welcome Bryan Cline as a great addition to our Middle School Youth Advisors “team”! Bryan’s wife, Rebecca, will be joining the High School Youth Advisors too. Steve Pace will continue to work with the kids on music for the youth service. He will drop in on various Sunday evenings to have some music time, and hopefully can join us again for our youth retreat this year. PK, Vicki, Tish & Steve will all be returning for another year.
- Our first meeting will be on Sunday, September 11th from 6:00 – 7:30 as normal. This will be for the youth as well as the parents. We will be distributing the calendar for the 2011/2012 year as well as getting permission forms completed for each of the youth. Even if your child has participated in previous years we will need an updated form to be kept on file. I will take these forms whenever we have an off-site activity. Having these forms is a requirement of the church.
- As usual, we will ask that the parents provide a meal on various Sunday evenings. It is nice when you remain for dinner and the meeting so that you can observe what is happening on that particular week. With that being said, I was wondering if I could get a volunteer to start us off on Sunday, September 18th? The first meeting food will be provided by the Advisors, but if the youth would bring their favorite dessert to share that would be great. Tish emails a reminder the week that you are scheduled to provide the meal. Please respond to that email to let her know that it was received.
- We welcome any of the kids to bring their friends to the group. We will be asking that after the first few “visits” we would like the parents to fill out the permission form since it includes emergency contact and insurance information, and we would like a chance to get to know their parents as well. This is especially important as we draw closer to the field trips and retreat weekends that everyone looks forward to. If your child has friends in mind that they know would like to join the group, please pass along their parents contact information so that they can be added to the email distribution list as well as the dinner rotation.
- Our Middle School Youth retreat at Shrine Mont will be held in the spring. I have been in touch with Shrine Mont and, as of now, they have us down for the weekend of April 20th. They currently have us in the dorms, but they are working on an alternate weekend for us with more favorable accommodations.
- The Church “Family” retreat is September 23-25. There is not a specific “Middle School” component to this retreat, but Middle Schoolers always have a blast anyway.
- If you have any suggestions, questions or concerns, feel free to contact any of the advisors:

--PK Kinser <pk287@yahoo.com>;

--Vicki Morison <v_morison@hotmail.com>;

--Tish Sanders <dale3garfield@mindspring.com>;

--Steve Pace <stpace@verizon.net>;

--Bryan Cline <brcline@hotmail.com>

SEPTEMBER CELEBRATIONS

Birthdays

- 1 Jay Fines, Cami Stiles
- 2 Debbie Ham, Peyton Bowman
- 5 Connor Olin
- 6 Maggie Sheffield
- 7 Ricki Carson, Meg Helsley, Emily Starrett, Erin Miles
- 8 Monroe Reece, Sam Redd Carter, Bob Hughes
- 10 Jim Carson, Bill Reagan, Kathy Suydam
- 13 Betsy Snipes
- 14 Allison Pace
- 16 Andrew Tarbox
- 18 Dan Massey
- 19 Jane Newchok
- 20 John Friedman, John Martin, Curtis Conley
- 21 Lyde Longaker
- 22 Jack Burgoyne
- 23 Jenny Bruce, Christopher Stone
- 25 Aliya Cobb, Paul Wehman
- 27 Curt Williams

Anniversaries

- 3 Robert & Mary Lou Brown
- 12 Matt & Alyson Stone
- 14 Morse & Barbara Olin
- 18 P.K. Kinser & Aleta Meyer
- 20 Roy & Mary Lynn
- 28 Erik & Meg Helsley



SHRINEMONT



September 23-25 - **\$125.00**
(Scholarships available from The Chenery Fund.)

Final notice to sign up for a great weekend with even greater food and the best fellowship ever!

Come and relax, refresh and renew yourself. There is no set program this year so you can fit in all the things you've thought you never had time to do while there. Visit the orchid greenhouse, shop for antiques, and/or get freshly picked apples, gourds and pumpkins. How about walking the "Stations of the Cross" or hiking out to the bluffs on North Mountain and get a spectacular view of the Shenandoah Valley.

Join other members of SJTL for FUN, FELLOWSHIP, and FOOD.

Friday night campfire. Saturday night Shrine service. Sunday morning worship service.

God's blessings to all.

--Ron Petitt

804-852-2320 cell phone

