



# THE SAINT JAMES EPISCOPALIAN

AUGUST 2011

The Episcopal Church of  
Saint James the Apostle  
Est. 1891

Church: 1335 Oak Street  
Office: 514 14th Street  
Paso Robles, CA 93446  
Tel. 805.238.0819  
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**Office Hours:**

Tuesday –Friday  
9:00am to 1:00pm  
Sat. & Sun. by appointment

**St. James Mission Statement:**

“To inspire our parishioners  
and community to grow in  
unity with Christ.”

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## New Service Times

The Rev. Mary K. Morrison, Rector

Dear Friends,

As you know, St. James has tried a different schedule for the last view months. While it has been wonderful to have all of us in church together—the energy is palpable—it has also had some drawbacks, especially for those who prefer a more meditative atmosphere.

Your Vestry met on Wednesday, August 3<sup>rd</sup>, to review the results of our survey on service times. We had a very productive discussion, trying to balance our current needs with potential for the future.

We have decided to return to a two-service format, with some changes, beginning Labor Day weekend, September 4. The 8 o’clock am service will be much as it was before May and the second service will begin at 9:15 am. We believe this will accomplish 4 things:

- Those who prefer a quiet service once again have that option.
- The two congregations will have more opportunities for interaction with the services closer together.
- Even those attending the later service will have ample time for other Sunday activities.
- There will still be time for adult faith formation following the 9:15 am service.

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I know that the 9:15 am start time will continue to be a challenge for some of you, but the Vestry believes that this is the best option.

Mary

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## Vestry Highlights

Your Vestry met on Wednesday, July 20 (regular meeting) and on Wednesday, August 3 (special meeting).

Cecile Joyner has resigned from Vestry for personal reasons; the Vestry elected Darlene Westbrook to serve until the Annual Meeting. Thanks, Darlene!

Finance: pledge and plate income are below expected levels. Please keep your pledge current during the summer months.

Building and Grounds: Mark Plant reported that the sprinklers on the Oak Street side of our property have been repaired.

Fundraising: Save the date—Saturday, September 3—at Castoro Cellars is our joint fundraiser with Hospice. Helpers are needed for food preparation and service. Contact Newlin Hastings for more info.

Worship: the Vestry has decided to return to 2 services on Sundays. See Mtr. Mary's article for more information.

Stewardship: Pies and Packets will take place on Sunday, September 11.

### Newsletter Deadline

The deadline for submission of articles for the September issue of *The Episcopalian* is Tuesday, August 25, 2011.

# Thank You!

To our St. James' Friends,

Thank you for all that has been bestowed on us. Your gifts of love, prayer, support and food strengthened us through our difficult time. We know that these gifts are an amazing display of God's grace! Thank you for your prayers for Matt's successful recovery.

With love and gratitude,  
Matthew and Lecia Brannon

Dear Friends of St. James,

Thank you all so much for the Daily Office books, the prayer shawl and the framed words to "God be with you till we meet again," as well as the wonderful Root Beer Float coffee hour last Sunday! It is hard to believe that our time together has come to an end, but for now we must say good-bye. My time here with you has been very special. I thank you for sharing your lives with me and letting me do the same with you. Please know that you will travel with me to CDSF and all that I have learned here will influence my future ministry. St. James has been a great place to experience the community life of a congregation. And finally, thank you for your love and prayers! They hold me up and keep me moving forward on this amazing adventure. You will continue to be in my prayers.

With love,  
Barbara

# Hope and Harmony Fundraiser

Featuring Red Skunk Jipzee Swing Band

and The Topsy Gypsies

Tickets on sale now at [hospiceslo.org](http://hospiceslo.org)

or call 888-663-3729

Hospice SLO and St. James will be “jazzing” up Castoro Cellars this Labor Day Weekend to raise funds for North County programs during the 2<sup>nd</sup> Annual Hope & Harmony Benefit Concert. Local favorites The Red Skunk Jipzee Swing Band and The Topsy Gypsies will perform at the outdoor benefit concert held at Castoro Cellars on **September 3, 2011** from 7:15-10:00 pm, with doors opening at 6:15 pm.

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## Eight Easy Ways to Add Years to Your Life

**LOOK ON THE BRIGHT SIDE:** Optimists live about two years longer than pessimists, reports the Mayo Clinic.

**EAT APPLES AND PEARS:** Studies show these flavonoid-rich fruits may lower your risk of cardiovascular disease.

**KEEP IN TOUCH WITH FRIENDS:** People in weekly contact with at least five friends were 22 percent less likely to die in 10 years, says an Australian study.

**EXERCISE:** Exercisers live longer and have fewer injuries than sedentary individuals, Stanford University found.

**TAKE THE SUNSCREEN PLEDGE:** “I will apply sunscreen with SPF 15 or 30 every morning even if I’m going to be inside most of the day”.

**SLEEP —BUT NOT TOO MUCH:** Seven to eight hours is optimum. Fewer than six may put you at higher risk of heart disease; more than nine make you likelier to die of diseases such as cancer, says University College London Medical School.

**BE GENEROUS:** People who give emotional and tangible support to friends and neighbors add years to their lives, according to the University of Michigan.

**WORSHIP REGULARLY:** A University of Texas study found those going to religious services more than weekly live about seven years longer. Come to St. James Sundays at 9 AM and Wednesday and Saturday at 6 PM., you will live longer!



# What's Happening at St. James!

## Refresh Saturday Service



Busy on Sunday morning? Come to church on Saturday evening for *Refresh*, a casual, contemporary Eucharist for all.

## Save the Date

The Hope and Harmony Fundraiser with Hospice will be held on Saturday, September 3 at Castoro Cellars from 7-10 pm..

## New Service Times!

We are going back to two services on Sunday:

8:00 am will return to its previous format

And

9:15 am Rite II with music

## Deanery Meeting at St. James

The San Luis Deanery will meet here at St. James on Saturday, August 27th from 9am to 3pm. The morning will be used for the Diocesan budget presentation and the afternoon will be a time of visioning with Bishop Mary. Anyone is welcome! Please RSVP if you will be coming for lunch which will cost \$5.

## Progressive Dinner Saturday, August 20th

5:00 p.m.

The progressive dinner will begin at the Adinolfi's for appetizers; salad at Seden-Hansen's; main course at Westbrook's and dessert at the Railsback's.

Parking is limited at the homes. Meet at the church at 4:45 p.m. to carpool. We will need volunteers to drive. Maps will be available soon.

Bring your friends.

R.S.V.P to the church office or call Bonnie - 238-0930. Any questions, call Bonnie.

## Fellowship

## Upcoming Events

**Progressive Dinner** on Saturday, August 20<sup>th</sup>. Each of four courses will be hosted at a different house.

And on Saturday, October 1 there will be a **Spaghetti Potluck**.

# Then the Imam Fainted

The long season of rain in June seems to have slowed things down in the garden -- for weeks, we have had an abundance of green tomatoes and not a single red one, long after the time when we would ordinarily be up to our necks in them. Sunday, at last, the red avalanche began: the ruby globes peek from behind the leaves of every plant in the garden. And there are nineteen tomato plants this year, a fair number for two people.

But tomato gardening was never meant to be solely for the benefit of one's own household. Clearly, such a handsome fruit was meant to be shared. Q will dispense tomatoes to the neighbors, to our children, to the sexton of our old church, who looked forward to them every year and whom we still love. He'll give them, also to people who just look to him like they need them.

Harvested food, in scripture, is meant to give away. After the farmer has harvested his crops, he is to leave some for the poor to gather. They come into the fields after the workers have left, and what remains is theirs for the taking.

City Harvest in New York does that with restaurants. They pick up in a truck what the restaurants don't sell, and bring it to food pantries and soup kitchens. Our guests at the pantry at St. Clement's sometimes had a City Harvest windfall: trays of expensive hors d'oeuvres, baskets of breakfast breads, platters of luncheon meats, fancy desserts. Amy's bread does that too, for our pantry: on Friday, what Amy didn't sell could go to the food pantry, and someone would go across the street after hours and come back with one or two enormous black plastic bags, fragrant with the lovely loaves. On the day the World Trade Center was destroyed, a truck pulled up in front of the church: a complete meal, for a meeting there that would never take place.

Tomatoes. Fresh in Q's lunchtime salad. Sliced on a plate at dinner. Fried in the morning for breakfast. Chopped and baked with chunks of eggplant and garlic and olive oil in one of his favorite Turkish dishes:

One day an imam was riding from one little town to another. He stopped at the home of a poor family on his way, and asked to be given something to eat. The wife of the house, honored to have the imam as her guest, set before him all the food they had, and her husband sat with him as he ate. One dish in particular was her pride and joy, the best thing she knew how to make. She watched anxiously as the imam picked up a piece of pita bread and dipped it into the dish. Would he like it? He tasted, and everyone was silent. He rolled his eyes toward heaven in delight and said, "Allah is great!" The name of the dish in Turkish is Imam Byaldi, which means:

## Then The Imam Fainted

Take as many tomatoes as you have and cut them into chunks.

Take as many eggplants as you have and do the same. There should be slightly more eggplant than tomato. Put these into a greased ovenproof dish.

Mince 20 cloves of garlic and stir into the eggplant/tomato mixture.

Add as much olive oil as you want and stir it in. Maybe 1/2 cup. Maybe less.

Add pignoli nuts if you have them. Maybe 1/2 cup.

Bake at 325 F for about an hour and a half, covered. Stir once or twice, if you want to.

Eat it, hot or cold -- sitting down -- on pieces of pita.

From The Almost Daily Emo by Barbara Crafton, August 26, 2003

## Families Needed to House AFS Students

AFS Intercultural Programs is looking for families in Paso Robles, Atascadero, and Templeton to host high school exchange students arriving August 26th.

These international high school students are eager to attend a local high school, live with a host family and discover what America is all about. Host families provide a bed and meals, share their daily lives with students, and help guide and support students as they would their own children. AFS is still seeking supportive families to host these students for 6-12 weeks, a semester or the year.

Students arrive with their own spending money and medical insurance, and families and their hosted students receive ongoing support from AFS Staff and experienced local volunteers.

Join the global community. Host an international exchange student with AFS-USA, a leader in international high school student exchange for more than 60 years. Call 1-800-876-2377 x. 1594 or email [dnelson@afs.org](mailto:dnelson@afs.org) for more information. Visit us on the web at [www.afsusa.org/host-family](http://www.afsusa.org/host-family).

### Remember Amazon

If you are going to purchase books, or just about anything else, through Amazon, remember to access Amazon through the link on our web page. By doing this, St. James receives a percentage of your purchase price with no cost to you. It is an easy way to support St. James!

### The Episcopalian is published by The Episcopal Church of St. James the Apostle

Paso Robles, CA

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Terry Freas	Church Secretary
James Holloway	Organist

#### ASSIGNED DEACON

The Rev. Jackie Sebro

#### CHURCH VESTRY 2011

Laura Learned	Senior Warden
	Worship
Lecia Brannon	Junior Warden
	Finance
Dale Breckow	Stewardship
Marilyn Gerber	Outreach/Membership
Newlin Hastings	Outreach/Fundraising
Mark Plants	Building and Grounds
Bonnie Railsback	Fellowship
Julie Seden-Hansen	Education
Darlene Westbrook	Communication

#### Officers of the Vestry

Denise Chouinard	Treasurer
Terry Freas	Clerk

#### DELEGATES TO CONVENTION 2011

Matt Brannon  
Liz Hastings  
Newlin Hastings

#### Alternates

Lecia Brannon  
Laura Learned  
Darlene Westbrook

#### ST. JAMES MINISTRIES

Altar Guild	Cecile Joyner
Brotherhood of St. Andrew	Ray Gordon
Church Band	Laura Learned
Loaves and Fishes	The Rev. Jackie Sebro
Health Ministry	Sheila Vossler
United Thank Offering	Susan Hansen

This page contains the calendar in the printed version of the newsletter. To see the calendar on line please visit our web page at [www.stjamespasorobles.org](http://www.stjamespasorobles.org).

St. James Episcopal Church  
 514 14th Street  
 Paso Robles, CA 93446

## In Our Prayers

### Rest in Peace

*O God, we praise your Holy Name for your servants who have finished their course in your faith and fear.*

### Healing

*Mercifully accept our prayers and grant your servants the help of your power that their sickness may be turned into health.*

Jean Sudden, Barbara Sebro, Matt Brannon, Khris K., Nick B.

### Thanksgivings

*Accept, O Lord, our thanks and praise for all that you have done for us.*

### If you have a Prayer Request

Contact one of the following members of the Prayer Chain:

Lucy Simola 238-1290  
 Mary Ann Tison 238-1206  
 Church Office 238-0819

## Birthdays

Wishing you joy and God's love and peace!



Ginny Rookus	Aug. 4	Bob Simola	Aug. 11
James Holloway	Aug. 4	Marilyn Gerber	Aug. 12
Joe Pourciau	Aug. 7	Robert Kelley	Aug. 23
Melanie Rys	Aug. 10	Gillian Capelli	Aug. 24
Michael Seden-Hansen	Aug. 10	Roger Thorson	Aug. 25
Susan Hansen	Aug. 11	Gary Duke	Aug. 27



## Anniversaries

Wishing you many more years of happiness and God's continued blessings!

Bob & Joan Burgess	August 3, 1963
Al & Sheila Vossler	August 7, 1982
Lee & Tony Adinolfi	August 10, 1963
Steve & Barbara Sefton	August 16, 2008
Tom & Darlene Westbrook	August 24, 1968
Mac & Laura Learned	August 25, 1973
Robert & Anne Ellis	August 27, 1954
Sue & Roger Thorson	August 29, 1981