



# THE SAINT JAMES EPISCOPALIAN

MAY 2011

The Episcopal Church of  
Saint James the Apostle  
Est. 1891

Church: 1335 Oak Street  
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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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## The Easter Labyrinth - A Journey Outward

The Rev. Mary K. Morrison, Rector

Our yearly Lenten sojourn has been compared to a meditative walk on a labyrinth, moving slowly towards the center, the church’s commemoration of Holy Week and the Three Great Days. Having spent our time in the center, now we are on another journey through the labyrinth—our Easter journey from the center outward.

The Great Fifty Days of Easter (Easter Day through—and including—the Day of Pentecost) nurture us as a Christian community. Each year, through the Sunday gospel readings we are reminded of the resurrection appearances (Easter Day through Easter 3), Christ the Good Shepherd (Easter 4), and Jesus’ Farewell Discourse from the Gospel of John (Easter 5-7). All of the lectionary texts, but especially the gospels, shape us as an Easter people grounded in God and God’s purposes, which are just, merciful, inclusive, and life-giving.

The disciples’ encounters with the risen Lord and the experiences of the early church instruct us about our mission and encourage us to be bearers of the good news in every time and place. As we make the resurrection-to-Pentecost journey through Eastertide, we are also making a second pilgrimage of Pentecost-to-the-

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ends-of-the-earth, parallel journeys of faith and faithfulness made possible by God's glorious action. Both of these journeys take us close to our center (the Easter event) and direct us outward from the center. Like the labyrinth, we move both in and out, even as we know we are being sent always outward into mission and ministry.

May the Great Fifty Days transform us in faith. May we be persuaded that the power of God present in Jesus and through the Holy Spirit is still at work in us and in our world. May we, like the disciples, boldly proclaim the Good News of God in Christ and be empowered witnesses to resurrection life.

*Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen. [Ephesians 3:20,21]*



**Newsletter Deadline**

The deadline for submission of articles for the June/July issue of *The Episcopalian* is Tuesday, May 24, 2011.

## The Rector's Road Trip

My vacation this year will be spent on the road. Jo and I will be driving cross country and back—one of the things on my “bucket list.” Our final destination in the east is Jo’s 50<sup>th</sup> reunion at Vassar College in Poughkeepsie, New York.

We will drive east on US 50, which runs from Sacramento to Ocean City, Maryland. Having spent a goodly portion of my life at one end of that road and having made a brief pilgrimage to Ocean City to see the other end, I am intrigued by what is in between. On our return trip, we will follow the Oregon Trail for the western part of the journey.

Along the way we will visit National Parks and historical monuments and see some relatives and friends from seminary. You will be hearing updates from us while we are on the road and more about our adventures on our return. Please keep Jo and me in your prayers as we journey, knowing that you are always held close to our hearts.

Mary



# April Fundraiser Grand Prize Winner!



Congratulations to Lee Adinolfi, the raffle Grand Prize winner of the Apple iPad 2. Her name was drawn at our Bob and Wendy On Stage at Harris Stage Lines fundraiser, April 16th. Congratulations to Al and Sheila Vossler, winners of the Second Prize, a Cayucos beach house weekend. Thank you to Harris Stage Lines, Bob and Wendy Liepman, the prize donors and the many volunteers who made this a successful event.

## 5 Body Systems and the foods that boost their healthy function

You've probably heard the new nutritional buzzword...."Nutrient Dense". The superstar foods listed below do the best job at promoting Heart fitness, Bone strength, Digestive, Immune system and Nervous system health. Some boost your health in more ways than one. Add these to your weekly shopping list! We'll look at 2 systems this month and the other 3 in June. Stay tuned!!

### Heart

You need: fiber, potassium, omega-3 fatty acids, flavonoids, vitamin C, monounsaturated fatty acids

Apples  
Avocados  
Dark chocolate  
Flax Seed  
Foods with Sterols and Stanols (such as nuts)  
Lentils  
Salmon  
Sardines  
Tomatoes  
Vegetable oils  
Whole Grains

### Muscles and Bones

You need: foods high in calcium, vitamin D, magnesium, vitamin K, potassium, protein.

Bananas  
Broccoli  
Eggs  
Juice with Vit. D & Calcium  
Leafy greens  
Lean Meats  
Lentils  
Nuts  
Salmon  
Sardines  
Skim or Soy Milk  
Tofu  
Yogurt



# 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.

## New Service Time!

Beginning Sunday, May 1  
St. James has a new Sunday Schedule.  
Holy Eucharist at 9am  
Wednesdays and Saturdays at 6pm

## Diocesan Conference With Diana Butler Bass

**May 14, 2011**

**9am to 3:30pm**

**St. Paul's in Salinas.**

Registration is \$10 per person before May 9 with a group of 5 or more.

Diana is a warm, intelligent and challenging writer and speaker. She is devoted to help those who desire to strengthen church and live life to it's fullest potential. Currently she is working on a book called "Christianity After Religion." This conference will be empowering not only to the individual, but to the entire congregation. Please let the office know if you would like to attend. Carpooling is available.

## ECW Spring Indoor Yard Sale

On Saturday, May 21, the Episcopal Church Women will hold an Indoor Yard Sale in the Parish Hall from 8am to 3pm.

They are in need of small appliances, clothes, books, and any other sellable items. Donations may be dropped off in the Parish Hall during the week of May 16th.



## Fellowship Upcoming Events

**Progressive Dinner** on Saturday, August 20<sup>th</sup>. Each of four courses will be hosted at a different house. If you would like to volunteer your home please call Bonnie Railsback.

In mid-July we will go to the **Concert in the Park**. Watch for the date.

And in October there will be a **Spaghetti Potluck**.



# Canterbury Ministry Update

Dear Friends,

First, I have some exciting news to share. As of this past month, I have joined Hospice Partners of the Central Coast, on a per diem, part-time basis, as a spiritual counselor. Please know that I made it clear during my interview that our Canterbury Ministry is very important, not only to me, but to all of us, and that I planned to continue in my position here.

Of course, this means I had to leave the law firm where I had been employed part-time since moving here in 2007; but it also means I will be involved in ministry on a full-time basis now between the two positions. Please keep us in your prayers during this time of transition, as I begin some fulfilling but difficult work that will take me, and those with whom I will be ministering, deep into the heart and mystery of God.

Secondly, this is a reminder about our upcoming Deanery Canterbury Weekend, May 21-22. Our donor reception will be held on Saturday, May 21, from 4-6pm at the home of John & Hannah Bergen in Templeton, and then our Canterbury students will visit each of the deanery parishes on Sunday, May 22. Our hope is for the Canterbury representatives to share a few words about themselves and the impact of Canterbury in their lives, and take a special collection.

Canterbury Club, a deanery campus and young-adult ministry, meets on Tuesday evenings for dinner and worship at 6pm at St. Stephen's in SLO. Bible Study is held on Wednesday mornings at 11am in the Pride Center (UU 209) on the Cal Poly campus. We are wrapping up our study of TEC's 2005 document *To Set Our Hope on Christ*.

Please send me an email if you would like to receive our weekly newsletter. And please continue to keep our Canterbury Ministry in your prayers.

Grace, Peace, & Easter Joy to each of you,

Berkeley



## “Sticks and Stones ... Bullying in School and Community.”

In response to a cross burning and the vandalizing of a middle school where hate speech and symbols were written on classroom white boards, Arroyo Grande held a community forum. Its purpose: to discuss these crimes and to begin the healing process. With the help of a distinguished panel, the Central Coast Clergy and Laity for Justice invites the public to continue that discussion, facing the issues around race and violence, bullying and intimidation. Panel members include **Ian Parkinson**, Sheriff, San Luis Obispo County; **Deb Linden**, Anti-Defamation League; **Ryan Page**, President, AGHS Gay-Straight Alliance; **Shannon Pacoan**, speaking as a woman of color living on the Central Coast; and a member of the **Muslim community** speaking of her experiences with Islamophobia. The meeting will be held Thursday, May 19, 6:00 – 8:30 pm, at the United Church of Christ, 11245 Los Osos Valley Rd., SLO. For further information, call Rich Kurrasch at 805.704.3356.

## Russian Ensemble returning to St. Benedict's

The popular St. Petersburg Men's Ensemble will return to St. Benedict's Episcopal Church in Los Osos at 7 p.m. on Friday, May 6. The event is public; a freewill offering will help support the group. The ensemble was founded in 2003 under the leadership of Kirill Sokolov, a graduate of the St. Petersburg Conservatory. His goal is to widen the world audience for Russian music. The first half of the quartet's performance will be classical and church music, including Rachmaninoff's "Blessed The Man." The second half will consist of such folk songs as the Ukrainian "Carol of the Bells." St. Benedict's is at 2220 Snowy Egret Lane; take Clark Valley Road one block south from Los Osos Valley Road. For more information, telephone (805) 528-0654.

## Learning to Listen to the Spirit

A new series of Hollister institute presentations called "Learning to listen to the Spirit" will begin at 10 a.m. on Thursday, May 5 at St. Benedict's Episcopal Church in Los Osos. The church is at 2220 Snowy Egret Lane, a block south of the intersection of Clark Valley Road and Los Osos Valley Road. Presenters will be the Rev. Donna Ross, the Rev. Dr. Caroline Hall, Marianne Stowe and Lorienne Schwenk. The May 5 presentation will be "Finding new ways to listen to Scripture." On May 12 the subject will be "Understanding the Biblical texts." On May 19 "Inspired by the Spirit" and on May 26 "Praying with great Biblical themes." A \$5 donation will be requested to cover costs of handouts. Books will be recommended. To register, email [donnaross@chartter.net](mailto:donnaross@chartter.net).

## 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!

[www.stjamespasorobles.org](http://www.stjamespasorobles.org)

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

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The Rev. Jackie Sebro

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

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### 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
Episcopal Church Women	Lucy Simola
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  
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## 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

### 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!



John Rys	May 2	Liz Hastings	May 20
Tony Adinolfi	May 5	Ed Railsback	May 20
Elizabeth Pedretti	May 5	Jeanne Marsh	May 22
Newlin Hastings	May 6	Julie Seden-Hansen	May 22
Joan Morgantini	May 16	Peggy Yost	May 24
Trudy Spears	May 17	Angelique Stansbury	May 31
Pam Jardini	May 19		



## Anniversaries

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

Michael & Julie Seden-Hansen	May 13, 1995
Dick & Peggy Yost	May 31, 1958