



THE SAINT JAMES EPISCOPALIAN

OCTOBER 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
www.stjamespasorobles.org

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 Rev. Mary K. Morrison, Rector

Dear Friends,

I saw a posting on Facebook recently that said,
“What if you woke up today with only the things
that you thanked God for yesterday?”

The practice of gratitude, like so many other spiritual practices, takes PRACTICE! Sometimes it is easy for us to be thankful: seeing the stars twinkling in the dark sky, standing at the foot of a waterfall in the midst of a forest, watching the sun set over the ocean at the beach. At other times, it takes a disaster for us to remember how blessed we are that the lights come on when we flip a switch or clean water flows out of the taps.

When my children were young, we attended a small church that had no Sunday School or nursery care. I loved my children—and still do!—and would often want to offer thanks for them during the Prayers of the People. Then I would remember how they would grow restless as the service went on and their wiggles and noises would disturb the other members of the congregation (who would not be shy about complaining!). So I kept silent and offered my prayers of thanksgiving in my heart, but not aloud. Looking back, I know I should

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have spoken my prayers of thanksgiving, even for my restless children. Perhaps they could have helped the congregation learn to be a more welcoming place, for them and for others.

Writer Annie Dillard says that most of us have two prayers: "Thank you, thank you, thank you!" and "Help, help, help!" Some of us have only one: "Gimme, gimme, gimme!" The "help" prayer and the "gimme" prayer usually come when we need them (or think we need them). The "thank you" prayer may need some practice. The time to start is now. Barbara Crafton has given some good advice about embracing spiritual practices. She says,

Please do not wait until your world turns upside down to begin forming a spiritual discipline Do it now. When tragedy lays us low, we're in no shape to set about erecting a spiritual discipline. We can barely tie our shoes. Begin now, while you are in relatively good shape, so that, when you are in desperate need of a way to pray, you won't have to create one own of whole cloth. (*Yes, We'll Gather at the River*, p. 82)

She also suggests that we think about the things of the spirit as we would think about painting a boat. We need to lay down layer after layer of spiritual practice and prayer, like layers of paint to protect the boat. If we do that when things are OK, it will help us continue that work when things are so-so or even worse.

This month, find something to be thankful for each day.

Blessings,
Mary

Thank You!

For all the support and help which contributed to the great success for the Hope and Harmony Fundraiser. It had terrific food, great music and fine fellowship for a beautiful evening! A great recipe for a memorable event.

Women's Day Workshops

Saturday, Oct. 22, 2011

at St. Paul's Church, Salinas,
1071 Pajaro St., Salinas, CA 93901

The cost is \$20.00

For more information, contact Wanda Bryson at wandadon@earthlink.net or Joyce Nehlsen at 408-778-9370

Registration Deadline: Oct. 10th

Save the Date

Celebrate the 25th Anniversary of the World Day of Prayer of Peace:
Spirit of Assisi

Where: Paso Robles City Park

When: October 27, 2011

Time: 6:30 PM

Coming in October:

Bill McKibben

Author, Educator, Environmentalist

Brave New Planet: The Fight for a Livable Climate

Sunday, October 30th, Fremont Theater, SLO

Tickets: \$10.

Check the bulletin board near the office for more information.

A Taste of Islam

Would you like to learn more about Islam?

A Taste of Islam will offer an introduction to the faith of Muslims.

Saturday, October 29th, 10 am to 4 pm

Lake Pavilion, Atascadero.

Check the bulletin board near the office for more information.

St. James Prayer Ministry

Our Prayer Ministry will be hosting a week of prayer starting Sunday, October 2nd through Saturday, October 8th, 2011. We will be offering prayers for our Parish members and families, for the needs of our community, state and the world and in gratitude for the blessings we receive.

Please join us by requesting prayer, praying with us or both. Prayer request forms will be available in the Narthex and the Church office. We will be meeting at the church each evening at 6:30 pm to pray. Everyone is invited to join us for all evenings or just one. If you aren't able to be in church with us a list will be available so that you may pray from home.

Please contact Lecia Brannon for more information. She can be reached by phone at 805-674-3624 or by email at lecia.brannon@gmail.com.



What's Happening at St. James!

Baptisms, They're Not just for Kids!

Sunday, November 6th

Know someone who would like to be baptized? Our next baptismal day is November 6th, when we celebrate All Saints' Day.

Sunday School Workshop

A free Sunday school workshop will be held at St. Stephen's Church in San Luis Obispo on Saturday, Oct. 8th from 10:00 am to 2:30 pm. Marshall Lockwood from the diocese will lead the workshop. Please contact St. Stephen's for more information.

Participants are asked to bring a bag lunch.



Sunday School is now
in Session!

Calling all kids!

Sunday School began on September 11. Our teachers are commissioned—Julie Seden-Hansen, Lecia Brannon, and Darlene Westbrook—and look forward to a year to celebrate our children. We have a great Sunday School which uses the Godly Play curriculum, based on Bible stories.

Do you know a child who would like to come to Sunday School?

Please invite them!

Diocesan Convention 2011

Clergy, Delegates, and Alternates will be attending the Convention in Salinas on Friday, Nov. 4th and Saturday, Nov. 5th. Those attending from St. James will be Matt and Lecia Brannon, Laura Learned, and Darlene Westbrook.

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

6 Natural Energy Sources from your Health Ministry

1. **WATER:** Dehydration is a big cause of fatigue. Sip water periodically during the day to stay hydrated.
 2. **BIG BREAKFASTS:** Make your first meal the biggest. You'll jump-start your metabolism and kick off the morning with a huge energy surge.
 3. **IRON:** Iron delivers energy-boosting oxygen to cells. Restore what may be depleted with red meat in moderation, beans and iron-fortified cereal.
 4. **REGULAR MEALS:** Skipping meals can set you up for hunger-fueled crashes (not to mention stomach rumbling)
 5. **WHOLE GRAINS AND HIGH-FIBER PROTEINS:** Brown rice, oatmeal, beans-digest slowly to keep blood-sugar levels even throughout the day.
 6. **EXERCISE:** Break up your day with bouts of exercise. You'll get the same calorie burn as with one long session but up the energy-building benefits.
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Seminary Life Begins

Hi Friends!

I arrived at CDSP (Church Divinity School of the Pacific) the end of August and moved into my dorm room with the help of Robin Denney. Not only did she transport much of my stuff, but also she stayed, unloaded and moved it up to my 4th floor room and helped me unpack. Many thanks, Robin!

The first week here included four days of orientation along with time to get to know my fellow students and the Berkeley area. It was overwhelming with so many details and new things to learn. However, everyone helped each other, and we are all getting the hang of dorm and seminary life.

Last week classes started. I was really ready to begin and get settled into a routine, but at the same time I was very apprehensive about the classes. I have classes in Anglican Tradition and Life as well as Elements of Greek on Mondays, Fundamentals of Worship and Old Testament on Tuesdays, and History of Christianity on Fridays. As promised there is tons of reading and many papers small and large to write. Already, I feel like I am learning so much.

In addition to classes, we have responsibilities in Chapel that vary from hospitality (greeting) to Lay Assistant, assisting sacristan to lector. We can even take a turn baking the Eucharistic Bread. There are usually 2 or 3 services each weekday, but none on the weekends because second and third year students are at their field education parishes. The 13 services a week mean that there is plenty of opportunity to participate and to worship. It is wonderful to be able to pray with the community for Morning Prayer, Holy Eucharist and Evening Prayer each day. Also, there is a small group of us that meets around 9pm for Compline on days when we can't attend Evening Prayer.

I find that I miss all of you and being in the office, even as I become comfortable and part of the community here. Thank you for your prayers and love!

In Christ,
Barbara

Vestry Highlights

Here is a summary of the Vestry Meeting held on Wednesday, September 21st. To see a copy of the minutes, please call or email the church office.

- Stewardship: Stewardship kick-off—Pies and Packets— began on September 11th with Commitment Sunday coming up on October 23.
- Education: Sunday School began September 11; teachers and students welcome!
- Outreach: both the Saturday Lunch Bunch and Peoples' Kitchen have seen an increase in people using these services.
- Fundraising: Thanks to all to helped to make the Hope & Harmony event a great success!

Save the Date

Saturday, Nov. 13th

5 PM—7 PM at

Studios on the Park, Paso Robles
The 3rd Annual benefit evening for
Loaves and Fishes and St. James

Featuring acclaimed pianist

Rudolph Budginas.

Limited tickets available:

\$50.00 per person

To order tickets contact:

Pacifica Real Estate 237-4040
Paso Robles Physical Therapy 237-0171

For more information please contact the
St. James Office at 238-0819.

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CHURCH STAFF

The Rev. Mary K. Morrison Rector
Terry Freas Church Secretary
James Halloway Organist
The Rev. Jackie Sebro Assigned Deacon

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 and Newlin Hastings

Alternates

Matt and 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.

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.

Joe Pourciau Jim Rookus

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, 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:

Lecia Brannon 805-674-3624 or
email: lecia.brannon@gmail.com.
Lucy Simola 238-1290
Mary Ann Tison 238-1206
Church Office 238-0819

Birthdays

Wishing you joy and
God's love and peace!



Bonnie Railsback	Oct.2
Joan Burgess	Oct. 5
Tom Arena	Oct. 6
Haley Brannon	Oct. 14
Tom Westbrook	Oct. 15
Bob Burgess	Oct. 17
Kathie Pullen	Oct. 23
Rayner Brower	Oct. 24
Michael Coffin	Oct. 24
Barbara Wilcox	Oct. 24

Anniversaries

Surprisingly there are no
anniversaries in October.