



THE SAINT JAMES EPISCOPALIAN

AUGUST 2009

The Episcopal Church of
Saint James the Apostle
Est. 1891

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9:00am to 1:00pm
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St. James Mission Statement:

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

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General Convention 2009



A Look at the Episcopal
Church as Clergy and Laity
Gathered in Anaheim

The Rev. Mary K. Morrison

Dear Friends,

General Convention was a wonderful experience, an up-close and personal look at the workings of this great church of ours. As an Alternate, I was not appointed to a committee, but followed the work of the Liturgy and Music Committee; their work included C056, “Liturgies for Blessings.” It was fascinating to watch the workings of this 25 person committee of Bishops, Clergy, and Lay Persons of varied backgrounds work on this resolution. You will hear more from me about General Convention over the coming months; for today, I offer you a letter to the church from Presiding Bishop Katharine Jefferts Schori, reprinted from Episcopal News Service.

Blessings,
Mary

[Episcopal News Service] Presiding Bishop Katharine Jefferts Schori has issued a letter to the church about General Convention, which was held July 8-17 at the Anaheim Convention Center in California. "Above all else, this Convention claimed God's mission as the heartbeat of The Episcopal Church," Jefferts Schori says.

The full text of the Presiding Bishop's letter follows.

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My brothers and sisters in Christ:

The 76th General Convention is now history, though it will likely take some time before we are all reasonably clear about what the results are.

We gathered in Anaheim, as guests of the Diocese of Los Angeles, for eleven full days of worship, learning, and policy-making. The worship was stunning visually, musically, and liturgically, with provocative preaching and lively singing.

Our learning included training in Public Narrative, as well as news about the emergent church, in the LA Night presentation.

We welcomed a number of visitors from other parts of the Anglican Communion, including 15 of the primates (archbishops or presiding bishops), other bishops, clergy, and laity.

You can see and hear all this and more at the Media Hub: <http://gchub.episcopalchurch.org/>

The budget adopted represents a significant curtailment of church-wide ministry efforts, in recognition of the economic realities of many dioceses and church endowments, which will result in the loss of a number of Church Center staff who have given long and laudable service. Yet we will continue to serve God's mission, throughout The Episcopal Church and beyond. This budget expects that more mission work will continue or begin to take place at diocesan or congregational levels. Religious pilgrims, from the Israelites in the desert to Episcopalians in Alaska or Haiti, have always learned that times of leanness are opportunities for strengthened faith and creativity.

As a Church, we have deepened our commitments to mission and ministry with "the least of these" (Matthew 25). We included a budgetary commitment of 0.7% to the Millennium Development Goals, through the *NetsforLife*® program partnership of Episcopal Relief & Development. That is in addition to approximately 15% of the budget already committed to international development work.

We have committed to a domestic poverty initiative, meant to explore coherent and constructive responses to some of the worst poverty statistics in the Americas: Native American reservations and indigenous communities.

Justice is the goal, as we revised our canons (church rules) having to do with clergy discipline, both as an act of solidarity with those who may suffer at the hands of clergy and an act of pas-

toral concern for clergy charged with misconduct.

The General Convention adopted a health plan to serve all clergy and lay employees, which is expected to be a cost-savings across the whole of the United States portion of the Church. Work continues to ensure adequate health coverage in the non-U.S. parts of this Church. The Convention also mandated pension coverage for lay employees.

Liturgical additions were also included in the Convention's work, from more saints on the calendar to prayers around reproductive loss.

What captured the headlines across the secular media, however, had to do with two resolutions, the consequences of which were often misinterpreted or exaggerated. One, identified as D025, is titled "Anglican Communion: Commitment and Witness to Anglican Communion." It

- reaffirms our commitment to and desire to pursue mission with the Anglican Communion;
- reiterates our commitment to Listening Process urged by Lambeth Conferences of 1978, 1988, and 1998;
- notes that our own participation in the listening process led General Convention in 2000 to "recognize that the baptized membership of The Episcopal Church includes same-sex couples living in lifelong committed relationships 'characterized by fidelity, monogamy, mutual affection and respect, careful, honest communication, and the holy love which enables those in such relationships to see in each other the image of God'";
- recognizes that ministry, both lay and ordained is being exercised by such persons in response to God's call;
- notes that the call to ordained ministry is God's call, is a mystery, and that the Church participates in that mystery through the process of discernment;
- acknowledges that the members of The Episcopal Church, and of the Anglican Communion, are not of one mind, and that faithful Christians disagree about some of these matters.

The other resolution that received a lot of press is C056, titled "Liturgies for Blessings." The text

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adopted was a substitute for the original, yet the title remains unchanged. It

- acknowledges changing circumstances in the U.S. and elsewhere, in that civil jurisdictions in some places permit marriage, civil unions, and/or domestic partnerships involving same-sex couples, that call for a pastoral response from this Church;
- asks the Standing Commission on Liturgy and Music, and the House of Bishops, to collect and develop theological and liturgical resources for such pastoral response, and report to the next General Convention;
- asks those bodies to invite comment and participation from other parts of this Church and the Anglican Communion;
- notes that bishops may provide generous pastoral responses to the needs of members of this Church;
- asks the Convention to honor the theological diversity of this Church in regard to matters of human sexuality.

The full text of both resolutions is available here: <http://gc2009.org/ViewLegislation>. I urge you to read them for yourself. Some have insisted that these resolutions repudiate our relationships with other members of the Anglican Communion. My sense is that we have been very clear that we value our relationships within and around the Communion, and seek to deepen them. My sense as well is that we cannot do that without being honest about who and where we are. We are obviously not of one mind, and likely will not be until Jesus returns in all his glory. We are called by God to continue to wrestle with the circumstances in which we live and move and have our being, and to do it as carefully and faithfully as we are able, in companionship with those who disagree vehemently and agree wholeheartedly. It is only in that wrestling that we, like Jacob, will begin to discern the leading of the Spirit and the blessing of relationship with God.

Above all else, this Convention claimed God's mission as the heartbeat of The Episcopal Church. I encourage every member of this Church to enter into conversation in your own congregation or diocese about God's mission, and where you and your faith community are being invited to enter more deeply into caring for your neighbors, the "least of these" whom Jesus befriends.

The Most Rev. Katharine Jefferts Schori

Presiding Bishop and Primate
The Episcopal Church

Rector's study group - *Welcome to Sunday*

Want to know more about what we do on Sunday mornings? Have questions about why we do what we do?



Come and join a book study using *Welcome to Sunday* by Christopher Weber. Here's the information from the back cover of the book:

For puzzled newcomers to the Episcopal Church—and even for long-time members sitting in the pews—this book offers a step-by-step introduction to the Sunday liturgy, with an emphasis on how lay people can participate. *Welcome to Sunday* focuses on the ways that liturgy nourishes individuals and communities in their Christian life, and helps readers discover the deeper meaning within the service.

Need a copy of the book? Order it through Amazon (don't forget to go to the St. James website first!) or speak to Mtr. Mary.

Two meeting opportunities:

Tuesday mornings 10:00 - 11:00 *or*
Thursday evenings 7:00 - 8:00

Interested? Please email or call the church office or sign up on the sheet below. Please note: we need at least six people in each section for the class to be offered.

Newsletter Deadline

The deadline for submission of articles for the September issue of *The Episcopalian* is August 17th.



What's Happening At St. James

Retreat to St. Mary's

Come away with us to a quiet place with time to think and pray. Join us at St. Mary's Retreat House in Santa Barbara September 11, 12, and 13 for our annual Parish Retreat. This year, our theme will be Celtic Spirituality: What's in it for Me?

It has been said that Christian spirituality "is intensely practical, earthed, and real, for it the way we live out our professed beliefs." [Margaret Guenther, *The Practice of Prayer*] Celtic spirituality offers us an ancient way that can be practiced in our lives today. Join us in Santa Barbara to explore pilgrimage, "thin places," life in community, and the artistic and symbolic expressions of faith.



Reservations (with a \$50 deposit) must be made by August 15th. The balance (\$100) is paid on arrival at St. Mary's. Questions? Please check with Mtr. Mary or the office.

Adult formation study - Sundays beginning Sept. 13



Come and join us in the Library on Sunday mornings: 9:10—9:40 beginning September 13th to discuss the lessons for Sunday morning. Ask questions or reflect on how the readings speak to you.



Wednesday potlucks

Join us on Wednesdays in August for a potluck supper following the Wednesday Eucharist. This will be a simple meal—sign up in the vestibule to contribute—with an opportunity for fellowship. We'll finish up by 8:00 pm each week. Questions? Check with Mtr. Mary or call the church office.

Blessing of backpacks – August 23

School starts early this year! Bring your backpack to church on Sunday, August 23, for our annual Blessing of the Backpacks. We'll pray for all students, teachers, and staff members as well. See you then!



Sunday School

Mark your calendars! Sunday School begins Sunday, 13th. Check the schedule in the September newsletter for more information.

Pictorial Directory

Coming in October! It's time for the St. James Pictorial Directory. Appointments will be scheduled on Tuesday, October 6 and Wednesday, October 7 from 3:00 to 9:00 pm each day in the Parish Hall. Save the date and watch for more information coming in September.



Deanery Family Excursion to Ravine Waterpark

Tuesday, August 18, 2009, 1:30pm-6pm, for ages 12 and up. (Younger is OK if with parent.)

Ravine Waterpark, in Paso Robles, is the hottest place to cool off on the Central Coast. It's a complete water adventure - hop on a tube and race down one of the 325 foot flume slides or drift lazily along the Sunset River. Don't forget the 175,000 gallon wave pool, four story Vertigo shoot and five story Kamikaze!

S.L.O. Deanery Youth will meet at St. Luke's, Atascadero at 1pm to caravan to Ravine Waterpark, where a shady spot will be reserved for us to hang out between water adventures. The cost is \$16 (and also bring \$10 or so for food and drink. No outside food, water or other beverages are allowed in the park. There are concession stands selling a variety of items at prices similar to shopping malls). Registration deadline is Sunday, August 9 (It might be OK to sign up late, but if we don't have enough sign-ups by 8/9 the event will be canceled, so if you want to go, please sign up!)

If you'd like to sign up, or have questions, see call or email Kathleen (756-5940 at work, 546-0880 at home, kapennington@netscape.net)

Cactus Harris farewell

Sunday, August 16th, will mark Cactus Harris' last day with us as our organist. Cactus is leaving to attend CSU Fresno as a Music Education major. Please join us on the 16th following the 10 o'clock liturgy to thank Cactus. We would like to give Cactus a monetary gift as a thanksgiving for his work and to help with his college expenses. To contribute to Cactus' gift, please make out your check to St. James and mark it "Cactus' gift."



Deanery Stuff

Sept. 12 budget meeting

The SLO Deanery meeting on September 12 will be at St. Luke's, Atascadero. The morning (9:30 - noon) will be for presentations of the diocesan budget, resolutions for Diocesan Convention, and other deanery business. The afternoon (1:00 -3:00pm) will be "Networking with the Bishop."

Making Disciples

Jesus Reyes returns to the SLO Deanery October 3rd, 10:00-4:00, for a presentation on the invitation to discipleship.

Senior Wellness

Seniors can take an active role in maintaining their health and reducing health risks.

- § Performing regular physical activity and maintaining a healthy diet can help increase muscle mass, reduce the risk of heart attacks and strokes, lower blood pressure and reduce the risk of developing type-2 diabetes.
- § Maintaining a body mass index in the normal range of 19 to 24 also contributes to sound health maintenance.
- § A comprehensive health-maintenance program for seniors should include strength and flexibility training, cardiovascular fitness and a healthy diet to reduce fat and increase muscle.
- § Resistance training reduces muscle loss, maintains strength and increases bone mineral density. (Resistance training is done by working against something that is static, a force that resists motion. i.e. pushing against a doorjamb which causes contraction of the muscle.)
- 5 § Stretching exercises also improve bone mineral density, lead to strength gains and help maintain range of motion. (Use the popular "bands" that you can purchase wherever exercise equipment is sold. Using them like pulleys allows the muscles to "stretch". Simple muscle stretching exercises are taught by therapists and can even be found in monthly magazines under the health sections.)
- § Progression is essential for any exercise regime:
 - If it isn't heavy, it isn't helping
 - Start with stretching
 - Move to weight bearing exercises
 - Do light, high-repetition exercises
 - Move to heavier weights
- § There is a strong correlation between strength and bone mineral density. Twelve months of strength training can increase spine and wrist bone mineral density while aerobics alone may decrease wrist bone mineral density.

With regular health and wellness maintenance, seniors can reduce their risk of falling and improve their bone health, flexibility, muscle strength and cardiovascular health.

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

Paso Robles, CA

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The Rev. Jackie Sebros

CHURCH VESTRY 2009

Joe Chouinard (674-1336)	Senior Warden
Matt Brannon	Junior Warden
	Buildings and Grounds
Michael Coffin	Stewardship
Jan Duke	Worship
Marty Durrett	Communication
Newlin Hastings	Fundraising
Alan Heslop	
Mac Learned	Outreach
Julie Seden-Hansen	Education
	Officers of the Vestry
Amanda Thorson	Treasurer
Barbara Miller	Clerk

DELEGATES TO CONVENTION 2009

Joe Chouinard
Marty Durrett
Laura Learned

Alternates

Liz Hastings
Denise Chouinard
Mac Learned

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 Sebros
Health Ministry	Sheila Vossler
United Thank Offering	Darlene Westbrook

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.

Elsie Coons, Sue Curry

Healing

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

Marty D., Cleon B., Trudy S., Frank K.,
Jean S., Gene D., Shirley B., Ray B., Bob
S., Barbara S., Jim H.

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
Bev Tornquist 238-4685
Church Office 238-0819

Birthdays

Wishing you joy and God's love and peace!

Ginny Rookus	August 4
Joe Pourciau	August 7
Melanie Rys	August 10
Bob Simola	August 11
Scott van Tassell	August 11
Marilyn Gerber	August 12
Joe Guglielmo	August 12
Robert Kelley	August 23
Beverly Tornquist	August 24

Anniversaries

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

Bob and Joan Burgess	August 3, 1963
Joe and Sarah Guglielmo	August 4, 1990
Al and Sheila Vossler	August 7, 1982
Doug Manley & Cynthia Maxwell	August 9, 1980
Mary Morrison & Jo Weber	August 16, 1997
Steve and Barbara Sefton	August 16, 2008
Tom and Darlene Westbrook	August 24, 1968
Mac and Laura Learned	August 25, 1973
Robert and Anne Ellis	August 27, 1954