



The Window

The Newsletter of St. James' Episcopal Church in Fremont, CA
Called to serve in new and loving ways

September 2014

Ignatian Spirituality: The Daily Examen

As part of my commitment to St. James' and as a way of honoring this congregation's generosity of spirit and time as I stepped out of the world for 35 days to engage on the Spiritual Exercises of St. Ignatius, I share this essential teaching in return. In his Spiritual Exercises, St. Ignatius included a method of daily prayer called "the Daily Examen" (a word derived from the Latin word for examination). This prayer exercise is a sort of "spiritual investigation."

While there are several versions of the Examen today, they all have five general steps:

Place yourself in God's presence and give thanks for God's love and for all that God has given you.

Pray for the grace to understand the ways God is acting in your life so that you may begin to see God in all things.

Review your day, spending time moving through each experience, recalling specific situations and your feelings at the time.

Reflect your actions in thought, word and deed. Were you drawing closer to God? Or were you moving away from God? Give thanks for the times you drew closer, and ask forgiveness for the times you moved away.

Look towards tomorrow by asking God to guide you in living out God's will for the next day. Make some commitment of what you will specifically try to do. Conclude with the Lord's Prayer.

The most significant part of the Daily Examen is step three when one reviews the day. This step engages the memory and imagination, allowing us to think through the ways in which we moved through the day and how we impacted ourselves and others. At times, we might find that we were filled with a sense of God in the most surprising situations. At others, we might find that where we expected to feel the movement of the Spirit, we came up empty. The ultimate purpose of this prayer exercise is to identify and focus on what gives you life so that our days may be increasingly life-giving.

To explain the process, James Martin, SJ wrote in his book *The Jesuit Guide to (Almost) Everything*: *"Think of it [the Examen] as a movie playing in your head. Push the play button and run through your day, from start to finish, from your rising in the morning to preparing to go to bed at night. Notice what made you happy, what made you stressed, what confused you, what helped you be more loving. Recall everything: sights, sounds, feelings, tastes, textures, conversations. Thoughts, words, and deeds, as Ignatius says. Each moment offers a window to where God has been in your day."*

Of all the prayer exercises created by Ignatius, he was most emphatic about this daily prayer, instructing the early Jesuits that if they did no other form of prayer, the Examen should not be neglected.

On a personal level, I have found this method to be rich with meaning and transformation. Perhaps you will as well.

Lori

Fall Stewardship Event

In September, our thoughts tend to focus on fall, and your Stewardship Committee is usually concentrating on what it might propose for the annual Stewardship Event? Well, this year's program includes a huge parking lot tailgate party – the **First Annual St. James' Tailgate Get-Together!** - scheduled for Saturday afternoon, October 25th. It is shaping up to be an afternoon of fun, learning, games, and good food for football fans and non-football fans alike. Why football? It's the "team" concept – we at St. James' are a team in all that we do – working, worshipping, and learning together as a team to share God's Word and love. We are all important members of God's Team. We are always there for our church community in good times and difficult times; we benefit from the strengths and generosity of each other, and we hope together for the future. It is through our participation and giving that we are able to strengthen and extend our love of God to everyone in and outside our church community.

As part of the **Tailgate Get-Together**, the Stewardship Committee invites all St. James' Ministry Teams to participate in a Chili Cook-Off. We are, for example, hoping to see Altar Guild Chili, Choir Chili, Sunday School Chili, Work Party Chili, and maybe even some Vestry Chili just to name a few! More information and sign up information will be made available later, but for now begin thinking about how your ministry team at St. James' might prepare its best crockpot of chili. Together, as a team, we accomplish significantly.

In Ephesians, Paul asks his readers to live together in the unity of the Spirit, to be a fellowship of believers who love, support, encourage and help one another. We all have it within our power to be a steward and promoter of unity.

“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10)

In the coming weeks, additional information on the event will be shared. For now, mark your calendar for October 25th and plan to bring the entire family to the **St. James' Tailgate Get Together** to celebrate the Community of St. James' and all that we accomplish together.

Gail Blalock, Stewardship Chair

Financial Summary July 2014		
Fund Balances	<u>7/31/2013</u>	<u>7/31/2014</u>
Operating Fund	\$ 45,461	\$ 49,728
Building Fund	\$ 47,185	\$ 36,969
Year To Date Summary Operating		
Pledges Budgeted	\$ 142,113	\$ 142,477
Pledges Paid	\$ 123,679	\$ 144,774
Unpledged Contributions	\$ 3,280	\$ 6,001
Other Op Income*	<u>\$ 14,345</u>	<u>\$ 12,840</u>
Total Operating Income	\$ 141,304	\$ 163,614
Total Operating Expenses	<u>\$ 136,384</u>	<u>\$ 164,692</u>
Income less Expenses	\$, 4,920	(\$1,078)
*Includes Fund Raising		

Note: Operating expenses for last year (2013) does not include rhw payroll payment. If it had been paid, then expenses would have exceeded income

AWAKEN SPIRITUALLY

Contemplative Practices in September

Faith Formation series will be on Tuesday nights September 16 through October 14 at 6:30 PM. Sessions will last 90 minutes. All are welcome. **Sign up now.** Workbooks are necessary and must be ordered for each



participant.

“Embracing Spiritual Awakening” invites participants to examine and understand the changing cultural landscape in North America. Diana Butler Bass leads a discussion of what it means to be spiritual, to be religious, and how Christians

today might be grace-filled witnesses to the reality they know and experience.” – The Most Rev. Katherine Jefferts Schori.

“Diana Butler Bass is one of the finest thinkers and educators I’ve ever met. She combines the insight of a scholar of religious history with the foresight of a keen social analyst.” – Brian D. McLaren

What do we believe? vs. How do we believe?

How do we do that? vs. What should we do now?

Who are we? vs. Whose are we?

These may seem like strange sets of questions to ask. Their answers are the ticket to a spiritual awakening - from institution to experience.

The series of five sessions will take the participants through stages of Waking Up, Believing, Behaving, Belonging and Awakening. The teaching content in each session comes in the form of input by Diana Butler Bass and response by members of a small group. The DVD session will be followed by discussion in our own group. Each session will have pre-session questions and discussion questions from the workbook. Homework!

Cradle Episcopalian or new to the Episcopal Church? This series has food for your spirit. The first session will be facilitated by Bruce Roberts. After that session each session’s facilitator or facilitators will be chosen from the group. All participants have all the written material. Diana Butler Bass provides the catalyst in her presentation.

Bruce Roberts

During September we will explore two ancient Christian practices.

September 7 & 14:

Lectio Divina

led by The Rev. Lori Walton

Lectio Divina (Latin for divine reading) is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God’s Word.

September 21 & 28:

Praying With Icons

led by The Rev. Bill Mosier

“Praying with icons is an ancient prayer practice that involves keeping our eyes wide open, taking into our heart what the image visually communicates. We focus not on what is seen in the icon, but rather on what is seen through it — the love of God expressed through God’s creatures.”

Please join us in EB1 at 9:30am each Sunday morning!

Janet Fischer

Endowment Committee Report

The Endowment Committee held its second quarter meeting August 7th. Those present were Tom Blalock, Jan Brandt, Marnie Hartmann, Lynn Locher, and Sylvia Ma.

The second quarter financials statements showed that through donations and return on investments, we are close to the 2013 year end balance before the 5% distribution.

Investments were reviewed assuring the minimum of 40% in fixed income.

If there is interest in a will writing opportunity, a program will be scheduled this year.

Marnie Hartmann, Chair

A New Ministry for St. James’ Tri-City Volunteers

For many years, St. James’ and St. James’ parishioners have provided support in many ways to Abode Services to help end homelessness in the area. In an effort to extend our reach to other areas of need, the Vestry and a group of parishioners (a group who participated in a Faith Formation study on food insecurity) have formed a new ministry in support of Tri-City Volunteers (TCV).

TCV Volunteers is a non-denominational, non-profit organization that provides food assistance and low cost clothing and household items to the residents of Alameda County. They are the largest client-direct food bank in the area, serving up to 16,000 individuals every month through their food cart and bag lunch programs.



Two TCV volunteers filling carts with donated food to distribute to waiting clients

They serve all low-income residents of Alameda County. Many of their clients come from migrant families who are under-employed or are facing unemployment due to disabilities, a

lack of relevant work skills or other barriers.

TCV’s Mission – “To eliminate hunger and to promote financial self-sufficiency in Alameda County and beyond by distributing food and providing volunteer opportunities and job training in order to improve the quality of life for all in our community, especially children, youth, low-income families and seniors.”

I’ve heard of Tri-City Volunteers but where are they? Their facility is almost around the corner from St. James’ at 37350 Joseph Street, just off Peralta, between Peralta and Central – so close you could drive there in less than five minutes from St. James’. Go northeast on Thornton to Dusterberry, left on Peralta and right on Joseph. Parking is limited. Why am I giving directions? If you have donations for TCV, drive into the parking lot and go to the end of it. That far end of the building (on your right) is

where TCV accepts donations.

What can you donate? TCV accepts high-quality clothing donations, furniture, household items for sale in their Thrift Shop, and new toys at Christmas. They also accept toilet paper and other hygiene products. If you have furniture that needs to be picked up, send them an email with a photo of the item(s) to sgovea@tri-cityvolunteers.org. Call 510-793-4583 for pick-up. Note that they cannot repair items you donate, so any item must be damage-free, serviceable and intact.

For e-waste, TCV can recycle it, but they would like you to leave your name, address, and phone number with those items. They will take working refrigerators and sell them in the Thrift Shop. If you are unsure about items you would like to donate, call the above number and ask them about it.

Want to do your own exploration of TCV? Take a look at their web site www.tri-cityvolunteers.org. It gives a lot more information than you see here. Please explore on your own. TCV does a lot of good in our community.

The St. James’ TCV committee plans to promote special projects benefitting TCV in the future. Look for them in the *The Window* in the future. If you would like to participate in the Tri-City Volunteers ministry, please contact me, EJ Hilliard, or Alison Saichek.

Bruce Roberts



Upcoming Events

September 7, Sunday, 10:15am:
Sunday School resumes.

September 16, Tuesday, 6:30pm: Faith
Formation—Awaken Spirituality

September 27, Saturday, 10am: Niles Community
Park: Take a Hike

October 11, Saturday, 5:30pm: Food and
Fellowship Dinner

October 25, Saturday afternoon: Stewardship
Tailgate Get-Together

“Love Your Neighbor”

August has been a hard month. Ferguson. The deaths of Michael Brown and Robin Williams. The ongoing war in Israel and Gaza where death tolls escalate. Religious extremism in Iraq leading to countless deaths of men and the enslavement of women and children. And right here in California: drought, earthquake, and fires. How can we begin to comprehend the loss of life, the losses to life at home and around the globe?

This summer, whether for pleasure or for perspective when the weight of the world has been too much, I have taken to walking around Lake Elizabeth. I am reminded of a greater humanity than the news can ever bring to me: I see families and friends from all over the earth gathered for picnics, for play, and to share in each other’s good company. On the path around the lake, couples and friends quietly converse in languages I cannot precisely identify. Rarely I hear spoken English, and the accents on any given day are different from my own. What I do recognize are the smiles exchanged; the comfortable gait of friends walking together; the natural intimacy in voice and motion of couples for whom walking is part of their daily lives; the mutual delight at the extraordinary appearances of wildlife: ducklings, pelicans, a fish pulling on a line. We are all sharing a path in two directions but in one great loop. Sometimes we share laughter, but more often we exchange a nod and an appreciative, knowing smile. There is beauty all around us. There is comfort in our silent regard. We are all here.

As Christians we are reminded through the parable of the Good Samaritan to “Love your neighbor as yourself” (Luke 10:29-37). The language originates from Leviticus 19:18 in an injunction against enacting vengeance or bearing a grudge against a friend or comrade; it is also echoed in Leviticus 19:34: “You shall love [the stranger who sojourns with you] as yourself.” To love your neighbor is to be a friend. To be a friend is to come to know and to care. Ferguson. Lake Elizabeth. Israel beneath the Iron Dome. Central Park. Gaza. Napa. St. James’. Our neighbors are everywhere. Let us love them.

“Love Your Neighbor” will be the organizing theme of the children’s fall curriculum through learning, fellowship, worship, and service. Details forthcoming!

The Rev. Stephanie Green



Attention All Singers & Non-Singers

The Choir Season is almost upon us!

No matter what your — Age — Singing ability — Whatever various reasons why choir *is not* for you, this Choir IS for you!!! Choir is for EVERYONE!!!

The Adult Choir resumes rehearsing from our summer break on Wednesday September 3rd from 7:30 - 9:00pm! We sing at the 10:30am service every week. We are a fun group of people. Please come see us and join in the choir camaraderie!

The Children's Choir meets right after the 10:30am service for about 10 minutes. It is a quick and fun rehearsal. We usually sing once a month or so. The Children's Choir will sing for the first time this season at our special St. Francis' Day service on Sunday September 28th. Look for the time in our Sunday announcements.

If you have any questions, let me or any member of the choir know. Better yet, just show up to sing! All are welcome, anytime!

Jennifer Carini, Music Director

Helping Hands Needed

Would you like to help others in your community and get involved on a team with some folks from St. James'? There are several teams from St. James' that help provide meals to the homeless at Abode/Sunrise Village.

Our team has lost several members recently and could use a few more helping hands and friendly faces on the first Saturday of every other month (the even months). Our next date is October 4.

We serve dinner to about 40-50 people. All decisions about the menu, cooking, etc. are made jointly, often at the prior meal. Cooking takes little time since the main course is usually a basic crock-pot meal, such as spaghetti/meat sauce, chili, etc. which we prepare at home and bring to Sunrise Village. Steamed veggies we prepare on site as well as a salad. One team member usually prepares the dessert. Team members usually arrive about 4pm and we are out by 6:30pm. If you'd like to join us, please contact Cathy Knotts at cjknmlp@yahoo.com.

Connie Rux

St. James' Cares

St. James' Episcopal Church is more than just a place of worship. We are also a community of people with a full range of needs. Many times we offer help, other times we need help. St. James' Cares is a ministry of helping each other.

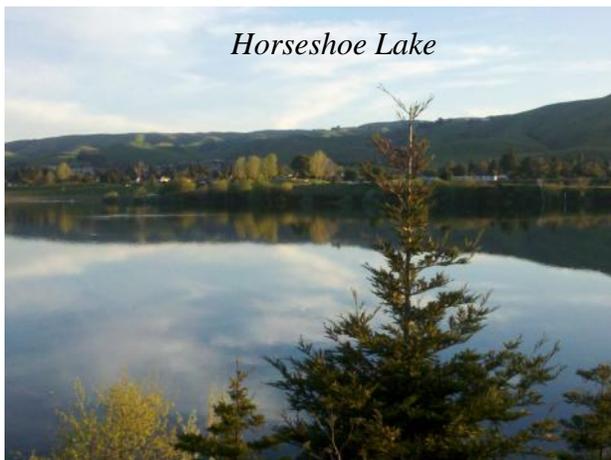
Our goal is to collect and maintain a list of individuals who are able to offer assistance, and the type(s) of support they are willing and able to provide. These volunteers will be our Care Teams. When a request for help comes in, these teams will do their best to facilitate an arrangement between the requestor and the volunteers.

Currently, we are providing help in the following areas: **meals, transportation, errands and personal assistance.**

This will be a ministry for the people, by the people of St. James'. No one is too young or too old to be involved.

Nancy Castenada

**See us at Coffee Hour on 9/21
for more information.**



Horseshoe Lake

Bob Bynum and I would like to try again to start a hiking group at St. James'. For starters, we suggest that the first hike (really a long walk) start at Niles Community Park, located at 3rd and H Streets in Niles. There is plenty of parking, picnic benches and restrooms. As it borders the Alameda Creek trail and Quarry Lakes Regional Park, two possible walks are:

1. Follow the creek trail into the park and walk around Horseshoe Lake and back (about 4.6mi);
2. Same basic route except encircle Lago los Osos Lake (about 4mi).

3. Either route may be extended if so desired.

Bring a picnic lunch should you wish.

Meeting time and place: Saturday, September 27 at 10am in the Community Park parking lot.

Call me at (510) 792-2248 or email relocher@comcast.net if interested.

Ralph Locher

Diocesan Resolutions for 2014

**Discussion Meeting:
Sunday, September 21
EB1, 9:30am**

First the resolutions:

- Resolution 1 — Proposition 47: Safe Neighborhoods and Schools Act of 2014
- Resolution 2 – Laying the Groundwork for an Episcopal State Public Policy Network in California
- Resolution 3 – Resolution on Liturgical Marriage Equality

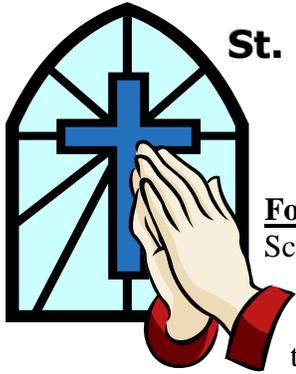
By the time of our meeting, there may be additional resolutions. One can read them at www.dioccal.org/governance/diocesan-convention/2014-resolutions.

Discussion regarding these resolutions will be held on Sunday, September 21 in EB1 at 9:30am.

Whatever your opinion, bring it and let your Deanery Representatives know what you think about the resolutions so they can represent you at the Southern Alameda Deanery meeting on September 28.

Bruce Roberts

Take a Hike



St. James' Prayer List

Most Holy God we pray for:

For Those In The Military:

Scott, Jarrod, Megan, Erica,
Theresa, Mark, Tim, Louis,
Military Children of ACBSM,
the families and Marines of
Dark Horse Battalion, Caitlin,

Emily, Robin, Adam, Dave, Shawn, Ethan, Paul,
Darren

For Those Who Need Comfort and Healing:

Peter, Denise, Nancy, Florinne, Nonie, Barry, Paul,
Barbara, Denise, Sukhman, Jan, Mark, Koreen, Man
Yee, the Prickett Family, Jan, Miranda, Jeff, Rose,
Sadako, Joyce, Jim, Ron, Bruce, Lori, Donald,
Regena, Rosemary, Russ, Mary Susan, The Mullin
Family, Sam, Karin, Ruth

For Those Who Need Guidance and Direction:

Shawn, Aaron, Kenny, Bon, Michael, Victor,
Catherine, Daniel, Gloria, Scott, Michael, Jordan,
Deja, Paul, Rhonda, Robert

For Families expecting children: Hoa & Erik

For Those Who Have Passed Away: Klaryta,
Norene, Dick, Mary, Lorin , Diane, Doug



September Birthdays

- 2 Bob Reed
- 5 Aurora Thompson-Lynch
- 7 Mel Johnson
- 8 Ron Larson
- 14 Jan Brandt
- 18 Rod Whitehouse
- 20 Barbara Lyon
- 25 Barbara Dabney
Mike Aquino
- 26 Connie Rux
Jeanne Morris
Mitchell Pinnix

September Anniversaries

- 3 Debra & Jon Fuller
- 3 Nathaniel & Gloryanne Bryant
- 12 George & Pat Vlastelica
- 13 Bruce & Janet Fischer
- 18 Tim & Pat Spencer
- 21 Scott & Becky Whitaker
- 23 Bud & Pat Spalding
Evelyn Martinez & Griselda Prather
- 25 Frank & Rose Hoffman

To add someone to the "Special Prayers" list, please complete a pew card and place it in the offering plate OR call / email the Church Office. After six weeks, names are removed from the list. Please renew your request as needed.

Thank you

Please note: If your birth month or anniversary is in this month and your name(s) is not listed or the information is incorrect, please email the appropriate information to admin@saintj.com

The next issue of *The Window* is in October. We welcome your **comments, essays, poems, photos, cartoons, newsworthy items of interest, art work, any group activity information and reviews.**
Email your submission to newsletter@saintj.com
by: **October Issue Deadline: September 15th**



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WORSHIP TIMES

SUNDAY SERVICES: 8:00AM & 10:30AM
CONTEMPLATIVE PRACTICES: SUNDAY 9:15-10:15AM
SUNDAY SCHOOL 10:15AM
YOUTH GROUP SECOND SUNDAY 6:30PM
WEDNESDAY EUCHARIST 10:00AM

OFFICE HOURS

MONDAY THROUGH THURSDAY: 9:00AM-1:00PM

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Al Casas

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