



The Window

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

March 2018

Silence

There are many things that are stunningly wonderful about living in the Bay Area. The beauty of the land, the diversity of the people, the gentleness of the weather, and the access to culture, arts, and various forms of entertainment. Most of my years have been lived here and I cannot imagine calling a different place home. However, no place is perfect. Extraordinarily high housing, too many cars on the freeways, and not-so-great public transportation cause me and many concern. While these are all true, the thing that I am most acutely aware of, especially this time of year, the Season of Lent, is the absence of silence.

When Ron and I were in Minnesota last summer we spent several days at a cabin in the middle of nowhere. The silence was profound, especially at night. Our hosts were concerned about our being able to sleep in such quiet and suggested we turn on the fan to generate some background noise. No need for that. Ron and I were like parched pilgrims at a flowing stream and we drank in the silence happily.

When I spent 30 days at a Jesuit Retreat center for the Ignatian Exercises a few years ago, the structured quiet and expectation of keeping silent, no talking at all, was pure bliss for this introvert. In the real world, I find myself looking for ways to keep silence. In this season of journeying inward, I invite each of you to experiment with silence.

In her book, *Holy Solitude*, Heidi Haverkamp gives 10 ways to be silent. I paraphrase them for you here.

1. Gaze out a window and simply observe.
2. Whisper a word to yourself that will remind you of God's love, repeating it for a set time: Jesus, Grace, Gentleness, Peace...
3. Follow your breathing, perhaps using a short prayer for breathing in and breathing out: God is Love / I Love God.
4. Daydream of things that bring you pleasure, a walk in the woods, a long bath, a laughing child. When you find yourself thinking of your to-do list, gently bring yourself back to your daydream.
5. Pray with your body by concentrating on each part at a time beginning with your toes, moving to your ankles, up to your calves, until you reach the top of your head.
6. Drive in silence without the radio on and without using your Bluetooth. Notice the difference in your awareness.
7. Take a nap, lying down for even 20 minutes.
8. Use your creative side to doodle without any plan, using pens, pencils, markers, crayons.
9. Try to descend your mind into your heart. The author admits she's not entirely sure what this means, but it is a phrase offered by Henri Nouwen. I suggest it means visually imagine all of your thoughts and feelings drifting down to settle in the heart in the middle of your chest.

(continued on next page)

10. Try meditation such as centering prayer, not as a search for perfection, but as a practice of silence and of failing at something. In silence, let yourself be human. (For more instruction on Centering Prayer, talk with parishioner Brian Cochran).

And finally, as we approach the Paschal Triduum: Maundy Thursday, Good Friday, and the Easter Vigil, participate fully! These services, culminating with Easter Sunday, are the Highest Holy Days in the Christian calendar and are meant to be taken as a whole movement, from the recognition of the Last Supper of Jesus, to the walk up Golgotha to the Cross and Crucifixion, to the first lighting of the Great Fire and the Joyous Celebration of the Risen Christ. I look forward to celebrating our faith with you.

Lori



Maisha Bora
Kenya

Introducing the Maisha Bora Initiative

In Kenya, as in many African countries, high school is only an option for those who can afford to go. According to UNICEF, only 30-40% of the Kenyan population are able to go to high school. Those who are not able to get their education are often caught in a system of poverty that is passed down from generation to generation. In Swahili, Maisha Bora means “better life”. The Maisha Bora Initiative seeks to do just that – allow children the opportunity for a better life through education. In February, Hannah Wanjiru, program manager and family friend of Peter and Esther Maina, presented the program to St. James’. At the same time, Esther Maina shared her story of having no opportunity for education until she met Hannah Wanjiru and connected with Maisha Bora. Esther was the first recipient of this program and is a living testament of the major impact this program has on the lives of others.

With the support of the vestry, St. James’ is partnering with Maisha Bora to assist in the education of young people in Kenya. For \$1,000, we can send one child to high school for one year. For \$2,000, we can send a child to college. Please consider whether you would like to contribute to our new outreach effort. You can write a check to St. James’ with “Maisha Bora” in the subject line. As we move forward, we will allocate the Ducks4Bucks proceeds towards this effort. In return, the Maisha Bora Initiative will provide us with a picture and story of the children we are helping, allowing us to have a personal connection to the life we are helping to make better.

For more information, see www.maishaborakenya.com, or check out Hannah’s presentation on our website at <http://saintj.com/wp/event/introducing-the-maisha-bora-initiative/>.

Lori+

Lenten Soup Supper and Program: *Meeting Jesus in the Gospel of John*



Please join Faith Formation as we present this gentle program from the Society of St. John the Evangelist and explore the

meaning of God’s love and the incarnation. Even if you have not attended the classes in February, you are welcome to join for the remainder of the classes in March:

- I Have Called You Friends (TUESDAY, March 6)

- Abide in Me (TUESDAY, March 13)
- We Declare to You (TUESDAY, March 20)

Our traditional Soup Supper begins at 6pm, and the program will run from 6:30-8pm. We meet in the Education Room. Please sign up in the Parish Hall. Thank you.

Janet Fischer
Faith Formation

Since we have partnered with the local School for the Blind (students are on our campus each Wednesday assisting with some administrative tasks), some helpful tips for comfortable interaction are outlined below.

Do's and Don'ts When Interacting with a Person who is Blind

When speaking with a person who is Blind:

- DO identify yourself, especially when entering a room. Don't say, "Do you know who this is?"
- DO speak directly to the individual. Do not speak through a companion. Unless they are hard of hearing, they can speak for themselves.
- DO give specific directions like, "The desk is five feet to your right," as opposed to saying, "The desk is over there."
- DO give a clear word picture when describing things to an individual with vision loss. Include details such as color, texture, shape and landmarks.
- DO touch them on the arm or use their name when addressing them. This lets them know you are speaking to them, and not someone else in the room.
- DON'T shout when you speak. They can't see but often have fine hearing.

DON'T be afraid to use words like "blind" or "see." Their eyes may not work, but it is still, "Nice to see you."

If you see a Blind person who seems to be in need of assistance:

- DO introduce yourself and ask the person if he needs assistance.
- DO provide assistance if it is requested.
- DO respect the wishes of the person who is blind.

DON'T insist upon trying to help if your offer of assistance is declined.

If a Blind person asks you for directions:

- DO use words such as "straight ahead," "turn left," "on your right."

DON'T point and say, "Go that way," or, "It's over there."

If you are asked to guide a Blind person:

- DO allow the person you are guiding to hold your arm and follow as you walk.
- DO move your guiding arm behind your back when approaching a narrow space so the person you are guiding can step behind you and follow single-file.
- DO hesitate briefly at a curb or at the beginning of a flight of stairs.
- DO tell the person you are guiding whether the steps go up or down.
- DO allow the person you are guiding to find the handrail and locate the edge of the first step before proceeding.
- DON'T grab the person you are guiding by the hand, arm, or shoulder and try to steer him.
- DON'T grab the person's cane or the handle of a dog guide's harness.

DO refer to [Sighted Guide Techniques](#) for more information.

General guidelines:

- DON'T pet, feed, or distract a guide dog. They are not pets; they are working companions on whom a Blind person depends.

DO treat Blind people as individuals. People with visual disabilities come in all shapes, sizes, and colors. They each have their own strengths and weaknesses, just like everyone else.

Last Revised: January 9, 2018

Reprinted with Permission from the State of Wisconsin Office of the Visually Blind and Impaired

Submitted by:
John Kimber

Holy Week

Palm Sunday March 25

8:00 & 10:30

We will begin outside with a blessing of the palms, followed by the grand procession into the church, a representation of Jesus' entry into Jerusalem. Our service of Holy Communion will include a sermon and will end with the reading of the Passion.



Maundy March 29 Thursday

A simple meal in monastic style will begin at 6:30pm. Following the meal, we will have the liturgy ritual of foot washing, continuing with Holy Communion and the stripping of the altar.

Good Friday March 30

From 12:00-2:00pm

A traditional service of solemn collects, hymns, and the Passion.

From 2:00-3:00pm

The Veneration of the Cross in the Little Church or walking the Stations of the Cross outside will be available to those who wish to extend their worship this additional hour.

At 7:00pm

A service honoring Jesus' last hours with Taize, prayers, the Veneration of the Cross and the Passion of Jesus Christ. For those unable to make the daytime service, this is your chance to meditate on the Passion before we reach Easter.



&

Easter

Easter Vigil

8:00pm March 31

The Lighting of the Great Fire, Stories and Song!

Followed by Baptisms, the Proclamation of Easter and Holy Communion in the Main Church.



Easter Principal Service

10:00am April 1

A Festive Service in the Main Church with music and Holy Communion, followed by the annual Easter Egg Hunt for Children and a reception hosted by the Vestry after the service.





IT'S DUCK RACE TIME AGAIN! GET READY TO ENTER YOUR "ST. JAMES'" DUCKS IN THE ANNUAL "DUCKS for BUCKS" BENEFIT RACE

The Vestry has authorized participation again in this year's "Ducks for Bucks" program. This Kiwanis-sponsored annual event provides community based organizations, like St. James', an easy opportunity to raise some money. So, be on the lookout for the guys & gals in the duck aprons. They will have Duck Race forms and be happy to answer any questions. A letter and form will also be mailed to parishioners in mid-March. And, in keeping with past year's fun, we will have some special prizes available only to St. James' Duck sponsors.

Something new for St. James' this year – proceeds from St. James' Ducks will be used for Outreach in support of the Maisha Bora Program (*see separate article on the Maisha Bora Initiative*). That means St. James' Ducks will help deserving children in Kenya attend high school or the university and give them an opportunity to move out of poverty. This new outreach opportunity is a wonderful example of the faith and generosity of the St. James'

Community.

The Duck Race will be held on the last Saturday in April (the 28th) at Lake Elizabeth where there will be a variety of activities including games for children, food, and fun. You do not need to be present to win the prizes.

If you would like to help in this effort by joining this year's St. James' Duck Team, please contact Tom or Gail Blalock, 490-7565.

Gail Blalock



Why Regular Worship is Important to Me

In our everyday life, it is easy to get wrapped up in the business of everything. By intentionally coming to church to worship on Sundays, it sets aside special time for God. We are good at asking for things and turn to God when things do not go well or we have pain of some kind. However, pure worship, praise and thanks are harder to accomplish on a regular basis. Worship is about giving back to God, praising His holy name and re-dedicating our lives to Him.

Sunday morning worship is a privilege that is not enjoyed by all people in the world. The ability to attend church without fear of being arrested or persecuted in some way is taken for granted by most of us at St. James'. It is actually wonderful that we have unfettered access to worshipping God. We can open ourselves freely to our ever loving Father

who always wants to hear us and receive our praise. Regular worship is important to me because it is sacred time that is set aside. I am a creature of habit and attending church on Sunday mornings where I know the order of the service and the many different parts thereof is both comforting and renewing. However, I do not just attend church for myself. I worship at St. James' every Sunday primarily to give something back to God and to support my church community. Although I can see God in many places and at many times; in a pink sky at dawn, in the majesty of the ocean, and in the quiet rustling of the forest, I find him always at St. James in the familiar words, in the visuals at the altar, in the words of the sermon, in the music, in the faces of my fellow worshippers and in the communion.

Vivienne Paratore



Gardening

With Spring appearing to be early this year, it's time to rethink your garden habits since we are

facing a poor year for rain and snow accumulation.

- Remember to avoid using pesticides & herbicides.
- Plant native plants - once established they use less water.
- Start an active composting system.
- Support your local nurseries and ask about native plants.

Here are some Bay Area resources within a 30-minute drive from St. James':

Dale Hardware does have some native plants. Just ask and they'll point to the section in their greenhouse area.

Dale Hardware
3400 Thornton Av
Fremont, CA 94536
510-797-3700

Regan's Nursery has a good selection but you have to ask; very knowledgeable employees.

Regan's Nursery
4268 Decoto Rd.
Fremont, CA 94536
510-797-3222

M & M Nursery has many native plants & trees and very informative - no website but a must-see store.

M & M Nursery
332 Woodside Rd.
Redwood City, CA 94061
650-366-4429

Wegman's Nursery -has a good website for educational information.

Wegman's Nursery
492 Woodside Rd, Redwood City, CA 94061
(650) 368-5908
<http://www.wegmansnursery.com>

California Native Plant Society provides a vast wealth of knowledge regarding native plants.

[http://www.cnps.org/cnps/grownative/where to buy.php](http://www.cnps.org/cnps/grownative/where%20to%20buy.php)

Gregg Feeney

Financial Summary January 2018		
Fund Balances	1/31/2017	1/31/2018
Operating Fund	\$ 55,306.75	\$ 73,448.43
Building Fund	\$ 34,013.27	\$ 49,287.57
Pledges Budgeted	24,919.67	27,097.00
Pledges Paid	29,163.90	43,078.59
Unpledged Contributions	915.00	200.00
Other Op Income	1,890.94	1,943.13
Total Operating Income	31,969.84	45,221.72
Total Operating Expenses	26,094.61	22,921.04
Income less Expenses	\$ 5,875.23	22,300.68
A number of pledges have been paid in full.		

Lillies for Easter



St. James' church will once again be decorated with beautiful Easter Lilies for our Easter Sunday service on April 1, 2018. Please help us decorate by providing a plant or plants in memory of a loved one or in thanksgiving for a loved one. The names of the donors and reason for the donation will be placed in the Easter bulletin. A signup sheet is posted in the Parish Hall. The cutoff date for names to be printed in the Easter bulletin is March 27, 2018.

The suggested donation for each Easter Lily plant is \$10.00. There are envelopes located by the signup sheets in the Parish Hall that can be used for your donation or you may use your pledge envelopes. Please write "Lily Fund" on the memo line when writing a check. If putting cash in envelopes – indicate "Lily Fund" on front of the envelope with your name.

Thank you for supporting St. James' Lily endeavor this year. If you have any questions, please contact Katie Cunningham or Ruth Poole.

Katie Cunningham

A BIT OF SAINT JAMES' HISTORY Painters Extraordinaire

The names Hut and Mary McRoberts may raise the memories of some of the old timers around the church campus. This couple was very prominent in the life of St. James' during the 1970s and 1980s.

House painters by trade.....and naturally warm and loving human souls..... they painted much of the building and grounds while they attended our church. The pair painted many of our homes at a reasonable price. They filled the position of Sexton for the church for a period of time.

Put a paint brush in the hands of Hut and he painted everything that did not move.

Who can forget the image of Hut scooting across the top of the Little church to paint the cross that sits at the front portion of the roof?

While in the process of preparing the Little Church for a fresh coat of paint, Hut, brought a paint chip into the office of Nancy Svenson, who was parish Secretary at that time. It was of unusual color and portion to the eyes of Nancy, who deemed it worthy of saving and named the chip...**The Colors of Love**. Layers and layers of paint was testimony to the many hands who lovingly cared for the treasure of our redwood church.

Nancy asked Paula Artac, our resident artist and framer at this time, to preserve this chip in a frame under glass. You may see the result of Paula's work hanging in the Parish Hall.

Hut and Mary are now in The Good Place!

Nancy Svenson



2018 Annual Meeting

On Sunday 1/28/18 Senior Warden Vivienne Paratore opened the Annual Meeting at 9am followed by a prayer by the Rev. Anna Horen. The congregation approved the 2017 Meeting Minutes.

The first order of business was to approve the changes to the Bylaws recommended by the vestry. The changes are:

1. The title for Children's Minister was changed in the Bylaws from *Sunday School Superintendent* was changed to *Children's Minister*;
2. The number of required Vestry Members was reduced from 12 to a range of 10-12, with 12 being the ideal number. Length of service remains at 3 years. The number of vestry members to be nominated each year would be equal to the number of retiring members plus any to bring the total to 12.

Lori thanked Scott Whitaker, Vivienne Paratore and Ashley Francis for their service in the Vestry, and Secretary Elizabeth Hart for keeping such excellent Meeting Minutes for the past 10 years or so. She also recognized the invaluable work of our staff, Associate Rector Anna Horen, Music Director Jennifer Carini and Office Administrator Andrea Ramasamy.

She recognized the contributions of several volunteers. Rev. Karin White has started a Wednesday Service at the Masonic Home and taken

on the responsibility of organizing the Lay Eucharistic Ministers. Dave Nelsen is our jack of all trades and is a member of the 'Green Team' for organizing the proper disposal of all our waste material.

Equally important is the work of our financial volunteers:

- Lynn Locher , Treasurer
- Jan Brandt and Gail Blalock, who organize the counters, who count the plate offerings and other income, e.g. rent, etc.
- Loren Doherty, who trained Andrea Ramsamy to pay all our bills.
- Alison Saichek, who reconciles the income and expenses to produce the monthly Financial Summary Report.

Our new Senior Warden, Bruce Roberts, also heads up the Endowment Board. Bruce presented the Endowment Report. Thanks to a healthy stock market, the present value rose to \$168,000. which allowed the board to award the following:

- * \$ 5,611 to St. James' for special programs;
- * \$ 1,108 for Little Church repairs.

A special word of thanks to Janet Fischer and Mike Scrutton for maintaining our web site www.saintj.com. There under Leadership/Reports you will find both the 2017 Annual Report as well as the 2018 Budget.

Ralph Locher

Quiet Day @St J—March 10, 2018

Would you like to take a break for just one day to step out of the busyness of life? This day in Lent offers you a chance to rest, reflect, meditate and pray. This day will include talks by Professor Joseph Neary, retired from the University of Miami School of Medicine, where he was a lecturer and researcher in the Departments of Pathology, Biochemistry & Molecular Biology, and the Neuroscience Program. He will give two short talks on the positive effects of meditation on the brain and how this enhances our health and well-being. He has given talks at the

Osher Lifelong Learning Institute, the Villa Maria Retreat Center, the Palo Alto Area Bar Association, and various other parishes and groups.

Between these two short talks will be times of silence, meditation, prayer, walking the labyrinth, silent hand work (such as crochet or knitting) that is meditative for you, and journaling. Beverages and snacks provided; please BRING A BAG LUNCH. See the Agenda and the sign-up sheet in the Parish Hall.

Janet Fischer
Faith Formation



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, Matthew, Johnny

For Those Who Need Guidance and Direction:

Erik, Crystal, Don, Katie

For Those Who Need Comfort and Healing:

Ron, Ellison, Peter, Don, Omar, Judy, Peter, Mary,
Theresa, Erik, Russ, Vic, Mel, Brianna, Melody,
Judy, Crystal, Aston Family, Melissa, Mary, Tronn,
Virginia, Elizabeth, Nii family, Carol, Midge

For Those Who Have Passed Away: Jeff, Chuck,
Jane, Richard Aston, Veronica, Lynn, Celina, Carson



March Birthdays

- | | | |
|----|-------------------|--------------------|
| 1 | Dwarka Sankar | Barbara Vacchieri |
| 2 | Pat Spencer | 13 Barry Hedgpeth |
| | Penny Trant | 14 Jennifer Carini |
| | Daniel Zarovy | 15 Grace Zarovy |
| 8 | Robert Lacy | 18 Gabby Perez |
| | Jan Scrutton | 20 Laura Castaneda |
| 9 | Bethany Vacchieri | 21 Debra Fuller |
| 11 | Frank Guzior | 24 Alice Johnson |
| | Wayne Krimmel | 25 Janet Fischer |
| | | Ian Perry |
| | | Pat Spencer |
| | | 26 Pat Spalding |

March Anniversaries

- 25 Paul & Nancy Svenson

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 April. 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: **March 15th**



SAINT JAMES' EPISCOPAL CHURCH

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[WEB: http://saintj.com](http://saintj.com)
Tel: (510) 797-1492

WORSHIP TIMES

SUNDAY SERVICES: 8:00AM & 10:30AM
CONTEMPLATIVE PRACTICES: SUNDAY 9:30-10:00AM
SUNDAY SCHOOL 10:15AM
WEDNESDAY EUCHARIST 10:00AM

OFFICE HOURS

MONDAY THROUGH THURSDAY: 8:30AM-12:30PM

STAFF

The Rev. Lori Walton, Rector.....lori@saintj.com
The Rev. Anna Horen, Associate Rector
.....anna@saintj.com
Jan Scrutton, Children's Minister.....jan@saintj.com
Andrea Ramsamy, Office Administrator
.....admin@saintj.com
Jennifer Carini, Music Director.....music@saintj.com
Lynn Locher, Treasurer..... treasurer@saintj.com

VESTRY

Senior Warden srwarden@saintj.com
Bruce Roberts

Junior Warden jrwarden@saintj.com
Kimberly Patton

Josephine Amadi

John Butterfield

John Kimber

Monique Manjarrez

Evelyn Martinez

Sally Morgan

Katie Porter

Penny Trant

Laura Winter

Vestry Clerk: *Elizabeth Hart*

The Window Staff

Ralph Locher
Katie Porter
Penny Trant
Laura Winter

Other Important Coordinators

Eucharistic Ministers & Lectors

George Siegmann

Eucharistic Visitors: Rev. Karin White

Altar Guild: Katie Cunningham

Ushers: Burtin Hart

St. J Youth Leaders: Mike & Jan Scrutton

Facilities:.....facilities@saintj.com

Convention Delegates

John Amouroux
Meg Amouroux
Jim McConnell
Ken Trant
Scott Whitaker

Alternates to Convention

Jan Brandt
Elaine Vallecillo-Miller