The Window

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

February 2019

Belonging and Membership

Mary Oliver died today. She was my favorite poet. For years, I've looked to her for inspiration, for solace, for grounding, for peace. Her words were simple, yet they communicated a depth of being that few can rarely put to words. One of my favorite poems, and likely her most famous, is "Wild Geese". It is a short poem about repentance and belonging, announcing to the world through the animal sound of wild geese that everyone has a place in this world. It goes like this:

> You do not have to be good.
> You do not have to walk on your knees for a hundred miles through the desert repenting.
> You only have to let the soft animal of your body love what it loves.
> Tell me about despair, yours, and I will tell you mine.
> Meanwhile the world goes on.
> Meanwhile the sun and the clear pebbles of the rain are moving across the landscapes, over the prairies and the deep trees, the mountains and the rivers.
> Meanwhile the wild geese, high in the clean blue air, are heading home again.
> Whoever you are, no matter how lonely, the world offers itself to your imagination, calls to you like the wild geese, harsh and exciting – over and over announcing your place in the family of things.

Everyone has a place in this world as it is God's world and we are God's people. At St. James' we try to make that reality tangible by throwing our doors and our arms wide open, inviting all to join us in praise and worship of the God who created us and who invites us to "let the soft animal of our bodies love what it loves."

Some have recently asked about what it means to be a member of St. James'. Because the Episcopal Church works hard to live by the motto that all are welcome, we tend to hold membership lightly and not ask for a set of requirements for membership. The canons of the Episcopal Church define a "communicants in good standing" as those who "have been faithful in corporate worship, unless for good cause prevented, and have been faithful in working, praying, and giving for the spread of the Kingdom of God". Translated, a member of the church is someone who participates in regular worship, prays with and for other members of the church, and pledges a portion of their income. Administratively, we keep a database of our members (those who pledge and/or have agreed to be part of the membership). This number gets reported the total number to the National Church on an annual basis and helps us measure our growth and vitality as a Christian community.

Sacramentally, baptism makes one a Christian, whether or not one is a member of the church. Membership helps one belong to a specific church. If a step beyond membership is desired, one could be confirmed or received into the Episcopal Church. Each year, confirmations and receptions take place the first Saturday in June at Grace Cathedral. It is a deeply meaningful way to re/commit to Christ through the lens of the Episcopal Church.

Regardless of your status, we are blessed by your presence and we are more fully the Body of Christ because of you. If you would like to take an additional step of becoming a more formal member or of seeking confirmation or reception, please feel free to talk with me or our Associate Rector, Anna Horen.

Lori+

Episcopal Youth Fremont at MLK@Grace

Eight members of Episcopal Youth Fremont and one Children & Youth Minister, Jan Scrutton, headed up to join a youth event at Grace Cathedral to mark MLK Jr Day on January 20/21. MLK@Grace bought 58 young people along with their accompanying adults to the cathedral for an evening of games, dinner, worship, & discussion before sleeping overnight around the altar and in the choir. Monday morning was sunny (but chill to start with) and the young people continued their discussions after breakfast before making signs to take to join the MLK March. A 5 mile round (down and up!) trip took us to Cal Train to join the SF March and then back up to cathedral when we then returned to Fremont. Sleep? Differing amounts were had by different members of the group but a few eyes were closed on the drive back!

This event is a great opportunity for our young people to experience fellowship and discussion with their peers. Thanks to all the parents who supported us, and those who drove. And also to Jill, Mary and Terry who joined us for the march.

Jan Scrutton, Children and Youth Minister

Making our signs for the march

Smiling faces!

Hungry Hippos, super-sized game in the cathedral

Arriving back at Grace Cathedral after a 5 mile loop - still smiling

Ready to march down from the cathedral

Something I enjoyed in the program was having group discussions about a really serious topic and it made my opinion much stronger. I learned that we should accept everyone for who they are and that nobody is alone in their struggles. *Simon*

I really enjoyed the march because this was my first time going to one and I really had a lot of fun. Also sleeping in the cathedral which reminds me of camping. *Eseza*

I enjoyed meeting new people and getting to know people. I also loved marching in the march. It was a great experience. *Olivia*

I really enjoyed the march and watching a bunch of people come together for the same cause. I loved meeting new people and making new friends, and I also really liked sleeping in the cathedral. *Stacia*

I quite liked the games we played and meeting new people. The march was quite enjoyable as well, it's fun to just walk around in a group of people. *Isabella*

I enjoyed the part when we could slightly see the blood moon when walking from dinner to the cathedral. *Sophia S*

Reading Suggestions for Lent

Please consider adding one (or more) of these new books to your Lenten discipline. All are available from Church Publishing (https://www.churchpublishing.org/) and you can get a 25% discount through 3/6/2019 by using the code Lent2019 at checkout. Descriptions below are from the catalog.

Sense and Sensibility: A Lenten Exploration
by Sam Portaro.

Sam Portaro proposes to restore our ability to participate emotionally in the Lenten journey by revisiting the five physical senses—one per week—in Lent. The discipline of a 40-day preparation for Easter suggests the importance the Church places on this seasonal retelling of the central acts of Christian redemption. *Sense and Sensibility* encourages the reader to renew a relationship with the physical senses that is a prerequisite to a deeply attuned engagement with the biblical stories read, taught, and liturgically re-enacted in the rites of Ash Wednesday, Palm Sunday, Holy Week, and Easter.

Hanging by a Thread: The Questions of the Cross
by Samuel Wells

This brilliant series of theological reflections from internationally known scholar and Anglican cleric Samuel Wells reflects on the challenges of our understanding of Christ's crucifixion that arise today using contemporary ideas in history, biblical studies, and philosophy. After reflecting upon six biblical stories, Wells discovers that the cross has an enduring power to shape how we live, how we relate to one another, and how we allow ourselves to be enfolded in God's story.

Always We Begin Again: The Benedictine Way of Living by John McQuiston II 15th Anniversary edition, revised.

This book holds timeless appeal for readers who hunger for a meaningful and creatively balanced framework for life. It offers a simple blueprint, based on the Rule of St. Benedict, to order one's time and create physical and inner space, to step back from the demands and pressures of the moment, and to step into a place of peace. While strict adherence to the Rule may be possible only in a monastic setting, its bedrock, the ordering of each day, is accessible to seekers of any creed or of no creed at all. The brief readings and meditations in this small book offer a bridge between a busy day and a restorative and blessed silence.

Janet Fischer

Why Regular Worship is Important to me

My parents, believing that attending regular worship should be a part of my life, introduced church to me at a very early age.

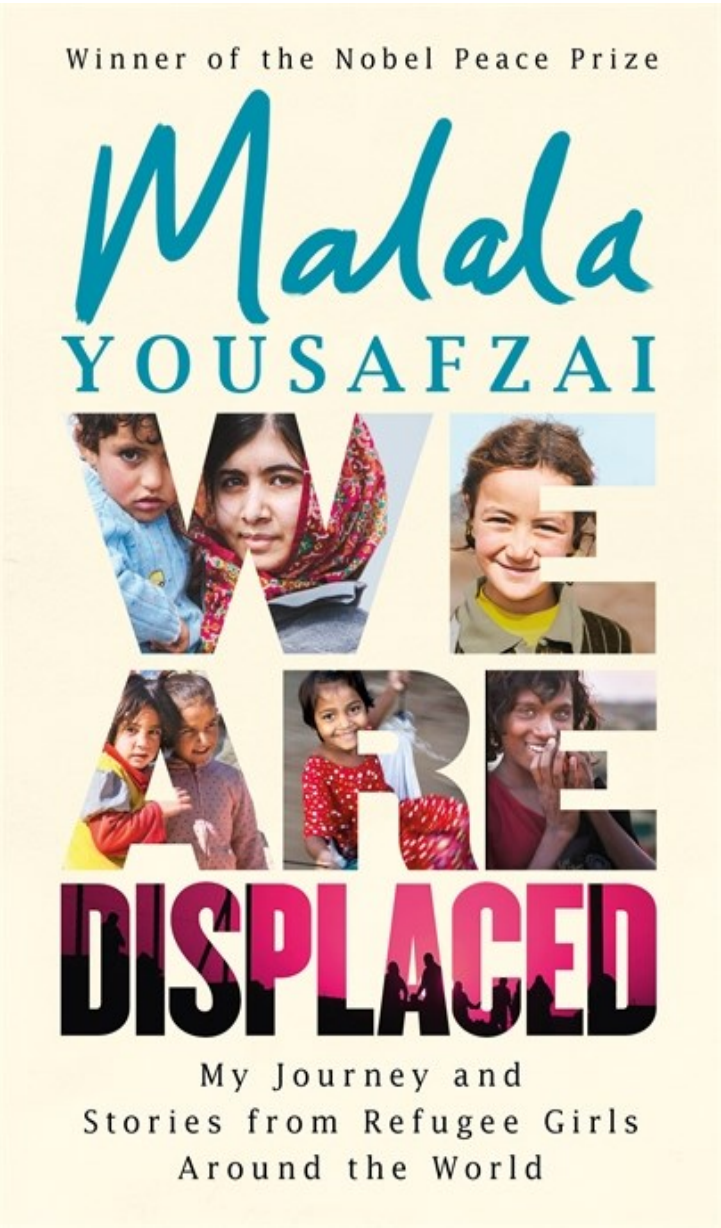
I grew up in a community where at minimum, people gathered for worship at least every Sunday. Some people walked about 4 miles to get to the big church in town. Because of this, Sunday was thought to be the brightest and most special day of the week. Friends and family would dress up in their best to go their church as it was perceived to be the most sacred place in their community. After service, they often engage with one another at rewarding social visits.

One of my fondest memories was watching as relatives eagerly and happily dress for worship. Their spirit lives in me as I do the same each Sunday. I am a strong believer in regular worship as it holds many benefits, including the opportunity to renew my faith in God as I worship with other believers.

The spiritual guidance that I deem essential to everyday living is provided to me as I hear the word of God through Bible writings and sermons, music lyrics, and the joyful voices of the congregation. The joy and hope they bring melts my worries even if it is only momentarily. Although my work schedule does not permit me to attend worship as much as I would like, my goal is to make the most out of the opportunities Saint James' has provided me. I encourage others to attend worship regularly as it is an opportunity to join in fellowship with others.

Josephine Amadi

Introducing the StJ Book Club



Starting March 3, and meeting the first Sunday of every month at 9:15-10:00am, please join in reading some good books and having good conversation. We will tackle one book each month, and then discuss our thoughts and reactions to it at the next meeting.

Our first book for the March 3 meeting is: ***We Are Displaced: My Journey and Stories From Refugee Girls Around the World***, by Malala Yousafzai. This is Malala's newest book and the stories and chapters are short and can be read quickly. The book is available from amazon for $13, or from your favorite book seller.

If you would like to be on the rota for choosing the next book (and leading the next discussion) please let me know so I can make up the schedule. Thank you!

Janet Fischer
jfischer@saintj.com

St. James' Slide Show

Did you enjoy the 2018 St. James' slide show that we shared at the Annual Meeting? Did you notice any of your favorite events were missing? A lack of some of the familiar faces?

Every year the slide show is built from the pictures which have been submitted to photos@saintj.com. So anytime you find you have some great shots of events and people at St. James', just send them in. Next year let's see if we can get an even bigger representation in the slide show!

Jan & Mike Scrutton

Are you Available for Lunch on Sunday February 24 at 12:15pm?

Come and celebrate the Lunar New Year (Year of the Pig) with us while chowing down on some delicious Chinese food at Newark Buffet on Sunday February 24 at 12:15pm. We will have some great fellowship together. You pay for your own lunch.

There is a sign-up sheet in the Parish Hall. If you have any questions or need a ride, please call Sylvia at 510-552-6549.

Available for Lunch Ministry,

Sylvia Ma and Meg Amouroux

PARISH PANTRY REVISITED

By way of reintroduction of this former parish newsletter feature from one of my former incarnations, I present for you my Zia Maria's Chicken Soup.
For those of you who are not yet acquainted with me, here is a brief resume. I descended from an Italian immigrant family who fled the destruction and turmoil follow WWI, to the Santa Clara Valley of Heart's Delight, now known as Silicon Valley. Among the many children and assorted aunts and uncles composing this clan of Auguadros and Ballassis, there was a spinster aunt Mary who cultivated my love of cooking. There was also my Father's bachelor brother, Uncle Giovanni, who shared with me his foodie passion, as well as another inclination, but that's a story about a later incarnation.

Every holiday and special occasion, there was a feast and the hordes of relations gathered at Zia Maria's, where all the women folk tended to the many luscious platers of roasted chicken or beef, steaming plates of buttery risotto or polenta, and bowls of garden grown favas and cabbage or peas with diced parsnips. Naturally there would be a rotating pasta or gnocchi choice, and several dishes of marinated artichokes, assorted olives brined with herbs or garlic, and pickled cucumbers, beets or onions.

I always evaded the ball games of the younger cousins and migrated to the bustling kitchen, where I joined the fore mentioned Zio Giovanni and many female relations of the clan. Each was occupied with specific menu assignments, made by Zia Maria according to their various talents and skills. Zio Giovanni was the undisputed hand best suited for the sweet table, that was opposite the savory buffet, where he artfully placed tiers of fresh and dried fruits, assorted cookies, sour cherry or sweet apricot fruit tarts, and velvety olive oil cake made with grapes he filched from the wine fruit grandpa and my great uncle kept in the basement. If it was the Christmas dinner, there would be his fabulous cannoli's and decadent totta di chocolatta. I apprenticed at all the various stations overtime, and reached my adolescence primed for a career as a cook. My food skills were further enhanced by cooking my way through both Julia Childs classic tomes, way before it became the premise for a fine movie.

While circumstances intervened to thwart fully realizing my culinary ambitions, I did achieve a measure of accomplishment

This included a degree in culinary arts from the California Culinary Academy, working for a time as a cook with a prominent Silicon Valley catering business and presiding over many of the various parish food events during the tenure of Father Richard Leslie.

These days I find myself by-passing more complicated meals, since we no longer have the resources of energy, space or budget to accomplish elaborate feasts of the past. But I would enjoy sharing the acquired knowledge and skills I have collected over nearly sixty years in the kitchen.

I hope I can share with you the love of good food instilled in me by ever sweet Zia Maria, the classic French techniques I acquired in the pages of my patron saint of the kitchen, the indomitable St. Julia and years of cooking in both the professional and home kitchen.

Editor's Note:

We are delighted that Richard has volunteered to impart his cooking expertise and favorite recipes to us. To this end, *The Window* will have additional food recipes along with instructions on preparations and presentation.

His first recipe is on page 8.

Bon Appétit

John McCutcheon Concert Review

"Best Ever," someone said. "I just love those songs; takes me back to my childhood," said

another person. Of course, *those songs* meant a lot of Pete Seeger songs, the subject of John McCutcheon's latest recording.

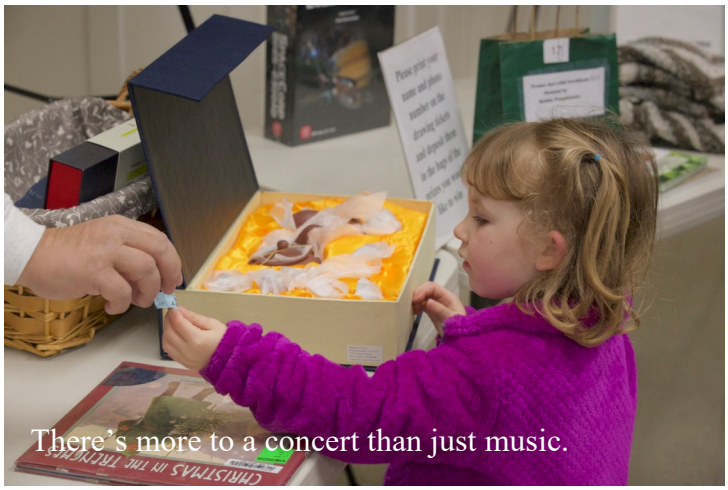
Of the at least 22 songs, 7 came from John's latest, To Everyone in All the World album, a tribute to folk legend Pete Seeger on what would have been his 100th birthday. But not to limit himself, John spread his musical energies to the instruments he brought with him and to older songs that fit the evening's mood and the many requests from the audience.

He adapted Pete's 12-string guitar piece, "Living in the Country," to the hammer dulcimer. After teasing the audience with the name of Malvina Reynolds' piece "Little Boxes," he played her "God Bless the Grass" as a reminder of our environmental responsibilities. He thrilled Tallulah, Dave and Linda Nelsen's grand-daughter with "Kindergarten Wall."

Agreeing that many people want to hear his songs on a recording, but he has not recorded all the songs he sings, especially some of the traditional folk songs like "900 Miles" and "Cotton-eyed Joe," songs that one can only hear in John McCutcheon's concerts.

The thrill of his live performance, his stories told to make the songs relevant, and the special old songs make John's shows really special, an event only shared between him and us. The packed house this year made the concert a thrill for themselves as well as for John McCutcheon.

Bruce Roberts



There's more to a concert than just music.

Thank you from the McCutcheon Team

Our 15th Annual John McCutcheon Concert on Monday January 21, 2019 was another great success. We had a large crowd of over 240, with more than 64% non-parishioners. John McCutcheon gave us another very entertaining evening. Ticket sales totaled over $6,500. The prize drawing, with 20 prizes donated by 17 generous parishioners, generated a record $966. The cookies from the snack bar were delicious and brought in an additional $247. Not all the expenses are in, but we estimate that the expenses to be around $4,600. Part of the proceeds from this concert will go to support ABODE services to fight homelessness.

This fundraising and community outreach event could not have happened without all your help. There were more than 50 people who contributed time, talent and treasure not, only on the night of the concert but in the months preceding the event. They wrote, sent out and uploaded publicity notices/ articles/blog; bought advertisements; designed, printed and posted flyers and signs; updated, hung and took down banners; set up email address and phone message; printed tickets; took messages; donated all those fabulous prizes for the drawings; took out and put away all the prizes on Sunday mornings; sold concert and drawing tickets; bought concert and drawing tickets; invited their family, friends and neighbors to the concert; cleared the facility calendar for the event; got contracts signed; signed contracts; booked hotel rooms for John McCutcheon and his road manager; borrowed and returned the stage from Trinity Episcopal Church in Menlo Park and the extra chairs from Harbor Light; wrote and made verbal announcements on Sundays; wrote announcements and articles for the weekly newsletter, Sunday bulletins and for the Window; cleaned up the campus; put up lights and a canopy; directed traffic; set-up before the event and cleaned-up afterwards; baked dozens of delicious cookies; made coffee; helped with the snack bar; decorated and set up the Vestry Room for the Artist and Crew Dinner; cooked and served wonderful soups and desserts for the crew; donated wine, water and sodas; washed all the dishes; cleaned up the kitchen; set up and took down the dressing room; ushered; sold CDs and books for John McCutcheon; created and printed the programs; showed great hospitality; did a wonderful job M/C announcers; took photos; waited for the sound crew (Tesser and helper) to set up the sound systems and the lights before the events and to pack everything up afterwards; volunteered to be the docent of our Little Church; did all the accounting and analysis ...and countless people who offered prayers and ecouragements along the way.

Thank you, we appreciate all your support and ministering.

Sylvia Ma

Financial Summary for February 2019

Fund Balances	**12/31/2017**	**12/31/2018**
Operating Fund	$ 49,592	$ 49,592
Building Fund	$ 49,283	$ 61.002
Pledges Budgeted	$ 299,036	$ 325,164
Pledges Paid	$ 315,415	$ 345,184
Unpledged Contributions	$ 14,599	$ 12,310
Other Operating Income	$ 20,135	$ 20,530
Total Operating Income	$ 350,109	$ 378,024
Total Operating Expenses	$ 350,109	$ 378,024
Income less Expenses		

In January 2017, the Vestry voted to move $5,000 of 2016 funds into the Building Fund and $9,302 into Special Interest, Future Staff.

In January 2018, the Vestry voted to move $7,000 of 2017 funds into the Building Fund and $10,773 into Special Interest, Future Staff.

In December 2018, the Rector and Wardens approved moving $13,527 of 2018 funds into the Building Fund.

Zia Maria Chicken Broth

With the arrival of winter, this recipe for chicken soup is one of the first Zia Maria passed onto me, and it is also a sound method to prepare a basic chicken broth. A good broth or stock is the basis for many home cooking endeavors and well worth the effort to master. Also included is one of the kitchen's most essential techniques, the proper development of a font.

The Chicken Broth

This is a broth and not a stock. A stock is made with the bones of the selected protein.

Do not remove the skin or fat that might still be on the thighs used in making the soup broth. They provide essential flavor and balance to the finished soup. After the broth is made, both the skin and bones are then removed, and excess fat is skimmed from the broth, but be sure to leave a small amount of chicken fat (about 2 tbls.) to balance the final soup's mouth appeal and taste.

8 chicken thighs, bone-in, skin-on

1 medium yellow onion, skin on, washed and cut in half along the equator

1 celery stalk, rinsed and cut into four pieces

1 head garlic, unpeeled rinsed and cut as the onion

3 whole cloves

10 black peppercorns

1 whole bay leaf, *(use dried Turkish, not fresh or Californian)*

1 tsp. table salt, *(do not use kosher, pickling or sea salt, it throws off the measure)*

1-quart cold water

3 tsp. Knotts unflavored gelatin

In an eight-quart stock pot or heavy Dutch oven, place the chicken thighs, skin-side down in a cold pot. No Teflon please, it will not produce the flavorful, necessary font (a crucial element in fine cooking); rather choose an enameled cast iron or heavy gauge stainless. Slowly bring the selected pot to medium heat to allow fat to render from the chicken skin. Do not move or fiddle with the chicken pieces during this three to four-minute process. Gently turn over the chicken pieces, once they release from the pan. Be confident that if you allow enough time, keep watch and use only a medium low flame, not high heat, the skin will release once it has browned. Keep a close watch during this step, because if you don't the chicken will scorch, and as Alton Brown would say, "that's not good eats". Now set the chicken aside and put the onion and garlic halves, cut side down in the rendered chicken fat. Allow the aromatics time to brown as well, still over the medium-low heat, about three or four more minutes. Mastering this will serve your cooking skills well and the flavorful results with set your food apart from the ordinary.

Once the garlic and onions have reached a rich brown glaze, remove them to the plate with the chicken, Now pour in the cold water, stirring to loosen that brown tasty font, over which you so diligently labored from the pan bottom. Return the chicken pieces, vegetables, and now add a teaspoon of salt. Hold back the spices and bay, they join the party after the water reaches a simmer. Accomplish this over medium high heat, skimming the broth surface of the cast-off white proteins that froth to the surface of the pot. Lower the heat to low simmer now and put in the withheld bay leaf, spices. Sprinkle on the gelatin, stirring it into the broth. Lower heat to a gentle simmer, leaving pot uncovered. Have a kettle or pan with about two cups of water, just barely off the boil. Replenish the stock as it simmers, to keep it at about the same level, throughout the cooking.

Remove the chicken thighs after about forty-five minutes and set aside; once cool enough to handle, pull off skin and discard the bones. Zia taught me to pull the meat apart with two large kitchen forks (larger than a dinner fork, but not as big as a serving fork, she would always say). While always precise in her instructions, she was always soft spoken and generous with loving pats to the cheek.

Now it is time to strain the stock through a fine sieve, discarding the spent vegetables and seasoning. If you make the broth a day ahead, remove excess fat is much easier. Quickly cool the broth by putting it into a Pyrex or stainless bowl, and then immersing the bowl into a sink full of cold water. Stirring occasionally should bring the broth safely to room temperature. Do not allow the broth to stand at room temperature for more than two hours. This is crucial to maintain food safety. Taste for salt, adding more to your taste and put into the refrigerator overnight. Do not be afraid to adequately season your food. If you are making it from scratch ingredients, you will not be anywhere near approaching the level of salt put into processed foods.

Finished Soup

Measure the amount of broth needed for the number of servings you plan to use, about one and a half cups per person. Stir in one-half cup twisty egg noodles and simmer for about twelve minutes. Taste a noodle or two for doneness, and when they are cooked through (adente if you are Italian). Stir in a brimming cup and a half of frozen diced carrots and peas (Zia preferred Italian flat beans, home canned from the summer garden), along with about one-half cup of the chicken meat per diner. Garnish with chopped Italian (that's the flat leaf type) parsley, but never use sprigs of the crinkly leaf type. Leave that for greasy spoon diners along the legendary Route 66.

Buona Mangiare

Richard Reynolds

St. James' Prayer List

Most Holy God we pray :

For Those in The Military: 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, Darren

For Those Who Need Guidance and Direction: Kenny

For Those Who Need Comfort and Healing: Ron, Julie, Graham, Ron, Letty, Cindy, Lavonne, Lori, Alyssa, Charmaine, Ellison, Sheldon, Larry, Bob, Kym, Margaret, Jack, Rosemary, Ivy and family, Renee, Jackie, Courtney, Rod

To add someone to the "Special Prayers" list, please complete a pew card and place in the Sunday 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

February Birthdays

1 Crystal Jones
3 Mike Scrutton
4 Bruce Roberts
5 Kem David
7 Paxton Sarovy
Linda Zetterholm-Nelsen
8 Linda Gentner
11 Darcia Feeney
14 Barbara Duncan
18 Margaret Broun
20 Rebecca Dunn
25 Maresa Decena
26 Lauren Doherty
Charles Peeler
Francis Singh
Scott Whitaker III
27 Christopher Ma
28 Luke Scheuffele
29 Adrienne Farrell

February Anniversaries

15 Bob and Lauren Doherty
24 Charles and Vivienne Paratore

The next issue of ***The Window*** is *March*. We welcome your **comments, essays, poems, photos, cartoons, newsworthy items, any group activity information and your reviews**.

Email your submission to newsletter@saintj.com by: **February15th**

SAINT JAMES' EPISCOPAL CHURCH

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Fremont, CA 94537-0457
WEB: http://saintj.com

WORSHIP TIMES
SUNDAY SERVICES: 8:00AM & 10:30AM
SUNDAY SCHOOL 10:15AM
WEDNESDAY EUCHARIST 10:00AM

OFFICE HOURS
MONDAY THROUGH THURSDAY: 9:00AM TO 1:00PM

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Katie Porter
Laura Winter

Vestry Clerk: *Elizabeth Hart*

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Ralph Locher
Penny Trant
Laura Winter

Eucharistic Ministers & Lectors:
George Siegmann

Eucharistic Visitors: Rev. Anna Horen

Altar Guild: Katie Cunningham

Ushers: Burtin Hart

Facilities: facilities@saintj.com

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John Amouroux
Meg Amouroux
Jim McConnell
Ken Trant
Scott Whitaker

Alternates to Convention
Elaine Vallecillo-Miller
Penny Trant