The Window

The Newsletter of St. James' Episcopal Church in Fremont, CA

Called to serve in new and loving ways

June 2019

It's (Our) Tradition!

I belong to a Facebook group, a guilty secret, for parents whose children are graduating from high school and college; we share so many things in common as our children go through those age-related milestones, each in their own individual way. Occasionally I share sympathy with those 'friends' online and often thank my lucky stars, and my own dear children, that I am not experiencing all of the same pains. But something I notice again and again is how traditions and practices around milestone events vary so much from state to state.

Any observation I make around junior and senior proms, and high school or college graduations, come from a limited viewpoint. My own experiences are culturally and geographically far removed and are a generation out of date from those my children experienced. In the UK school proms have only been introduced in the last couple of decades and when you leave school you are simply a 'school leaver' not a graduate. Corsages, graduation gowns, leis and graduation announcements are all things I've had to learn about. Now I find out, thanks to the Facebook community, that my knowledge is not expanded as far as I thought. In other states young men bring their prom dates bouquets not corsages. Still other regions have traditions of homecoming mums or garters (on the arm) - large ribbon creations. Who knew! To this British transplant to California everything looks amazing, sometimes complicated and often confusing! For each community these traditions may have long roots or recent foundations, and may have also evolved over time. They reflect a continuing thread and way to celebrate for each new generation but some of them may not translate to another time or place.

Another Facebook group I belong to, for Episcopal educators, reminds me that in church we are also prone to local traditions and history in worship and church life. I find colleagues trying to understand how the local practices of new congregations fit into the Book of Common Prayer or traditional Episcopal practices, trying to honor the local style while understanding the roots behind it and how it fits within the mission of the church. Often realizing the tradition or received practice has its roots not in liturgy or the BCP but in local lore, not necessarily bad but not understood universally within the church.

Having spent time worshipping and working in two very different Anglican traditions I sometimes have to reflect on whether something I found useful or valuable in liturgy or church life was a practice of the wider church or a local tradition. When we arrived at St. James', I found the theatrical reading of the Gospel at Las Posadas a little confusing until I came to see it as an act of community, not a piece of liturgy; a shared expression of connection to our story, not an interpretation of the prayer book.

(continued on page 2)

(continued from page 1:)

People have told me of things they have done in other churches, of traditions or celebrations that have meant something to them in the past. I share with colleagues those things we do that work and pick up ideas from them that may be good for us at St. James'. Our Easter photo booth came from another church who operated a similar station at their Epiphany party. Many people have fond memories of flowering the cross at Easter – a tradition that seems common in some areas and unheard of in others! In fact, a few debates were launched this year when people tried to explain the tradition to each other online. We have a cross for flowering here at St. James' that we used last year and will use again in the future but this Easter we instead put our flowers in an Easter Garden, reminding us of the empty tomb and Jesus being mistaken for the gardener. This connected to the Sunday School teaching in Lent.

Local traditions, or things we enjoyed when we were growing up are often wonderful ways to unify a community but sometimes we need to take a step back and see if they help us to seek and serve Jesus Christ in our communities and the world. It is OK to continue a tradition because "we have done it that way for ever and we like it," but it is also OK to change, too, especially in a world where we can share our traditions and practices across continents and nations. At St. James' we can celebrate the history of our Little Church and the backgrounds of our congregation, from Fremont and around the world. I love that our community is rooted in faith and history but open to new ideas and practices, that we have strong liturgy rooted in the Book of Common Prayer but are open to new ways of expressing God's love to the world.

In recent years we have broadened our support of local children with our school supplies drive, and with a new outreach fund, while maintaining our work with Abode Services. We have now had two years of a family camp out on campus in the fall and this year will be our ninth summer of day camp. We have evolved our Advent celebration from Las Posadas to exploring other traditions from different parts of the world. We have drawn on our past, and looked forward with old and new ideas.

I hope we will always continue to be that, grateful for tradition and open to change and sharing new ideas – maybe we will start this year something future generations will believe has "always been like that."

I vote for comfy shoes with prom dresses!

Jan Scrutton
Children and Youth Minister

Thank You Volunteers!

June 16 is Volunteer Appreciation Sunday. Join us as we celebrate **you**! Hosted by the Vestry, we thank everyone for all the work done at and for St James'. There will be an acknowledgement during each service, and special coffee hour treats.
Hope to see you all there.

2nd Annual Quiet Day @StJ
June 29, 2019, 9am –1:30pm
(Postponed from March)

We are pleased to host our 2nd Annual Quiet Day @StJ. This day offers a chance to rest, reflect, meditate and pray. **Joe Neary** returns as our guest speaker. Professor Joseph Neary is 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 speak on THE NEUROSCIENCE OF GRATITUDE AND WELL BEING. Emerging evidence demonstrates that gratitude can enhance our health and well being. During our time together, we'll do several types of gratitude practices that have been used in research studies and explore the contemplative and social neuroscience research underlying the ways in which living gratefully can improve our relationships, decrease depression and anxiety, buffer against stress and negativity, improve sleep quality and duration, and increase our happiness and sense of satisfaction in life.

Between 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, or journaling. Beverages and snacks provided; please BRING A BAG LUNCH**. Please let us know you are coming by signing up in the Parish Hall or by emailing: jfischer@saintj.com.**

Save the Date!

Join us at St. James' for

Summer Sunday Nights!

5-7pm

June 23rd, July 21st, & August 25th

Story, Activity, Games and Pot Luck Dinner,

Spend some time with your St James' family

– All ages welcome.

Summer Scripture, Monday Gathering

Do you want an opportunity for a closer examination of scripture? Are you interested in learning with a group of fellow Christians? Would you like to integrate scripture into your own life and how you live it? Beginning on **Monday, June 3**, we are starting a new group for studying scripture. Rather than focusing on a specific book, we will be looking at different themes found in the Bible. To begin with, we will look at what the Bible has to teach us about the **Holy Spirit**. Jesus promised that the Holy Spirit would continue the work of God in the world. Where can we find evidence of this in God's Word? What does this mean for us? How can we participate with the Spirit in this ongoing movement?

Our guide will be Brian McLaren's book, "We Make the Road By Walking," supplemented by other material. Meet us in the Education Room from **11:00-12:00**. If you have any questions, ask Rev. Lori by emailing lori@saintj.com.

On May 11, we held our annual Women's Day Retreat. The theme this year was "The Feminine Face of God." Great discussions were had after presentations by Rev. Anna and Janet Fischer. Once again, the Men's Group graciously served us lunch. Thank you!

Ladies Flatlanders

Our women's weekend journey to the seashore (at Pajaro Dunes) is September 26 -29 this year. Mark your calendar now and watch for more information soon!

Favorite Hymns for July and August!

It's time to select your favorite hymns for the summer! You may choose hymns from the 1984 Blue Hymnal or from the LEVAS II Red Hymnal. Cards will be available to fill out at church. You may also email your choices to Jennifer Carini, our Music Director, at music@saintj.com, or text them to her at 510-461-7478. Let's have fun with your favorites!

Episcopal Youth Fremont

Our last Sunday Breakfast Club for 6th-12th grade of the school year will take place on **Sunday June 2 at 9:15am**.

Our final EYF will take place on **Sunday June 9 at St. Anne's in Fremont**, more details to follow.

Men's Group annual trip to the mountains

SAVE THE DATE! Aug 15 - Aug 18

For the last eleven years the Men's Group has made an annual trek to Arnold or Twain Harte, CA. We will depart for the mountains on Thursday and return on Sunday after breakfast and clean up.

Every year we try to bring up a new member or maybe someone who has been a long-term member at St. James' and was not able to attend. A group of about 15 guys ranging in age from 21-80+ are headed back up to Arnold. If you like to eat good food, hike, play golf, read, fish, beer and wine tasting, then Arnold is the place to go. The tentative price is $175 for all three days and includes your meals, beverages, and cleaning deposit. If you are interested in attending, please call Gregg Feeney, 510-506-2303, or email dgfeeney@comcast.net.

Financial Summary April 2019

Fund Balances	4/30/2018	4/30/2019
Operating Fund	$ 71,885.02	$ 63,186.08
Building Fund	$ 49,399.89	$ 61,265.74
Pledges Budgeted	$ 108,388.00	$ 111,800.34
Pledges Paid	$ 123,442.86	$ 122,179.36
Unpledged Contributions	$ 1,490.00	$ 2,214.10
Other Op Income	$ 7,084.41	$ 7,464.70
Total Operating Income	$ 132,397.56	$ 130,315.70
Total Operating Expenses	$ 110,104.06	$ 116,721.14
Income less Expenses	**$ 22,293.50**	**$ 13,594.56**

We bid farewell to our Seminarian, Andrea Arsene! Her last day with us is June 2. Be sure to come by the Parish Hall after each service to wish her well!

Vestry Highlights

The vestry met on May 9. We enjoyed a tasty dinner provided by Sally Morgan, and shared God moments. The vestry approved the April Vestry meeting minutes and the April financial reports. We also accepted the Staff and Ministry reports.

Sylvia Ma reported that the repairs to the Little Church were going well. Almost all of the pews on the left side of the church have been repaired.
Elaine Miller presented the new campus and evacuation maps, which were approved by the Vestry.

Bruce Roberts and Jim Cunningham discussed the revised air conditioning bids for the big church. After discussion, the vestry decided to look into less costly methods of cooling the big church and offices.

Monique Manjarrez and Laura Winter updated the vestry on the great success of the Corazon GoFundMe page. We have exceeded our goal for this year.

The vestry also approved John Butterfield and Ralph Locher as new members to the Endowment Board.

The vestry also approved the bid to remodel the bathroom at Lori+'s house.

We adjourned for compline, led by Sally Morgan.

Vestry minutes in full can be accessed through the church office.

Katie Porter
Junior Warden

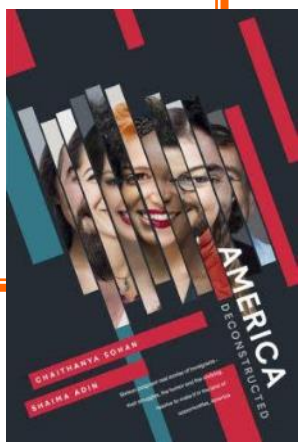
On Top of Mountains
St. James' Episcopal Church, 2019

On Top of Mountains, our summer day camp for 2019 runs from July 29 – August 2. Registration forms are available from church or on the website, saintj.com. Registrations are open until July 8. Any questions, email Jan, Children and Youth Minister: jan@saintj.com.

Book Club @StJ

The Book Club meets the first Sunday of each month, 9:15-10am in the Education Room. For June we will discuss "America Deconstructed," by Chaithanya Sohan and Shaima Adin, two students at San Jose State University. The book consists of short essays about immigrant life in the U.S.

Please contact Janet Fischer with any questions: jfischer@saintj.com.



Sitting Meditation or Silent Prayer

Wednesday evenings
6:00-6:25 pm
in the Main Church
Bell for silence sounds
promptly at 6.
Everyone is welcome
to join us for this time
of silent meditation.

Why I Choose St. James'

I came to St. James' over twenty years ago and love it here. I found a wonderful community full of God's spirit and welcoming to all. A few of us moved over from another church when it became uncomfortable to remain there. All of us were welcomed to St. James', and we were given space and time to heal. Gradually we became fully involved at St. James'. A few years later, the situation at the other church changed, and somebody asked me if I was going to go back. I was shocked and surprised by the question as I had never considered that as a path to follow. I replied, no, this is my church home.

St. James' is a community that allows many opportunities to be involved. In addition to being on the Vestry, I serve as a Eucharistic Minister and am part of the Altar Guild. I volunteer during Vacation Bible School each summer, and currently I'm helping with the Little Church pew renovation. Each activity I'm part of allows me to work with a different group of wonderful people, and it is truly the people that make St. James' so special. Together we raise up the spirit of the church, and together we make a difference for others. God is part of each group as well. We begin every Vestry meeting with prayer, and we did the same last month before serving dinner to the unhoused at Abode. While cleaning and oiling the pews of the Little Church, I constantly think of those who worshipped here before (even while removing the gum left behind!). I wonder at the longevity of the spiritual life that began here 150 years ago, continues this day and on into the future.

My role as a Eucharistic Minister during worship is an incredibly powerful way of working with God. As I offer wine to the congregation, God fills my heart and guides my hand holding the cup to each blessed person at the table. I am humbled and honored to be allowed a spot in this ministry at St. James'. Easter Sunday this year I served as one of the Eucharistic Ministers. Standing at the altar looking out at the congregation, I was awed by the group of people gathered to celebrate God: all ages, many nationalities, long-time parishioners, recent members and visitors. All of us were connected by the love of Jesus, and each person chose St. James' as the place to be. I do too. It is still my home.

Laura Winter

Help Out with the Little Church Restoration

We are repairing the pews and floor in the Little Church. Anyone can help. No experience is necessary! To start, we will be cleaning kneelers, book racks and pews. Group leaders will be present on **Mondays and Tuesdays, 1:00-4:00 pm and Saturdays, 9:00 am-1:00 pm** and show you what to do. Sign-up to help in the Parish Hall or email Sylvia Ma. Thank you for your support.

The Parish Pantry
Recipes from Richard Reynolds

MOTHER'S SMOTHERED CHICKEN

Growing up, Wednesday was chicken dinner night. It could be fried, fricasseed, broiled or boiled, but it was chicken. Monday was meatloaf, meatballs or Salisbury steak, Tuesday was some rearrangement of whatever was leftover on Monday. Wednesday was the aforementioned chicken. Thursday some reincarnation of Wednesday's dinner, and Friday had to feature something that swam in the sea. Saturdays and Sundays always featured things handmade like ravioli, cannelloni or lasagna, large things slow roasted, or in the summer, things grilled in the garden patio. Often these were extended family events.

My father always participated in the weekend meal preparations, but on weekdays, meals were always up to mother. Smothered chicken was one of my favorites. You will need a cut-up whole chicken, about 3 ½ to 4 ½ lbs. Mother would reserve the wings and back for making stocks. The breast portions were always bisected, and the skin was left on. Remove any excess fat, but don't go crazy about it. Some fat is essential in properly developing flavor, and unwanted pockets can be skimmed from the finished dish. To work, the skin needs to be part of the initial browning step.

To prevent drying out during braising, the trimmed raw pieces need to be brined. Put two tablespoons of table salt in 3 qtrs. of water. Stir to dissolve and put in the chicken pieces. Refrigerate for one hour, drain and pat dry with paper towels. Mix together 1 tbsp. sweet paprika, ½ tsp. black pepper, ¼ tsp. nutmeg and a pinch of cloves & cayenne. Sprinkle chicken on both sides with this seasoning, holding your hand high above.

Using a large cast iron or enameled Dutch oven (not non-stick), heat over medium flame, and then add 1 tbsp. of olive oil. When the oil is shimmering and just giving off wisps of smoke, add chicken pieces, **skin side down**. Turn heat to medium. Do not crowd, do this step in two batches if necessary. Leave the pieces unmoved until they develop a nice browned skin, before turning. This takes about six minutes. When done, remove to a clean side dish. Pull off and discard skin. Your goal is to achieve a nice brown font on the pot bottom, so be ready keep the flame low if necessary and prevent scorching.

Now adjust the pan heat to medium and deglaze the bottom using ¼ cup of Madeira and a wooden spoon. When nearly two-thirds reduced, stir in 1 each med. onion, carrot and 1 celery stalk, small dice. When softened, about 3 minutes, add 6 cloves of diced garlic, 1 bay leaf and ¼ tsp. of dried thyme, oregano and basil. Remove the skin from the browned chicken pieces and return them to the pot. Sprinkle the chicken pieces with about 1 tbsp. of flour (Gold Medal Wondra recommended). Add 1 ½ cup of chicken stock, stirring to distribute the flour into the other ingredients. Cover and put into a 350 °F oven. Braise for fifteen to twenty minutes, or until chicken breasts reach an internal temp. of 150° and thighs are 175°.

When chicken is cooked through, bring pot to range top, uncover, take out and loosely cover chicken. If there are any unwanted pools of fat on the sauce, now remove with clean paper towels, or spoon off. If there are more than two cups of sauce, reduce over high flame, stirring throughout, until only two cups remain. Taste for seasoning, and if necessary, add salt and pepper to taste.

Serve chicken over cooked rice or mashed potatoes, with a generous spoonful of the pan sauce.

St. James' Prayer List

Most Holy God we pray :

For Those in the Military:

Jarrod, Megan, Erica, Theresa, Mark, Tim, Louis, Caitlin, Emily, Robin, Adam, Dave, Shawn, Ethan, Paul, Matthew, Johnny.

For Those Who Need Guidance and Direction:

Charlie, Don, Paul, Deja, Jordan, Rhonda, Michele.

For Those Expecting Children:

Tyechia, Jill.

For Those Who Need Comfort and Healing:

Ron, Julie, Gail, Bob, Craig, Lisa, Nathan, Butch, Solon, Marti, Verna, Ellison, Pat, Megan, Layne, Bud, Joan.

For Those Who Have Passed Away:
Carol, Rodney.

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

June Birthdays

6/2	Callie Patton
6/3	Charles Paratore
6/4	Dorothy Balderston
	Nancy Castaneda
	Kitty Reed
6/5	Ivy Sankar
6/8	Patty Lacy
6/9	Bob Doherty
6/14	Christopher Jones
6/16	Bruce Prickett
6/17	Safa Fortescue
6/20	CeliaMay Baldwin
	Timothy Prickett
6/22	Mark Locher
6/23	Ian Kalitta
6/25	Robert Lovellette
6/26	Greg Miller
6/27	Marlene E. Benedict-Gonzalez
6/28	George Vlastelica
	Pat Vlastelica
6/29	Julie Guzior
6/30	Emma Feeney

June Anniversaries

6/4	Craig & Linda Gentner
6/22	Charles & Judy Peeler
6/24	Sherea & Keith Westra
6/25	James & Frankie McLeod
6/27	John & Joan Kimber
6/30	Alberto & Marie Verdin

The next issue of ***The Window*** is in July. 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: **June 15th**

SAINT JAMES' EPISCOPAL CHURCH

Thornton Avenue at Cabrillo Terrace
PO Box 457
Fremont, CA 94537-0457
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 12:00PM

STAFF
The Rev. Lori Walton, Rector ..... lori@saintj.com
The Rev. Anna Horen, Associate Rector
.....anna@saintj.com
Jan Scrutton, Children and Youth Minister….. .
..... jan@saintj.com
Alice Harrison, Office Administrator
..... .admin@saintj.com
Jennifer Carini, Music Director.....music@saintj.com
Lynn Locher, Treasurer ..... treasurer@saintj.com

VESTRY

Senior Warden .....srwarden@saintj.com
Monique Manjarrez

Junior Warden .....jrwarden@saintj.com
Katie Porter

Josephine Amadi
Bob Doherty
Stephen Ferro
Julie Guzior
John Kimber
Sylvia Ma
Sally Morgan
Kimberly Patton
Laura Winter

Vestry Clerk: *Elizabeth Hart*

***The Window* Staff**
Ralph Locher
Penny Trant
Janet Fischer
Laura Winter
Katie Porter

Article submission:
newsletter@saintj.com

Eucharistic Ministers & Lectors:
George Siegmann

Eucharistic Visitors: Rev. Anna Horen

Altar Guild: Katie Cunningham

Ushers: Burtin Hart

Facilities: facilities@saintj.com

Convention Delegates
John Amouroux
Meg Amouroux
Jim McConnell
Ken Trant
Scott Whitaker

Alternates to Convention
Penny Trant
Elaine Vallecillo-Miller