



The Window

The Newsletter of St. James' Episcopal Church, Fremont

July 2007

Graduation 2007

Congratulations to all our 2007 graduates! They were listed in last month's *Window*, and by now they are officially done. I had a chance to visit with one of our graduates again this year, and want to share some of her thoughts as she looks ahead, and has a chance to remember...

Molly Sweeney graduated from Washington High School Wednesday, June 13, and is very glad to be finished. This summer she is working, and will enjoy not worrying about homework. In September she is headed to UC Davis, where she will major in Mass Communication (Journalism), and Political Science. In addition, she plans to minor in International Relations. Her goal right now is to become a foreign correspondent or possibly an ambassador. When asked where she'd like to go, Molly said "Ecuador—for right now, but the place changes often!" I asked her what led her into communication, and she told me her favorite class at Washington was Journalism. She and her best friend (also headed to Davis) were co-editors of the school paper this year, and had a great time. A field trip to the SF Chronicle gave her a better understanding of the profession, and crystalized her decision to pursue journalism as a career. She sees herself working for a newspaper in a large city, with many opportunities. She will intern for the Chronicle this summer, so we hope to get to read some of her articles in print!

I also asked Molly about her memories of St James'. She immediately told me her favorite times are the Pancake Suppers and Christmas Eve services. When asked why, she told me they "are times we are all together having fun, no matter how involved in the church we are." They are opportunities to see everybody.

We hope to see Molly at church this summer, along with Kelcey, Kate, Angelina and our other graduates. Be sure to congratulate them for a job well done when you see them! Way to go all of you!

---*Laura Winter*

Annual BBQ & Sing-Along with Hillside Care Center

What has become an annual summer event at St. James', a BBQ and sing-along with special guests from Hillside Care Center in Fremont, is scheduled for Sunday, August 12, after the 11 o'clock service (approximately 12:30 pm.) Everyone is invited to join in; please sign up on the list in the Parish Hall (beginning July 15), indicating the number of attendees and whether you will be contributing a salad or dessert. St. James' will provide hot dogs and beverages. Pat Vlastelica will be at the keyboard again this year; vocal direction will be provided by George. If you can assist in the transportation of our guests, or for more information, please contact Sandra Motley (656-4224) or Arlinda Cosby (792-2041).

Stewardship Corner

--by Lynn Locher

The Good News about the High Price of Gas

We all know that the high price of gas, by American standards, has an impact on our wallets in more places than just the gas pump. We see it reflected in the price of food, clothes and other items that must be transported any distance. There are a number of positive aspects to increased costs.

1. We are forced to plan our trips in the car so we do not waste gas, and thus we reduce our carbon monoxide output.
2. We find public transportation is often a better option, and again we reduce our carbon monoxide output.
3. We start paying attention to hybrid cars, especially if we are in the market for a new car.
4. We discover that the fresh produce at the Farmers' Market is not more expensive than that at the supermarket. Again, we reduce our carbon footprint since the food at the Farmers' Market is locally grown. We also discover that it is fresher and tastier.
5. We start to be more careful on choosing our purchases of clothes and durable goods. We learn to ask that important question, "Do I really need this?"

The major thing we do not want to happen is to respond to rising prices with fear. There is a good chance that the increased costs will not turn you into a bag lady or street bum. We are very likely to lose our feeling of generosity when we fear that our income will not meet our expenses. Charities are reporting a drop in donations, KQED was unable to raise enough money to take advantage of several matching grants during their May pledge drive, and St. James' Church has noted that their pledge receipts are well below expected. These are all signs that, when people feel their way-of-life is threatened, they become self-centered.

I challenge all of us to reorganize our spending patterns so that we can adjust to the high cost of gas and transported products. The second part of that challenge is to look beyond ourselves to the needs of our church and others.

Independence Day Services

Please join us for special Independence Day services on Sunday, July 1. Our 8am Service will be held in the Little Church, and our 9am and 11am Services will be held in the courtyard between the Parish Hall and the Big Church. Please note that, due to the holiday, there will be *no* Wednesday Eucharist service on July 4 at 10 AM.

Comforters Guild Contribution Request

You, too, can participate in Comforters, without even touching a knitting needle or crochet hook! We are looking to raise \$75 so that we can buy new labels for Prayer Shawls and the sweaters, hats, blankets, and afghans we knit and crochet for AEMCH, Oakland Children's Hospital, and Pathways Hospice. Small or large donations cheerfully accepted. Any overage that we collect will be held for future labels or yarn. Call or speak to Valle Brokes, 793-6210, avbrokes@earthlink.net. Bless you.

Social Ministry Committee

St. James' has quite a bit of social ministries that support a variety of folks in and outside the parish. The Social Ministry Committee plans, encourages, and evaluates new and existing ministries. It does not do the ministries themselves; rather, members work together, in conjunction with the individual ministry coordinator, to ensure that the ministry has the support it requires. All meetings take place monthly and last 1 to 2 hours (max). For additional info, contact Michael Aquino at (408) 306-1282 or via e-mail at mjaquino@comcast.net.

St. James' Summer Book Club

Tuesdays: July 10, 17 & 24
7 – 8:30pm, On-Campus

Featured Book:

“Christianity for the Rest of Us: How the Neighborhood Church Is Transforming the Faith” by [Diana Butler Bass](#)

“Most pundits will tell you that the mainline churches—Presbyterians, Methodists, Lutherans, Episcopalians, Congregationalists and Disciples of Christ—are in decline: it is now commonplace to assume that liberal churches are doomed and only evangelical churches are growing. Think again, says Butler Bass (*The Practicing Congregation*) in this challenging and hopeful book, which summarizes the findings of a three-year study.

Yes, many mainline churches are struggling, but not because liberal Christianity is a contradiction in terms. Rather, the old neighborhood Protestant church has fallen on hard times because the old neighborhood has been replaced by a strip mall. And yet, many mainline churches are thriving. Butler Bass showcases 10 of them, and then examines 10 practices, from hospitality to worship to vigorous theological discussion, and posits that these practices are the heartbeat of vital mainline churches. Her provocative conclusions include the observation that today’s mainliners have redefined politics by favoring bottom-up acts of service over structural change.” (Publishers Weekly)

“This hopeful book reveals practical steps that leaders and laypeople are taking to proclaim an message about an emerging Christianity that strives for greater spiritual depth and engages the needs of the world.” (www.amazon.com)

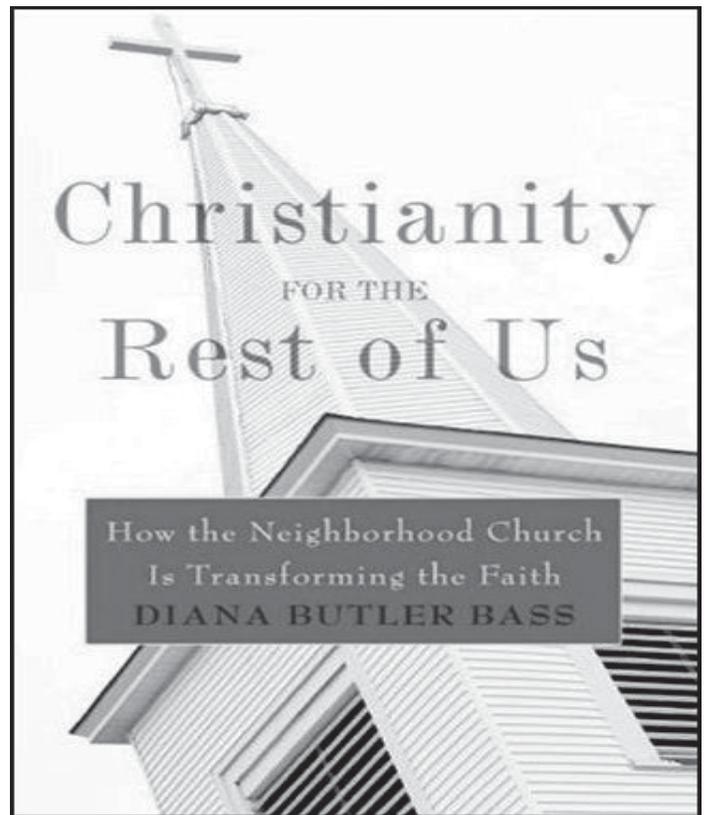
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This engaging book is sure to raise some lively, promising, heartening discussions around how St. James’ can forge ahead with promise and intent. With Bob Honeychurch, Pegeen Perry and Meg Williams acting as guides, we encourage you to join this casual summer book offering, which could have some amazing benefits. Put our Prayer for St. James’ into action!

The book is divided into 3 sections, which will loosely serve as our 3 session topics. You’re encouraged to read as much as you’d like prior to each session.

Some copies of this book have already been purchased and are available for sale: contact Sylvia Sweeney (510-797-1492 or [saintj.sylvia@yahoo.com](mailto:saintj.sylvia@yahoo.com)) Book cost is \$16.00. (The book can also be purchased online through multiple vendors, the cost being around \$16 as well.)

For those unable to purchase the book, scholarship money is available to cover the cost.





## A Smart Way to Make Your Gift

If you are taking minimum required distributions from your IRA retirement account, you may lower your income taxes by making your gift to your church during 2007 directly from your IRA. Your gift to your church or other charity will count toward your Required Minimum Distribution (MRD)-even up to \$100,000-but will not have to be declared as taxable income on your IRS Form 1040.

For example, if your required IRA distribution is \$20,000 this year, and you make a \$5,000 gift to your church directly from your IRA, you will only have to declare \$15,000 as taxable income instead of the full \$20,000. If you make a gift or gifts to church or charities totaling your entire MRD, you won't have to declare any of the distribution as taxable income!

Making your gift directly from your IRA in this way also lowers your Adjusted Gross Income (AGI), which can have the effect of further reducing taxes. To make a gift to the church directly from your IRA, you must generally write a letter to your IRA custodian instructing them to send a check in a certain amount to your church and its mailing address. To receive a sample letter, or if you or your IRA custodian have any questions, you or they may contact The Rev. Richard Schaper, CFP<sup>®</sup>, your Gift Planning Officer, at (415) 869-7812.

This provision of the Pension Protection Act is due to expire at the end of this year. This would be a great way to make a special gift to your favorite ministry during 2007!

*The Rev. Richard L. Schaper,  
CFP Gift Planning Officer, Diocese of California  
EpiscopalGift.org (415) 869-7812  
[richards@diocal.org](mailto:richards@diocal.org)*

## AEMCH and Deacon Arlinda Cosby

*---excerpts from Jan Robitscher's address to an  
AEMCH gathering, reprinted at the request of Bud  
Spalding and with the permission of Arlinda Cosby*

"An Episcopal Ministry to Convalescent Hospitals was the brainchild of Deacon Arlinda Cosby. The ministry grew out of Arlinda's experience of the illness of her husband and the issues surrounding his care; her call to the diaconate also came at a time when that Order was just being 'rediscovered.' After doing field work at Grace Cathedral, she trained to be an Activities Director and tried it out in a nursing home; her vision of organizing local churches to adopt nursing homes (and therefore AEMCH) was born.

The ministry soon grew to encompass all of Alameda and Southern Alameda deaneries. Arlinda's ministry of training lay people to establish connections with their nearest convalescent hospital became a three-quarter time job, and AEMCH became a chartered organization under the Bishop of California. Of the 22 congregations in the two deaneries, 16 are listed as 'participating congregations', and an estimated half continue to have an active convalescent hospital ministry today. We owe a huge debt to Arlinda for her modeling and encouragement of this ministry.

(Directed to the crowd/reader:) Without your ideas, your commitment, and your support, this ministry will not continue. On any Sunday, there are volunteers, both clergy and lay, who make a special trip to the local convalescent hospital to visit [and] to provide church services for the elders there. They (the residents) love have visitors, sing hymns, hear Scripture, and pray.

*---continued on pg. 5*

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---AEMCH (continued)

[Here are some statistics to ponder.]

- The nation's population of people 65 and over is expected to double by the year 2030.
- Americans are now living longer. In California alone, the number of people over the age of 85 – those who are most likely to need extended care at home or in nursing homes – will double by 2030.
- On average, every 53 seconds, someone in the US experiences a stroke.
- Every 72 seconds someone develops Alzheimer's Disease.

Clearly the need for the ministry we provide is growing, but we are also aware that interest at the parish level has diminished over recent years. Without Arlinda's visits to congregations to preach and teach, there would be little or no organized ministry in this part of the Diocese of California. This is, however, not just about Arlinda. If we want to see it continue, we will have to raise the funds so that we can continue to have a faithful person – lay or ordained – who will inspire us and give us practical help so that we can all continue our congregational programs to visit our elders. The energy we give to our work will determine if this ministry can continue so that someday, when we are the elders, there will be someone to help guide the parishes who will send out faithful visitors to be present with us, as we are now to them, and bring to us in Scripture and sermon, Sacrament and song, the love of God in Christ Jesus our Lord."

## Liturgical Design Committee

We extend gratitude to the parishioners who loaned their beloved items for "We are the World" decorations during the Lenten season and for the free-will offerings for Palm and Easter Sunday, as well as for Advent/Christmas. From these two offerings, the committee has the awesome and wonderful task to budget and decorate both the Big and Little Churches for the entire year. We do not use General Fund monies.

Our mission is to outwardly symbolize God's Word, grace, and blessings with the liturgical decorations. Our goal is to give glory to God and create a holy ground. If anyone has any design ideas, wants to participate with this ministry, or has any questions or concerns, please see or call any of the committee members: Bob Honeychurch, Greg Miller, Mary Patrician, Sylvia Sweeney, Elaine Vallecillo-Miller, and Laura Winter.

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## Poetry Corner

### Touching Shoulders

---by Ray Hedvall

There's a comforting thought at the close of the day  
when I'm weary and lonely and sad,  
that sort of grips hold of my poor old heart  
and bids it merry and glad.  
It gets in my being and it drives out the blues,  
and finally thrills through and through.  
It is just a sweet memory that chants the refrain:  
"I'm glad I touch shoulders with you!"

Did you know you were brave, did you know you  
were strong?

Did you know there was one leaning hard?  
Did you know that I waited and listened and prayed,  
and was cheered by your simplest word?  
Did you know that I longed for that smile on your  
face,  
for the sound of your voice ringing true?  
Did you know I grew stronger and better because  
I had merely touched shoulders with you?

I'm glad that I live, that I battle and strive  
for the place that I know I must fill;  
I am thankful for sorrows; I'll meet with a grin  
what fortune may send, Good or Ill.  
I may not have wealth, I may not be great,  
but I know I shall always be true,  
For I have in my life that courage you gave  
when once I touched shoulders with you.

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*Ray Hedvall, a longtime member of St. James', wrote this poem as a result of a Cursillo weekend. Gene LaSage, former choir director at St. James', eventually set it to music.*

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[This page is reserved for the Parish Calendar]



## ST. JAMES' PRAYER LIST



-For those who need continued healing: Joe, Mary, Mayday, Carla, Kristine, Peter, Merle, Marisa, Debbi, Patricia, Kirk, Bob, Elizabeth, Alice, Rachel, Joe, Virginia, Pat, Jodi, Arcy, Nadine, Rod, Rose, Barbara, Yvonne, Beth, Debbie, San Juan, Stephen, Jonathan, Keith, Mike, Denna, Jean, Jenni, Kenzie, Pamela

-For those who need comfort and strength: Joy, Kerry, Linda & Family, Douglas, Carolyn, Martie, Robin, Micki, Katie, Mari, Catherine, Marci, Robert, Nina, Kristine, Robert, Carletta,

-For those who need guidance and direction: Ziggy, Paul

-For those in the military: Kurt, Jarrod, Matthew, John, Kiffen, Fred Jr., Shakar, Robert, Joseph

-For healthy & safe pregnancy: Holly, Paula, Martin, Saikham, Allison, Fauzia

-For safe travel: Jan, Bud, Betty

-For all those enduring the conflicts in the Middle East

### JULY BIRTHDAY CELEBRATIONS

- |    |                      |    |                       |
|----|----------------------|----|-----------------------|
| 3  | Johanne LaRocque     | 17 | Mary Mitchell         |
| 4  | Jennifer Larsen      |    | Jessae Rae Hedvall    |
| 5  | Nikhil Emerson Gupta |    | Angela Casas          |
| 6  | Doris Whitaker       |    | Heather Williamson    |
|    | Lloyd Benedict       | 18 | Marcy Crawford        |
| 7  | Tim Koonze           |    | Anne Blalock          |
| 8  | Benjamin Canada      |    | Jared Willson         |
| 9  | Rodney Girard        | 19 | Ellen Silge           |
| 10 | Karri Lammers        |    | Fred Gifford          |
| 11 | Thomas Duncan        |    | Jack Rux              |
| 12 | Rod Vlastelica       | 21 | Jackie Whitehouse     |
|    | Lon Doty             | 22 | Jo Evans              |
|    | Cliff Lovette        |    | Jack Dean Merrell     |
|    | Arjun Dulipsingh     | 23 | Tod Whitaker          |
| 15 | Dustin Lowe          |    | Elsa Benedict         |
|    | Grant Davis          |    | Greggory Barlow       |
|    | Jordan Singh         | 25 | Immanuel Jason Victor |
|    |                      | 26 | Jonathan Benson       |
|    |                      |    | Jill Lyon             |
|    |                      |    | Jen Dalmasso          |
|    |                      | 28 | Jan Pearson           |
|    |                      |    | Gregg Feeney          |
|    |                      | 29 | Kylee Lowe            |
|    |                      |    | Dianna Menke          |

### JULY WEDDING ANNIVERSARIES

- 9 Dave & Mary Hobbs
- 18 Charlie & MaryEllen Gallagher
- 20 Mike Peterson & Johanne LaRocque
- 21 Bryan & Jackie Duncan
- 24 Don & Marilyn Rose
- 29 Phillip & Beverly Sanders

## When is the Next Newsletter Deadline?

Submissions for the August 2007 newsletter are due on **July 15, 2007.**

The editors request that your submissions be **print-ready (i.e., electronic)**. If this is not possible, please have someone with a computer prepare your material.

For questions or for submitting material, use the newsletter e-mail address: [window@saintj.com](mailto>window@saintj.com).

## Receiving Diocesan News at Home

On any given week there are more programs and special opportunities within the Diocese of California than any of us have time to participate in. Many of these are great learning opportunities, often at affordable prices or even for free. Consider subscribing to the diocesan weekly e-newsletter and taking advantage of some of those great opportunities. Subscription to DioBytes, the weekly diocesan e-newsletter, is open to all. Subscribe at [www.episcopalbayarea.org](http://www.episcopalbayarea.org).



# SAINT JAMES'

## EPISCOPAL CHURCH

Non-Profit Organization  
US Postage Paid  
Fremont, CA  
PERMIT 15

Thornton Avenue at Cabrillo Terrace  
PO Box 457  
Fremont, CA 94537-0457

Address Service Requested

### Schedule of Services

#### Sundays

8AM Rite I (1867 Church)  
9AM Contemporary (Main Church)  
11AM Rite II, (Main Church)

#### Wednesdays

10AM Rite II (1867 Church)

OFFICE HRS 8:30–1:30, T–F

TEL 510-797-1492

FAX 510-795-4712

#### EMAIL

office@saintj.com

#### WEB

<http://www.saintj.com>

#### Rector

The Rev. Dr. Bob Honeychurch

#### Associate Rector

The Rev. Dr. Sylvia Sweeney

#### Deacon

The Rev. Arlinda Cosby

#### Administration

Secretary– Gigi Casino

Treasurer– Jan Brandt

Sexton– Cliff Lovette

#### Other Important Coordinators

Eucharistic Visitors– Anne Blalock

Altar Guild– Margaret Rainey

Acolytes– Nancy Castaneda

Eucharistic Ministers & Lectors– Janet Fischer

Ushers– Burtin Hart

#### The Window Editorial Staff

Michael Aquino

Ralph Locher

Laura Winter

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Greg Miller, Junior Warden

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Tim Young

#### Communications & Evangelism

Janet Fischer

Jim McConnell

Meg Williams

#### Social Ministries & Congregational Care

Scott Whitaker

#### Worship & Christian Formation

EJ Hilliard

Sylvia Ma

To respect an individual's privacy, parishioners' phone numbers are no longer being provided in the newsletter, unless previously authorized by the owner. Contact the church office (510) 797-1492, or refer to the St. James' Directory for contact information on any of the people mentioned above or in the newsletter.