

The Messenger

SAINT JAMES' EPISCOPAL CHURCH · SOUTH PASADENA · sjesp.org · MAY 2005

From the Rector

Trusting Jesus:

Maybe it's time to get your feet wet

BY REVEREND ANNE TUMILTY

There was a quick-read book with a catchy title on our Lenten book table for a while: "If You Want to Walk on Water, You've Got to Get Out of the Boat," by John Ortberg.

The initial story, of course, is about Peter. It began simply enough. One afternoon he and his friends did what they had done many times before: They climbed into their boats to cross the Sea of Galilee. However, by 3 a.m., more than a minor squall had blown in and they found themselves caught in what we would call "a perfect storm."

We have those times in life when we wish that the sides of the boat were a little higher and the wood a little thicker. For the disciples, thoughts of getting to the other side were quickly replaced with the desire to stay alive.

Matthew tells us in his Gospel that the disciples were in distress, being buffeted and tossed by wind and waves, when across the water

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CONRAD LOPEZ

Ella Lopez takes a break in St. James' tent at the Relay for Life.

Walking the walk, talking the talk – for charity

From the plush, indoor comfort of the Ritz-Carlton Huntington Hotel & Spa to the dusty track at South Pasadena High School, St. James' has been stepping up to raise funds for important causes and make an impact far beyond the community.

On March 4, St. James' Parish Day School's annual auction and social was held in the beautiful confines of the landmark Ritz-Carlton in Pasadena. Typically the event serves as a major fund-raiser for the preschool and is often tied to a specific project or need. But this year, as parish-

ioner Dorothea Fong said, it was decided to "shift the focus on others who need our help and are not as blessed as we are."

At the school's January board meeting it was suggested by event chairs Malia Grippo and Julie Lamar that this year's fund-raising go to assist tsunami relief efforts halfway around the world. When companies, organizations and individuals were told of the cause, donations came forth in record numbers. The Ritz-Carlton was particularly generous, giving us special treatment for the event and providing

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Growth always involves risk, and risk always involves stepping out even when there is fear.

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walks Jesus. It is understandable, being so close to death, that at first they thought they were seeing a phantom, a ghost. But Jesus came when least expected, right in the middle of the storm and spoke to their fear with words of encouragement.

Ortberg writes: "Sometimes it takes the eyes of faith to recognize when Jesus is around. Often in the middle of the storm, tormented by waves of disappointment and doubt, we are no better at recognizing his presence than they were."

But for Peter it was a defining moment. He focused on Jesus and got out of the boat.

What is your boat?

Ortberg continues: "Your boat is whatever represents safety and security apart from God. Your boat is what you are tempted to put your trust in especially when life gets a little stormy. Your boat is whatever keeps you so comfortable that you don't want to

give it up even if it's keeping you from joining Jesus in the waves. Your boat is whatever pulls you from the high adventure of extreme discipleship. If you want to know what your boat is, your fear will tell you. Just ask yourself this: What is it that produces fear in me – especially when I think of leaving it behind and stepping out in faith?"

In Matthew (14:22ff), Peter takes the walk of his life and discovers – even when his focus shifts back to the storm – that God is dependable and Jesus is in the water with him. Growth always involves risk, and risk always involves stepping out even when there is fear. Peter took the first steps of faith, discovered that the water is where Jesus is, and experienced the strong and saving arm of God. It is not surprising that he would later emerge as a leader in the Church.

As summer approaches, pick your beach book and consider water walking.

Women's retreat to search for the potter's house

BY REVEREND KAREN CALAFAT

"Let's Go to the Potter's House" is the theme for the Women's Retreat to be held at the Episcopal Camp at Wrightwood on May 13-14. The retreat is a great opportunity to break away from the routines of life to spend focused time with God and other women of faith. There will be time for worship, meditation, rest and play.

The Rev. Marti Long is the retreat speaker and worship leader. She will present four talks based on the Jeremiah 18 passage about the potter and the clay: "The word that came to Jeremiah from the Lord: Come, go down to the potter's house, and there I will let you hear my words.... Just like the clay in the

potter's hand, so are you in my hand."

Drawing from the scripture, Rev. Long's teachings will address such questions as:

- What are some of the obstacles that keep us from the Potter's House?

- What happens on the wheel when we are being shaped by God?

- What type of vessels are we?
- How does God speak to us through the story of the potter and the clay?

The Women's Retreat officially begins with dinner together at Camp Wrightwood at 6 p.m. on Friday, May 13. Early check-in is at 3 p.m. for those who wish



to have time to settle in for a nap, reading, a nature walk or a stroll through the village of Wrightwood. Opening worship and the first teaching session begin at 7 p.m., followed by free time or game time. Saturday will include worship, teaching sessions and time for personal reflection. The retreat will end with the celebration of Holy Eucharist about 4 p.m.

Register now while there are still spaces available so you won't miss this opportunity for spiritual growth, worship and social time with the women of St. James' Church.

Carpools are being coordinated through the church office. Contact Peg Bradley or myself at (626) 799-9194 to sign up, either to drive or to be a passenger.

Accepting the Embrace of God: The Ancient Art of *Lectio Divina*

BY FATHER LUKE DYSINGER, O.S.B.

A very ancient art, practiced at one time by all Christians, is the technique known as *lectio divina* – a slow, contemplative praying of the Scriptures that enables the Bible, the Word of God, to become a means of union with God. This ancient practice has been kept alive in the Christian monastic tradition, and is one of the precious treasures of Benedictine monastics and oblates. Together with the liturgy and daily manual labor, time set aside in a special way for *lectio divina* enables us to discover in our daily life an underlying spiritual rhythm. Within this rhythm we discover an increasing ability to offer more of ourselves and our relationships to the Father, and to accept the embrace that God is continuously extending to us in the person of his Son, Jesus Christ.

The art of *lectio divina* begins with cultivating the ability to listen deeply, to hear “with the ear of our hearts” as St. Benedict encourages us in the Prologue to the Rule. When we read the Scriptures, we should try to imitate the prophet Elijah. We should allow ourselves to become women and men who are able to listen for the still, small voice of God (*1 Kings 19:12*); the “faint murmuring sound” that is God’s word for us, God’s voice touching our hearts. This gentle listening is an “atunement” to the presence of God in that special part of God’s creation that is the Scriptures.

The cry of the prophets to ancient Israel was the joy-filled command to “Listen! Sh’ma Israel: Hear, O Israel!” In *lectio divina* we, too, heed that command and turn to the Scriptures, knowing that we must listen to the voice of God, which often speaks very softly. In order to hear someone speaking softly we must learn to

St. James’ Quiet Days

At St. James’, our group practice of *Lectio Divina* on Quiet Days, includes:

- After reading the text the first time, we answer the questions: “What caught my attention in this text? What did I like or dislike about this text?” We focus on the literal word or phrase from the text without elaboration.
- After a second read-through, we answer the question: “What has the Lord shown me in this reading with regard to my life?”
- Following the third reading, we answer the question: “How will I respond to what God has revealed to me?”

be silent. We must learn to love silence. If we are constantly speaking or if we are surrounded with noise, we cannot hear gentle sounds. The practice of *lectio divina*, therefore, requires that we first quiet down in order to hear God’s word to us. This is the first step of *lectio divina*, appropriately called *lectio* – reading.

The reading or listening is very different from the speed reading which modern Christians apply to newspapers, books and even to the Bible. *Lectio* is reverential listening; listening both in a spirit of silence and of awe. We are listening for the still, small voice of God that will speak to us personally – not loudly, but intimately. In *lectio* we read slowly, attentively, gently listening to hear a word or phrase that is God’s word for us this day.

Fund-raising

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trip packages donated by many of their other locations around the country. In all, there were more than 125 items donated for the silent auction and over \$15,000 was raised. Channeling the funds through representatives of Christian Children’s Fund, it was enough to set up a new school-like “child-centered space” in Sri Lanka, of which 300 have been established since the tsunami struck the region. Together they serve more than 40,000 children.

Last weekend, with a different type of dress in favor – and water and Gatorade tending to be the beverages of choice – the spirit was nevertheless similar: parishioners and others in the community gathering to help those in need. The event was the American Cancer Society’s Relay for Life, a 24-hour marathon staged Saturday morning through Sunday morning, and held locally at South Pasadena High. The annual event is held to celebrate survivorship and fund research and programs.

For St. James’, it was vestry member Conrad Lopez who took the reins and brought it all together, organizing a group of volunteers to represent the church when he learned about the event. Conrad said about 25 people took turns in the walk/run as part of the St. James’ team, who also set up an information booth alongside the track.

“I was impressed: very happy, very proud,” he said afterward. “You organize it a week ahead and you don’t know if everyone will remember what they signed up for. But everybody showed up. And I’m proud to say we had somebody on the track at all times, 24 hours.”

Of course, the 5-hour stint Conrad pulled during a stretch in the wee hours – circling the temporary tent city that formed in the track’s infield for the night – played a big part in making that possible.

St. James’ raised \$1,250 in sponsorship donations collected by runners participating in the Relay for Life (the event netted a total of \$95,000). Funds collected will go toward helping the American Cancer Society in its campaign to fight the disease and help those afflicted.

The role of an Episcopal warden: advisor, leader, vestry member

BY LORI HUNTER
Senior Warden

What's a warden? Webster's defines warden as "one having care or charge of something." It also defines warden as "one of two ranking lay officers of an Episcopal parish." St James', like most Episcopal parishes, has two wardens, thus preserving a tradition in the Church of England dating back to 1604.

Traditionally, the senior warden is the member of the vestry who can convene and chair a vestry meeting when the rector is absent. The senior warden serves as an advisor to the rector and meets weekly with the rector to discuss concerns and plan events. Some of our parishioners who previously served as senior warden include Heather Bridges, Greg Hamlin, Kevin Baaske and Barbara Sinclair.

The junior warden is also known as the "people's warden." The role of the junior warden is to be the one responsible for the stewardship of the church; Lance Davis holds the position at St. James'.

In times of change and times of growth the vestry and wardens are especially busy. During the first quarter of this year, the vestry has been tackling many issues, including:

- **Revision of the standing committees in the bylaws.** We found that some of our standing committees were outdated. The vestry added new committees (such as a communications committee and a family ministry committee) and deleted outdated ones.

- **Discussing and planning centennial events.** Over the past year, several events have been held to help celebrate our centennial. Mitch and Susan Sawasy were instrumental in putting these events together. The centennial isn't over yet, and any parishioners wanting to help should let a vestry member know.

- **Exploring the possibility of expanding the Parish Day School.** The St. James' Parish Day School has a long waiting list for students, and the Day School Board has approached the vestry with the proposition of adding a classroom. There is a lot to consider, so members of the vestry are gathering information to help us make an informed decision.

- **Dealing with buildings and grounds issues.** Over the next few months, you will notice that we are beginning to refurbish the stained glass windows in the church. Judson Studios is helping us with this project. After about 50 years, windows begin to bow; if you stand alongside the windows on the south side of the church, you can see how the windows have curved. The windows will be removed and repaired one panel at a time over the next several months. We've also been doing roof repairs, and we are looking into a new alarm system for the church.

The above is only a portion of what the vestry has been working on. We hope all members of the parish feel free to approach any member of the vestry to talk about concerns, volunteer for committee work or ask questions about what's going on in the life of St. James'.

Newcomers get a sampling of St. James' hospitality

Sean and Lori Hunter offered a warm welcome to several St. James' newcomers on April 8, with a wine and cheese reception in their home. With over 30 people in attendance and much laughter throughout the afternoon, ministry leaders chatted informally with several individuals and couples new to our parish.

After a wonderful hour of mingling, Rev. Anne gathered the group to share their respective paths to St. James'. New parishioners, as well as those very involved, shared the compelling aspects of St. James' that led them to choose our church as their center of worship. The most frequently mentioned reasons were the warm welcome, especially of children, and the sense of homecoming experienced in the liturgy. The running joke, although it is quite true, is that one needn't be at St. James' for very long to serve as an usher on Sunday mornings!

While the greeters ministry was well-represented, newcomers also met parishioners involved in many other areas of community life, including children's ministry, adult education, and the food locker.

If you are new to St. James' or have been coming for a while and would like to get more involved in parish life and meet your fellow parishioners, please call the church office at (626) 799-9194.

food locker

We can be flexible on Fridays!

If you can be available for 1 to 1 1/2 hours on a Friday, once a month, we would appreciate your help. In the morning, from 9 to 10:30, we assemble the bags for distribution to needy families and individuals, and in the afternoon from 1:30 to 2:30, we give them out to people who come.

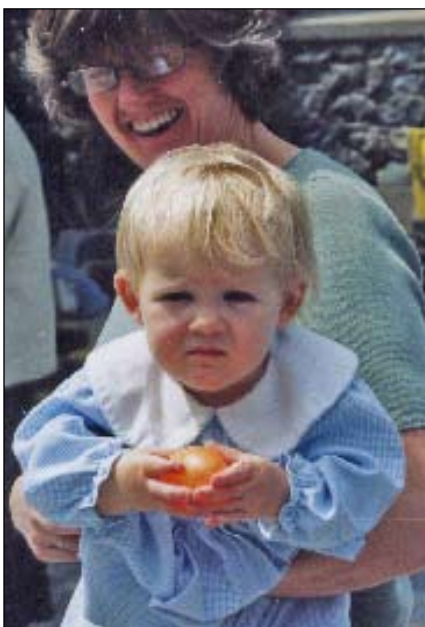
Several volunteers have had to

drop out recently. We're very flexible in scheduling, and you're welcome to bring your children if they can entertain themselves or are old enough to help. If you'd like to be called on an occasional, substitute basis, that would be appreciated too.

To volunteer or to ask questions, please call Jan Arenz, (323) 257-5492.



PHOTOGRAPHS BY PETER SUMMERS



Season snapshots

On Maundy Thursday, children learned about the washing of the feet and other traditions from vestry member Mark Throckmorton. At left, the Easter service was followed by an outdoor egg hunt for kids of all ages.

SAGES to hear report from Rome

The next SAGES luncheon will be held Thursday, May 12, from 12:20 to 2 p.m. in the Guild Room.

The featured speaker will be parishioner Tom Sachs, who was in Rome at the time of the election of a new pope of the Roman Catholic Church. Tom will talk about what he heard and saw. He loves the details, so this is a talk not to be missed – bring a friend!

The June luncheon will be one week later than normal, on June 16. This is due

to limitations on parking space because of preschool events tied to end-of-the-year happenings. (We don't want SAGES having to park a long way away.) The lunch time will be the same, 12:20 to 2 p.m.

SAGES is a ministry for all seniors (55 and older) whether currently members of St. James' or not. Our focus is on friendship and caring, providing opportunities to come together for personal and spiritual growth. For further information, call Peg Bradley at (626) 799-9194.

An Evensong to remember

BY BRIAN DRISCOLL

Prayer and praise were shared in a musical offering to God in the form of Solemn Evensong on Sunday evening April 24 at St. James'. In the ancient Anglican tradition, St. James' Choir, on behalf of the assembled congregation, sang to the glory of God the Song of Mary and the Song of Simeon, as well as the appointed psalm for the day and two anthems. A concert of chamber music followed the service.

The practice of singing evening prayers is as old as the church itself. The Anglican service of Evening Prayer was the result of the joining of two of the ancient monastic offices – Vespers and Compline – into one service by Thomas Cranmer, the first Anglican Archbishop of Canterbury. When the prayers are set to music and sung – either by the congregation or on the behalf of the congregation by the choir – it is called “Evening Song,” or “Evensong” in Elizabethan English.

Composers from Cranmer's time to the present have given themselves to the composition of such settings, and these have been part of the church's continuous, daily offering of prayers ever since. The settings range from the very simple, needing no choir, to highly complex choral compositions.

As explained by Timothy Krueger of St. Martin's Chamber Choir of Denver, the intent is in no way to replace or make superfluous the role of the congregation, but to arrange the gifts and talents of a church in a wonderful, celebratory offering of prayers and praises. And keeping in mind the great benefit of meditation and reflection to the development of personal spirituality, the congregation is always encouraged and expected to join wholeheartedly in the spirit of the service, such that supplications and sacrifices be offered vicariously on behalf of “all saints here present.”

Let God help you – and ease the burden



BY PETER SUMMERS

Malcolm Gladwell, in the introduction to his New York Times bestseller “The Tipping Point,” poses a seemingly simple conundrum: “Consider, for example, the following puzzle. I give you a large piece of paper, and I ask you to fold it over once, and then take that folded paper and fold it over again, and then again, and again, until you have refolded the original paper 50 times. How tall do you think the final stack is going to be? In answer to that question, most people will fold the sheet in their mind’s eye, and guess that the pile would be as thick as a phone book or, if they’re really courageous, they’ll say that it would be as tall as a refrigerator.

But the real answer is that the height of the stack would approximate the distance to the sun. And if you folded it over one more time, the stack would be as high as the distance to the sun and back.” (Page 11)

The correct answer seems astonishing: Just by repeating the same folding 50 times, you would create a pile unimaginably high. But then I realized that the world-weary Christian inside of me wasn’t very surprised at all.

Just take a look at your favorite problem. Maybe it’s the anger you’re carrying around, the hurt that eats away at you, or a guilt that poisons your soul. Then turn that problem over in your head 50 times and, if your experience is like mine, you’ll probably end up in a place light years beyond the sun in terms of pain and suffering.

We do it all the time. We bear our burdens alone. But Jesus doesn’t want us to. This is what he says: “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” (Matthew 11.28)

Jesus’ invitation to us is about as open and inclusive as we could ever receive. There’s no point, he’s saying, in keeping our troubles to ourselves, in living as if our problems are no one’s business but our own. We are, first and foremost, God’s children – and God wants us to share all of our lives with him, including the

difficulties.

Let’s give Malcolm Gladwell’s illustration another twist: What would happen if each time we became overwhelmed with a burden that we just can’t bear alone we gave it over wholly to God? If, rather than turning it over and over in our own minds and watching it slowly expand until it crushes us, we turned the problem over to God?

When we do, we share our burden and God enters the equation. That’s why, in his first letter to the Thessalonians, Paul says emphatically: “Pray without ceasing.” (I Thessalonians 5.17)

Prayer, talking to God, should be our first option at all times. Talk to God about whatever worries you, and see how in each encounter, in each plea for help, circumstances become enfolded in the love of God. And keep doing it until the insoluble becomes the insignificant.

I am always amazed at what happens when I’ve given God what I take to be an intractable problem, a dilemma out of which I’m convinced there’s no possible way to extricate myself, only to receive back an unexpected gift: a wholeness in the place of fragmentation. Rather than being overwhelmed by the problem, I’m held ever closer in God’s sustaining love. And the difficulty that was once insurmountable has been reframed in God’s terms.

This is not a magic formula for wiping away all our difficulties, but rather an acknowledgment that God is in the fight with us. As with the distances piled up in our imaginary paper folding, turning a problem over to God will transform the situation, taking us deeper into God’s presence – at which point we realize that our sufferings have a positive side, reminding us that God is always with us and that we weren’t created to go it alone.

And that knowledge will help us move forward and through the problem in wholly unexpected ways. Rather than turning things over and over in our heads, we should surrender them to God and see how he reshapes and transforms them.

I am always amazed at what happens when I’ve given God what I take to be an intractable problem.... Rather than being overwhelmed by the problem, I’m held ever closer in God’s sustaining love.

In May and June

Feasts and special services

- 15 May • Pentecost Sunday** A major feast day of the church calendar, when we remember the coming of the Spirit on the day of Pentecost shortly after Jesus' ascension in fulfillment of his promise.
- 5 June • Taize service** Experience prayer, music, silence and meditation in a contemplative spiritual environment. 7 p.m. in the Sanctuary.

Events of note

May:

- 15 and 22 • Seminar on Anglican writer C.S. Lewis** continues. Lead by parishioner William Holmes. Potluck at 5 p.m.; discussion at 6 p.m. Parish Hall.
- 12 • SAGES luncheon** will hear parishioner Tom Sachs share his experience in Rome during the election of Pope Benedict XVI. RSVP to Peg Bradley at (626) 799-9194, please. Thursday, May 12, 12:20 p.m. Parish Hall
- 13-14 • Women's Retreat at Camp Wrightwood** with keynote speaker and worship leader Rev. Marti Long. For reservations, call the parish office at (626) 799-9194.
- 19-21 • Diocesan Reconciliation Conference** A life-changing experience that seeks to instill a spirituality of transformation in participants and import reconciliation as a moral vision for communities. Begins Thursday, May 19 at 6 p.m.; concludes Saturday, May 21. Cathedral Center, Los Angeles. Call parish office, (626) 799-9194, for more information.
- 22 • Parish Day School Sunday** honors St. James' Day School students, teachers and administration. May 22. Open house after Eucharist at 10 a.m.
- 30 • Memorial Day** Parish office is closed for holiday.

June:

- 4 • Quiet Day** Return, rest, quiet down and be strengthened in trust. Time is provided for centering prayer, group *lectio divina* and individual reflection. For information or reservations, contact Rev. Karen Calafat at (626) 799-9194 or kcalafat@sjesp.org.
- 12 • Chorister Awards Sunday** We honor our young choristers and thank them for their ministry, dedication and joyful music.
- 16 • SAGES luncheon** Program to be announced. Note: SAGES usually meets on the second Thursday of each month but convenes on this *third* Thursday to allow for another event on June 9.

Sunday Services

Eucharist Rite I	8 a.m.	Sanctuary
Eucharist Rite II	10 a.m.	Sanctuary

Weekday Services

Eucharist	7 a.m.	Tuesdays	Sanctuary
Eucharist and Healing service	6 p.m.	Wednesdays	Sanctuary
Noonday prayer	12:30 p.m.	Tuesdays	Sanctuary
Noonday prayer	12:10 p.m.	Wed.-Fri.	Sanctuary

Ongoing Study Groups

Women's Bible Study	10 – 11 a.m.	Mondays	Guild Room
Bible Study Fellowship	7:30 – 9 a.m.	Thursdays	Guild Room

Ongoing Gatherings

Alcoholics Anonymous	8 – 10 p.m.	Tuesdays	Parish Hall
Bridge Group	7:30 – 9:30 p.m.	Third Monday of month	Guild Room
Youth Group	6 – 8 p.m.	Sundays	Parish Hall
SAGES luncheon	12:20 – 2 p.m.	Second Thursday of month	Guild Room

Service

Altar Guild	9 – 11 a.m.	Saturdays	Sacristy
Choir Rehearsal	9 – 10 a.m.	Sundays	Music Room
	7:30 – 9 p.m.	Thursdays	Music Room
Choristers	5-6:30 p.m.	Thursdays	Music Room
Food Locker prep	9 – 10:30 a.m.	Fridays	Parish Hall
Food Locker distribution	1:30 – 2:30 p.m.	Fridays	Parish Hall

Children's Ministry

Catechesis of the Good Shepherd	9:45 – 11:30 a.m.	Sundays	Classrooms
Little Lambs Nursery	9 – 11:30 a.m.	Sundays	Nursery
Sheepfold Toddler Experience	9:45 – 11:30 a.m.	Sundays	Toddler Room

Saint James' Church

Rev. Anne Tumilty, Rector

A congregation of
The Episcopal Church in the United States
The Most Reverend Frank Griswold III
Primate and Presiding Bishop

The Diocese of Los Angeles

The Right Reverend J. Jon Bruno

Bishop Diocesan

The Right Reverend Chester L. Talton

Bishop Suffragan

The Right Reverend Robert Anderson

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The Right Reverend Sergio Carranza

Bishop Assisting

The Messenger is produced by Saint James' Church in South Pasadena, California.
Nick Cuccia (nacinla@adelphia.net) and Frank Farrar (jfrankfarrar@socal.rr.com), Editors

Saint James' Episcopal Church

1325 Monterey Road
South Pasadena, CA 91030

Phone: (626) 799-9194

Fax: (626) 799-4272

e-mail: office@sjcsp.org