



St. James' Notes



Volume 52, Issue 10

October 2015



Empowered by the Holy Spirit to be faithful disciples of Jesus, St. James' serves as a beacon of God's love and as a caring Christian family for the community, the nation and the world by seeking to restore all to unity with God and one another and by proclaiming the Good News through worship, witness, education,

St. James' Episcopal Church at Mount Vernon
A parish church in the Episcopal Diocese of Virginia and member of the worldwide Anglican Communion.



Dear People of St. James',

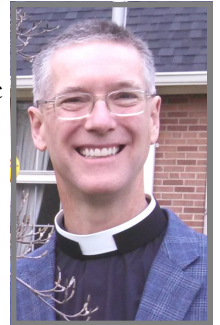
Food. It's a basic human need, providing our bodies with what we need to live and be healthy. It is also a source of pleasure—food tastes good! And food also is an occasion—eating together is a primary way we socialize and bond with one another.

No wonder food is so important to Jesus! He begins his ministry by changing water into wine—good wine! He reaches out to the sinners and the unloved by sharing their food and table. He demonstrates God's providence by feeding thousands at a time with bread and fish. He repeatedly describes himself as bread of life—and he has eternally become the food and drink that sustains us who follow him.

As you receive this newsletter, St. James' will be busy feeding our Mt. Vernon neighborhood by serving pulled-pork BBQ (Saturday 10/3, 9 to 3). During October we will prepare meals for the hungry men and women at Rising Hope Mission Church, as we do every month. And at the beginning of November, we will do our part to "Stop Hunger Now" by preparing and packing over 10,000 meals. Do come and participate in this event on Saturday November 7 (from 10 to noon) and bring your friends and neighbors!

Jesus told his disciple, Peter, to "feed my sheep." As we feed others, so we too follow Jesus.

In Christ,
Charles +



St. James' BBQ Fundraiser October 3, 9am to 3pm



Come for a yummy slow cooked BBQ lunch or get your BBQ to go—including our special sauce, beans and cole slaw.

Blessing of the Animals Sunday, October 4, 3pm

Bring your cats, dogs, birds, your furry friends and even your not-so-furry friends to be blessed. This is a great community event so invite your friends and neighbors. If weather permits, the blessing will be outside. Enjoy the fellowship of all God's creatures.



St. James' Episcopal Church at Mount Vernon

The Diocese of Virginia

The Rt. Rev. Shannon S.
Johnston
Diocesan Bishop

The Rt. Rev. Susan E. Goff
Bishop Suffragan

The Rt. Rev. Edwin F. "Ted"
Gulick Jr.
Assistant Bishop

The Rev. Charles F. Brock
Rector

Staff

Jenny Kennedy
Parish Administrator

Alan Moser
Director of Music

Vestry

Cheryl Viani
Senior Warden

Mike Morgan
Junior Warden and Plant & Property

Marghe Bowker
Local & World Outreach

Mark Braden
Administration & Finance

Eric Katz
Growth & Evangelism

Sara Thompson
Publicity & Communications

Mary Jane Van den Berg
Parish Family

Francesca Wallace
Christian Education

Bill Iber
Treasurer

Marge Smith
Register

Trustees

Peg Iber

Lib Mueller

Ray Smith

Choir Notes

Dear St. James' Friends,

Last October, we took a quick look at some of the features of hymns. One of the things we noted was that hymns are poetry and have meter. This called to mind terms like iambic pentameter that we studied in high school English class. But that's not the only way we look at meter.

I was recently asked about the "little numbers at the bottom of the page below the hymn – like 76.76 D." This is the other way of looking at meter. While they are related to the poetic meter, they are distinct from it. The number of digits gives the number of lines in a stanza, and each individual digit gives the number of syllables in the particular line. A "D" means "doubled". So in this example, there would be eight lines in the stanza, and there would alternately be seven, then six, syllables in the line. Some meters occur so frequently in our hymnody that they have been given special abbreviations: Common Meter (CM) is 86.86; Short Meter (SM) is 66.86; and Long Meter (LM) is 88.88. These can also be doubled (CMD, SMD, LMD).

So what? Have you noticed that there is also a tune name in italics at the bottom of the page – like *Forest Green* or *St. Louis*? The meter gives a clue about possible alternate tunes. Both *Forest Green* and *St. Louis* have a CMD meter. So a hymn of that same meter could be sung to either tune – and in this case, you may know "O Little Town of Bethlehem" to one or both of these tunes (see hymns 78 and 79 in the *Hymnal* 1982). To assist the musician, there is a metrical index of tunes in the back of the hymnal. So it's not magic to substitute alternate hymn tunes or to devise a metrical psalm setting. It's just enjoying the beauty of our hymnody.

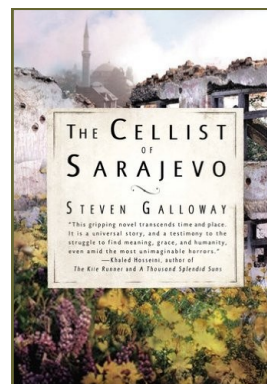
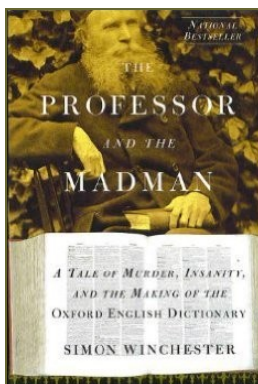
Soli Deo gloria,

Alan Moser



Book Club—Join us!

Our October book is [The Cellist of Sarajevo](#) by Steven Galloway and we meet on October 8 and October 22 at 1:00pm in the church library. For November you can read [The Professor and the Madman](#) by Simon Winchester. Everyone is invited so please come and join us!



Senior Warden's Corner

Jesus said, "For where two or three are gathered in my name, I am there among them." This is true of our worship, our outreach activities, our social functions, our church fund-raisers, and all our work at St. James', and our service to the church and to others.



We certainly had more than "two or three" gathered together to make the 8th Annual Art & Craft Fair such a successful event. We were blessed with beautiful weather. A special thank-you to Laurie doCarmo and Marge Smith for again organizing and handling all the administrative details of the fair, starting with the invitations, registration, and personal contacts with the vendors to their work on the day of the fair, right down to the clean-up of the church and financial paperwork. Thank you to everyone who worked on the fair, and there were many. It would not have been possible without the help of the congregation. Everyone contributed in their own special way. I hope you all have a sense of satisfaction from a job well done and fond memories of a fun day together.

Our upcoming activities include the BBQ Fundraiser on October 3. This is an annual event put on by the Brothers of St. Andrew, who make and sell the most wonderful barbeque meat. Our son loves their BBQ. You can eat there or take some home or both!

The Blessing of Animals will be held on October 4 at 3:00pm. Bring your pets to be blessed and enjoy some time together and treats for pets and people. Last year, our dog, Annie, jumped on Fr. Charles and spilled the holy water! We are coming back this year—with a shorter leash!

On November 7, St. James' will participate in the "Stop Hunger Now" program. See page 4 in this newsletter for more information. Details of the event will be out soon. Please join us in helping to fulfill the teachings of Jesus to feed the hungry.

One of St. James' biggest assets is the people of this congregation. Please join us in coming together for service and fellowship and make us your church family.

God Bless All of You!

Cheryl Viani

News from the Diocese



Bishop Shannon Johnston is on sabbatical from September through December 2015. Bishop Suffragan Susan Goff and Assistant Bishop Ted Gulick will provide leadership while Bishop Johnston is away, with additional assistance from retired Bishop Suffragan David Jones. "I have always believed that a true sabbatical is not a time to take off so that one can 'produce' something ... but rather is a period set aside to press the 'reset' button—to reflect, regroup and, yes, to rest, and re-charge," said Bishop Johnston. We will keep Bishop Shannon in our prayers, and look forward to his return.

Inquirer's Class

Do you want to learn more about your faith? Do you have questions about the Episcopal Church? Are you thinking of joining the church, or getting confirmed? Father Charles will be leading an Inquirer's Class in preparation for the Bishop's visit in December. Please let Father Charles know if you are interested. Meeting times will be scheduled with the input of the participants.



Mission and Outreach

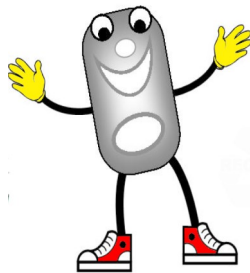
Hot Lunches for Rising Hope

St. James' volunteers prepare and deliver hot lunches twice each month to 70 people at Rising Hope Mission Church. These folks are the areas poorest along our Route 1 corridor. Each lunch is so appreciated by those being fed. Recipes are provided in advance. You deliver your prepared dish to the church kitchen in the morning and others will heat if needed and deliver to Rising Hope Mission Church. If you would like to help, please call Marge Katz at (412) 303-7801. Thanks!



Save Pull-Tabs for Ronald McDonald House

Saving any aluminum tab (not just from soda cans) is an easy way to support the Ronald McDonald House located near Fairfax Hospital. You may have noticed the "jar" we use to collect tabs has grown. We filled the smaller one! Now we must work on the larger one. Together they represent 10 pounds of tabs. Ten pounds of tabs represent two free days and nights for a family at the House. Please save your tabs and drop in the collection jar.



Bring Canned Food to Church for the Hungry and fill the Red Wagon

Every week when you are shopping for groceries, think of the hungry and pick up some canned or non-perishable foods to bring to church as a part of your Sunday offering. You can put your food offering in the Red Wagon in the back of the church, and it will be blessed along with all of our offerings during our Sunday service. The food will be delivered each week to Rising Hope Mission Church to support their ministry to the homeless and hungry along the Route 1



Rising Hope Mission Church needs clothing for Fall & Winter. Underwear, accessories, linens are always needed. There is a collection basket in the gallery. Sort & save the summer clothes you no longer want, and donate them next April. Thank you for helping others!

Prayers

PRAYER LIST

We pray for strength, guidance and healing for: Meghan, Christine, Muriel, Muriel Sue, Esther, Nora, Jenny, Roger, Patricia, Brioni, Wayne, Claude, Mary, Jeff

We pray for the safety and protection of the men and women serving in our Armed Forces, especially those who serve in harm's way in Afghanistan & Iraq; and all those injured or wounded.

We Want to Include You

If you don't see your birthday or anniversary listed here, please let us know so that we can include you. You may email to office@stjamesmv.org or call (703) 780-3081. Thanks!



Birthdays

- 4 Joshua Charles Blair
- 4 Amber Tussing
- 4 Francesca Wallace
- 6 Elizabeth Whitehouse
- 12 Larry Saiers
- 20 James Eustis
- 23 Natalie Walker
- 25 Rick De La Cour
- 26 Amanda Braden
- 26 Reisa Kall



Anniversaries

October 6, 1984
Doug & Ellen Cleary

October 7, 1982
Don & Debby McConnell

October 11, 2008
James & Katie Eustis

October 31
Alan & Elizabeth Moser



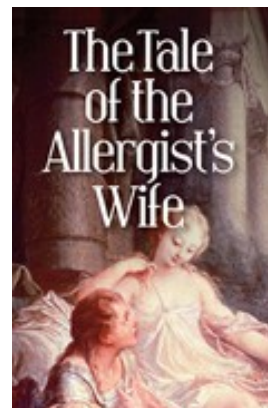
Theater Outing on Thursday, October 29

You are invited to an evening of fun and entertainment at The Little Theater in Old Town Alexandria. Please come and invite others to share a night out and support St. James' Episcopal Church at the same time. We will be attending the comedy, *The Tale of the Allergist's Wife*, on Thursday evening, October 29. The evening will begin with a reception on the terrace of the theater at 6:30pm. The curtain goes up at 8pm. Tickets are \$25 each for the evening. Please reserve your seats on the chart in the Gallery. You may also contact Mary Jane Van den Berg at 561-309-3987 or email mjvdb@yahoo.com with any questions.

The Tale of the Allergist's Wife

Written by Charles Busch, directed by Michael Karfen and produced by Jay Cohen and Jim Howard

Marjorie Taub, a middle-aged Upper West Side doctor's wife, is devoted to mornings at the Whitney, afternoons at the Museum of Modern Art and evenings at the Brooklyn Academy of Music. Plunged into a mid-life crisis of Medea-like proportions, she's shaken out of her lethargy by the reappearance of a fascinating and somewhat mysterious childhood friend. Filled with passion and humor, the *New York Times* called *The Tale of the Allergist's Wife* a "window-rattling comedy of mid-life malaise."



Schedule of Ministry ~ October 4 to November 1

	October 4	October 11	October 18	October 25	November 1
	Pentecost 19	Pentecost 20	Pentecost 18	Feast of St. James of Jerusalem	All Saints' Day
Celebrant	The Rev. Charles Brock	The Rev. Charles Brock	The Rev. Charles Brock	The Rev. Charles Brock	The Rev. Charles Brock
Vestry Person	Marghe Bowker	Cheryl Viani	Mike Morgan	Mark Braden	Marghe Bowker
Welcoming Team	Jane Wosoogh	Ellen Cleary	Eric Katz	Mike Morgan	Lib Muller
Ushers	Ellen Cleary Peg Iber	Ray Smith Bob Blair	Wayne Johnson Barbara Riley	Mike Morgan Ben Wosoogh	Ray & Marge Smith
	8:00am	8:00am	8:00am	8:00am	8:00am
Chalice	David Batcheller	Stan Dawson	Agnes Chapman	David Batcheller	Stan Dawson
Lector	Stan Dawson	Agnes Chapman	Janet Fallin	Stan Dawson	Agnes Chapman
Psalm	David Batcheller	Stan Dawson	Agnes Chapman	David Batcheller	Stan Dawson
Prayers	Marghe Bowker	Cheryl Viani	Mike Morgan	Mark Braden	Marghe Bowker
	10:00am	10:00am	10:00am	10:00am	10:00am
Sunday School	Eric Katz	Francesca Wallace	Andrew Richard	Mark Braden	Francesca Wallace
	Marge Katz	Mary Lowe	Rosemarie Richard	McKayla Braden	Mary Lowe
	10:15am	10:15am	10:15am	10:15am	10:15am
Chalice	Pat Rowell	Mary Blair	Sara Thompson	Peg Iber	Amber Tussing
Lesson 1	Cheryl Nostrand	Sean Wallace	Marghe Bowker	Amber Tyler	Hank Morgan
Psalm	James Eustis	Bob Fitz	McKayla Braden	Ben Justesen	Mary Blair
Lesson 2	Bill Iber	Bob Blair	Mark Braden	Francesca Wallace	Mary Lowe
Prayers	Mike Morgan	Gordon Grant	Bill Iber	Cheryl Nostrand	Suzanne Synnestvedt
Sacraments	Anne Patrick Laurie doCarmo	Peg Iber Lib Mueller	Eric & Marge Katz	Rodriguez Family	Wallace Family
Acolyte	Amber Tyler	Mary Bramley	Amber Tussing	Sara Thompson	Ben Justesen
Nursery Volunteer				Jennifer McDonald	
Organist	Alan Moser	Alan Moser	Alan Moser	Alan Moser	Alan Moser
Counter	Nancy Sherick	Jane Wossogh	Wayne Johnson	Marge Smith	Nancy Sherick
Altar Guild	Iber Team	Iber Team	Iber Team	Iber Team	Viani Team

October 2015

EVERY WEEK at St. James' Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Holy Eucharist Rite I 9:00 Adult Forum 10:00a Sunday School 10:15a Holy Eucharist Rite II 11:30a Coffee			11a Bible Study 12p Holy Eucharist with Healing 12:30p Lunch 6:30p Choir 8:30p AA Mtg			8:30p AA Mtg

THIS MONTH at St. James' Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 September Pentecost 18 Proper 21	28	29	30	1 October 10:30a Rising Hope Lunch Ministry	2	3 BBQ Fundraiser
4 October Pentecost 19 Proper 22 3pm Blessing of the Animals	5	6	7	8 10:30a Rising Hope Lunch Ministry 1pm Book Club	9	10 8am Brother- hood Breakfast
11 October Pentecost 20 Proper 23	12 Columbus Day	13 7:15p Vestry	14	15	16	17
18 October Pentecost 21 Proper 24	19	20	21	22 1pm Book Club	23	24
25 October Pentecost 22 St. James of Jerusalem Feast Day	26	27	28	29 Theater Outing	30	31

EVERY WEEK ~ Ghana Resurrection Methodist Church (GRM)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30a Class Meeting 12:30p Worship Service 3p Men's Fellowship					8p Choir	12:30p Youth 1p Leaders 7:30p Bible Study & Prayer



St. James' Episcopal Church
Mount Vernon, VA
5614 Old Mill Road
Alexandria, VA 22309-3332
703-780-3081 www.stjamesmv.org



NON-PROFIT ORG.
U.S. POSTAGE

PAID

PERMIT NO. 14
MOUNT VERNON, VA

RETURN SERVICE REQUESTED



Come help us
STOP HUNGER NOW
Saturday
November 7
10:00am to Noon

Bring your friends and neighbors to help pack over 10,000 meals to feed hungry families throughout the world. On Saturday, November 7, we are looking for at least 50 volunteers and to raise \$3,000.

Sign up to volunteer and donate at St. James' Episcopal Church or on the St. James' website, www.StJamesMV.org