



# St. James' Notes



Summer 2019



*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, fellowship and service.*

**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',

Have you noticed? New windows in the church. Clean flower beds in the front yard, overgrown shrubs pruned back to size. A welcoming garden to the courtyard between the church office and the Vine Preschool.

St. James' has been cleaning up, and it is noticeable. Together we have been taking care of the face that the church presents to the world, and we're sending a welcoming message to passersby and visitors.

The church is always in a state of renewal, not just of our building but of our life together. We are constantly called back to core principles, to reorient ourselves to the guiding light of Jesus, to discern how the Spirit is inviting us to new life. As the exterior of our church is a sign of our care and presence in our neighborhood, so it also points to the vitality of the life within its walls... to lives guided by the Spirit to share the love of God in Christ.

We celebrate our continued renewal. May this summer also be a season of personal renewal for us all!

In Christ,  
**Charles+**



## Calling For Sunday School Teachers

There is something purely beautiful about witnessing the Holy Spirit move through the heart and mind of a young child. As a parent or guardian you may get to see this on a daily basis. As a Sunday school teacher, that opportunity is there for you as well! St. James' makes it easy on you as a Sunday school teacher. The curriculum that we use provides the Bible story, opening prayers, closing prayers, activities and crafts. All the supplies for any activities and crafts are provided for you. Lessons are emailed out at the beginning of the week that you are teaching, as well as left with the supplies for the day. Just show up and let the Holy Spirit do the rest.

Sunday school begins at 10am on Sunday and concludes when the Exchange of Peace happens (typically between 35 and 45 minutes). Teaching teams are usually only needed once a month. The time commitment for being a Sunday school teacher is relatively small; however, the reward for it is grand. If you feel God tugging to use you, but still have questions, don't ignore Him. Please call or email Diana Courtney, dianacourtney3@gmail.com. We would love to have you help the children of St. James' grow in the love and knowledge of Jesus Christ.



## Shrine Mont: What When, Where, How & What?

### St. James' Episcopal Church at Mount Vernon

The Diocese of Virginia

The Rt. Rev. Susan E. Goff  
Bishop Suffragan &  
Ecclesiastical Authority

Rt. Rev. Robert Wilkes Ihloff  
Bishop Associate

The Rev. Charles F. Brock  
Rector

#### Staff

Jenny Kennedy  
Parish Administrator

Alan Moser  
Director of Music

#### Vestry

Ben Justesen (2020)  
Sr. Warden

Diana Courtney (2021)  
Jr. Warden  
Christian Education

McKayla Braden (2022)  
Evangelism & Publicity

James Eustis (2020)  
Plant & Property

Chris Marbaker (2022)  
Administration & Finance

Rosemarie Richard (2020)  
Outreach

Mary Jane Vandenberg (2021)  
Parish Family

Mike Morgan  
Treasurer

Marge Smith  
Register

#### Trustees

Peg Iber  
Lib Mueller  
Ray Smith

WHAT? Shrine Mont is a "place apart." Officially, Shrine Mont is one of the conference centers of the Diocese of Virginia. On the property are the many, varied church camps. The official cathedral, the seat of the bishop, is one of the main features. In the mid-1800s several resort type hotels were built throughout the Virginia mountains. One of these was the historic Orkney Springs Hotel. (There is one building still in use that was built before the Civil War.). In the early 20th century several Episcopal families maintained summer homes in the area near Orkney Springs. Dr. and Mrs. Woodward made this area their permanent home. They created a place for folks to rest, to worship and to reflect in the beauty of the natural setting. Dr. Woodward and his helper, Wilmer Woomaw, built the Shrine of the Transfiguration in 1925. This shrine is the worship center, the Cathedral. The Woodwards deeded their property to the Diocese. Orkney Springs Hotel, next door to Shrine Mont, had a varied life through the years. In 1979 the Diocese purchased the hotel, surrounding buildings and 950 acres of land. The renovated hotel is now the conference center. All of this is Shrine Mont!



WHAT is the St. James' Weekend? The weekend is a taste of this place apart. Our group, young & others, will have time for fellowship, study, eating and worship together. Each of us, individuals and families, has FREE time to swim or bike or play horseshoes or golf or go on excursions for wine tasting or anti-aging or caving or just about anything that seems like fun. (Personally, I sit on the porch, read and talk!) The weekend is a special time in a special place!

WHEN? July 5 to 7. Friday, July 5, from 3pm or so, to after lunch on Sunday, July 7. Don't skip Sunday lunch. The fried chicken is delicious!

WHERE? The town nearby is Orkney Springs, Va. Take I66 to I81 south, exit at Mt. Jackson. It takes about 2.5 to 3 hours from St. James'. Complete directions are available.

HOW? Just sign up on the poster in the Gallery! (No pre-payment necessary.) Aimee Bramley is in charge. She will have to give numbers to the hotel in early June, so please sign up soon. Last minute additions are okay. Transportation is by car. Several of us have room for passengers. Let Aimee know if you need a ride or can give a ride.

WHY? You and yours of all ages will have one of the best experiences of your life! It is truly a place apart to have fun, to know yourself and to know God!

Peg Iber

## Prayers

### Happy Anniversary

Doug & Amy Smith  
June 7, 2008

Dean & Nancy Sherick  
June 12, 1999

Bob & Mary Whitehouse  
June 19, 1992

Chris & Naomi Iber  
July 3, 1998

Bob & Jane Fitz  
August 7, 2004

Aaron & Kimberly Stowell  
August 10, 2002

Mike & Valerie Morgan  
August 24, 1974

Bill & Peggy Iber  
August 26, 1963

Mark & McKayla Braden  
August 27, 1977

John & Sara Thompson  
August 31, 1985

# From the Senior Warden

## Happy Birthday

### June

- 1 Mark Braden
- 7 Laura Riley
- 12 Sarah Morgan
- 15 Antonia Rodriguez
- 20 Mike Viani

### July

- 1 Crystal Prigmore
- 6 Jackson Collins
- 6 Jed Smith
- 8 Keith Riley
- 8 Bo Temple
- 9 Bob Blair
- 10 Vicki Iber
- 14 Debby McConnell
- 16 Suzanne Synnestvedt
- 18 Owen Eustis
- 21 Nancy McDougall
- 31 Anne Smith
- 31 Charles Brock

### August

- 1 Katie Eustis
- 6 Marge Smith
- 7 Rosemarie Richard
- 13 Lib Mueller
- 14 Jane Fitz
- 14 Heidi Brock
- 16 Kimberly Stowell
- 16 Janet Morgan
- 21 Rosalie Mow
- 22 Bob Fitz
- 23 Jane Wosoogh
- 27 John Thompson



It is difficult to believe that summer is upon us so quickly—especially after the cold snap in mid-May that brought so many local furnaces back to life!—but images of vacations and summer camps are already taking the place of school, work, and normal routines: Sunday school, Adult Forum, and weekly services. As St. James' parishioners make the annual preparation for the three-month rejuvenation break between spring and fall, don't forget to let your spiritual batteries recharge as well. Pause periodically wherever you are this summer—on the road, in the air, or by the sea—and offer a small prayer to our Creator for the blessings we enjoy with each new day and new experience. Always give thanks for our past successes and future achievements. If you are visiting another parish on your travels, be sure to pick up extra copies of their bulletins to bring back and display on our St. James' bulletin board. If you are able to participate in the July parish weekend at Shrine Mont—the highlight of our parish summer, store up your memories to share with those at home when you return—and give thanks for that special fellowship allowed by a weekend at Orkney Springs! For those of you who regularly serve during the year as lectors, acolytes, or chalice bearers, don't forget to check the schedule outside the kitchen before you leave and mark your absences. Above all, come back to us refreshed and ready to bear renewed witness to God's grace and love as we resume our busy lives in the fall. And as they still say down in North Carolina, travel easy, y'all!



In His service,  
Ben Justesen

## Bulletin Board

### St. James' Next

#### Beginning of Summer Celebration!

Come celebrate with activities and potluck dinner on **Saturday, July 20, 5-7pm** in Braxton Hall. Bring the entire family for a fun evening of games and fellowship. If you are interested in participating, please sign up on the board in the Gallery.

#### End of Summer Celebration!

We will say goodbye to summer on **Saturday, August 24, 3pm** in Braxton Hall, with a Family-friendly ice cream social.

### Theology on Tap

Join us on **Thursday, June 20, 6pm** at the Kimchi House on Route 1 for the final Theology on Tap until the Fall. See you there!

### Supper Club

Do you know the person in the pew next to you? Here is your chance. Sign up to participate in Supper Club on **Saturday, August 10**. Groups will be assigned and asked to go to dinner on Saturday and all meet back together at a to-be-determined location at 7:30pm for dessert, continued fellowship, and Compline. If you are interested in participating, please sign up on the board in the Gallery. Bon Appetit!

### Questions on St. James' Next, Theology on Tap or Supper Club?

Contact Mary Bramley at [maryfbramley@gmail.com](mailto:maryfbramley@gmail.com) or (703) 629-9158.

# Casual Church & Creation Care

## Reflections on Casual Church

*Our May 5, Casual Church service was a delight. Again this month I am moved to tell you about another wonderful service. I was so happy to see the many families who came to celebrate, and was fortunate to have switched Vestry of the Day, VOD, with Diana Courtney, thank you Diana, as this was a special Sunday. For such a rainy and dreary one, I was cheered by the enthusiasm and God's spirit at St. James'. We celebrated the Earth and Earth Day. Father Charles led us in a discussion of how together we work to protect our home, God's beautiful creation. And, how perfect was that now we have such gorgeous new windows in our parish!*



*Although it was raining hard, I felt as though we were standing under the trees, the large windows letting the light and our gorgeous green world shine in on us. Many of you volunteered how you are personally stewards of our planet — see the list to the right. The participation by the adults and children was so terrific.*

*Having so many children in church is a blessing. For me anyway, having them in church with their cheerful voices is fun. It's as though we were all in Sunday school! I can enthusiastically say that Casual Church is a success at St. James'.*

*PS: Please check out how beautiful the garden is now in the Cloister area behind the church office, near the entrance to the Vine Pre-School. Suzanne Synnestvedt has created a magical place for all. Thanks Suzanne.*

**McKayla Braden**

**UTO, United Thank Offering, is coming to St. James' this summer.** This 125-year-old program in the Episcopal church helps people, especially children, "Count Their Blessings." We celebrate, by putting a coin in the small box, for those things for which we are thankful instead of wishing for what we don't have. Come Sunday, June 2, or anytime this summer, to receive your UTO box, and learn how our US Church uses the donations to jump-start innovative outreach, and problem-solving programs. Our UTO 2019 offerings will be collected on All Saints' Day in early November.



## Creation Care Suggestions

These are some of the ideas shared during our May Casual Church service... be inspired!

- ⇒ Start or support a recycling program at your school, work, or church.
- ⇒ Recycle all aluminum. Manufacturing items from new ore is energy intensive, expensive; re-using aluminum is very cheap. One recycled can will power your TV for hours.
- ⇒ Start a compost pile for all your plant wastes, paper napkins, egg shells, yard waste; you'll end up with super-rich soil for your garden. Don't use meat products, which attract varmints.
- ⇒ Plastic bags (grocery, newspaper, bread) cannot go into curbside recycling because it clogs up the mechanism. Recycle these in the bins at grocery stores.
- ⇒ Collect litter and recyclables when out walking.
- ⇒ Build your campfire above the ground to prevent killing all soil microbes and invertebrates underneath and nearby. The ground remains dead for 60 days after a ground fire because of the heat.
- ⇒ Take your glass bottles and jars to glass recycling locations near us; all glass in curbside recycling gets shunted into landfills. Instead take your glass to the purple dumpsters at:
  - S. Royal St. & James Point Drive, Alexandria
  - 3224 Colvin St., Alexandria
  - 4251 Eisenhower Ave., Alexandria
  - 9850 Furnace Rd., Lorton
- ⇒ Clothes dryers, even the most efficient, are energy gluttons, requiring more energy than your fridge, dish and clothes washers combined. Hang laundry out in the sun and wind to dry for free.
- ⇒ Buy and give living plants instead of cut flowers. These can be planted to provide oxygen and remove CO2 for years.
- ⇒ Replace your gas-powered yard tools with electric and rechargeable tools. This saves energy and reduces air pollution.
- ⇒ Compost your vegetable and yard waste. Collect rainwater to water the garden. Landscape with plants that attract pollinators.
- ⇒ Pack kids' lunches in re-useable plasticware; avoid using individually packaged food items or plastic wrap.



# Choir Notes

Dear St. James' friends,

Summer is upon us, and with it, the choir is on holiday until after Labor Day. That leaves singing during worship leaderless - or does it? At St. James', I would say emphatically, "NO!" We are fortunate to have a congregation that sings well and joyfully. Congregational interest in the hymns we sing is evident from the many summer hymn requests that I receive annually, and it is a great pleasure to listen from the front as the congregation joins in the hymns and service music.



Thinking about this tradition of good singing, I am reminded of the legacy of Charles and John Wesley. They were two of the most significant hymn writers in the eighteenth century. Together, they gave us over six thousand hymns. John Wesley's rules for congregational singing are laid out in his *Select Hymns* (1761) and still quoted in Methodist hymnals. Here they are for your consideration:

- I. **Learn these tunes** before you learn any others, afterwards learn as many as you please.
- II. **Sing them exactly** as they are printed here, without altering or mending them at all; and if you have learned to sing them otherwise, unlearn it as soon as you can.
- III. **Sing All** – see that you join the congregation as frequently as you can. Let not a slight degree of weakness or weariness hinder you. If it is a cross to you, take it up and you will find a blessing.
- IV. **Sing Lustily** – and with good courage. Beware of singing as if you were half-dead or half-asleep; but lift up your voice with strength. Be no more afraid of your voice now, nor more ashamed of its being heard, than when you sang the songs of Satan.
- V. **Sing Modestly** – do not bawl so as to be heard above or distinct from the rest of the congregation that you may not destroy the harmony, but strive to unite your voices together so as to make one melodious sound.
- VI. **Sing in time** – whatever time is sung, be sure to keep with it. Do not run before and do not stay behind it; but attend closely to the leading voices and move therewith as exactly as you can and take care not to sing too slow. This drawling way naturally steals on all who are lazy; and it is high time to drive it out from among us and sing all our tunes just as quick as we did at first.
- VII. **Sing spiritually** – have an eye to God in every word you sing. Aim at pleasing Him more than yourself, or any other creature. In order to attend strictly to the sense of what you sing, and see that your heart is not carried away with the sound, but offered to God continually; so shall your singing be such as the Lord will approve here, and reward when he cometh in the clouds of heaven.

Thanks for adopting Wesley's guidance (even if you didn't know it). Your lusty, modest, and above all, spiritual, singing makes a difference in the vibrant worship at St. James'.

Soli Deo Gloria!  
Alan Moser

## Bulletin Board

### Music Recital, Sunday, June 9 at 6:30pm

Everyone is invited to hear a recital of Kevin Diana's voice students here at St. James'.



### Yard Sale News

St. James' will hold its next Yard Sale in 2020, probably April. Start saving your items now. Please clean, fix, and label problems as you sort. Please price your items yourself.

**STARTING RIGHT AWAY**, we will sell more valuable items (\$20 +) on eBay and Craig's List. Bring these items to church anytime. Include any information (dates, history, pattern, origin, etc.). This increases interest and value. Contact Marghe ([marghe.bowker@gmail.com](mailto:marghe.bowker@gmail.com), 703-799-1567), or the church office with questions.

# Schedule of Ministry ~ June 2 to July 7

	June 2	June 9	June 16	June 23	June 30	July 7
	Casual Church	Pentecost	Fathers' Day	Pentecost 2	Pentecost 3	Morning Prayer
<b>Celebrant</b>	The Rev. Charles Brock	The Rev. Charles Brock	The Rev. Charles Brock	The Rev. Charles Brock	The Rev. Charles Brock	Officiant: David Batcheller
<b>Vestry Person</b>	Rosemarie Richard	Mary Jane Vandenberg	McKayla Braden	Diana Courtney	James Eustis	Ben Justesen
<b>Ushers</b>	Lewis Clark Susan Clark	Ray Smith Chad Duffield	Wayne Johnson Mike Morgan	Peg Iber Ellen Cleary	Lewis Clark Susan Clark	Ray Smith Marge Smith
	8:00am	8:00am	8:00am	8:00am	8:00am	8:00am
<b>Chalice</b>	Stan Dawson	David Batcheller	Stan Dawson	David Batcheller	Stan Dawson	TBD
<b>Lesson 1</b>	David Batcheller	Andy Wormser	Agnes Chapman	Tim Myers	Janet Fallin	
<b>Lesson 2</b>	Janet Fallin	Tim Myers	Janet Fallin	Andy Wormser	Agnes Chapman	
<b>Prayers</b>	Stan Dawson	David Batcheller	Stan Dawson	David Batcheller	Stan Dawson	
		10:00am				
<b>Sunday School</b>		Diana Courtney	No Sunday School			
	10:15am	10:15am	10:15am	10:15am	10:15am	10:15am
<b>Chalice</b>	Mike Morgan	Bill Iber	Mary Blair	Amber Tussing	Chris Marbaker	TBD
<b>Lesson 1</b>	Casual Church	Mike Morgan	Bob Blair	Ryan Duffield	Cheryl Nostrand	
<b>Psalm</b>		<i>sung</i>	Marghe Bowker	Bill Iber	Ben Justesen	
<b>Lesson 2</b>		James Eustis	Suzanne Synnestvedt	Ali Duffield	Mike Morgan	
<b>Prayers</b>		Ryan Duffield	Peg Iber	Bob Fitz	Marghe Bowker	
<b>Sacraments</b>	Duffield Family	Anne Patrick Laurie doCarmo	Lewis & Susan Clark	Nancy Sherick Lib Mueller	Heidi Brock Diana Courtney	
<b>Acolyte</b>	Elizabeth Lowman	Ben Justesen	Aly Duffield	Amber Tussing	Ryan Duffield	
<b>Organist</b>	Alan Moser	Alan Moser	Alan Moser	Alan Moser	Alan Moser	
<b>Counter</b>	Marge Smith	Marge Smith	Wayne Johnson	Nancy Sherick	Jane Wosoogh	Nancy Sherick
<b>Altar Guild</b>	Viani Team	Viani Team	Viani Team	Viani Team	Viani Team	Viani Team

The schedules for July and August will be available at the end of the previous month. Schedules will be emailed and available for pick up in the gallery.

# Summer 2019

## THIS MONTH at St. James' Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 June Easter 7 <b>Casual Church</b>	3	4	5	6 10a Lunch Ministry	7	8
9 June Pentecost Picnic 6:30pm Recital	10	11 7:15pm Vestry	12	13 10a Lunch Ministry	14	15 9am Brotherhood
16 June Pentecost 1	17	18	19	20 6pm Theology on Tap	21	22
23 June Pentecost 2	24	25	26	27	28	29
30 June Pentecost 3	1 July	2	3	4 Independence Day 10a Lunch Ministry	5 Shrine Mont	6 Shrine Mont
7 July Morning Prayer Shrine Mont	8	9 7:15pm Vestry	10	11 10a Lunch Ministry	12	13 9am Brotherhood
14 July Pentecost 5	15	16	17	18	19	20 5pm St. James' Next
21 July Pentecost 6	22	23	24	25	26	27
28 July Feast of St. James	29	30	31	1 August 10a Lunch Ministry	2	3
4 August Pentecost 8	5	6	7	8 10a Lunch Ministry	9	10 9am Brotherhood Supper Club
11 August Pentecost 9	12	13 7:15pm Vestry	14	15	16	17
18 August Pentecost 10	19	20	21	22	23	24 3pm St. James' Next
25 August Pentecost 11	26	27	28	29	30	31

Please always check the online calendar for the most up-to-date event information. Go to our website at [www.stjamesmv.org](http://www.stjamesmv.org) and click on



St. James' Episcopal Church  
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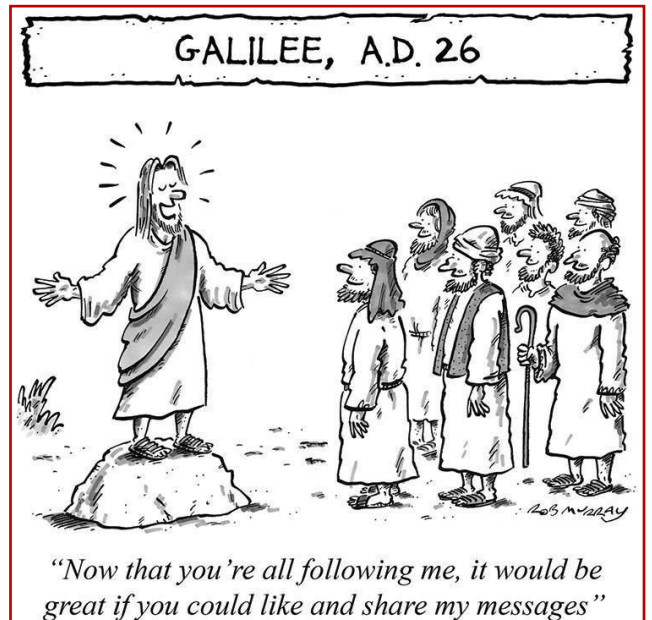
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# June 9 Church Picnic

After the 10:15am Service

Everyone is invited to enjoy a fun picnic lunch. Bring a dessert or side dish to share.



[Like us on Facebook!](#)

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Mount Vernon, Alexandria, VA.