



St. James Episcopal Church
7486 Union Park Avenue
Midvale, UT 84047

[Click here to visit our Website or go to stjamesutah.com](http://stjamesutah.com)



Photo by Ann Charat

Koinonia

"Christian fellowship or communion, with God or, more commonly, with fellow Christians."

A newsletter of life and ministries at St. James Episcopal Church



August 9, 2019



Vestry Corner

The Benefits of Mindfulness Angela Micklos, Sr. Warden

The practice of mindfulness isn't new. People have been reaping its benefits for thousands of years. Although it's rooted in Buddhism, most religions incorporate some type of prayer or meditation technique that helps shift your thoughts away from unhealthy preoccupations toward an appreciation of the present moment.

It doesn't require special equipment or an abundance of time, but the benefits are plentiful. In fact, it's becoming more common for physicians to recommend some type of mindfulness practice to assist in patient recovery. Practicing mindfulness can improve both physical and psychological symptoms, as well as positive changes in health, attitudes, and behaviors.

I can personally attest that it makes a big difference in my mood and physical well-being, and I encourage you to give it a try. When I neglect this practice, I experience more stress-related pain and find myself noticing and dwelling on the negative, rather than being thankful for life's many blessings.

There are tons of materials online for reading and listening. If you listen to a few guided mindfulness meditations and none of them speak to you, keep searching. Below are some links to short, guided mindfulness exercises. I encourage you to take a few minutes each day to engage in this practice. Your mind and body will thank you. Your friends and family members likely will too!

<https://www.youtube.com/watch?v=rR8ygl3CnXM>

<https://youtu.be/QkJYzuyPtUQ>

<https://youtu.be/OCOrEILKFQE>

<https://www.youtube.com/watch?v=wnusFbC0E80>

<https://youtu.be/nCq5MkNem6k>



Mind Full, or Mindful?

Namaste!

Organist & Choir Director - Applications through August 15

St. James seeks our new Organist & Choir Director to begin in September. This part-time position is year-round, with a lighter schedule in the summer months without choir practice. The position includes participation in our lively staff meetings and the liturgy committee.

Our liturgies are primarily Rite II from the *Book of Common Prayer* or *Enriching Our Worship* with music from the *Hymnal 1982*, *Lift Every Voice and Sing*, *Worship, Love, and Praise*, and additional sources. Participation in wedding and funerals is expected. We like to expand our worship experience so your suggestions will be welcomed. There will be the opportunity to participate in special liturgies e.g. U2charist, Pride Weekend liturgy, and new ideas that you bring forth.

Qualified applicants may e-mail a resume and references to office@stjamesutah.com by August 15th. Interviews will be scheduled for late August/early September and will include collaboration with office staff to prepare the Sunday bulletin, a Thursday evening choir practice, and a 10 a.m. Sunday liturgy.

The finalist will complete a background check and Safe Church Training, per Episcopal Diocese of Utah requirements, before officially joining the parish staff.

We look forward to your application and meeting you!

Rector's Thoughts

Our parish has had a lot of pastoral care needs this summer. There have been several hospitalizations for illnesses, surgeries, and people are experiencing long recovery times at home, in nursing care, and in rehabilitation centers. Parishioners have also received unsettling health diagnoses.

I think it's important to share some of what happens behind the scenes.

Our retired priest, the Rev. John Dillon, and I are the clergy who are able to share the Sacrament of the Anointing of the Sick. I respond to this request when I am here and Rev. John graciously fills in when I'm away. Archdeacon Robert Shoop responds to a large amount of the pastoral care needs.

We have a few Lay Eucharistic Visitors and more have been trained recently. The additional people will be added to the rolls once the final background check is completed for the last person.

Pastoral care needs are responded to when we are notified of a request. This may be done by telling one of our clergy, our postulant Nazanin, lay members of the Pastoral Care Team, or calling the office.

In addition to physical health-related pastoral care needs, there are other needs that arise. Sometimes this relates to questions of faith, relationship issues, or a mental health crisis.

Parishes were once limited to a small geographical area, making it easier to respond to pastoral care needs. We no longer have geographical limitations, so requests for visits occur throughout Salt Lake City, the Salt Lake Valley, and as far south as Provo. Each of these needs get responded to, but it is not possible to make daily visits.

I encourage anyone who feels strongly about pastoral care to request training, especially if you think that parishioners need to be visited more often.

Some parishioners are very open about what is going on and request to be on the prayer list. Others are more private and prefer to keep their situation confidential. There are valid reasons for either decision and it's essential that we respect people's requests.

It's also important to respect parishioners' needs following surgery. Some may need more time to rest and not have a visitor right away while others want someone nearby immediately. It's best not to assume that a person is being neglected if they say they have not heard from a member of the parish for a few days following a surgery -- that time may be exactly what they needed. Clarification is helpful. Assumptions are not.

The recently completed emergency contact forms will be helpful in responding to pastoral care needs.

I want to thank all of you who support one another in prayer, and by offering appropriate communication and help. As you know, it takes an entire community to respond to needs.

Peace and blessings,

Father Christopher

Pastoral Care / Inreach Need

A parishioner will need food every other day for one week, beginning August 21st, following knee surgery. His diet is vegan and gluten-free. He will be staying in the 84103 zip code of Salt Lake City.

Please contact the office if you are willing to: 1) coordinate people and deliveries, 2) prepare food and let us know how many days.

This is another way that we care for one another as a community. Thank you!

Pastoral care coverage

Father Christopher will be away from Wednesday, August 14th through Wednesday, August 21st, to attend his nephew's wedding and attend to family needs in Minnesota.

In the event of a pastoral emergency, please contact Archdeacon Robert (all concerns) or the Rev. John (Anointing of the Sick) through Breeze (the parish messaging system) or the phone numbers listed on his outgoing voicemail message.

Rev. Susan Toone will preside at the 8 and 10 a.m. Sunday liturgies on August 18th.

Please contact St. James Senior Warden, Angela Micklos, for other parish concerns. She will contact Fr. Christopher if necessary. He will not be checking e-mail during those days.

High School Graduate Preaching

A new parish tradition begins this summer. Our recent high school graduates are offered the opportunity to preach a full sermon at both liturgies.

Preston Palmer will be our first preacher this coming Sunday on **Luke 12:32-40**.

Preston underwent his sermon preparation with Father Christopher, in the style of the Rev. Dr. Thomas G. Long, who was once named among the top ten preachers in the English-speaking world (and was Father Christopher's seminary preaching professor). This process includes prayer and reflection over scripture, research, studying commentaries, examining historical context, and paying attention to what the text says to us, the parish, and the world.

Please join us this coming Sunday at 8 or 10 a.m. to hear Preston's words.



Jerusalem Trip



Photo: With Episcopal [Presiding Bishop Michael B. Curry](#) at St. George's Cathedral, Jerusalem, on Good Friday 2018.

Please contact us as soon as possible if you want reduced airfare through our travel agent. We will leave on April 7th, arriving April 8th, in order to be ready for the full

schedule. We return to the US on April 21st. Please contact Father Christopher with any questions.

St. James will have our first Pilgrimage to the Holy Land in 2020. We will leave on April 7th, arriving on April 8th and ready for the full schedule and leave on April 21st. Fr. Christopher will attend as our parish leader and the Rev. Canon Mary June Nestler will be our pilgrimage teacher. We currently have 10 spaces reserved and could add more if reservations are made this summer.

In 2020 Eastern Orthodox Easter and western Easter will be one week apart, affording the remarkable opportunity to experience two very different Holy Weeks and Easters back-to-back in Jerusalem. It will include a three-day excursion to Galilee as well.

This course is aimed towards those who may have a particular interest in liturgy, church history, or ecumenical studies, but it will also be geared to first-time visitors in the Holy Land who wish to experience a study pilgrimage with very different parameters from those that traverse the land. Mini-lectures, guest speakers, and special visits to churches not normally seen on St. George's College courses will supplement the main focus of the course: preparing for, attending and debriefing liturgies in the Greek Orthodox, Ethiopian Orthodox, Coptic, Roman Catholic, Armenian Orthodox and Anglican traditions. Students will be encouraged to become more acquainted with these ancient traditions on their return home by continuing in ecumenical exploration and fellowship.

The cost of the Pilgrimage is \$2,550. There is a \$500 deposit, with the remaining billed one month before the first day. (Additional costs include airfare, airport shuttle, drinks at restaurant meals, \$150 gratuity for staff, and lodging the night before and after the pilgrimage.) Angela Micklos is arranging a travel agent to find us the best airline rate and so we may travel together. *Please contact Fr. Christopher when you register.*

The St. James Pilgrims will meet at the parish 4-6 times before we depart to begin forming a community, to pray for the pilgrimage, and to learn about Holy Week and Easter liturgies and the current political situation in the Holy Land and how this impacts our Christian, Jewish, and Muslim sisters and brothers.

For more information click the link below:

[St George's College Jerusalem](#)



Parish Forum This Sunday

We will have our second of a three-part forum this Sunday at 9:15 and 11:30 a.m. in the Parish Hall. We will review and complete Funeral Planning Guides. This is something that many people find they enjoy more than they thought they would, as they consider the message they want to leave their loved ones through Scripture and musical selections. (Or as a parishioner told Father Christopher in Maine, "I only want to make sure that champagne is available at the reception!")

It's a gift to our loved ones to plan this ahead of time so they don't have to struggle with additional decisions during a time that will already be difficult.

These forms will be kept locked up where the Wardens and Father Christopher will have access to them when needed.

This is another of the ways that we care for one another as a community.

We still have Emergency Contact Forms available for anyone who did not have an opportunity to complete them last Sunday.

Youth and Young Adults

Holding Down The Fort (Camp)
St. James was well represented at Camp Tuttle this summer. Preston Palmer (Bowie), Maddie Bossarte (Hummingbird), and Thomas Micklos (Splash) made us proud, working as camp counselors. These three spent the summer living the Creation Care Pledge, teaching kids to love and respect God's creation!





Hi! My name is Lia James. I've been coming to St. James since I was a little kid twirling in the aisle to the hymns. Along with being a part of the Sr. High, I also teach Children's Chapel with my mom. I love getting to work with the kids, and the community at our church plays a big role in my life. From thought provoking **confirmation** classes to running a pajama drive in the narthex, I've felt that St. James was a place to ask big questions and see the best in other people through community and service. This school year I'll be a high school junior and my school's slam poetry team captain.

The Weeks Ahead at St. James

Saturday	July 13	12 Noon	Food Bank Delivery & Restocking
Sunday	July 14	8 & 10 am	Worship
		9 & 11:15 am	Coffee Hours
		12:30 pm	Food Bank Distribution
Tuesday	July 16	8 am	Men's Coffee "Grumpies" - Common Rm
		6:30 pm	Vestry Meeting-Office
Wednesday	July 17	9 am	Women's Coffee-Ft. Union Target Starbucks Cafe
Friday	July 19	5:30 pm	U2Charist Rehearsal-Sanctuary
Sunday	July 21	8 & 10 am	Worship—(U2Charist at 10 am)
		9 & 11:15 am	Coffee Hours
Tuesday	July 23	8 am	Men's Coffee "Grumpies" - Common Rm
Wednesday	July 24	9 am	Women's Coffee-St. James Common Room
Saturday	July 27	12 pm	Food Bank Delivery & Restocking

Year to date:

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386 Volunteers have unloaded, stocked shelves, and distributed food.

1,287 clients have gotten food for **4,950 people**.

140,786 Pounds of food delivered to St. James for distribution!



St. James is an approved Utah Food Bank Partner

It will be here before we know it! Though we have 100 degree temperatures today, soon we will be relaxing in the cool, crisp air of the mountains in September.

Annual Fall Camping Trip

Yuba Reservoir
Painted Rocks Campground

September 14 & 15

(Many will be staying from the 12-16)



Yuba State Park, Painted Rocks Campground, Loop A. (PR01 - PR22).

[Click here to register for your camp spot.](#)



Around the Utah Diocese

[Click here for a link to the latest Diocese newsletter.](#)

Koinonia is published weekly. Please submit your articles, ideas, and photos to wendy@stjamesutah.com by Wednesday noon.

Please put "Newsletter" in the subject line so we will never miss an item.

Thank you!

We appreciate your contribution on the newsletter!

**Wendy Ormsby, editor / Fr. Christopher Szarke, editor
Carol Gentner, editor's editor / Roberta Pitsenbarger-Guest Editor**