

**St. James Episcopal Church**

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[Click here to visit our Website or go to stjamesutah.com](#)



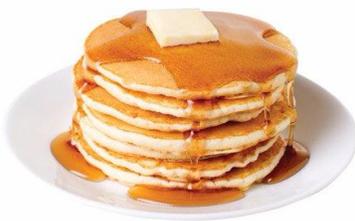
## Koinonia

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

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

*Photo by Preston & Sandy Motes*

**February 21, 2020**



This Sunday, St. James will be holding a "Shrove Sunday" Pancake Breakfast after both 8:00 and 10:00 services.

Proceeds will go towards helping fix the flooring in the Parish Hall.

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## Vestry Corner

By Angela Micklos

### Pancakes for a Purpose

Shrove Tuesday, which is the day before Ash Wednesday, refers to a day of indulging in rich, fatty foods that were traditionally abstained from during Lent. Making pancakes was a way to use up butter, milk, sugar, and eggs before the 40-day fast.

Shrove comes from the Germanic-Old English word “shrive,” meaning absolve, and it is the last day of the liturgical season historically known as Shrovetide. Since it is the last day before Lent, a season fasting and penitence, this was the day that Christians would go to be “shriven” by their confessor.

Shrove Tuesday also became a day for pre-fasting indulgence. There are even historical references to a “pancake bell” in English towns being rung around 11:00 a.m. on Shrove Tuesday to signal that it was time to get cooking. While in the United Kingdom and Commonwealth countries, pancakes are traditionally eaten, other countries across the globe celebrate with different dishes.

In Spain, the day is named *día de la tortilla*, or “omelet day,” and the traditional food is an omelet made with sausage or pork fat. In Madeira, Portugal and Hawaii, malasadas — doughnut-like, sugar-coated confections — are eaten.

In Iceland, people traditionally gorge on salted meat and peas on the day they call *Sprengidagur* (“Bursting Day”). Green pea soup and a whipped-cream-filled pastry are served in Finland and Estonia.

Of course, Louisiana celebrates Mardi Gras (French for “Fat Tuesday”) on Shrove Tuesday in grand fashion, including a carnival and a giant parade. Other countries, including Brazil, Belgium, the Cayman Islands, France, Russia and Ukraine, hold similar Mardi Gras celebrations.

On February 23<sup>rd</sup>, St. James will be celebrating with pancakes on “Shrove Sunday,” the last Sunday before Lent, after both the 8:00 and 10:00 services. This will be a wonderful

opportunity to both indulge and support a fundraiser to replace the dining hall flooring, which has become a tripping hazard.

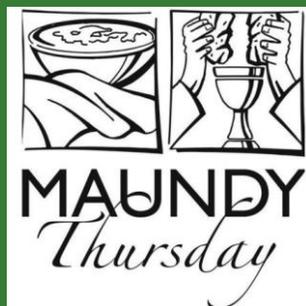
You may be wondering why we're not celebrating on Shrove Tuesday. In case you've never been at St. James on a Tuesday evening, there isn't a single parking space to be found. We're so grateful for the opportunity to share our abundant space with several 12-step groups on Tuesday evenings, and we don't want to displace so many who are in recovery. After Tuesday Vestry meetings, I often hear united voices saying the Serenity Prayer, which is indeed inspirational, and a welcome reminder of the power and grace of God. By modifying our Shrove celebration, we can fatten ourselves on Sunday, while continuing to support those in need on Tuesday.

Peace and Blessings,

**Angela**

*(Historical facts taken from The Anglican Journal, February 2018)*

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We need someone to coordinate the potluck for the Maundy Thursday service in the parish hall. We need a firm commitment by Ash Wednesday. Please let Wendy know at 801.520.4686 or [wendy@stjamesutah.com](mailto:wendy@stjamesutah.com), if you are willing to provide this service.

Thank you!

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## Rector's Thoughts

Our new Vestry, clerk, and treasurers met on Tuesday evening and I'm very excited about our continued work and the gifts that the new Vestry members bring to St. James.



Part of our Vestry meetings includes a video and discussion and this time we watched the following video about differentiated leadership: <https://youtu.be/RgdcljNV-Ew>  
The late Rabbi Edwin Friedman studied what happens in congregations, particularly synagogues and churches, and taught people how to communicate in healthier ways to strengthen them.

St. James leadership has intentionally focused on this since I arrived nearly a year and a half ago, building upon the excellent interim leadership that preceded me. Here are some of the ways I experience healthy relationships at St. James: direct and respectful communication, decreasing triangulation (e.g. someone communicating for another person or trying to make their point by referring to vague opinions of unnamed other people), and an increase in people of all age groups -- as well as longtime parishioners and newcomers -- having their voices heard and being invited into leadership roles.

The Vestry Retreat will be on Saturday and we'll continue to pray, to discuss, and discern what the Holy Spirit is calling us to live out at St. James now, always being mindful of how our actions or inactions impact the entire faith community and what the implications will be for 5, 10, and 30 years from now. I request your prayers as we gather.

Please let me know if you are discerning a call to leadership within St. James. There are many ways to be involved in ministry and I'm glad to connect you with the people who need your gifts and support.

Have good days ahead.

Peace and blessings,

Father Christopher



**Confirmation Class Schedule**

*We will have two classes, both held in the rector's office on Sundays:  
adults from 9 to 9:45 a.m. and youth from 11:30 a.m. to 12:30 p.m.*

Sunday 8 March  
Sunday 15 March  
Sunday 22 March  
Sunday 5 April

Sunday 3 May  
Sunday 31 May  
Sunday 7 June  
Sunday 14 June

Sunday 21 June at 9 a.m. - Confirmation with Bishop Scott Hayashi

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## Rooted in Jesus 2020

By Carol Gentner



To tell you the truth, I nearly backed out of going to Atlanta. I just wasn't sure that I was that interested in it. So, I have to say that I am very glad I went. I not only met Episcopalians from everywhere, got to know St. James' delegation much better, but I got to go to the most fantastic workshops I've ever been to.

I chose to go to workshops that centered on stewardship, which has been a particular interest of mine for a long time. I signed up for "Re-imagining our Resources", (have you ever considered that a cellphone tower on our property could bring us quite a bit of income? Me either.). After that, I attended "Building Generosity with Gratitude" which centered on the roots of giving and the fact that talking about money can be a shaming topic for many people. And to top it off, I learned about endowments and planned giving. I found out that the Cathedral of the Diocese of Atlanta has a \$15 million endowment and a \$5 million budget. Oh, and 7,000 members! Yeah, I know, that isn't us. However they are very creative in the ways they handle their finances and we could learn from that. The workshops on endowments and planned giving were eye-opening to say the least.

St. James spends very little time on this kind of stewardship and I learned that it would be a mistake to continue doing that. Here's the deal, St. James has been a Parish for nearly 60 years, and has an endowment of \$0.00 (Zip, Zilch, Nada). If we want our church to be around for another 60 years, we need to build a legacy. A \$15 million endowment didn't happen overnight, but it began somewhere. And here's what I learned from my workshops in Atlanta— St. James can absolutely build an endowment, we just have to begin somewhere.

I had a very enriching experience in Atlanta—I've never been to a revival, so that was something new for me. The Diocese of Utah was incredibly generous in sending some 90 Utah Episcopalians to Rooted in Jesus, and I want to thank Bishop Hayashi and the Standing Committee for making it possible.

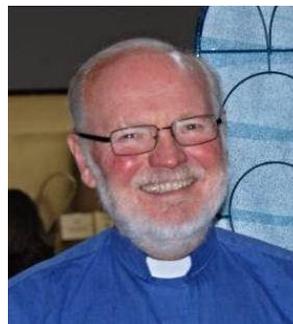
## Sunday School

Because I will be out of town and so you can enjoy the pancake breakfast, there will be **no Adult Sunday School** this week.

We will be back March 1st at 9am with #bethegospels and good snacks!  
Terry Palmer

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## A Celebration!



WOW! Can you believe it's been 35 years since Fr. John and the Ven. Robert were ordained? It is really quite remarkable to have any active clergy serving a parish for so long--and we have two!

We'll be celebrating this anniversary at a special coffee hour/potluck brunch following the 10 am service on Sunday, March 1. (We'll have some munchies available for 8 o'clockers as well, but the "official" cake will be served at the 11:15 am coffee hour.)

There is a sign-up board in the gathering area for all other foods. Join us, whether or not your are able to bring a dish!

Thank you! Susan Furca

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Parish Event! *Please RSVP--We are at risk of losing our event, if a minimum of 12 more people don't RSVP. Thanks!*



When: **February 25**

Time: **11 am - 6:30 pm**

Where: **Teriyaki Grill**--7194 Union Park Avenue (in the Ft. Union Walmart parking lot, next to Jamba Juice)

You can support St. James just by heading into Teriyaki Grill for lunch or an early dinner! All proceeds go to the fund to improve things (like our flooring) in our building. Just click the link below, to the event invitation, and RSVP that you will be there. You can then show up anytime between 11 am and 6:30 pm on the day of the event. Just mention to them that you are here for St. James Episcopal Church. They will give us 20% of all purchases, during those hours. Tell your friends and family!

**[Click here to RSVP](#)**



## Pastoral Care Needs:

- If anyone has a scooter that they could loan or donate for a parishioner in need, please contact Wendy in the front office.
- Rides for occasional parishioner needs: groceries, medications, etc.
- A couple needs rides to and from their home in Riverton for 10 a.m. Sunday services.



Please contact the office if you may help. Thank you.

Thank you!



## **F.Y.F.I.**

### ***(For Your Flower Information)***

The flower chart is available in the Narthex, by the newcomer's table. Please write your name and if you would like a message to appear in the bulletin about your donation on the chart. A donation of at least \$25.00 can be left in the offering plate or sent to the church.

*The Altar Guild thanks you for your donation.*

*Thank you to Mark & Roberta Pitsenbarger for donating our flowers this Sunday. This is their last Sunday at St. James since they are moving to Washington State.*

*We will miss you, Pitsenbargers!*

**The Weeks Ahead at St. James**

Saturday	Feb 22	12 noon	Food Bank Delivery & Restocking
Sunday	Feb 23	8 & 10 am	Worship Services
		9 & 11:15 am	Shrove Pancake Breakfast
		12:30 pm	Food Bank Distribution
Tuesday	Feb 25	8 am	Men's Coffee -"Grumpies"- Common Rm
Wednesday	Feb 26	9 am	Women's Coffee-Ft. Union Target Cafe
		7 pm	Choir Rehearsal
Sunday	Mar 1	8 & 10 am	Worship Services
		9 & 11:15 am	Festive Coffee Hours— Celebration of Ordinations
Monday	Mar 2	5:30 pm	Liturgy Committee-Office
		6:30 pm	Pastoral Care Committee-Office
Tuesday	Mar 3	8 am	Men's Coffee -"Grumpies"- Common Rm
Wednesday	Mar 4	9 am	Women's Coffee-Ft. Union Target Cafe
		10 am	Staff Meeting-Office
		7 pm	Choir Rehearsal

## *Prayers of the People*

We all find ourselves in need of support and prayer sometimes. If you'd like to have a concern prayed for, there are several options.

- You may call the church office or email [wendy@stjamesutah.com](mailto:wendy@stjamesutah.com) and be added to the bulletin.
- You may also be asked to be left off the bulletin but have a group in the church add you to their prayers.
- Or for healing, there is a prayer bench to the right of the altar where you can go after communion.

You can use the bulletin, throughout the week, to remember who needs prayer.

St. James has a consistent group of charities we raise money for and include in our prayers each Sunday, add those groups to your personal petitions. (Small Cell Ovarian Cancer, Backyard Broadcast, The Granite Education Foundation, The 4th Street Clinic, The Road Home, LLS-Leukemia & Lymphoma Society, and The Utah Food Bank.)

*Prayer is one of the ways we care for each other.*



## We Need You!

More than 100 hungry people will put thousands of pounds of food into hundreds of boxes this Sunday at St James. You can help stock the shelves Saturday from 12:30-2pm and help people pack their boxes with food from 1-3pm Sunday. We hope to see you there!



## Our Food Bank--Year to date:

**104 Volunteers** have unloaded, stocked shelves, and distributed food.  
**309 clients** have gotten food for **1,218 people**.  
**31,038 pounds of food** delivered to St. James for distribution!

Volunteers are always welcome!  
(See Alec Parent for more details.)

It's a rewarding ministry to be a part of.

*St. James is an approved Utah Food Bank Partner*





May 2, 2020 is Spring Fling.  
Save the day on your calendar!

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### 2020 St. James Camping Trips

Save these dates.  
Spring May 14th through the 18th, Kodachrome.  
Fall August 27th through the 31st., Moon Lake, group site B.



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## Around the Utah Diocese

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

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### *Welcome at St. James*

At St. James, we consider persons 16 and older to be adults, and they are welcome at all Parish activities unless otherwise regulated by law.

Persons under 16 years may attend parish events if accompanied by an adult.

If organized childcare and/or youth activities are not available, the accompanying adult agrees to provide them appropriate supervision and care.

We LOVE getting your submissions for the newsletter! We LOVE it when you send us photographs you've taken and articles/ideas that you want to share.

When you send us something make sure you put in the subject line "**newsletter**".

Don't put "Koinonia" (because there are many ways that gets misspelled and then I can't search it to make sure I find your submission.)

Koinonia is published weekly, sent to you on Thursdays.  
Please submit your articles, ideas, and photos  
to [wendy@stjamesutah.com](mailto:wendy@stjamesutah.com) by **Wednesday noon**.

If you aren't getting the newsletter in your email box right now, let the office know and they will add you to the database. Thank you!

We appreciate your contribution on the newsletter!

**Wendy Ormsby, editor / Fr. Christopher Szarke, editor  
Carol Gentner, editors' editor**