

**St. James Episcopal Church**  
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[Click here to visit our Website or go to stjamesutah.com](http://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

**February 28, 2020**



## Vestry Corner

By Susan Furca

Even those “youngsters” among us who don’t remember it in real time are probably familiar with JFK’s invitation to “Ask not what your country can do for you; ask what you can do for your country.” The same can be said of your church. And you’ve undoubtedly come across the 80/20 rule (that 80% of the work is done by 20% of the people). I’m not trying to guilt anyone; honest!

I bring this up not as an admonition but as an invitation. Probably most of those who read “Vestry Corner” (maybe even the whole of Koinonia) are among the 20%. But if you think you’re among the 20%, please read on. I won’t be wordy.

We talk about stewardship encompassing time, talent, and treasure, but too often it translates just as “treasure,” time and talent are equally important — if not perhaps more. Your talent may not be a unique expertise, but just employing the ability to make phone calls or to set up the food for an event is a vital contribution. If you’re a skilled musician or woodworker or whatever, that’s another skill that could be of great importance in a particular circumstance.

Time is precious; there’s only so much of it. We’re all busy, even those of us who are retired. Giving of your time is sometimes hard to work in, but it is so important. Nothing would get done if members didn’t give some level of priority to the time needs of our church. The rewards of contributing your time and talent so far exceed any inconvenience; try it, and you’ll see! The 20% who do the 80% will cede a bit to you ungrudgingly, I promise.

With love for all,  
Susan

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We need someone to coordinate the potluck for the Maundy Thursday service in the parish hall. Please let Wendy know at 801.520.4686 or [wendy@stjamesutah.com](mailto:wendy@stjamesutah.com), if you are willing to provide this service. If we don't have a volunteer to help, then we will just do a worship service with no meal.

Thank you!

## Pancake Success!



The Shrove Pancake Breakfast was a great success. I loved the community I saw, sharing a meal and conversing together.

Many hands make light work and we really appreciated everyone stepping in. I couldn't believe how it was all set up before we even arrived. Thanks to Jinx, John, Ann, Doug, Brenda, and Larry for the great set up, drinks, and for leaving us in great shape for the 10:00 am service.

Thanks as well to Jim and Frank for griddles and for the skilled flipping --Mike, Joe, Clive, Mac, and Louie. Dave was there the whole time helping restock the tables and do whatever was needed, and Louie offered delicious, needed pancake options. And Tom helped collect money!

Last but not least, thanks to Susan, Ric, Thomas, and Doug for clean up and David for helping with supplies.

We raised \$2,000 toward our new floor!

Heartfelt thanks to all and please forgive anyone I forgot!

Petey

*My gratitude and thanks to Petey, Mac, and everyone who participated in the Shrove Sunday Pancake Breakfast. The work of God includes all of us and this was a great example of how that happens at St. James.*

*Fr. Christopher*

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## Rector's Thoughts

My gratitude to everyone who participated in the Ash Wednesday services. It was great to have music again, too! Thank you for the ways you served. I heard feedback from several parishioners and some visitors that they found the Ash Wednesday services particularly meaningful to begin this Lenten season.



The Gospel reading, Matthew 6:1-6, 16-21, presents a good template for life, especially during Lent. My sermon referred to the Richard Foster's classic book, *Celebration of Discipline: The Path to Spiritual Growth*. Foster, a Christian theologian and Quaker writer, first published the book in 1978 when he was a new pastor.

Richard Foster's book includes spiritual disciplines: the inward disciplines of meditation, prayer, fasting, and study; the outward disciplines of simplicity, solitude, submission, and service; and the corporate disciplines of confession, worship, guidance, and celebration. I invited parishioners to listen to a series of quotes referring to each of the spiritual disciplines, to pay attention to the one that captures attention, and to consider embracing that as a spiritual practice during Lent. Foster described these spiritual practices as central to our faith. He asserts that, "it is only by and through these practices that the true path to spiritual growth can be found."

The quotes follow. Please note that the original words are used so feel free to adapt them to inclusive language in whatever way speaks to you.

**On Meditation:**

*The purpose of meditation is to enable us to hear God more clearly. Meditation is listening, sensing, and heeding the life and light of Christ.* ~ Richard J. Foster

**On Prayer:**

*A man prayed, and at first he thought that prayer was talking. But he became more and more quiet until in the end he realized that prayer is listening.* ~ Søren Kierkegaard

**On Fasting:**

*Fasting reveals the things that control us...We are not so much abstaining from food as we are feasting on the word of God. Fasting is feasting!* ~ Richard J. Foster

**On Study:**

*Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.* ~ St. Paul (Romans 12:2)

**On Simplicity:**

*The central point for the Discipline of simplicity is to seek the kingdom of God and the righteousness of his kingdom first, and then everything necessary will come in its proper order.* ~ Richard J. Foster

**On Solitude:**

*Settle yourself in solitude and you will come upon Him in yourself.*  
~ Teresa of Avila

**On Submission:**

*The most radical social teaching of Jesus was his total reversal of the contemporary notion of greatness. Leadership is found in becoming a servant of all. Power is discovered in submission. The foremost symbol of this radical servanthood is the cross. ~ Richard J. Foster*

**On Service:**

*Learn the lesson that, if you want to do the work of the prophet, what you need is not a scepter but a hoe. ~ Bernard of Clairvaux*

**On Confession:**

*A man who confesses his sins in the presence of a brother knows that he is no longer alone with himself; he experiences the presence of God in the reality of the other person. ~ Dietrich Bonhoeffer*

**On Worship:**

*Worship is our response to the overtures of love from the heart of the Father....It is kindled within us only when the Spirit of God touches our human spirit. ~ Richard J. Foster*

**On Guidance:**

*When the Spirit of truth comes, he will guide you into all the Truth....  
~ John 16:13*

**On Celebration:**

*Joy comes through obedience to Christ, and joy results from obedience to Christ. Without obedience, joy is hollow and artificial.  
~ Richard J. Foster*

This is a season that we may enter into closer connection with God. I invite you to speak with me if you want to explore what spiritual discipline or disciplines may support you on the Christian path.

Be blessed as you enter the time of stillness, quiet, and darkness. Embrace what brings you closer to God. Encourage one another. And be assured that God is loving you as you embrace whatever brings you closer to God.

Peace and blessings,

Father Christopher

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## 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 Michael Brown



Rooted in Jesus 2020 started with a revival on the campus of Clark Atlanta University. We were bussed from Crowne Plaza Midtown to the campus late Wednesday morning. For me it served to clarify what it means to be rooted in Jesus and his Gospel of love and liberation. At the first session we heard the preaching of the Rev. Dr. William Barber. He spoke powerfully of the danger of trying to worship God without a conscience. He spoke of the Gospel of Luke describing Jesus's first public preaching proclaiming good news to the poor and oppressed. He spoke of the parallels of the evils of Roman society during Jesus's time and our own time now in America and how we as Christians are called to confront this. That the direct work of the Holy Spirit is to be an affront to the false consciousness of those with power and wealth that abuse the poor and vulnerable. He quoted a spiritual teacher of his, Bill Turner, who said of being born again in the Spirit, "If it does not produce a quarrel with the world's injustices and the hate of this world, if it does not produce in you deep love consciousness then your claim to being spiritual is seriously suspect." That being rooted in Jesus we are born again with a deep love consciousness and concern for the plight of others. That worshiping God is not just going to church and partaking of the sacraments and singing praise songs but taking the love of God into the world to heal its brokenness.

The second session, ReviveATL, featured Presiding Bishop Curry. He commended us to read chapters 13-17 in the Gospel of John. These chapters cover the last supper on the night before Jesus was crucified. They include the Mandatum Novum and how we are to apply this in our lives. Bishop Curry spoke of Jesus being the vine and we are the

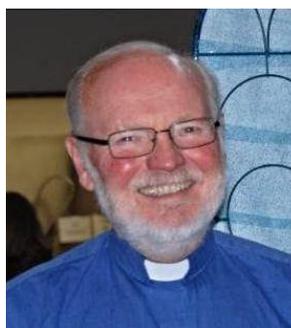
branches. That we are the Episcopal branch of the Jesus movement and that Jesus's way of love is what Christianity is all about. That his way of love is to be our way of life. He pointed out Jesus's teaching that love of God and love of neighbor are the supreme laws of God, upon these commands hang all of the laws and the prophets. That if God is love then love is at the center of the cosmos.

This way of love, showing love of neighbor to everyone, especially the poor, the vulnerable, the oppressed and downtrodden, the sick and suffering, the least of these, is really the most important thing we can do. It is what we are called to do. It is what we are commanded to do. When we are rooted in Jesus and his way of love we are working toward transforming God's creation into what it was intended to be. A just world where all of God's children are loved and cared for and valued and lead lives in dignity and can prosper. A world where all of creation is preserved and nourished and thriving. "For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God." - Romans 8:19-21

## Sunday School

This Sunday, March 1st, at 9am with #bethegospels and good snacks!  
Terry Palmer

## 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 this 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.)

Thank you! Susan Furca

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## 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 can help.

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.*

***Flowers are given this upcoming Sunday in honor of Paula Paterson's 90th birthday!***

***HAPPY BIRTHDAY, PAULA!***

The Weeks Ahead at St. James

<b>Sunday</b>	<b>Mar 1</b>	<b>8 &amp; 10 am</b> 9 & 11:15 am	<b>Worship Services</b> Festive Coffee Hours— Celebration of Ordinations
<b>Monday</b>	<b>Mar 2</b>	<b>5:30 pm</b> <b>6:30 pm</b>	<b>Liturgy Committee-Office</b> <b>Pastoral Care Committee-Office</b>
Tuesday	Mar 3	8 am	Men's Coffee -"Grumpies"- Common Rm
Wednesday	Mar 4	9 am 10 am 7 pm	Women's Coffee-Ft. Union Target Cafe Staff Meeting-Office Choir Rehearsal
Saturday	<b>Mar 7</b>	12 pm	<b>Food Bank Restocking</b>
<b>Sunday</b>	<b>Mar 8</b>	<b>8 &amp; 10 am</b> 9 & 11:15 am <b>12:30 pm</b>	<b>Worship Services</b> Festive Coffee Hours— Celebration of Ordinations <b>Food Bank Distribution</b>
Tuesday	Mar 10	8 am 5:30 pm	Men's Coffee -"Grumpies"- Common Rm Finance Committee-Office
Wednesday	Mar 11	9 am 7 pm	Women's Coffee-Ft. Union Target Cafe Choir Rehearsal
Friday	Mar 13	6 pm	Games Night-Hosts: Jean & Kevin Duffy

## *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.***



## **Our Food Bank--Year to date:**

**113 Volunteers** have unloaded, stocked shelves, and distributed food.

**405 clients** have gotten food for **1,555 people**.

**45,346 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***



Dear St James Members and Friends,

Our annual fundraiser, Spring Fling, will be held on **Saturday, May 2, 2020** at St James. Besides a delicious dinner and socializing with our friends, there is a silent auction, with 100% of the profits going to 3 charities. The St James community and their friends have been generous donors in the past and this letter is a request for auction items. We have auctioned trips,

jewelry, art work and fun beverages at past auctions. Attached is a letter with

information about donations to Spring Fling. And if you are interested in helping with the auction, putting baskets together and setting up the auction, please contact Jessica "Jinx" Strout at 801.703.8229 or [bbj63379@gmail.com](mailto:bbj63379@gmail.com).

Thank you for your help and support of this event.  
Jinx Strout

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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.



## Around the Utah Diocese

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

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### **GO MONDAY!**

March 9th at St. Paul's Episcopal Church, 261 South 900 East from 6:00-8:00.

EYE Meeting for participants - 5:15 before the Go Monday, please arrive at 5:10.

We will also vote for High School youth delegates at Go Monday!

Go Monday is a collaborative youth ministry that brings youth in grades 6-12 together monthly for some games, music, food, sharing, teaching, fellowship and prayer.

Youth Delegates for Convention, April 24-25th.

High School Youth, if you are interested in representing the youth for convention, please see information attached. We will be voting for delegates on Monday, February 9 at St. Paul's (at Go Monday.). Please arrive at 6:00.

### **SPRING RETREAT**

**You are invited to join the youth of the Episcopal Diocese for a weekend of high-flying adventure!**

**When:** April 18<sup>th</sup> @ 10:00AM – April 19<sup>th</sup> 2:00PM

**Who:** Youth grades 6-12

**Where:** Pick-up @ St. James Episcopal Church 7486 Union Park Ave, Midvale, UT 84047

**Cost:** \$65/person (scholarships available upon request)

**What:** Participants will board vans at **10:00AM on Saturday April 18<sup>th</sup> at St. James Episcopal Church.** We will drive an hour south to the CLAS Ropes Course in Provo, UT. Following a picnic lunch\* at Utah State Lake State Park, we will spend the afternoon at the CLAS Adventure Park. That evening, participants and staff will continue the fun at St. Mary's Episcopal, where we will spend the night. After attending the church service at St. Mary's on Sunday morning we will return to **St. James Episcopal Church for pick-up at 2:00PM.**

*\*Participants will be responsible for bringing their own sack lunch to eat on Saturday afternoon. All other meals will be provided.*

Registrations found under "Spring Retreat" @ [camptuttle.org](http://camptuttle.org) or through Campsite software

Email all questions to [camptuttle@episcoal-ut.org](mailto:camptuttle@episcoal-ut.org)

### ***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**