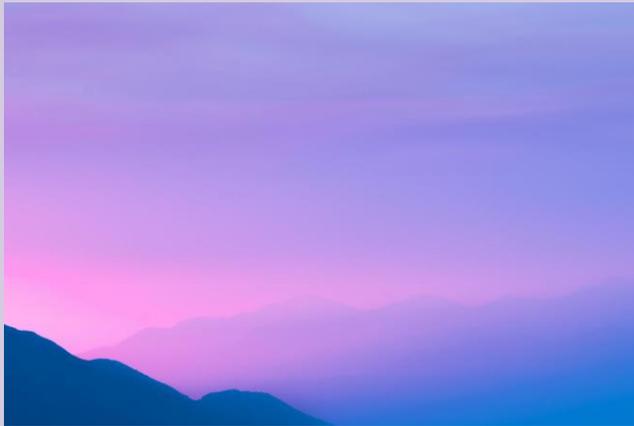


St. James Episcopal Church

7486 Union Park Avenue
Midvale, UT 84047
801.566.1311

[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

March 6, 2020



Reminder: Spring Forward this
Sunday morning!
Change your clocks to an hour ahead.

**Food Bank Restocking this weekend. Saturday at 12 pm, noon.
Volunteers needed and oh-so-welcome!!!**



Vestry Corner

By Petey McKnight

But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all.

—Mark 10:43-44

As a new grandmother watching and helping my oldest daughter with her two identical twin boys, this Lenten reading from Feb 28 was particularly meaningful to me. It's from the Episcopal Development and Relief Lenten Series:

"I am an innately selfish human being. I like drinking my coffee—alone—while it's still hot. I like lingering while grocery shopping. I like eating what I want, when I want. For the first twenty-seven years of my life, I served in the ways that were comfortable for me and offered accolades and credit. Then I became a mother. The birth of my children brought acts of servanthood lived out in the middle-of-the-night feedings, in changing the sheets for the umpteenth time without applause, in laundry and laundry and laundry. For me it was motherhood. For others, it is in the care of a spouse. For some, it is in the daily hidden battles of life that no one understands. But for all of us, when we serve from a space only fed by love, Christ's very nature is revealed. When I am being like Christ, when I am living in a way that glorifies God, it's not about me. My coffee is often cold, and I rush through the grocery store, but I also experience deep peace knowing my life is poured out in a way that brings more love into this world. Christ is the perfect example of loving service and the ways that love begets love."

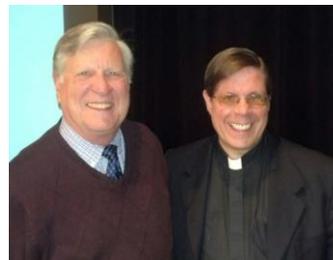
Emily Rutledge is the Children, Youth and Family Minister at Church of Our Saviour in Charlottesville, Virginia, and a mother of two.

As we rush about church, work and family life, Dear Lord, help us to serve from a space only fed by love. Amen.

Rector's Thoughts

Dear Friends,

The practice of lay preaching is not typical in many parts of The Episcopal Church so I want to share about this for people who haven't experienced it before coming to St. James.



Preaching is something undertaken with a great deal of prayer, study, and practice. My seminary preaching professor, the Rev. Dr. Thomas G. Long, once named one of the ten best preachers in the English-speaking world, shared a multi-day layered process of sermon preparation that begins with prayer and the reading of Scripture. It also includes studying Biblical commentaries. This process, in my experience, typically takes 8-10 hours of preparation.

Other dioceses either allow licensed lay preachers, at the bishop's discretion, or not. The former bishop of my previous diocese allowed licensed lay preaching after the priest completed a statement of support and the prospective lay preacher submitted two sample sermons for the bishop's approval. Once approved, the licensed lay preacher could apply for annual renewal by submitting a sermon that was preached during the previous year.

Bishop Hayashi allows me to use discretion for a layperson preaching at St. James. My commitment is that I need to be available for guidance and preparation and that the person is not a regular preacher, which requires going through the formal licensing for lay preaching. The youth sermons had more intensive guidance and preparation.

We've experienced several great sermons by laypeople since I arrived at St. James nearly 1-1/2 years ago. This included two 12-Step Eucharists, the youth sermons, sermons by two recently-graduated high school seniors, and Saint Nicholas' annual visit on his Feast

Day. Other alternative sermons included small group discussions encouraged by Bishop Hayashi and the subsequent sharing by parishioners.

I'm pleased to share that we have two significant lay sermons in the coming weeks. Jesse Parent will share a slam poetry sermon about the woman at the well on the Third Sunday in Lent, March 15th. Another 12-Step Eucharist will be held on the Fourth Sunday in Lent, March 22nd, and the sermon will be preached by a parishioner about being a family member of a person with an addiction and in recovery. (12-Step tradition counsels not sharing the name of the preacher publicly.)

I'm grateful that we have a bishop who allows this flexibility and that you are open to alternative forms of preaching at St. James. Admittedly, this was a growing edge for me after being trained by one of the best teachers in a more traditional style. I have come to have a deep appreciation for what God is helping us to co-create at St. James and am grateful to our preachers.

Have good days ahead, everyone, and I'll see you on Sunday.

Peace and blessings,

Father Christopher

Best Practices--Navigating the Virus



Dear Parishioners and Friends of St. James,

The spread of COVID-19 "Coronavirus" has raised concerns related to church practices. The Wardens and I have been in conversation about this over the past days and I sought guidance from the bishop's office and clergy colleagues in three dioceses. It's important that we have good information in order to respond effectively and not be alarmist or feed into fear.

One of the best statements I've read comes from my friend and colleague, Dean Tyler Doherty of St. Mark's Cathedral, Salt Lake City. With his permission, I'm sharing an adaptation of the message that he sent to parishioners at the Cathedral.

Please contact the Wardens, Vestry, or me if you have any questions or concerns. Please remember to pray for those who are affected by COVID-19, medical caregivers, and public officials who seek to effectively respond to this.

Peace and blessings,

Father Christopher

From Dean Tyler Doherty:

With the flu season upon us and with growing concern about the spread of the COVID-19 Coronavirus, I want us to be mindful of best practices to prevent the spread of contagious disease in our church. Here are some simple things you can do to help everyone.

“Wash your hands frequently.” This is still one of the simplest and most effective ways to reduce the spread of communicable disease. Please consider carrying a small, portable hand sanitizer with you.

"Stay at home if you are not feeling well." You are not helping anyone by coming to church with a cold or the flu to tough it out. Clergy or lay ministers can bring the Sacrament to you and/or provide pastoral care by phone as appropriate.

The Peace: Respectful acknowledgment of each other with no physical contact is appropriate. Parishioners who are coughing or sneezing should refrain from handshaking during the Peace. Bowing to each other, friendly waves, and peace signs are all perfectly acceptable substitutes for handshakes and hugs.

Ministers of Communion: I am instructing all Eucharistic Ministers and clergy to wash their hands prior to the start of the Liturgy and to use hand sanitizer just prior to administering the cup or the bread.

Avoid Intinction: The practice of dipping bread into the wine is not a sanitary substitute for drinking from the chalice. Intinction risks unclean hands being dipped in the wine and is a transmission route as well as creates risk for those with certain allergies.

The Common Cup: There is little evidence of the risk of infection associated with the shared Communion cup, which means that each person needs to make up their own mind about drinking from the chalice. It is best to refrain from drinking from the chalice if you have a cold or are not feeling well. Church teaching is clear that Christ is fully present in

the bread and the wine and a communicant receives the full benefit of Communion by receiving only bread or only wine.

Additional information and links may be found on the Episcopal Relief & Development web page, "**Faith-Based Response to Epidemics.**"

Homemade Hand Sanitizer

Hand Sanitizer Ingredients:

- 2/3 c. rubbing alcohol (99% isopropyl alcohol)
- 1/3 c aloe vera gel



This will be thinner than gel sanitizers but works the same. Just remember to wet your hands with it and rub vigorously for at least 20 seconds.

Decant the mixture into small pocket sized spray bottles or refill your empty hand sanitizer bottles.

Confirmation Class Schedule

Confirmation classes will begin this coming Sunday, in anticipation of Bishop Hayashi's visit on Father's Day, June 21st. The youth class will have two members and the adult class will have three members, with an additional adult being confirmed since she received preparation last year. Please let Fr. Christopher know by **this Saturday** if you still wish to join a class. *The Book of Common Prayer*, pp. 860, describes the Sacrament of Confirmation.

Please let Fr. Christopher know if you are interested in being baptized, or have a young family member baptized. At this time, one adult, one child, and two infants are scheduled for baptism at the Bishop's Visitation. *The Book of Common Prayer*, pp. 858-859, describes the Sacrament of Baptism.

Reconciliation of a Penitent / Confession is always available by making the request to Fr. Christopher. This is a confidential and spiritually healing experience. *The Book of Common Prayer*, pp. 861, describes the Sacrament of Reconciliation of a Penitent.

*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

Rooted in Jesus 2020

By Terry Palmer



First, I am very grateful to the Diocesan Standing Committee and Bishop Scott Hayashi for allowing me, along with 87 priests and parishioners from Utah, the opportunity to widen our knowledge and deepen our faith.

Before the conference we were asked to choose workshop from seven different areas of interest. The categories were formation, mission, stewardship, evangelism, preaching, leadership, and communication. The hope was that each of us would stay in our lane to maximize the opportunities for learning. My original lane was formation, but I swerved out into mission and no one was more surprised than me when I chose evangelism as well. No surprise to anyone, I swerved way out of the stewardship lane.

The first workshop, *Grassrooted in Jesus: WHY and HOW to partner with what God is doing locally, outside the church*. This workshop was based on evangelism in our community. In this workshop I learned of a parish, very similar to ours, assigns 12 parishioners (disciples) to go into the community surrounding the church to see if there are needs. This is not to proselytize but to say, “we are your neighbor, what can we do for you?” They take a small pad of paper and a pencil to write down any prayer requests. I am going to take this idea to the vestry.

Second workshop, *Inviting, Equipping, and Mentoring Diverse Young Leaders*. This workshop taught us ways to empower youth to get involved in leadership roles across the church. We learned that defining roles and allowing youth to be involved in leadership keeps them engaged. We also learned that we need to allow them to choose their roles with adult mentoring and not give them jobs simply because we need warm

bodies to fill those positions. I think St. James is mindful of this but we have some work to do in this area.

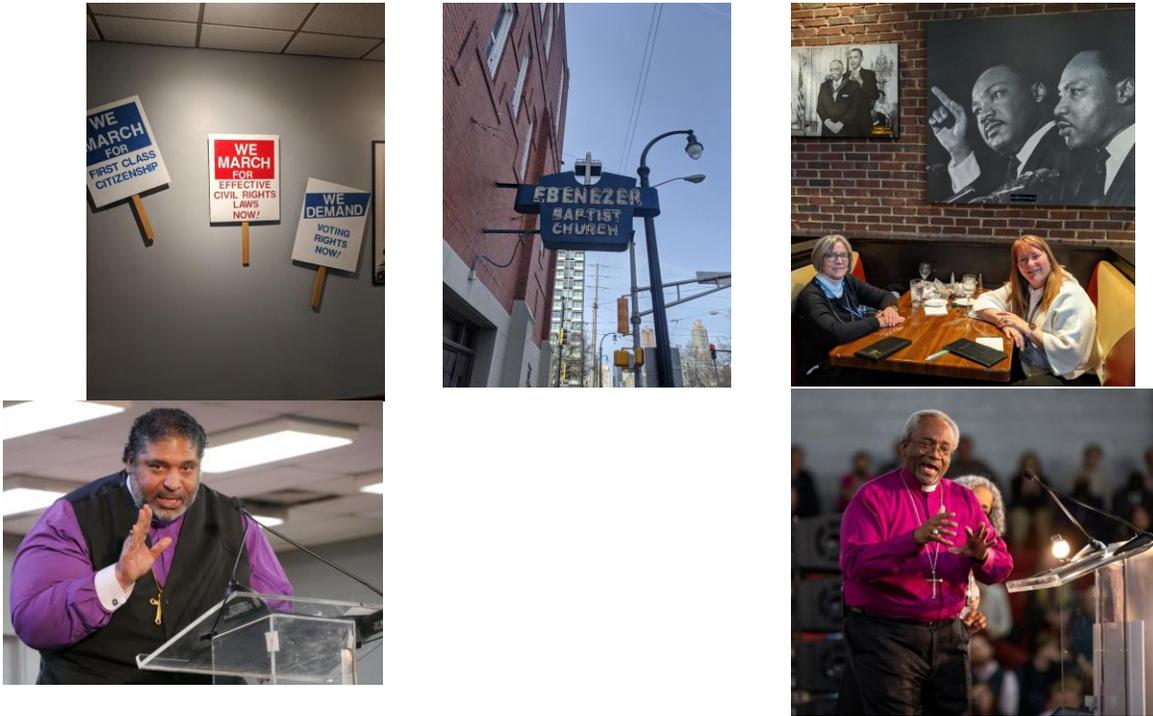
I attended four other workshops and am happy to tell you about each one. But one really stood out as something you all might find interesting. This workshop was called *Beyond Charity: Proximate Engaged and Mutual Transformation in Church*. This workshop was specific to ensuring the work we are doing benefits the community and allows the people we serve to keep their dignity. St. James is great at this and there was not a lot for me to learn. Many of you could have taught this workshop. There was one piece of information that was helpful. A study was done in Atlanta that said, if you give groceries to someone once a week, you put them further into poverty. However, if you give them groceries every week, you pull them out of poverty. My hope is that we can work with another church/parish near St. James that can run a food pantry on the Sundays we are not serving. This would increase our impact and further meet the needs of our food bank patrons.

You've already heard about the amazing plenary with Bishop Wright and ReviveATL with Rev. William Barber. If you haven't already, please watch the recordings of these amazing events. <https://rootedinjesus.church/ecf-mainstage/>

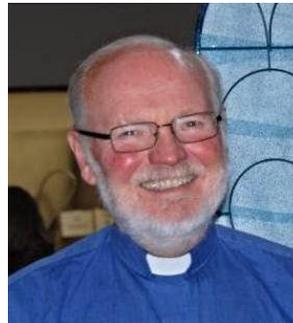
I loved the meals shared with my fellow parishioners, the many rides on LYFT, and getting through airport security with Michael Brown. I loved the sermon where Rev. Barber compared a certain leader to Cesar without mentioning his name. I loved when the 87 people from Utah blocked the staircase to take a group photo and I love that it was my idea. But I have to say my favorite thing was going to the Martin Luther King museum. In a story, narrated by the granddaughter of Coretta Scott King, she tells the love story of her grandparents and how they honeymooned in a funeral parlor because the hotel refused to rent rooms to blacks. I listened with a mother and her daughter and we cried.

My knowledge and faith increased because of this experience and I look forward to sharing with all of you.





A Celebration!



Our celebration of these two, pillars of St. James, The Rev. John Dillon and The Ven. Deacon Robert Shoop, took place last Sunday. We were sad that Rev. Dillon couldn't be there at the last minute, we certainly missed celebrating with him. When you see him at church in the upcoming weeks, you can give him your congratulations for 35 years since his ordination to ministry.

We are certainly blessed to have these two men serve our St. James community for so long. Thank you for all you do for us, Rev. Dillon and Ven. Robert Shoop!

A letter from Rev. Dillon:
Missed Anniversary.

Mary and I are so sorry we missed the party for Robert and I for our 35th Ordination Anniversary. The dreaded FLU A bug hit Mary on Saturday and the Doctor said I could be next to come down with it. The flu was not something we wanted to bring to the party to share. Thanks to so many people who worked so hard to make it a success, and a success it was, and we are glad Robert and Rolene were able to enjoy it. From the pictures we received, the food tables looked wonderful, and thanks to Angie for bravely bringing the cake to our door, it's delicious.

Love and Peace+ to all our Good friends at St. James.

John and Mary



FOOD BANK PLEA

For over six years, St. James had been a Utah Food Bank Official Partner. It's a wonderful outreach ministry, and there are many ways that you can help. For those who've volunteered to stock shelves, set out chairs and tables, work with these precious children, and/or serve the hungry in some capacity, THANK YOU. This ministry is only as strong as we make it.

If you can help with stocking on designated Saturdays (the day before distribution from 12-@1:30), we warmly welcome your assistance! "Many hands make light work" (English Proverb, 1300's). It's also a great way to get to know other parishioners.

For those who enjoy gardening, St. James has a community garden on the north lawn. On delivery or distribution days, we can always use help in the mornings with collecting veggies and weeding.

If you can help with distribution, please consider volunteering the second and fourth Sundays of the month from 12:30-3:15 (OR a segment of that time frame). Wendy apologizes, but the church bulletin listed incorrect dates for the March food bank. Distribution is the SECOND Sunday of each month, which means ***we need help with stocking on Saturday, March 7th, and with distribution on Sunday, March 8th.***

Are you short on time or just want to provide more help? A great way to contribute is to DONATE NON-PERISHABLE FOOD, DIAPERS, AND GROCERY BAGS.

St. James is in desperate need of more food bank volunteers!! This is an incredibly rewarding ministry, so please come join us. On distribution days, we need help in various areas. (Please note: Positions and procedures subject to change.) Look below to see where YOU would like to volunteer:

- Set up chairs and tables at @11:30ish (Okay to set up when meetings, special occasions, and coffee chat end.)
- Serve as a kind registrar: obtain supplies, make announcements, review our procedures, distribute numbers/greet shoppers, and serve as registrar at the sign-in desk. (Arrive by 12:30.) Store sign-in sheets and numbers in the cabinet located in the food bank "store."
- Volunteer as the front desk hall monitor: Call for shoppers to sign in and line up in groups of ten, take numbers, and direct shoppers to available carts. (Arrive by 12:45 P.M. or arrange a different time frame.)
- Help with distributing items in the Parish Hall as needed.
- Play with shoppers' young children. We welcome donations of craft and art products.
- Volunteer as the exit door monitor. Help facilitate traffic flow and transfer of groceries from carts to wagons.
- Serve as the cart monitor/back room diaper distribution, etc.
- Volunteer to arrange and distribute fresh, frozen and other limited items in our "store."
- Load wagons with groceries.
- Help shoppers out to their vehicles (if over 18, please, for safety's sake) and bring back wagons.
- Volunteer to serve on the clean-up committee (2:45 to @3:15). Collect all art supplies and store them on the back room bookshelves. Disinfect tables and chairs. Store tables and chairs in their designated closet. Vacuum parish hall and food bank area itself.

We're serving @150 families on EACH distribution day. As you can see, we need 20+ volunteers, preferably more... Yes, you can just show up with a bright smile and a willing heart. (If able, please let Alec Parent know that you're coming at alecparent@rocketmail.com

Let us not love in word, neither in tongue; but in deed and in truth.

--1 John 3:18

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.



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.

The Weeks Ahead at St. James

Saturday	Mar 7	12 pm	Food Bank Delivery & Restocking
Sunday	Mar 8	8 & 10 am	Worship Services
		9 & 11:15 am	Coffee Hours
		12:30 pm	Food Bank Distribution
Tuesday	Mar 10	8 am	Men's Coffee -"Grumpies"- Common Rm
		5:30 pm	Finance Committee-Office
Wednesday	Mar 11	9 am	Women's Coffee-Ft. Union Target Cafe
		7 pm	Choir Rehearsal
Friday	Mar 13	6 pm	Games Night-Hosts: Jean & Kevin Duffy
Sunday	Mar 15	8 & 10 am	Worship Services
		9 & 11:15 am	Coffee Hours
Tuesday	Mar 17	8 am	Men's Coffee -"Grumpies"- Common Rm
		6:30 pm	Vestry Meeting-Office
Wednesday	Mar 18	9 am	Women's Coffee-Ft. Union Target Cafe
		7 pm	Choir Rehearsal
Saturday	Mar 21	12 pm	Food Bank Delivery & Restocking

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 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:

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





Spring Fling Silent Auction Items Needed

This saying was in my fortune cookie last Friday night:

"Life's greatest privilege is being able to help someone in need."

You can help those in need by donating items to our Spring Fling Silent Auction, which will be held on May 2, 2020. Gift certificates for personal services, cooking baskets, and jewelry are some of the fun items that have been donated. Think about donating an item you have, like Aunt Martha's pearls you will never wear or that set of china collecting dust in the attic. Items must be in excellent condition. Items must be received no later than April 15, 2020. There are tax receipts available and donation letters if you receive a donation from a company. If you need more information please contact Jinx

Strout **bbj63379@gmail.com** or 801.703.8229.

Thank you for your help and support of this event.

Jinx Strout

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.](#)

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 18th @ 10:00AM – April 19th 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 18th 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 or through Campsite software

Email all questions to 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** 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**