



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

March 20, 2020

Worship Services

This Sunday, March 22, Holy Eucharist will be live-streamed from St. Mark's Cathedral in Salt Lake City. You can join the link at 10:15 am, the service starts at 10:30 am. The link will be on the Utah Diocese website. **[Click here to go to the website.](#)**

Noon-day prayer with St. James will be live-streamed on our Parish Facebook page. **[Click here](#)** to go to that page or copy and paste the link

below: **https://www.facebook.com/groups/stjamesepiscopalchurchutah/?multi_permalinks=3236099289757242-if_id=1584643774754349-if_t=group_activity**

(Please request an invitation to join the group so you can access the service.)

FOOD BANK

Food Bank COVID-19 Pandemic Protocol –

We are in need of people who are under age 60 and in good health to help with food bank restocking and distribution. Saturday noon, Sunday 12:30 pm. Thank you!



At the request of the Governor and the Episcopal Bishop of Utah, mass gatherings of people are to be avoided. Until further notice, we will distribute boxed food to people in their cars in the parking lot. This is to eliminate having people line up and wait in a crowded room for their turn to "shop." This will avoid creating a mass gathering and reduce person-to-person contact.

We will need additional volunteers on the Saturday before Distribution Days and on the second and fourth Sundays of the month. On Saturdays, instead of restocking the food bank, we'll be boxing up food for distribution the next day. On Distribution Sundays we will need additional volunteers to shuttle the food out to the parked cars. Anyone who is at risk or over age 60 should stay home rather than volunteering.

We always need donations of cardboard boxes, diapers, baby wipes, and disinfectant wipes. Contact Alec Parent, Food Bank Volunteer Coordinator, at alecparent@rocketmail.com or call (801) 391-9215.

Peace,

Jim Palmer, St. James Food Bank Chair



By Mike Mitchell

One of the first tasks of the Nominating/Search Committee for our new Bishop, was to organize into Sub-Committees. Each Sub-Committee is assigned different tasks of the search process. One of those Sub-Committees is the Listening/Focus group. The primary objective of this Sub-Committee is to look for ways to gain input on what you're looking for in our next Bishop. Fr Christopher is a member of this committee. The Sub-Committee has commissioned a management consulting company by the name of Holy Cow to conduct a Diocese wide survey. Holy Cow has been involved in over 46 Bishop searches and are well respected within the Episcopal community.

With the suspension of all church services and activities, the start date of the survey was postponed as well. All Parishes within the Diocese will be provided a link to access the survey once the start has been decided. Please look for the start date to be announced in Koinonia.

The purpose of the survey is to have you express your views, desires and values you would look for in our next Bishop. Results of the survey will be interpreted by Holy Cow and will be presented to the Nominating/Search Committee in a face to face meeting. The results of the survey will also be used by the Profile Sub-Committee to articulate what qualities we are looking for in our next Bishop, the vision and values we would want he or she to bring. It will only take 15-20 minutes to complete. Hopefully you will take part in the survey.

Peace and Blessings,

Mike Mitchell

Rector's Thoughts

All shall be well, and all shall be well, and all manner of thing shall be well. ~ Julian of Norwich (late 1342-after 1416)

Dear Friends ~



Life has changed for all of us and I am encouraged by the ways you are reaching out to support one another from self-quarantine. Several of us joined together for Facebook live-stream of Morning Prayer on Sunday and I invite you to join us this Sunday, at noon for Noonday Prayer, in our parish Facebook group following the streamed Holy Eucharist service from St. Mark's.

I've long had a devotion to Julian of Norwich, who has been a great teacher to me. She was an anchoress, mystic, and theologian who wrote *Revelation of Divine Love*, the earliest surviving book written by a woman in the English language.

Julian lived in a cell attached to her church in Norwich, England. She stayed in their for many years, holding the world in prayer. One window faced outward, and she was available to counsel and pray with people. The other window faced into the church, so she could receive daily Eucharist.

I discovered Julian's writing in the early 1990s, when I was serving in AIDS ministry. Those eight years were devastating, and I personally knew over 400 people who died of HIV/AIDS complications during those eight years leading to my 31st birthday. Julian's life and example of faith gave comfort to me, as I learned that the Plague went through Norwich three times in her lifetime.

We're called, at this time, to move more deeply into prayer and to make decisions that support the common good. Those of us who are able have been self-quarantined, while others who need to be in the world are being mindful of social distancing. Thank you for the ways you are showing love of neighbor, which is one of our calls as Christians.

While our church doors are temporarily closed, we're finding new ways to creatively be Christ's hands and feet in the world. The Pastoral Care Team is praying with people on the phone. Food Bank distribution is happening on schedule, with health modifications and enlisting the support of more volunteers under age 60. A wedding will be in our sanctuary this Saturday and live streamed to the family since only 10 of us can gather in person with only people under 60 who do not have compromised health. I request your prayers for the couple and their loved ones. Clergy colleagues are in conversation about how we will share worship digitally in the coming weeks. The Vestry will gather via online conferencing for our monthly meeting.

Bishop Scott, in a recent conference call to clergy, reminded us that, "Jesus is still with us." I'm embracing those words in my prayers and meditations, along with Julian's reminder that all shall be well.

Please let me know if you want to pray together on the phone, if St. James may help you, or if you have something to share with the community.

With peace, blessings, and faithfulness,

Father Christopher



Some parishioners are finding this time of self-quarantine as an experience of deepened prayer and expansive creativity. I invite you to email spiritual reflections to me to share with the rest of the parish. These reflections may include words, photographs, paintings and drawings, music, or other creative outlets. Thank you!



A Pastoral Message
Concerning Parish Cancellations
St. James Episcopal Church



Dear Parishioners and Friends of St. James ~

Bishop Scott Hayashi recently shared the following:

"At this time, indeed at all times, remember what the Apostle Paul wrote to the Christians in Rome: I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:38-39)"

All St. James parish events and worship services will be suspended through the end of March (we will certainly keep you updated as to if we extend this time-frame.) My clergy colleagues throughout the Episcopal Diocese of Utah are following the same directive.

I know this will be difficult for many of us. The sacraments are one of the ways that we encounter God and it's difficult to be separated from them. Fellowship is important for our spiritual and emotional lives. I share the grief of being physically separated for a period of time.

Bishop Hayashi quoted to us, in a conference call, that we may view these temporary restrictions as a Lenten penance. My interpretation of that invitation is that we may offer it up in prayer, reach out to those who may experience this as more isolating, and lean into our spiritual lives during this time.

We have the opportunity now, as a community of faith, to be creative in how we practice our faith and care for each other. St. James has always been resilient and faced challenges with faith and optimism. I'm certain that will be the case here.

First off, the practical information:

- * Worship services and Christian education are cancelled through the end of the month. I will share more information about ways we may worship remotely.

- * I will reschedule Youth and Adult Confirmation classes.

- * Parish groups meeting at St. James are cancelled, including this month's Games Night.

- * Office volunteers will not come in this month and Wendy and I will be both in the office and working remotely, as needed.

- * Our deacon, Ven. Robert, and I will discuss ways that the Pastoral Care Team may be present to parishioners by phone through the end of the month. Eucharistic Visits will not take place in order to avoid being a carrier.

* Concerning 12-Step Meetings: We have contacted the leaders of the groups and leaving it up to their discretion how they want to proceed. All have decided to suspend their meetings.

* Jim Palmer, Chair of the Food Bank Committee, shared information earlier today with the volunteers about current guidelines. He will share updated information before this weekend. Food Bank distribution will continue at this time. *You can read more up to date information from Jim in the newsletter.*

* The Vestry meeting will still occur and a decision will be made closer to that time about whether or not to meet in person or remotely.

* Koinonia will be published as usual.

I view this decision not as an overreaction or panic, but as a way of loving and caring for one another. It's the best pastoral response we can make at this time. This lessens the chance of passing illness to those whose health is compromised, to keep more people healthy, and to keep the healthcare system from being overrun. It really is an act of Christian charity to make these temporary sacrifices for the common good.

Friends, this is not an easy decision and I'm grateful for your understanding and flexibility. Know that I am available by phone for prayer and conversation and I'll share more information about how the Pastoral Care Team will support you, too.

Please remember to pray for everyone, including our bishop, who is self-quarantined as he recovers from Influenza-B.

I look forward to connection with you by phone, online, and when we are able to be present together in person when the situation changes.

With peace, blessings, and faithfulness,

Father Christopher

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"

A Message From the Senior Warden

by Angela Micklos

As we all try our best to navigate this uncertain time, please take time to care for yourselves and loved ones. I also encourage you to find unique ways to be leaders of the parish and your communities. I couldn't possibly state this



any better than Linda Buskirk in her blog "A Time for Everything," which I found on ECF's website. Linda has some wise words for all of us, and I hope you'll take some time to read, contemplate, and discern her advice.

[Click here to visit the website.](#)

"Ecclesiastes 3 tells us that "there is a time for everything, and a season for every activity under the heavens," including, "a time to embrace and a time to refrain from embracing."

Yes, this is a time to refrain from embracing. But what else does this scary time of COVID-19 offer to those in church leadership?

A time to reach out by phone or greeting card.

A time to deliver food and medicine.

A time to start a telephone and/or email prayer chain.

A time to recruit people to join a ministry committee.

A time to peacefully end ministries that have been struggling to survive.

A time to learn how to hold meetings using video technology.

A time to plan a website update.

A time to improve presence on social media.

A time to clean out the _____ room.

A time to claim hope in our faithful God of abundance and so -

A time to plan the next annual stewardship drive.

A time to investigate on-line giving and/or to implement the system.

A time to plan for rejuvenating or implementing a planned giving ministry.

A time to gather cost estimates for projects.

Oh my goodness – possibilities for so much! And also...

A time to be silent.

A time to pray.

A time to finally walk that labyrinth.

A time to read the book your priest mentioned in a sermon months ago.

May you discover God's blessings in any time, including this one."





Our Food Bank--Year to date:

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

476 clients have gotten food for **1,845 people**.

57,167 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

Our Spring Fling is postponed. We will keep you posted as to when it will happen.
Thank you for understanding!



Around the Utah Diocese

[Click here a video message from Bishop Hayashi](#)



[Click here to visit the Utah Diocese website.](#)

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