

**St. James Episcopal
Church**
Clergy & Staff

**The Rev.
Angelo Puopolo**
Interim

**The Rev. Dcn.
Ken Clarke**
Deacon

Wardens & Vestry
John Murray
Anne Griffiths
Walter Dewar III
Linda Gromen
Leanne Kent
Nancy Jacob
Dave Taber
Bill Whittle
Kathy Rinehart

Parish Administrator
Karen Corbett

Parish Health Nurse
Marian Riestenberg

Youth Ministry
Zack Cornelissen

Newsletter Editor
Julaine Mokren
2RJMokren@fuse.net

**PARISH OFFICE
HOURS**
Monday—Friday
8:00 am to 2:00 pm
Starting 1/4/10

The Journal

Volume 2010, Issue 1

January, 2010

WARDEN'S NOTES

John Murray

Every January brings a sense of newness; a fresh start, a rebirth. For 2010, this is especially true for our St. James family. Our fresh start, though, is significantly different from most people's annual ritual of change.

For most, change is attempted suddenly. Beginning on the first (but usually second) day, we try to change our habits instantly without clearly identifying the root reasons for the changes we'd like to see. Most often we fail, not because of lack of effort, but because we haven't planned properly.

Our search for a new Rector will begin with a period of prayer and reflection. The first step will be to "catch our breath". We'll take some time to truly discover who we are, so that we can collectively decide who we want to be.

Leading us through this phase will be Fr. Angelo Puopolo. As our Interim Rector, he will work with us to maintain our positive energy as we move forward. Recently retired after 22 years at The Church of the Advent in Walnut Hills, he brings a charismatic presence to the pulpit. In addition to being with us on Sundays, he will have office hours Tuesday through Thursday.

We'll miss Fr. Dave greatly, but we're excited to move on to the next phase of God's plan for St. James.



ST. JAMES VISION STATEMENT

**St. James
Episcopal Church
is called to be a
center of worship
and common life
where Christ's love
is visible and
experienced in
order to seek and
serve Jesus in
others.**

Inside this Issue

Warden's Notes	1
Worship Notes	2
Monthly Meetings	3
Outreach	4, 5
Parish Nurse	6
Health Events	6
Joy & Concern	7

WORSHIP NOTES

NEW HOURS STARTING JANUARY 4

The St. James Church Office will be open from 8:00 am to 2:00 pm starting Monday, January 4, 2010.

CHUCH OFFICE CLOSINGS IN JANUARY

The St. James' Church Office will be closed on New Year's Day, January 1, and Martin Luther King Day, Monday, January 18. This allows our employees to spend time with their families on the holidays. If you should have a pastoral emergency, please call John Murray at 513-316-3476.

A LETTER FROM A PARISHIONER

Dear Fellow Parishioner:

I am a strong believer that God sends messages through the universe. If you are listening, you will hear them. This whole Brian Kelley uproar seems to be one of those messages. Here is a team that has done amazingly well under a new coach. He seems to have brought them out of the depths and into the clouds. And now he is leaving. What will they do? Well there are only a few options – find a way to continue to excel, stay the same, or decline.

Does this sound familiar? We are in the same place and we have the same choices. Dave has brought us this far and now he is leaving. This isn't about him, it is about us. In the words of one of my favorite philosophers, Winnie the Pooh, "there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think."

UC can take what it has learned and go on to be great in its own right, no longer dependent on a single coach. St. James can do the same. If we only believe in ourselves and that God is watching out for us and will not throw us in the deep end until we are ready to swim, we will be fine

WORSHIP SCHEDULE

Sunday Services in January

Sunday, Jan. 3	8:00AM Rite I 9:00AM Christian Formation 10:00AM Rite II, Nursery, Coffee Hour
Sunday, Jan. 10	8:00AM Rite 1 9:00AM Christian Formation 10:00AM Rite II, Nursery, Coffee Hour
Sunday, Jan. 17	8:00AM Rite 1 9:00AM Christian Formation 10:00AM Rite II, Nursery, Coffee Hour
Sunday, Jan. 24	8:00 AM Rite I 9:00 AM Christian Formation 10:00 AM Rite II Nursery, Coffee Hour
Sunday, Jan. 31	8:00 AM Rite I 9:00 AM Christian Formation 10:00 AM Rite II Nursery, Coffee Hour

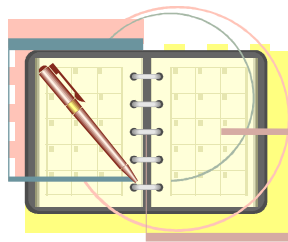
2009 CHRISTMAS OFFERING GIVEN TO WESTFED PANTRY.

The 2009 Christmas Offering totaling \$876.00 as of December 27, will be given to Westfed Pantry as decided by the St. James Vestry at the November meeting.

Westfed Pantry is serviced by volunteers of seven Westwood/Cheviot area churches representing seven denominations. The Pantry shelves are stocked by donations. Approximately one-third of donations are items collected monthly from the participating churches as well as annual area food drives. The other supplies needed are purchased with the cash donations given from members and committees of area churches, corporate gifts, and contributions from the community.

Monthly Meetings

IN JANUARY



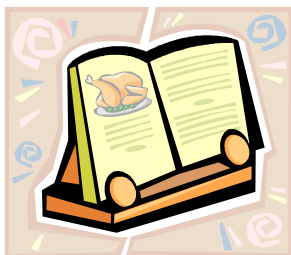
ECW: The Episcopal Church Women (ECW) will hold their next meeting on Thursday, January 7, at 11 a.m. The day's plans include a Program by Ward & Dotty Garrabrant on their trip to Australia and New Zealand. A business meeting and lunch will follow. Bring a sandwich— drinks and dessert are provided by the hosts, Justine Hersel and Julaine Mokren. All women of the Episcopal Church are members of ECW. If you wish to become more active please join us on the 7th or contact ECW president Dotty Garrabrant at 741-9810.

N or M Club: The N or M Club meeting on January 20 will be held at 6:00pm at a site to be announced for dinner and a meeting. The hosts, **Dave and Barb Taber**, will be calling members for reservations. Newcomers are always welcome and should see one of the hosts for information and reservations.

February Journal Deadline is January 14th

The February issue of the St. James Journal will be going to press on Thursday, January 14h, and that is the absolute deadline for all news items for this issue. Please see Julaine Mokren on Sundays, e-mail her at 2RJMokren@fuse.net or call her at 451-3251

ST. JAMES' COOKBOOK AVAILABLE ON SUNDAYS



The new St. James Cookbook is now available and will be each Sunday during Coffee Hour. See Nancy Jacob.. The cost is \$12.00 each. All proceeds are to support the Outreach and Mission programs at St. James.

There are a lot of great recipes from the wonderful chefs at St. James. And don't forget that they make great gifts!

ANNUAL REPORTS ARE DUE JANUARY 10

All Committee Chairpersons and Presidents of church organizations are asked to submit an Annual Report for 2009 to the Church Office by January 10th. The report should also include your financial activity if you have an account that does not belong to the church. If we do not receive your report, your group will not be represented in the printed Annual Report. The Report will be ready in the Narthex by January 24 giving each member of the congregation two weeks to read the report prior to the February 7 Annual Meeting.

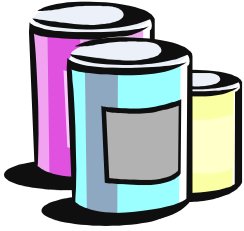
ANNUAL MEETING IS FEBRUARY 7

The Annual Meeting of the St. James Congregation will be held on Sunday, February 7, starting at 11:30 am in Lu Dunn Hall. Please note that the meeting will get underway after a brief intermission following the 10:00 am Service. If you attend the 8:00 am Service that day, please make sure that you have returned to the Church by 11:30 so that you don't miss the opening of the meeting and your chance to vote. A snow out date of February 14 has been selected.

The meeting will include the election of a Senior Warden, a Junior Warden, two Vestry members, two Delegates to Convention, two Alternates to Convention, a Treasurer and one Trustee.

OUTREACH

WESTFED FOOD PANTRY



The Westfed Pantry is located at Grace Lutheran School at the corner of Boudinot and Verdin Avenues. The pantry will open its doors on the **LAST TWO THURSDAYS OF JANUARY, January 21 and 28**, from 1:30 to 2:30 P.M. We served **96 families on December 17**. Parishioners at St. James are asked to bring the following items : **CEREAL, TUNA, OR CRACKERS**. Place all donations in the Narthex on January 3, 10, 17 or 24th.

Other Outreach Opportunities

- We are still collecting for the 2 Cents a Meal program. Half of the money collected goes to area food pantries and the other half goes to the Ohio Network for Hunger in Columbus. If you eat three meals a day, that only costs you six cents a day or 42 cents per week. If you only eat two meals a day, it costs you four cents a day or 28 cents per week. A can for your donations is on a small table in the Narthex.
- Our Administrative Assistant handles diaper requests when families call looking for assistance, as well as the distribution of bus tokens.

Interfaith Hospitality Network

Help is needed and opportunities are available to address homelessness in Greater Cincinnati on Saturday, February 13th. Christ Church Glendale is the week's host church for this program and St. James, along with six other churches, serve as support congregations.

Dinner Hosts, Children's Hosts, Overnight Hosts as well as persons to cook are all needed for a successful evening. Car pooling from St. James is available and job descriptions are available as well on the bulletin board.

Please mark your calendars and sign up on the outreach board in Lu Dunn Hall. Come be a part of St. James IHN volunteers . . . **you** will be glad you did. See Carol Schneider, St. James IHN coordinator, for more information

THE 2010 DATES ARE:

Saturday Feb 13, 2010
Saturday April 24, 2010
Saturday June 12, 2010
Saturday July 31, 2010
Saturday October 2, 2010
Saturday November 27, 2010

NEW LIFE FURNITURE

New Life Furniture is a ministry based at Milford First United Methodist Church and has been established to help formerly homeless families turn their new housing into a home. New Life Furniture reaches out to families by picking up and delivering **gently used** household furniture. **Cont'd on page 5.**

NEXT COMMUNITY FRIENDSHIP DINNER IS JANUARY 21

The next Community Friendship Dinner is Thursday, January 21, the fourth Thursday of the month.. This will be the first dinner this year. On December 17 we served 118 people ham, green beans, macaroni & cheese, stewed tomatoes and desserts.

Everyone is welcome. Bring your friends and family and enjoy dinner with a lovely group of people. The dinners are provided by volunteers who prepare and/or serve the food free of charge to people in the community. There is no way we can say enough about the hard work, diligence and generosity of these volunteers each month.

We have already selected the menu for the January dinner—**roast pork, mashed potatoes, gravy, vegetable, applesauce, rolls and butter, and desserts**—but we still need people to supply the food, prepare and set up, and to clean up after. If you have any menu ideas, for future months, please contact Anne Griffiths or Jane Mattes. If you would like to join this wonderful group of volunteers, tell one of them, and be there on January 21.

Volunteer Opportunity:

Wesley Community Services are opening their new Meals on Wheels kitchen facilities in December on Knobb Hill, Price Hill. They are seeking volunteers to help in the kitchen packaging/organizing the side dishes that are sent with client meals. Flexible shifts and days are available. This is a great opportunity .to help in the community. Please call Steve Smookler, Wesley Community Services Director at 661-2777 for more information

Anita and Michael Dohn,
Missionaries in Health Ministries
December 2009 Mission E-mail [No. 65]
Web-site: <http://dohnfamily.org>
E-mail: DohnFamily@sams-usa.org

Anita and Michael Dohn are physicians serving as South American Missionary Society missionaries with La Iglesia Episcopal Dominicana at the diocesan Clínica Esperanza y Caridad. They live along the southern coast in San Pedro de Macorís in the Dominican Republic.

Recycling a Workshop

It was a workshop re-run. We had presented the same workshop on women's health a week earlier, but six health promoters in the community missed it. A house had burned to the ground just hours before the original workshop; comforting the family that had lost their home and possessions and relocating it to temporary quarters in the village had occupied these six health promoters that day. So, we were presenting the topic again a week later for those six promoters. The dynamics are different with just six people; it is a small group rather than a class setting. It is much more interactive. Everyone can share their ideas and ask questions. Even the timid participate. It was a much more personal workshop than the week before; each woman had stories about people in this community who had cervical or breast cancers found too late.

These stories of the unfortunate experiences of women in their village created an eagerness by these women to learn all they could about prevention, and how to overcome fears, taboos, and misinformation prevalent in their community. The ambience reminded me of the same attitude and spirit that characterized small meetings with residents when I was on the Family Medicine faculty before becoming a missionary.

I like being a physician. I like teaching. I like working with enthusiastic students - whether family medicine residents or community health promoters. I like being a missionary, knowing that I am where I am called to be and doing what I am called to do: sharing the Good News in a very tangible and incarnational way with a people in a community that can really use it.

Keep praying, Anita

Each family served also receives a Bible. Our prayer is to show God's love while helping to furnish these families new homes.

Our current needs are: gently used coffee tables, end tables and kitchen tables & chairs, lamps, dressers, nightstands, and couches...and Clean beds.

Please contact Holly Young 582-9053 – Youngehr@fuse.net or Tim Nabors at 600-3286 at Nabors tim-nabors@cinci.rr.com with any questions. Also check out our website at www.nlfurniture.org Thanks again...and Blessings

News from your Health Ministry From Marian Riestenberg BEAT THOSE WINTER BLUES

If you get down when sunshine and warmth are in short supply this winter, you will not be alone. Many people have feelings of sadness especially after the stress of the holiday season. There are ways which can help beat these winter blues:

- **Take fun seriously.** Find an outdoor activity that gets your heart pumping to increase your endorphins and positively affects your mood. Take the stairs whenever possible, walk outdoors or in the mall, take a winter hike.
- **See the light.** Whenever possible keep your blinds/curtains open, go outdoors, and get some natural sun. It can do wonders for depression.
- **Seek friendly help.** Let others help you if you are feeling low. Just having someone to talk to can lift your spirits.
- **Talk to a professional.** The "winter blues" can be a symptom of a bigger problem, such as depression. Don't be afraid or embarrassed to seek counseling help.

Remember Spring is around the corner.

YEAH!!! We made it to BETHLEHEM in time for Christmas!!! This was our destination. How much do you really know about Bethlehem? Here are a few facts:

- It was first noted in Scripture as the place associated with Rachel's death & burial.
- It is the birth-place of David, the second king of Israel, & is also the place where he was anointed as king by Samuel.
- Jesus' parents were forced to leave Nazareth, their place of residence, & return to Bethlehem for a census.

A special thank you to all who participated-I hope you enjoyed our virtual walking tour to Bethlehem. Please keep up with physical exercise during these winter months!

JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office closed Happy New Year 7:30pm AA	2
3	4	5	6 7:30pm NA	7 11:00am ECW	8 7:30pm AA	9
10	11	12	13 7:30pm NA	14	15 7:30pm AA	16
17	18 Office closed Martin Luther King Day	19	20 7:30pm NA	21 7:00pm Finance Mtg.	22 7:30pm AA	23
24	25	26	27 7:30pm NA	28 5:00pm Commu- nity Dinner	29 7:30pm AA	30
31						

Jan 3

Jan 10

Jan 17

Jan 24

Jan 31

Lay Readers 8am Walt Dewar, Jr. Jac Allen
Old Testament: 10am Bruce Knapp Carol Schneider
New Testament: Anne Griffiths Megan Murray
Intercessor Bill Whittle Kim Taber

TO BE ANNOUNCED

Acolyte:

Cruficer & Alms	Pete C.	Megan Murray	Sabrina Peelman	Chris Gentry	Kim Taber
		Jenna Hamblin	Molly Cornelissen		
Book/Elements	Sabrina Peelman	Kim Taber	Brandon Hosken	Andrea Smith	Peter Cornelissen
Altar Guild	Everyone	Dottie Wilson	Julaine Mokren	Kathy Rinehart	Anne Griffiths
		Julie Murray	Justine Hersel	Pat Ognenoff	Pam Peak
Greeters	Janet Wiechert	Bea Robin	Elana Hurd	John & Nancy	Kathy Rinehart
	Kay Thomas		Shirley Miller	Goodyear	Pam Peak
Ushers	Walt Dewar III	Eugene Jacob	John Goodyear	Eugene Jacob	Walt Dewar, III
	Paul Maus	Walt Dewar, Jr.	Paul Maus	Dave Taber	Walt Dewar, Jr.
Counters	Jean Smith	Jane Mattes	Walt & Teresa	Jean Smith	John & Nancy
	Glenna E.	Justine Hersel	Dewar	Shirley Miller	Goodyear

Coffee Hour

Carol Schneider
Shirley Miller

TO BE ANNOUNCED



Joy and Concern

Please remember the following parishioners or their family or friends in your prayers: **Linda Beth Allen,, Kathy Dove, Michele Evans, Trudy Eyrich, Gordon Griffiths, Amy & Justin Hayward, Jane Hiltenbeitel, Thelma Hughes, Nancy Jacob, Alex P. Kent, Bea Kent, Ted & Sue Krug, Bernice Lacy, Bob Mokren, Clara Ray, Viv Riestenberg, Ruthann Shaw, Donna Stewart, Hazel Whited, Mary Alice Whitney, Viv Riestenberg, and Joan Young.** The sympathy of the parish is extended to **Ken, Tami, Sarah and Adam Mahler** in the death of his mother, **Mary Perin (Murph) Mahler** on December 22. A memorial service will be held at Calvary Episcopal Church on January 17.



A REMINDER ABOUT OUR PRAYER CHAIN

If you or someone you care for would like to be prayed for in addition to our regular intercessions, please call the Rector or Parish Administrator, or tell a member of the prayer chain. Your request will be sent along the chain

2010 Altar Flower Chart in Lu Dunn Hall



The new 2010 Altar Flower Chart is posted on an easel in Lu Dunn Hall.

There are openings for altar flowers on January 10, 17, 24 and 31, .

Please sign up to place flowers on the altar as a memorial or in thanksgiving or celebration of an event. After you have signed the chart, please see Altar Guild treasurer Julaine Mokren about

details. The cost is \$18.00. Checks are payable to **The Altar Guild of St. James** and are due on the day the flowers are placed. Please give checks or cash to Julaine Mokren..

JANUARY BIRTHDAYS AND ANNIVERSARIES

- 1— Jeannette Baltes
- 2—Annette Little
- 2 - - Kenneth Mahler
- 3—Christopher Lindemann
- 3—Julie Murray
- 6—Jasmine Prasad
- 6—Marian Riestenberg
- 7—Michele Evans
- 10— Sue Stanton
- 12—Surinder Ram
- 19—Paul Maus
- 28—Shirley Lutz
- 28—Cecelia Sukhai
- 29—Katie Schaeffer
- 30—Megan Murray (18)
- 31—Thelma Hughes

ANNIVERSARIES

- 2 Dave & Barb Taber

SPECIAL PRAYERS FOR BIRTHDAYS & ANNIVERSARIES

Each Sunday those who are present and are celebrating birthdays or wedding anniversaries that week are invited to come forward to receive a prayer and blessing. If your name does not currently appear on the monthly birthday and anniversary list in The Journal, why not call the Church Office and tell us your special date. We promise not to tell the year of your birth.

St James Episcopal Church
3207 Montana Avenue
Cincinnati, OH 45211

Church Office....513-661-1154

Church Fax.....513-661-1031

Office Email.....stjames.admin@fuse.net

Standing Notices

- At times of need or sorrow, please call the clergy.
- In the case of communicants, the sacrament of Holy Matrimony and the Order for the Burial of the Dead should always be held in the Church.
- Before any plans are made or announced for the sacrament of Holy Baptism or Holy Matrimony, please consult the priest. In the case of Holy Matrimony, we need 30 days notice.
- The Sacrament of Reconciliation of a Penitent is always available by appointment with the priest.
- If you have an e-mail address, please let us know so that breaking news can be forwarded to you. If your e-mail address should change, notify us stjames.admin@fuse.net.

Remember St. James in your will. God's work is supported by the tithes and sacrificial offerings of God's people.