

The Spirit



of St. James

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Finding Our Balance

"Come with me... to a quiet place and get some rest."

- Mark 6:31

All through Scripture, and especially in the Gospels where Jesus models this for us, we read the truth about needing times of rest, times of rejuvenation, and re-creation, as well as times to work, study Scripture, pray and worship. Saint Benedict created *The Rule of Life* for all in his monastic order to follow. Obviously, we're not all called to be monks or nuns, but the common sense application of our own "Rule" can make the difference between a healthy faith and joyful ministry in service to the Lord, and the dreaded burn-out.

First of all, what is the principle behind St. Benedict's *Rule*? It's actually quite simple, and if you've ever been in business you'll probably have heard something similar and popular called "work-life balance". That's about balancing time for work; time for family and friends; time for rest, recreation, and re-creation; and time for worship, prayer, Bible study, and other spiritual disciplines. Not necessarily in that order, but as part of a daily balanced spiritual diet that's guaranteed to keep us spiritually fit and ready to love and serve both God, and our neighbors.

This month let's continue to work towards greater spiritual balance in our lives. Developing balanced habits in our lives really help us in our spiritual growth, and our spiritual health. Furthermore, never underestimate the benefits of being spiritually healthy. Ultimately, our spiritual health affects every single area of our lives. Think about it! We function best – in the way God desires for us – when we align our will with God's will. And how do we do that? We develop a healthy balance in our spiritual lives through practices like worship, prayer, Bible study, spiritual reading, and exercising our God-given spiritual gifts through our ministries. Incidentally, the best work we ever do is actually putting our faith into action. As St. Benedict teaches, our spiritual health also involves periods of rest and re-creation. As children, we loved playtime, so let's ask ourselves what happened to that kind of fun in our lives? Many of us have forgotten the joy of abandoning ourselves to the moment, and enjoying our free time doing something that is simply fun. Let's recapture that playfulness in our lives. It's a vital part of finding our spiritual balance.

Finally, there's another benefit of a balanced spirituality. We're honoring God as good stewards of our bodies, of the time that God has given us, and all our God-given resources by keeping ourselves spiritually healthy. Why not try it for a whole month (or even two or three), and see how good it feels to get into balance and develop even greater spiritual health in our lives. Peace and blessings for a glorious summer!

Susan⁺

TREASURER'S REPORT

Financial Snapshot

OUR YEAR-TO-DATE FINANCIAL CONDITION IS GOOD. ACTUAL PERFORMANCE, WHICH IS VERY SLIGHTLY NEGATIVE BEFORE CONSIDERING THE SUPPORT WE RECEIVE FROM THE DIOCESE, IS A REMINDER THAT WE ARE NOT YET SELF-SUPPORTING. BUT WE ARE SIGNIFICANTLY LESS RELIANT ON THE DIOCESE THAN WE EXPECTED AT THIS TIME. COMPARISONS BOTH TO BUDGET, AND TO YEAR-AGO NUMBERS ARE FAVORABLE.

PLEASE CONTINUE YOUR GENEROUS SUPPORT FOR ST. JAMES.

WAYS TO MAKE A FINANCIAL CONTRIBUTION TO ST. JAMES (NOTE THAT THE WEB SITE LINK, & THE FB LINK, ALLOW YOU TO SET UP SCHEDULED DONATIONS):

- ✦ CHECK, OR CASH, IN YOUR PERSONAL ENVELOPE.
- ✦ ELECTRONIC GIVING: VISIT OUR WEB SITE: STJAMES.AZDIOCESE.ORG CLICK ON SIMPLEGIVE.
- ✦ ON OUR FB PAGE: CLICK THE "USE APP" BUTTON
- ✦ TEXT AN AMOUNT TO (480) 725-3889 (1ST USAGE WILL ASK FOR CREDIT/DEBIT CARD INFORMATION.)

McKEE LUNDBERG

Year-To-Date through May 26, 2015

Total Income	\$134,054.68
Total Expense	\$134,259.47
Sub-total Surplus / (Deficit)	\$204.79
Diocesan Support	\$18,750.04
Total Surplus / (Deficit)	\$18,545.25

FROM THE SENIOR WARDEN

Being pulled over by the cops in a small Ohio town brought images of being thrown into the nearby Mansfield Reformatory where some of the movie Shawshank Redemption was filmed. There are all kinds of images and scenarios that pass through your mind in a matter of seconds, especially when driving someone else's car. I was told that I was driving a car with license plates that were out of date for 5 years, but with up-to-date license tags, which is a Class 1 Misdemeanor. Something I did not know was possible, thankfully he believed our story keeping me out of the "big house". There are so many things that we take for granted on a daily basis that go unnoticed until it is too late. This made us realize that there is so much to think about when helping someone transition from independent living to the safer environment of assisted living.

Being out of town for an extended amount of time makes me see the similarity of our experience in Ohio and St. James. Living independently alone with limited contact with neighbors and the safe, comforting feeling of knowing that St. James is always there for you. Pastor Susan even offered to post bail for me if needed. Hopefully I won't need to take her up on that offer and we'll make it home without too many more problems. This has been quite a trip so far.

Peace,
Bob Klassen

Bishop's Committee Meeting

Wednesday, July 15th

6:00 pm

AT YOUR SERVICE: YOUR BISHOP'S COMMITTEE

Bob Klassen (Bishop's Warden)
Larry Kenyon (Junior Warden)
McKee Lundberg (Treasurer)
Gerry Carlston
Carol Justice
Al Larson
Chris Papaccio
Janie Studt

VACATION BIBLE SCHOOL



What a wonderful week of VBS! Both the volunteers and the participants had a great time. Here are a few pictures to highlight the week. God is good. Thank you for all the Volunteers who helped with the prep work before VBS, made dinners for the staff and my VBS staff, I can't do it without you. I can't thank you enough - you made this such a wonderful week for the children who participated each night. Thank You.

Eileen Flock



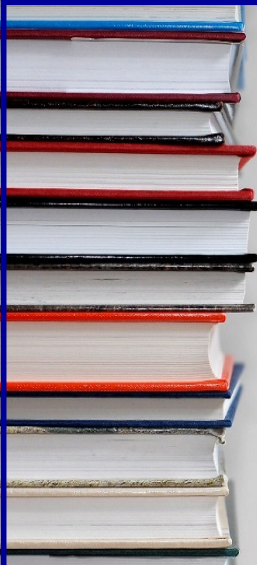
VACATION BIBLE SCHOOL



We look forward to next year.!



WARMER IN FELLOWSHIP



St James Bookies

JUNE & JULY'S BOOK IS THE GOLDFINCH BY DONNA TARTT. WE WILL MEET **SUNDAY, JULY 26TH**, AFTER THE 10:30 SERVICE AT THE PARADISE BAKERY IN THE CHANDLER PAVILIONS, 940 N. 54TH STREET, CHANDLER, 85226. BE SURE TO BRING A LIST OF BOOK IDEAS FOR THE FALL!



KEEP CALM IT'S LADIES NIGHT

Tuesday
July 14th

6:00 pm

Texas Roadhouse
8510 S. Emerald Drive.
Tempe, AZ 85284
Near IKEA

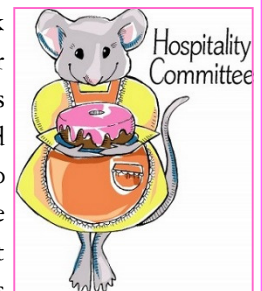


**Join Us
for Lunch!!**

Thursday, July 23rd
11:15 am

Biscuit's
4623 E. Elliot Road, Phoenix
(SW corner 48th & Elliot)

The Hospitality Team is in need of volunteers to keep our kitchen neat and tidy. We need three or four people who are willing, once a month, to check the two refrigerators and the freezer to be sure that everything is organized, properly dated and disposed of timely. We would also appreciate it if you could check the shelves of our cabinets to be sure that plates, bowls, platters, cups, glasses etc. are neatly stacked and ready for use on Sundays or ready for special occasions. This could be done after the 8:30 or 10:30 service if you don't want to make a special trip. Anyone willing to do this once a month please let Ellie Kenyon know at (480) 248-7457 or at ejkenyon6315@verizon.net.



The remaining dates are:

August 14
September 11
October 9
November 13
December 11
January 8

St. James Monthly Outreach to our hungry neighbors at the UMOM Watkins St. Shelter. There are 10 spots available each month on the 2nd Friday evening of the month for the St. James team to serve food to the women and families at the Watkins emergency shelter. Please sign up for our next service evening beginning at 5pm and ending about 7:30pm on **Friday, July 10th**. The Watkins shelter is located at: 1120 Watkins St. Phoenix, AZ 85004. Anyone who is 13 years and up is welcome to be part of the team. *Also, please remember that if you sign up you are committing to show up, otherwise we'll be short staffed.* If you sign up and can't come please arrange for a replacement. This is an exciting opportunity to get some hands on service experience and meet some wonderful people.

BROADER IN MINISTRY

Acolyte Schedule for July 2015

DATE	8:30 am Service	10:30 am Service	
2015 July 5	Pamela P.	C= TBD	BU= TBD
July 12	Barbara	C= Pam H.	BU= Morgan
July 19	John B.	C= Nyah	BU=Aly
July 26	Pamela P.	C= Collin	BU= Brandon

Healing or Cure?

Are healing and curing the same thing? Experience from my years of nursing and of pastoral action lead me to a gentle "no." They may be, but let's take a closer look.

Both have been in use since the 12th to 14th century. Cure is something that stops a disease and makes someone healthy again - a complete and permanent solution or remedy. To heal is to restore to original purity or integrity; to return to a sound state. Subtle differences, but worth considering!

A healing service, such as we experienced with Pastor Susan last week, is an opportunity for each of us to seek wholeness. Looking at the people gathered there, I could see great healing in spirit, relationships with family and with God. Such healing is deeply worthwhile. Cure is a gift which may or may not be apparent in any timely manner.

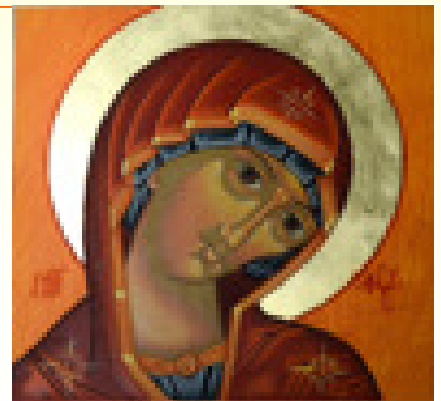
May I wish you healing where it is needed and cure if that is possible!

As Dame Julian of Norwich put it:
"All things will be well, and all manner of things shall be well."

God bless!
Deacon Pat



Sacred Illuminations: An Iconography Workshop with Brenda J. Fox, Iconographer. Come learn an ancient way of prayer and contemplation through the art of "writing" an icon. No former art experience necessary. Brenda will walk you through a step by step process of learning to create an icon from start to finish. This is a time of contemplation in prayer and painting. Icons are painted in acrylics. The cost: \$325 and includes all art supplies. A deposit of \$125 holds your spot. Balance due at workshop. **August 27th - 29th** from 9:00 am to -5:30 pm. Bring a journal or notebook, cheater glasses if needed, a sack lunch, comfortable clothes and a snack to share. Registration questions: Brenda Fox @ (602) 574-4016 or email: bjfox7600@aol.com.



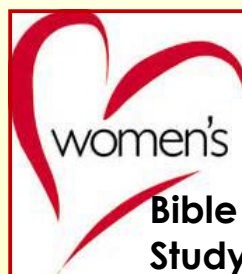
Christian Formation For All – CFFA!!

Still looking for a great exercise program? Well here it is! Exercise your mind and spirit, strengthen and grow in faith this year by joining us for an exciting series on the Gospel of Mark. We continue our journey in the library between worship services. Please be sure to pick up your copy of the Gospel of Mark workbook. It contains additional information, and weekly study questions that we'll discuss during our time together. We'll also have a weekly presentation to get the inside track on Mark's agenda and themes. The Gospel of Mark is the primary gospel for this year's weekly lectionary readings, so come and get a great spiritual workout with CFFA.



DON'T FORGET!

Living Compass classes continue **Sunday, August 2nd**, after the 10:30 service. Potluck lunch & childcare provided.

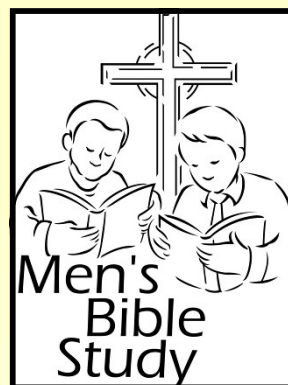


Wednesday's
4:00 pm in Room 4

TREASURE HUNTERS!!

Returns **August 9th**
with a new adventure!

All children ages 5-10 welcome.
Join us after the 10:30 service for
lunch & a new program.



BEGINS THURSDAY.
JULY 16TH

6:30 PM

ROOM 4

ALL MEN WELCOME!

Follow Us On Facebook at "St. James the Apostle, Tempe, AZ" where you can find the Sunday Snippet and Pastor Susan's* articles from the Ahwatukee Foothills News or the East Valley Tribune.

Have you checked out our Google calendar?

See our website at www.stjamestempe.org and don't miss a thing. Sync your calendar with the St. James Google calendar.

*As you grow older,
you will discover that
you have two hands,
one for helping
yourself, the other
for helping others.*

Audrey Hepburn

HOW MANY LOAVES DO YOU HAVE?

What are you going to do about all these hungry people?" that is really the question going to do about it?" We must be willing to address before the disciples in John 6:1-21 as more than the issue of physical hunger in the midst of the world 5,000 people gathered to hear Jesus teach and to witness his healing ways. The 12 whom he chose as his disciples, these interns of faith, are caught off guard by this massive crowd and the obvious need to provide them something to eat. They don't have enough money to cater lunch for everyone, and even if they had the means, there are no kosher delis nearby to provide the food.



Most of these people live miles away, traveling the distance by leaving their homes early in the morning to be here with Jesus. There is no way in the world they could all go home for a quick bite to eat and then come back for the afternoon. What are the disciples going to do about this dilemma?

Thank goodness for Andrew. He is always willing to engage others openly and ready to try new and daring ways of solving problems. Andrew discovers the hidden resources of a young boy in their midst. The boy has brought with him a sack lunch of two small fish and five biscuits. It is a boy's meal and even Andrew is not quite sure what can be done with such modest resources. Yet, that seems to be all the food there is in sight and the boy has made the generous offer to share what he has brought. It turns out that the boy holds the key to the whole situation. When his meager food supply is placed unreservedly in Jesus' hands, Jesus does miraculous things with it. The whole crowd is fed. A small boy's lunch has caused big things to happen.

Today, hunger still stalks the globe. In a world of plenty, many are starving to death. Jesus'

God gives us the means to make a difference in the world, to help feed the famished. If we are going to accept the challenge, there are two things we should know. One, that faith alone will not alleviate human suffering. Faith by itself, without works, is no faith at all. Two, neither will bread alone stop hunger. It took God's power to turn the bread into plenty for all, but God used even the meager resources offered and produced a feast. Let's stop thinking we don't have enough and begin to think that God can do amazing things with what we have to offer. We must not think of ourselves or our resources as insignificant. We are to come to Christ with what we have and who we are to be used and reshaped in the process for good. How many loaves do you have? Don't worry; it is more than enough for the work of ministry in Christ's name.

— by Jonathan R. Almond, excerpted from
The Clergy Journal, May/June 1999, © Logos Productions.

***Watch how you live. Your lives may be the only gospel
your sisters and brothers will ever read.***

Dom Helder Camara