



# VOICE OF ST. JAMES'

## ST. JAMES' EPISCOPAL CHURCH

Founded December 7, 1941

**OUR MISSION:** To foster a loving and accepting Christian environment in the Episcopal tradition, where all individuals are valued and empowered to use their time, talent and resources in spreading the Good News.

The Rev'd Jeffrey H. Walker+, Interim Rector

Myra A. McDaniel, Editor

### RECTOR'S REFLECTIONS

His name is Henry Winter Syle. His name is designated in the Church Calendar, but almost nobody knows about him, unless they keep a very close watch on such a calendar. Doing so is not a frequent experience for most people. Henry Winter Syle was a brilliant student. I mean brilliant. Two degrees from Yale brilliant. He was encouraged to seek ordination in

the Episcopal Church. It sounds crazy, but lots of people were against him. People like Henry should not be ordained. That was the common wisdom of the time. And the common wisdom had a long history to back it up. People like Henry had never been ordained before. He was deaf. Deaf since Scarlet Fever took his hearing. Common wisdom with all that history behind it said that if you don't have all your senses, you shouldn't be ordained. Which just stinks even if you have lost your

sense of smell. Back in the Book of Leviticus there is a list of things wrong with a person that would keep him from being a priest. To be a priest, you had to be 'unblemished' because we were considered made in the image of God, but only if we were all put together just right. Here is the list. Feel free to cringe: blind or lame, a mutilated face, a limb too long, a broken foot or hand, a dwarf, film in or discharge from the eyes, an itching disease, scabs, or crushed testicles. Don't get mad at me for any of those, especially the last one. I'm just reading scripture to you. Leviticus 21: 16-20. You can look it up.

"Unblemished" has undoubtedly shifted in definition over time, but there have always been limitations, "impairments" we look back on with a sense of incredulity at best, and shame at worst. The holdouts for whatever purity is have long memories and loud voices. My guess is that they might well believe that Jesus was unfair to the Pharisees, the purity crowd of their time. The history of exclusion is ground we really don't need to re-plow at St. James'. That common wisdom stating that African American men were morally incapable of being equal to white men for the priesthood. For women it was biologically impossible. And in the Diocese of Texas, at one time in our history, a divorced man could not be considered for ordination. Literally, thank God those things have changed. Changed slowly and painfully, but changed. Not perfect, but changed still. With the support of the Bishop of Philadelphia, Henry Winter Syle was ordained in 1876. He had a sense of call. That sense was the only one he needed. And he never gave up. Before he died, he built the very first church constructed especially for deaf persons. His ministry was another barrier breaker. But, there is always more to be done. At St. James', we might well consider how that ministry could evolve within the inclusiveness of our own diversity. Inclusion and diversity will always

take the best of our intentions, worked out in the daily parts of our common life.

When I was a little boy, the only images I had of what a priest should be, were the beautiful and flawed men who stood at the Altar of St. Mark's Church in Houston. The same men sipped scotch in our kitchen. I never believed they were perfect. I knew only that they were holy, called by God in some mysterious and sacred way to serve the broken people of the world. At some point I began to feel something of the same call they must have felt, as blemished as I knew myself to be. And I have always believed that if God can use a guy like me, God can use just about anybody, no matter what Leviticus and the loud voices say. August 27th is the day set aside to honor the memory of Henry Winter Syle. It would be a good day to thank God for barrier breakers, and to ask what more we all can do to serve all of God's children.

The Rev'd Jeffrey H. Walker+, Interim Rector

## SEARCH COMMITTEE NEWS

The Search Committee is in the process of interviewing several new and promising candidates. Our subcommittees have been very busy in recent weeks conducting initial interviews. We are also in the process of arranging a second interview for one candidate. The second interview includes a tour of the church and school and in cases where the candidate is from outside Austin, a tour of our beautiful city as well.

I know that many members of the congregation are getting anxious about the length of time this search has taken. Last month marked the one year anniversary of our search committee's formation. Frankly, I hope we don't have to celebrate another anniversary. Having said that however, I must repeat what I have said before and that is that we will not make a recommendation to the Vestry until we are convinced that we can recommend the best candidate to lead our congregation. We remain hopeful and prayerful that we can confidently make a recommendation soon. Please add your prayers to mine and to the prayers of the members of the committee that the right person for this position will be revealed to us very soon. Thanks for your support for this important work.

Respectfully, Lora J. Livingston  
Search Committee Chair

## EAST AUSTIN WELLNESS INITIATIVE

*Eating for Your Health*

### Part 1: Fruits and Vegetables

Last month we discussed identifying potentially unhealthy eating habits. This month we will begin the first of many issues that will guide you to incorporating healthy food choices into your diet.

Let's start with getting your fruits and vegetables. As your mom always said "Eat your vegetables". Well, research shows she was absolutely right! Fruits and vegetables are among some of the most nutritious foods we can eat. These foods help fight the development of many medical diseases and help promote a healthy body.

### Fruits/Vegetables

#### HEALTH BENEFITS/PROMOTION OF:

1. Prevention of Coronary Artery Disease/Heart Disease
2. Maintain a healthy gastro intestinal track
3. Prevention of diabetes
4. Prevention of certain Cancers
5. Prevention of Obesity
6. Prevention of Hypertension
7. High Energy levels

So, how much and what are the most nutritious fruits and vegetables? Well, first eating any fruits and vegetables is always great!!

Here are only a few that contain lots of nutrition in one serving

FRESH OR FROZEN...*Do Not recommend canned*

**Excellent Source of Antioxidants/ Fiber/**

**Vitamins/ Minerals**

\*Spinach \*Cauliflower\*Asparagus\*Blue berries  
\*Carrots\*Green Beans\*Cabbage\*Cantaloupe  
\*Broccoli\*Tomatoes\*Squash/zucchini\*Bananas  
\*Mushrooms\*Sugar snap peas\*Peppers\*Apples

These are only a few, all fruits and vegetables contain antioxidant fighting properties and promote good health.

Most research shows that eating between **6-8** fruits and vegetables will carry with the benefits listed above. This is an important point, to reap the extraordinary benefits of fruits and vegetables, eat more than 1/day!!!

**Suggestions for Including 6-8 vegetables /daily  
in your diet:**

1. Breakfast (include 1-2 fruits)
  - \*Cereal w/sliced peaches
  - \*Yogurt w/sliced strawberries/blueberries/bananas
  - \*Whole wheat pancakes w/fresh fruit
2. Lunch (Include 2 fruits/vegetables):
  - \*Turkey sandwich-tomato slices/spinach leaves/red onions
  - \*Raw carrot sticks
  - \*Raw celery w/peanut butter
  - \*Tuna/chicken salad w/tomatoes/cucumbers/peppers

- \*Fresh piece of fruit
- 3. Snacks (include 1 fruit or vegetable):
  - \*fresh fruit
  - \*banana/apple w. peanut butter
  - \*celery low fat cream cheese
  - \*tomato slices w/ lemon pepper
  - \*crackers w/healthy spinach dip
- 4. Dinner (include 2 vegetables)
  - \*Add a salad w/fresh vegetables
  - \*Include steamed vegetables either fresh or frozen
  - \*Chicken tacos w/fresh pico de gallo/  
salsa/onions/sautéed mushrooms and peppers
  - \*Spinach stuffed Chicken breast
- 5. Desserts
  - \*Cinnamon baked apples w/granola topping
  - \*strawberry shortcake (fresh strawberries)
  - \*sliced bananas w/low fat banana pudding & a few crushed vanilla wafers

Make a conscious effort to keep fruits and vegetables around the house and include them regularly in your diet and you will be on the way to a healthy diet.

Be sure to read the service bulletin and e-newsletter for upcoming nutrition classes that detail more instruction on how to make healthy dietary changes.

Asia McMullin, Nutritionist

SPECIAL NOTE: St. James' is trying to do its part to promote wellness among our community. Our nutritionist, Asia McMullin, is available for appointments. She can work with families or individuals, to help them learn how to make healthy changes to their current diet. Cost of sessions will vary depending upon number and type of sessions and type. Help is available if needed.

For more information email Asia at: [austintime4dinner@yahoo.com](mailto:austintime4dinner@yahoo.com)

### SNAPSHOT

Nutritionist Asia McMullin is not a member of St. James' Church, but she is the latest team member of the East Austin Wellness Initiative headed by Joyce Christian, and has a wealth of services to offer the St. James' community.

Asia's passion is wellness through good nutrition and education, and over the years she has employed her knowledge and skills in a variety of settings. For two years she prepared noon lunches for the children at St. Andrews' School; she's cooked for and counseled UT football players, working especially with those preparing for the major leagues. This summer she's preparing meals for young women at a private dorm on the UT campus. She's served as a consultant for Apple Computer, and will be talking nutrition to teens at a July football camp. In fact, Asia, who's working to be certified in the area of sports nutrition, is writing a book for young athletes—a structured, easy to read and follow book on how and what to eat and drink both before and after workouts, practices, and games. No doubt she practices on her teenage son who is involved in sports at Dripping Springs High School.

Asia's goal is to "get out there as a nutrition educator" and "provide St. James' members with a healthy living." She's presently conducting a Tuesday evening nutrition seminar at St. James' and has proposed a six-week group program of weight loss and fitness with an exercise plan, aerobic/toning exercises, a nutrition education segment, and a nutritious meal plan. She can provide personalized nutrition counseling, including recipes, a grocery list, cooking techniques, behavior modification techniques and an exercise plan. She can monitor an individual's progress and provide continued education through follow-up visits. While these services would not be free, they would be of lower cost than is typical. Finally, a part of Asia's ongoing nutrition service has been the preparation and distribution of nutritious, low-calorie meals. Several members of St. James' already purchase up to a week's main meals from Asia. If permitted to, Asia might offer this meal program to more of us, allowing members to pick up as many as three meals for the coming week after church on Sundays.

Perhaps because of her own good eating habits, Asia is a woman full of energy. She runs nine miles four or five times a week. She travels back and forth from Dripping Springs to Austin, cooking here, training there, delivering meals all over. During her busy day, she thinks a lot about God and how He works in the world. She prays for faith, and when she can't close her eyes at night, she "prays for the world" until she falls asleep.

Asia has a lot of energy and dedication to healthy living that she wants to impart to us at St. James'. She put out

sign-up sheets in Founder's Hall once before, but is finding it difficult to get people together, although she does already have one person taking advantage of individual counseling. For those who want to be in touch with Asia, they can contact Joyce Christian ([joycechristian@austin.rr.com](mailto:joycechristian@austin.rr.com)) or Asia directly ([austintime4dinner@yahoo.com](mailto:austintime4dinner@yahoo.com)). We've been given a great opportunity to learn how to get and stay healthy individually and as a community, and Asia has lots of expertise and eagerness to share.

Karen Bordelon Hartwell

### **LABOR DAY FAMILY CAMP**

*September 4-6 2009*

Is your family in need of a back to school break? Join us in the piney woods of Camp Allen for a fun-filled family weekend!

Activities: Fishing lessons, canoeing, swimming, nature walks, arts & crafts, horseback riding, rock climbing, virtual theatre experience, outdoor exploration, moonjump, western night, fireworks show & more!

Weekend packages (meals, lodging and most activities): Family (2 adults & 2 children) \$425; couple \$325; single \$200; additional children \$65. For more information or to register, contact Toni Christopher at 936-825-7175 or [info@campallen.org](mailto:info@campallen.org).

### **ST. JAMES' EPISCOPAL SCHOOL**

What are you doing to keep cool in this incredible heat? During the summer at St. James' Episcopal School, we are keeping cool with Water Fun days. We have soakers, many different sprinklers and a great water table. The children arrive dressed in their swimsuits. At 8:30 they come to the playground where sprinklers are set up in three different locations. The water table is prepared, and there are buckets of water for the soakers.

The biggest draw the last couple of times has been a new area where the tricycles are washed. A bucket was filled with soapy water, sponges were provided, and the children happily and very meticulously cleaned the tricycles. On a subsequent day when the tricycle wash had not been set up, the children asked the teachers for help and set up their own "car wash." Children rode tricycles, stopped, had them washed, and continued around the trike track. Other children rode the little yellow and red cars over, had them washed, and continued on. It was quite a set up! And, the children were so proud of themselves. There was quite a bit of jockeying for positions going on, because they all wanted to wash the riding toys.

Some children get immediately involved on Water Fun day. The older children head straight for the bucket of water and the soakers. They spray themselves, anyone within spraying distance the grass and the air. Some of the children seem to like the water table the best. They play in the water and work on getting themselves wet little by little with the cups and buckets in the water table.

Some of the children are very tentative. I watched a little girl, slowly walk around the playground. She was checking the different areas. Then, she stopped where we had a sprinkler with little frogs and insects and water spraying gently out. She walked over the sprinkler daintily a couple of times, not getting too wet, then lowered her head, and got her hair all wet. She then stood up straight, looked at me, and laughed. I just loved it. That laugh embodied all good things – happiness in the moment, freedom to choose what you want to do, delight in the coolness of the water.

Water is so soothing. What a treat it is to watch the children enjoy themselves. It makes me feel cooler just watching them. Of course, being outside with a hose and helping them fill up buckets is even better. From the children we learn – if you want to stay cool, play in the water with friends!!

Glennie Burgess, Head of School

### **ST. JAMES' PLAYGROUND MEET UP**

For folks at St James' whose kids enjoy playgrounds: Come enjoy some time outside with fellow St. Jamesians.

Friday, August 21, 2 pm to 4 pm, Veterans Memorial Pool, Cedar Park

Saturday, September 26, 10 am to noon, Green Gate Farm

Sunday, October 25, 2 pm to 4 pm, Little Stacy Park

Future dates and locations TBD.

Questions, thoughts, suggestions? [lizziecainclark@gmail.com](mailto:lizziecainclark@gmail.com).

### **“THE PLACE THAT YOU ARE”**

Joe Morales and Martha Pulkingham wrote this piece that we sang at our combined service on St. James’ Day, July, 26. We thought you might enjoy a chance to keep a copy. Indeed, we are happy to be in this place.

*“The Place That You Are”*

Can you feel, can you touch, can you see, can you hear?  
Do you know who you are, do you have what you need?  
Can you breathe, are you full of the love that He gives?  
Are you happy to be in the place that you are?  
You can find peace and rest in the still of a breath,  
in the beauty of the earth around you.

Lord of love, fill our lives, make us whole, guide us through trials of life, bring us hope where there's doubt. Give us love. Fill our hearts as we eat of this bread and this wine, sharing gifts in Your name at the table You spread.

In this house here and now, if you look you'll see how God's grace lives in faces that surround you.

For the bread we need, for the very air we breathe,  
for the love in our community, we proclaim our praise Lord, Thank You!  
We can feel, we can touch, we can see, we can hear.  
Yes we know who we are, yes we have what we need.  
We can breathe, we are full of the love that He gives  
and we're happy to be in the place that we are.  
Thank You Lord for the gifts in this place where we are.  
Yes we're happy to be in the place where we are.

### **VACATION BIBLE SCHOOL & SUMMER SUNDAYS**

For the first time in several years, we held a traditional week long Vacation Bible School. We served 26 children. 8 were St. James’ School children, 2 were from the greater Austin community and the rest were St. James’ Church children. This VBS was lots of fun due to a great team of volunteers and staff. Diana and Linda were the arts and crafts guides; Renette and Alissa helped Richelle as cooking guides; Michelle was the music guide; Utopia, Shene, Mattea, and Khadaija helped as paid staff; and last but certainly not least, Catherine Petit and Aimee Estep kept us well fed and Father Jeff stopped by to bless several of our meals. Great fun was had by all as the children came to better understand The Lord’s Prayer. Each room was transformed into an African Prayer Safari thanks to decorations from several parishioners and school parents.

We are continuing the African Prayer Safari theme for the rest of the summer in our Summer Sundays from 10:15am – 11:15am in the purple Winona Miles Building also know as the Game Reserve. The playground is monitored beginning at 9:45am. Thanks for all of the toilet paper rolls, egg cartons, and shoe boxes. We have enough for now.

Michelle Jordan joins us each week to practice the songs from the African Prayer Safari from 10:15 am– 10:45am. The Children’s Choir will perform on Aloha Day, 9/13<sup>th</sup>. If your child needs a copy of the CD, please ask for one.

### **NUTRITION LESSONS**

This summer, Asia McMullin, a nutritionist who works with Joyce Christian and the Wellness Center conducts lessons for the kids on the third Sunday of each month from 10:15am – 11:15am. The lesson she taught on Father’s Day was delightful.

### **CHRISTIAN FORMATION PROGRAMMING CHANGES**

The Atrium I coordinator, **Karen Hartwell**, and the Godly Play coordinator, **Traci Wallace**, and I have decided to change the age configuration of our Christian Formation Programming to better facilitate the developmental needs of our children. The changes will begin on Aloha Day and are as follows:

\***Atrium I** -3 years of age by September 30<sup>th</sup> – Kindergarten. (Children who turn 3 after 9/30 may join in January. The Kindergarteners will receive presentations specifically designed for them throughout the year.)

\*Atrium II-1<sup>st</sup> and 2<sup>nd</sup> Graders.

\*Godly Play – 3<sup>rd</sup> – 5<sup>th</sup> Graders.

Parents of children new to a program are asked to attend a parent orientation on Aloha Day, 9/13.

Atrium II and Godly Play's orientation sessions will be from 9:00am – 10:00am. **Atrium I's orientation session is from 10:15am – 11:15am. This is mandatory for children 3 years of age entering Atrium I. In Atrium I we ask that one parent stay with their child for the first session even if it is not Aloha Day.**

#### **MARTI RICKEL'S VISIT**

I am so delighted to inform you that Marti Rickel is going to visit with us August 29<sup>th</sup> and 30<sup>th</sup>. Marti is going to share her experience with Catechesis of the Good Shepherd's Atrium Level I. We are all excited and looking forward to her visit! Anyone interested in volunteering for Christian Formation is welcome to attend, please contact Karen Hartwell or me.

#### **6 PM SERVICE'S CHRISTIAN FORMATION MEETING**

On **August 16<sup>th</sup> at 5 pm** I would like to meet with all **parents and 6 pm parishioners who are interested in beginning Christian Formation**, beyond the nursery, for our children who attend the 6 pm service. Please RSVP at [milaj4@yahoo.com](mailto:milaj4@yahoo.com). If you are interested and cannot make the meeting, please contact me. 350-8139.

Mila Jackson, Director of Christian Formation

#### **UPCOMING EVENTS:**

6/21-8/23 SUMMER SUNDAYS

8/16 **6PM SERVICE'S CHRISTIAN FORMATION MEETING 5 PM**

8/23 **CHRISTIAN FORMATION MEETING AFTER 10:15AM SERVICE**

TBA -SET UP ATRIUM I FOR MARTI'S VISIT

8/29 & 8/30 **MARTI RICKEL'S VISIT**

8/30 & 9/6 CHILDREN'S CHOIR REHEARSAL IN FOUNDERS' HALL 10:15AM

9/12 SET UP ATRIUM II AND GODLY PLAY 10:00AM – 12:00PM

9/12 CHILDREN'S CHOIR REHEARSAL 10:00AM – 12:00PM

#### **9/13 ALOHA SUNDAY –**

\*PARENT ORIENTATION SESSIONS AND REGISTRATION

(ATRIUM II AND GODLY PLAY 9:00AM – 10:00AM;

ATRIUM I 10:15AM – 11:15AM)

\*CHILDREN'S CHOIR 9:00AM – 10:00AM BREAKFAST AND REHEARSAL

\*10:15AM – 11:15AM ATRIUM I& II AND GODLY PLAY WORSHIP SERVICES

\*CHILDREN'S CHOIR SINGS DURING THE OFFERTORY

#### **SUNDAY MORNING ADULT PROGRAMS**

There will be no adult forums in July. We are taking a break and will resume forums in August when some of the choir members can participate. Please keep an eye open for our new season which will start in August.

Thank you for your support, Susan Gezana

#### **MONDAY NIGHT ADULT PROGRAMS**

The Intercessory Prayer Group meets each Monday night at 6 p.m. at the Church and is open to all who wish to pray for others with a group of people. Please feel free to come and join us at the Church.

The Seekers is a forum for St. James' members that have the desire to expand their hearts and minds and to share their ideas and reflections about faith with each other. We have guest speakers of DVD's on a variety of spiritual topics followed by group discussions. We meet on the third Monday of each month from 7 to 8:30 p.m. at the Seminary of the Southwest. For more information on The Seekers, contact Sharon Elmore at 928-0475 or [sharonelmore@austin.rr.com](mailto:sharonelmore@austin.rr.com).

#### **TUESDAY NIGHT ADULT PROGRAMS**

The next meeting of Phenomenal Women, St. James' monthly gathering of women of the church and their friends, will be held on Tuesday, August 11 at 6:30 p.m. We will have a light potluck supper followed by a discussion period. Reminder announcements about the meeting will appear in the weekly St. James' e-newsletter and the Sunday announcements as we get closer to the date!

In our busy and growing church, Phenomenal Woman is a nurturing place to more deeply connect with and support each other as we travel on our spiritual paths. No matter the topic chosen by the host each month, the

evening always seems to bring spiritual inspiration and deeper friendships and connections.

We meet the second Tuesday of every month at 6:30 p.m. Our meetings range from intimate groups of 8-10 to sometimes larger gatherings of 15-20 women, just depending on the month. It is not necessary to attend every time, or to have done any pre-reading, so please join us as you are able. Our official Mission states that we are a “ministry developed to bring together women in a safe space, to provide dialogue and support as we strengthen our spiritual relationships with self and others on a mission to living our lives as fully expressed children of God.”

For more information about the group or to be added to the Phenomenal Woman email list, please contact Colleen Waller at [phenomenal@stjamesaustin.org](mailto:phenomenal@stjamesaustin.org) or 401-3985. Specific directions to host's homes are sent out prior to the meeting to the Phenomenal Women email list and others who would like to come, as requested.

All women of St. James' and their friends are invited to join Phenomenal Woman meetings that are held on the second Tuesday of every month. We gather at a rotating list of members' homes and begin with a light potluck supper followed by a program led each month by the host.

Please join us for an informative evening and fellowship and bring a dish to share as you are able. For more information and specific directions for this month's meeting and to RSVP, please email Colleen Waller at [cwaller@austin.rr.com](mailto:cwaller@austin.rr.com) or call 401-39085.

### **WEDNESDAY NIGHT ADULT PROGRAMS**

The Voltrons—the 20's and 30's group at St. James: enthusiastic, educated, motivated and excited about *you* joining us for weekly discussion! Our discussion topics cover a range of perspectives, including theological, political, socio-cultural, economical and practical. We meet every Wednesday night from 8-10 p.m. at a member's home. Our meeting location varies by month. Additional information can be viewed on our website: [www.voltrons.pbwiki.com](http://www.voltrons.pbwiki.com). For more information please contact Ryan Parks (791-6998) or [voltrons@stjamesaustin.org](mailto:voltrons@stjamesaustin.org).

### **VOLUNTEER SATURDAY, AUGUST 15 FOR ST. JAMES' MOBILE LOAVES AND FISHES (MLF)**

The MLF volunteer crew, with St. James' lead ministers Erik and Kathy Kwiecienski at the helm, needs volunteers for the monthly outreach on Saturday, August 15 beginning at 9:30 AM. Every third Saturday of every month we make sandwiches and deliver and serve the food and other refreshments from our mobile canteen to needy men, women and families in downtown Austin. For more information or to let them know you can help out this month, contact Kathy Kwiecienski at [kathykski2005@yahoo.com](mailto:kathykski2005@yahoo.com) or by phone to 512-431-1530. If you are able to donate toiletries or clothing, especially men's large size clothing, cotton knit shirts and T-shirts, white tube socks, or gym shoes, these are always very needed and appreciated.

Directions: Mobile Loaves and Fishes is at 903 South Capital of Texas Highway (360) on the grounds of St. John Neuman Church. The MLF building is on the east side of Capital of Texas Highway between Lost Creek Blvd. and Las Cimas Blvd. (look for the historic marker sign). From the south, turn right into the third entrance after you pass Lost Creek. From the north, make a u-turn at Lost Creek and turn right into the third entrance off the highway.

Madeline Rae Gill

### **CHURCH OFFICE HOURS**

The office hours at the church are Monday through Thursday 9 a.m. to 5 p.m.; Friday 10 a.m. to 5 p.m. Please bring, email or fax all announcements to the church office by **5 p.m. on TUESDAY** for inclusion in the back of the Sunday service leaflet and in the Enews. The church phone number is 926-6339, the fax number is 928-1489 and the email address is [office@stjamesaustin.org](mailto:office@stjamesaustin.org).

Verbal announcements must be given at all four Sunday services. If the request is for the clergy to make the announcement, provide a copy prior to Sunday morning.

### **E-GIVING**

*Credit cards, debit cards and automatic draft now available on St. James' website!!!*

We have added the capability to our website for the use of credit and debit cards and setting up automatic drafts from your bank accounts to the church accounts. When you go to our website, [www.stjamesaustin.org](http://www.stjamesaustin.org), you will see the “Egiving” link under the Members tab that is on the home page. If you have not “signed in”, you will be required to create a user name and password. After you have “signed in” you will be taken to the eGiving Main Menu, which lists many options. From this list you can select, “Go to my organization's E-giving Transaction page.” There you will be shown the various funds you can donate to. There is one blank space to add in whatever fund you would like it to go to, such as Jazz at St. James', Trinity Center, Capital Campaign. This information, but

not your card number, etc. is provided to us on a weekly basis and then we distribute it to the appropriate place and record it in your contributions summary.

You are given the option to do a one-time donation or set up a recurring one. For those interested in setting a set amount and forgetting about it, this option is a good one. Another way to do this is through your online banking, most online banking services can do the same thing; many people at St. James' do this already.

While we are very happy to provide this convenience to you we also strongly discourage using credit cards for amounts you cannot pay off in that month. Credit is a dangerous game in our society right now, please be careful with it! If you have technical questions contact our webmaster, Margaret Listberger. Please let her know any problems you have.

## ODDS & ENDS

**Health screenings:** Monday, August 10, 8 a.m. For more information contact Joyce Christian, Nurse Coordinator for East Austin Wellness Initiative at 926-6339 or joycechristian@austin.rr.com.

**EYC to Schlitterbahn:** Saturday, August 15. For more information please contact Lisa Braithwaite at 576-9595 or lcbraith@aol.com.

**Dinner and a Movie,** Saturday, August 15, 6 p.m in Founders' Hall. Join us for a relaxed, fun-filled evening! All are welcome. See the Sunday bulletin or call Mike Murray (472-5192; mmurray8@austin.rr.com) for more info.

**Vestry Meeting,** Sunday, August 23, 12:15 p.m.

**St. James' School Board,** Wednesday, August 28, 5:30 p.m.

## Come to The Welcome Table

### The Core Values of St. James' Episcopal Church, Austin, Texas

**St. James' Episcopal Church is a warm, lively Christian community called by our Lord Jesus Christ to love one another, to welcome into our midst all people, and to proclaim the Gospel by serving the needs of the world we live in. The life of the parish is centered in the Episcopal tradition of worship.**

#### Heritage

*"The stone the builders rejected has become the capstone."*

*Psalm 118:22, Matthew 21:42, Mark 12:10, Luke 20:17.*

We cherish, affirm, and hold fast to our African-American heritage. Remembering that St. James' was founded by black Episcopalians who were not welcome in white churches in Austin, we strive to be a church where *all* of God's children can worship in a spirit of loving acceptance.

#### Welcome

*"Wherever you are in your journey of faith, you are welcome at this table."*

We hear these words at every Eucharist, and we seek to live these words every day in the respect we show for one another. *Whoever* you are, you are welcome here. There is a place for everyone at the table at St. James': It is God's table.

We work to practice a ministry of radical hospitality, in which we are *intentionally* inclusive, welcoming, respectful, and nurturing.

St. James' provides a holy, safe place where we can have fruitful conversations about difficult topics; where we support each other in our life in the faith; where we are open to finding new ways to carry out God's will.

#### Worship

Our worship is joyful! We value our beautiful, spirited, and varied music. We appreciate creative expressions in liturgy and the arts. We value good preaching. We seek ways for worship to be a nurturing experience for children.

Our celebrations of the Eucharist are varied to meet the needs of our congregation, including our Spanish-speaking community.

We go forth into the world, rejoicing in the power of the Spirit. Alleluia!

### **Stewardship as Service**

God calls us to be faithful stewards of our time, talent, and resources.

As a community, we have a strong commitment to Christian formation for children, youth, and adults; to pastoral care; and to providing multicultural experience.

Our ministries range from programs located on our church campus – such as St. James' Episcopal School and the East Austin Wellness Initiative – to our partnership with the Ali Arab Hospital in Gaza.

We value our role in nurturing and helping train seminarians from the Episcopal Theological Seminary of the Southwest.

### **Diversity**

We rejoice in our diversity at St. James'. St. James' provides an opportunity for each of us to share our Episcopal worship with people who are different from us, and we believe we are all blessed by that experience. We pray that our diverse, loving community can be a beacon of hope, a foretaste of God's Kingdom.

### **Anglican Cycle of Prayer**

**Week of August 2**--In the Anglican Cycle of Prayer, we give thanks for the church in Rochester (Province II, USA). We give thanks for all in our community and this week we give thanks for Martin and Susan Villarreal, Joaquin, Dimitri; Greg and Kim Vincent; Rob and Sandi Vranish, II; Jill Walker and Anett Gough; The Rev. Frank Walker.

**Week of August 9**--In the Anglican Cycle of Prayer, we give thanks for the church in Ruwenzori (Uganda). We give thanks for all in our community and this week we give thanks for Seth and Traci Wallace, Samantha, Van, Nathan, Gabriella; Christine Warner; Harold Wash; Gretchen Wegner, Frank and Diane Weir.

**Week of August 16**--In the Anglican Cycle of Prayer, we give thanks for the church in San Joaquin (Province VIII, USA). We give thanks for all in our community and this week we give thanks for Ted and Melba Whatley; Barbara White; Stuart Whitlow; William Wilborn; Erin Wilkinson.

**Week of August 23**--In the Anglican Cycle of Prayer, we give thanks for the church in Seoul (Korea). We give thanks for all in our community and this week we give thanks for George Willeford; Ellen Williams, Damona, Dwayne, Johann, Aurian; Jimmy Williams; Roger and Norma Williams, Joseph, Rachael; Bruce Wilson; Glynn and Trish Wilson.

**Week of August 30**--In the Anglican Cycle of Prayer, we give thanks for the church in Singapore (South East Asia). We give thanks for all in our community and this week we give thanks for Lisa Wilson and Judith Quinney; Mark Wilson and Dana Kuykendall, Matthew Wilson, Michael Wilson; Terry Wilson and Paula Poindexter-Wilson, Alexandra; Seth Wispelwey; Rodney and Gail Wormley.

### **PRAYER**

*“An Outline of the Faith, commonly called the Catechism” found on pages 856-857 in the Book of Common Prayer describes seven forms of prayer. Listed below are those persons who have requested (or someone has requested on their behalf) intercessory prayer.*

Please pray for: Kathy Soliz, Daniel Reber, Halle Brent, Laura J., Tanya Lunstroth, Ian Forslund, Enid and Violet, Margaret Listberger, Bill Ikard.

Wanda Hinton, James Sellers, Chioima Okoro, Joe Snyder, Kevin Talma, Cathy Whatley.

*Pray without ceasing for the Vestry and for the health, strength and spiritual growth of the St. James' family. Prayer time is 9 a.m. Pray wherever you may be.*

### **TO GOD BE THE GLORY**

*Heavenly Father, giver of life and health: Comfort and relieve your sick servants and give your power of healing to those who minister to their needs, that they may be strengthened in their weakness and have confidence in your loving care; through Jesus Christ our Lord. Amen.*