

Diocesan Convention comes around once a year, on this weekend in January. Bishop Mark Beckwith says "It is part country fair, part House of Representatives, and part family reunion." That is a very accurate description. Exhibitors sell their wares and also bring opportunities to churches. There is voting and debate and elections in business sessions, some of it mind-numbing boring and some of it exciting and inspiring. The family reunion part is catching up with friends or just hanging out between sessions.

The Convention also hosts workshops of all sorts. Learn about the ministry of the Verger. Bone up on the constitutional changes you are about to vote on. Ask questions about the budget or congregational development or how to write a grant for Diocesan funds.

This year, I attended a workshop about what churches can do to respond to people and families who live with mental illness. Two parents very eloquently and movingly spoke about their children who suffer with mental illness. I was especially touched by one man's description of his intellectually gifted son, a collegeeducated biomedical engineer and his struggle with schizophrenia. We were told that despite the advances in medical science, pharmacology and research into brain function, there are still many myths about mental illness: depression is a weakness and can be overcome with will power; autistic people are incapable of human relationships; schizophrenics are violent and dangerous.

It was actually not that long ago that the field of psychiatry had its own beliefs of mental illness which turned out to be false. Homosexuality was classified as a mental illness until 1974. When I was trained as a clinical social worker, the literature told us that schizophrenia was caused by a cold, rejecting mother. It even had a name: the schizophrenogenic mother. The mother who literally causes mental illness in her child. In the time of Jesus, many mental and physical illnesses were understood as "having a demon" or an evil spirit. The descriptions we have in the gospels lead us to believe that all kinds of mental illness, as well as epilepsy, were considered to be demons inhabiting the human soul. So, since we have come so far in medical advancement, there is no need for exorcism any more, right? Perhaps not. But in the course of my work as a therapist, I discovered something about demons.

Imagine a woman who was raised by a alcoholic father and a mother who had long since given up on any kind of healthy life for herself and her family, joining the system of addiction. There are rules in this sort of family; rules which are easily learned by children for survival. Don't trust. Don't talk. Don't feel. She learns to be isolated from the world, to deny what is going on, and to hold feelings in because it is too risky to express them. While these lessons are learned, the woman vows to never, ever be like her family. She grows up, makes her way in the world and begins to build a family of her own. She has a spouse, and a couple of children. The dynamics of family life unfold, decisions to be made, needs to be addressed, conflicts to be resolved. As old feelings from her family of origin begin to surface, she has no healthy tools to deal with them. All she knows is what she learned at home. And so, insanity sets in, if you believe this definition of insanity: doing the same thing over and over and expecting a different result.

Here is where good mental health treatment comes in: she begins to process, express, work through the feelings she has about the rules she had to follow to survive her childhood. Over the course of many months or even years, she is able to learn new rules: feelings are not facts, she is a valuable person and beloved by her Creator, she is loved and loving, she is human, without the need to be perfect. The messages she got from those entrusted with her care slowly fade to the background until they are barely whispers.

And so the woman moves on in life, meeting challenges head-on, full of a kind of joy it is hard to explain. She makes mistakes, yes, but they do not destroy her or even slow her down much. Even though sometimes it is hard work to be in relationship with people (some more than others), she is generally seen as someone who can help others with their questions about human relating.

Then, one day, out of the blue, it happens. Maybe she is just tired or stressed, but a comment that normally rolls right off her back hits her in the gut. The messages that had faded come through loud and clear. "You can't do anything right." "You're worthless." She's back home again.

That's the demon. The voice that whispers the old messages: She is a prisoner, trapped by the past, thrown back into a world of pain.

That's the bad news. And here is the good news: this is the kind of demon Jesus has authority over. This kind of demon responds to prayer. God can drive out those evil spirits that cause us to be depressed, oppressed or even possessed.

The message from that workshop at Convention and from Jesus himself is this: we're not all trained therapists, nor do we need to be. We can ask God to first show us what in us needs to be healed; it could be the voices of the past that feel like demons, it could be an old grudge that we cannot let go and now it possesses us, it could be an injury we caused and have not asked for forgiveness. These things possess us, and only God has authority over them. All we need do is ask. And when we are freed from our demons, we can a healing presence to others who struggle with theirs.

Yours in Christ,

Cathy

From the Wardens

As my time as Senior Warden comes to an end, I'd like to thank everyone at St. James' for their support over these past four years. There have been many challenges, but there were always people willing to do whatever it takes to accomplish the task at hand.

Cathy - Thanks for giving me the opportunity to serve St. James' in this capacity; it was a rewarding experience and it certainly made me aware of many aspects of running the church that I never knew existed. Yes, there were times when I was overwhelmed, stressed out, and out of my comfort zone. Whether it was dealing with a major construction project (like the parish hall, kitchen or steeple) or something as simple as Cathy going on Sabbatical (did I say simple?), there was always something to keep it interesting!

It would be impossible for me to name everyone that has assisted me on this journey, but I'd like to thank the two Wardens that served with me (Dawn Modugno and Barbara White). These two amazing people have what seems like endless energy and dedication for St. James'. I'd also like to thank the staff and everyone that served on Vestry while I was a Warden. It was a pleasure working with you and I enjoyed getting to know everyone better.

Last, but certainly not least, my wife Eileen deserves a big Thank You. She tolerated my absence while attending many meetings (Vestry, Finance, Wardens, etc) and time spent preparing Journal articles and during the crunch time preparing the annual budget. She exhibited patience during the monthly ritual of me trying to write a Journal article, a time that caused me much anguish. I know, it shouldn't be too hard to compose a couple paragraphs each month; but it was! Remember, most engineers are good with numbers and not so good with words! Over time Eileen realized she just needed to give me space as I struggled to compose my literary works.

I wish all the best to the current and incoming Wardens and Vestry; please support them as they work to make St. James' a stronger, more vibrant community.

Greg

Junior Warden

The last few months the Finance Committee, Wardens and Vestry have struggled with this year's budget. The struggle is this: how do we create a budget without knowing our income? To this end we have tried to encourage you to make a commitment and pledge. We understand the financial struggles that many, including myself, are going through but we need your support. We tell each other during almost every Vestry meeting that it does not matter how much a pledge is, the important thing is that we have the support of the congregation.

One of the ways we know that you are supporting us is when you pledge. Your support and pledge are very important; every pledge is important whether it is \$5.00, \$500, or \$5,000. We only ask that you give what you can, what the Spirit is moving you to give. We ask that you prayerfully consider what our community has meant to you and your family, how God blessed you and how can you help us to continue to do God's work.

Greg and I sent a letter to the Bishop in regards to the reduction of St. James' pledge to the Diocese and in it we cited the rising cost of supporting household, frozen

Junior Warden...Continued from page (2)

Vestry Hi-Lites

incomes and other economic stresses on everyone. We get it. We also informed him that our budget had been cut in every possible way and that our fear is that the next step may include reducing or eliminating programs or personnel. That is a real fear and without your increased support we are in danger of making cuts that none of us wants to consider.

We are asking you to consider something like this: for me, the cost of that cup of coffee every morning from Dunkin' Donuts is \$2.51. That is \$652.60 in a year; so I quit. Do you know if you spend just \$5.00 a day on coffee or lunch you are spending \$1300.00 a year? No one can even buy lunch and coffee for \$5.00. Another question: Do we really need 500 channels on TV (there's nothing worth watching anyway!)? My point is that that there are many ways to make a difference and we hope that you will consider making a difference at St. James'.

Invite a friend to church!



Barbara

Convention

January 27th and 28th Cathy, Sheila, Wendie, Brian and Barbara were deputies at General Convention. The 138th Annual Convention of the Episcopal Diocese of Newark held at the Hilton Hotel in Parsippany. There was the usual business, budget, elections, reports and resolutions to debate and vote. This year's resolutions included Lay and Clergy Compensation, Focusing on the Needs of Children, Strengthening our Companion Diocese Relationship (Panama) and Cost Sharing for Retired Clergy.

Workshops conducted during convention included, Mission: Engage, The Ministry of the Verger, Education for Ministry, Justice Board, Centering Prayer, Believe Out Loud, Liturgy and Music and Senior Ministries. Ask one of your deputies about the workshops they attended.

Copies of some of the documents presented during convention are in the parish hall for you to read if you like.

From the December Meeting

- we will highlight the benefits of electronic giving through an information table manned by Vestry members and others to help people learn about it and sign up
- on New Year's Eve, a the Eucharist will be celebrated at 10:30 pm, followed by a celebration of food and fellowship
- financial pledge follow-up is planned for the households not responding
- Giving Tree and food collections were great successes

... and from the January Meeting

- A detailed capital budget is being prepared as an expansion of the line item in the general budget
- St. James' will host Volunteer Income Tax Assistance preparers for low-income persons and seniors as part of the RSVP / United Way program around Warren County
- Communications functions are being organized into areas of print publicity, website, Constant Contact (email program for news), <u>Journal</u> and other means of communication, under the leadership of Paula Van Clef.

Altar Guild

On behalf of the Altar Guild, I would like to thank those members of the St James' family who assisted with the Greening and "Un-Greening" of the church for the Christmas 2011 season. And it is due to the Xmas flower donors that the Altar Guild was able to purchase the poinsettias and wreaths - thank you for your generosity.

I must make special mention of two Altar Guild members - Ellen Infante and Barbara Olesen - who gave up the last Saturday before Christmas to pick up and deliver to the church the decorations from Godlewskys when I was unable to do so. It is this willingness to step up and fill in wherever and whenever needed that is the hallmark of every Altar Guild member - a great group to work with.

Meg Critchley



St. James' Episcopal Church

214 Washington Street + Hackettstown NJ 07840 The Rev. Dr. Cathy L. Deats, Rector Linda Ayres, Parish Administrator Church Office: 908.852.3968 stjames214@comcast.net

February 3, 2012

To: All members of St. James' Parish

From: Cathy L. Deats, Rector

Pursuant to the by-laws of St. James' Parish, you are hereby notified of the Annual Meeting and election of officers to take place **Sunday**, **February 12**, **at 10:30 am** in the Great Hall.

The meeting follows one service of The Holy Eucharist at 9:00 am.

This notice is to inform you of those nominated for office by the Nominating Committee. Other nominations may be made, by petition in writing, signed by five qualified voters of the parish. A qualified voter is one who is (1) baptized, (2) at least 16 years of age, (3) in regular attendance at the services of this parish for the past six months and (4) a regular financial contributor to this parish for the past six months. Forms for nomination are available in the church office or online at <u>http://stjameshackettstown.org</u>

They are due in the church office no later than February 10, 2012.

Nomination for Senior Warden: Barbara White

Nomination for Junior Warden: David Lacouture

Nominations for vestry (3 vacancies): Peter Gartlemann

Carol Novrit

Nominations for Deputy to Diocesan Convention (1 vacancy): Ellen Infante

Nominations for Alternate Deputy to Diocesan Convention (1 vacancy) Julia Quelly

I wish to thank the members of the nominating committee (the Wardens and the Vestry Members completing their terms) for their work: Greg Malejko, Barbara White, Ron Cipriani, DJ Hoffman, and Paula Van Clef. I also wish to thank all those willing to serve in the leadership positions of this parish, including those not on this list who may be nominated by petition.

Fundraising

Fundraising at St. James' is a parish effort and the fundraising committee is not just the few of us that get together and plan and schedule events but each and every one of you.

The success of the tricky tray demands everyone's participation, the golf outing also requires the efforts of many and like the tricky tray there is much work done behind the scenes, but fundraising is much more than those couple of events. Fundraising is about the candy sale or the wrapping sale, the Christmas flower sale that only take a few announcements and a bit of bookkeeping. As important as the money we raise it is an opportunity for you to offer one of these sales to a friend on behalf of St. James', the opportunity to start a conversation with a friend or co-worker about the many ministries of our community, an opportunity to invite a friend to a pancake or a corned beef and cabbage dinner so that they can see our community.

Last year through all our efforts fundraising raised \$14000.00 towards the General Fund and we can do more. This year we want to plan more dinners; not just fundraisers but fundraisers that celebrate who we are and all that we do in our community.

We will start this year with a Shrove Tuesday Pancake dinner, Tuesday, February 21st in the parish hall from 5-7pm. The cost is \$10.00 with children under 6 eating free.

We will host a "What in the World" coffee hour Sunday, February 26th. This is a great time to purchase those Mother's Day and Father's Day gifts, graduation or "just because" gifts. What in the World is located on Main Street across from the hardware store and offers hand crafted items from around the world. They carry gifts imported by non-profit organizations such as soaps, candles, bags, clothing, jewelry, pottery, wood crafts and much more. Al and Vicki Kopacka, owners of What in the World will donate a portion of their profits to our fundraising efforts. Coffee hour will include samples of their free trade coffees and snacks.

Sunday March 11th we will march in the St. • Patrick's Day parade and Saturday, March 17th we will have our St. Patrick's corned beef and cabbage dinner.

Our 3rd Annual Golf Outing will be Monday, May 21st at Farmstead Golf and Country Club in Lafayette. This event is growing with each year, we hope to get at least 60 golfers this year. Mention this to your friends and co-workers. I have learned about golfers these last few years; they only need an excuse and they will be there. Our golf outing has many great prizes including clubs, balls and other golf gear and the dinner following is great fun for everyone. Talk about it and they will come!

We are off to a busy beginning! Thank you for your support.

Invite a friend to church!

Yarn Twisters



The Yarn Twisters (YT's) have only met once during January – several YT's have dropped out of the group due to family or work commitments. We are actively seeking new

participants and will have articles in several local newspapers during the next few weeks in the hopes that we can attract more knitters/crocheters. We do not as yet have any dates set up for February, but for those of us who are continuing to knit or crochet, please do so at home in your spare time. We need to help Paige Sato at SCI fill up those shelves with our beautiful knitted/crocheted items. There are some new patterns shown on the *Christmas at Sea* website ... <u>www.seamenschurch.org</u> - check them out!

Anyone interested in joining the group is welcome to contact me at 908-684-3566 or email me at: <u>frlbailey1@comcast.net</u>.

The following items can be collected during the year. There is a blue plastic barrel in the Great Hall for donations:

- Unscented, Hypoallergenic Hand Lotion (2-4 oz bottles)
- Sealed Packages Sweets
- Books or Activities like Sudoku, word searches, or playing cards
- Facial Tissue
- Microwave Popcorn
- Chewing Gum

Thank you, *Linda Miller*

MUSIC NOTES

Sr. Choir

First, I'd like to welcome Melissa Vitalos to our choir! Melissa joined after the New Year and seems to be settling in very nicely. We are so glad to have her!

The Sr. Choir was busy as always during the Christmas Eve services, singing at both of the

evening services. We were joined by Katie Lacouture at the 7pm service and by Bill Hibler and his daughter Melanie at the 11pm service. It was wonderful to have some additional voices!



We have started working on Lenten music and will soon begin rehearsing anthems for Holy Week. We are always looking for more singers! Rehearsals are now at 8:30am on Sunday mornings in the Mitcham House living room. Maybe we'll see you there soon!

Youth Choir

Our Youth Choir had a pretty busy Advent and Christmas season this year! They performed at the annual Story of the Nativity through the Arts program at the Port Morris United Methodist Church at the beginning of Advent, then performed again at the Hackettstown Tree Lighting/ Santa event, and sang at the 4:30 service on Christmas Eve! They did a great job every time and it was wonderful to see all those young signers and singers!

In February we will begin rehearsals for Easter. Our own Tanya Volkert will be assisting me during those rehearsals as part of her Honors Choir community service assignment. The Youth Choir will be joining with the Sr. Choir at the 10am Easter service to perform a piece that Phyllis and Dave Heistand found for us. It is a piece from Phyllis's youth and we are looking forward to performing it!

Pam Laura

BELL CHOIR "NOTES"

The St. James' Multi-Generational Bell Choir's most recent trip was to the House of the Good Shepherd on January 15. The choir participated in the 2:00 worship service, playing music prepared for the Advent and Christmas seasons. Choir members enjoyed a delicious complimentary lunch prior to the service. This was the choir's second trip to the House of the Good Shepherd. The choir has been invited to return again and we look forward to being part of the afternoon worship service

there again.

The choir will be enjoying a well-deserved vacation for rehearsals until February 19 when we will begin practicing music for Lent and Palm Sunday. Additional future plans for the choir include participation in the Tower Concert, the Hackettstown Memorial Day Parade and Choir Recognition Sunday.

A very sincere thank you to all the members of the Bell Choir who give so freely of their time. It was by far the busiest fall, Advent, Christmas and Epiphany season the choir has experienced since I have been director. Thank you! Thank you! The members of the Bell Choir are David Bernauer, Scott Carson, Meredith Firmin, Drew Lacouture, Pam Laura, Dawn Modugno, Brian Nolan, Chika Okoye, Sam Olshan, Marge Schafetz and Helen Wise. On Christmas Eve college student Katie Lacouture rang along with Steven Bernauer and Lori Kay Mattison.

We all wish ringer Marge Schafetz a speedy recovery from surgery and look forward to seeing her in church and Bell Choir again real soon.

Looking to enhance your commitment and involvement in the life of St. James' for the Lenten season? Joining Bell Choir might be the answer. Let me know prior to February 11 if you would like to join the group. We are happy to welcome new or returning members.

Louise Olshan

For Weekly Announcements and what's happening at St. James' visit our webpage: <u>stjameshackettstown.org</u> Check out the new calendar! Sign up for email news!

YOUTH GROUP -SAVING KIDS LIVES

As Super Bowl Sunday approaches and the football season comes to an end, I can't help but to think of how, towards the end of the season, many games are decided by a player who only comes on the field once in a while to kick an extra point or a field goal. Never mind my prediction that Super Bowl XLVI will probably be decided by one field or by one extra point. What a difference one person can make!

The Youth of St. James', along with the whole parish family, have taken on the task to decisively step into the mission field and make a difference by kicking away hunger. In the past few weeks we have enjoyed the encouragement from Justin and MaryAnn Simmons to participate in the "Souper Bowl of Caring" that collects food and donations to support our local food pantries.

In addition, between February 24th and 25th, the youth group will participate in the "30



Hour Famine." Around the globe, 925 million people are hungry - that is 3 times the population of the United States. According to U.N. estimates, a child dies from hunger-related causes every 8 to 12 seconds. In total, more than 22,000 children die every day, most of them from simple causes with existing cures: diarrhea, malar-

ia, hunger and more.

During the "30 Hour Famine," St. James' youth - joined by the youth from St. Mary's Catholic Church - will learn about hunger and take the radical step of going without food for 30 hours as they walk in the steps of hungry kids all around the world.

This year St. James' youth have set a fundraising goal of \$750, which can be an impressive amount when we consider that every \$30 raised can help feed and care for one child for a month. They will be asking us to sponsor them in their 30 Hour Journey, and that we help them save kids lives; every little bit helps. And remember what a difference one person can make!

LENTEN PROGRAMS

In the season of Lent, we are asked to "fast for the good of the body, pray for the good of the soul, give for the good of our neighbor." We have prepared a series of forums for you to learn about opportunities to keep a holy Lent. Each forum is on a Sunday in Lent and is accompanied by light refreshment.

Sunday Series

Sunday, March 4 End of Life Issues

Funeral planning, final decisions and Planned Giving are all topics we need to talk about. Come and learn the how-tos to be sure your wishes are honored.

Sunday, March 11 Oasis Ministry of the Diocese of Newark

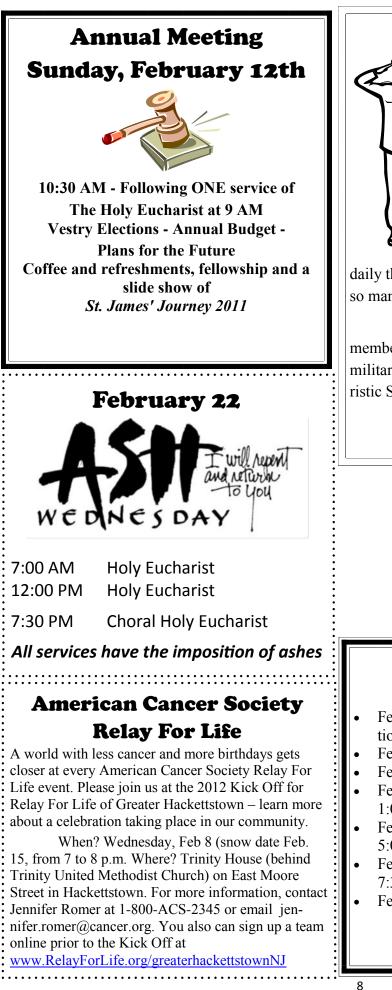
The OASIS is a justice ministry of the Episcopal Diocese of Newark to make the church safe for ALL people, and to challenge the church when its interest is selfpreservation and not prophetic witness. The OASIS was founded in 1989, as a Diocesan ministry to gay and lesbian (and later bisexual and transgender) people. Learn about this ministry to and the lives of people who suffer because of who they are.

Sunday, March 18 A Chaplain's Life with The Seamen's Church Institute

We all know the work the Yarn Twisters have done to make the ministry of SCI so real to us. Come into the life of a Port Chaplain to hear the stories of what our gifts mean to the merchant seafarers who come to Port Newark.

Evening Bible Study

Each Thursday evening in Lent at 7 P.M. (March 1, 8, 15,22 and 29) we will gather in the Mitcham House for a study of "Bad Girls of the Bible." We will end each evening with the prayer service of Compline. Please contact the church office for a copy of the book: stjames214@comcast.net or 908.852.3968. Cost of the book is \$12; there are a couple of extras for anyone who wants to join us and cannot afford the cost.



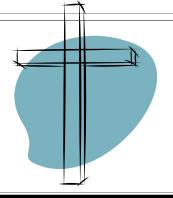
Serving Our Country

Our son, David Honigsberg, is currently in his second deployment with the US Navy 5th fleet. David left his home port of San Diego before Thanksgiving and will not return stateside until mid-May. He is a petty officer assigned to the USS Bunker Hill, a guided missile cruiser stationed in the Indian Ocean. Because this is a very volatile area of the world, our son is never very far from our

daily thoughts. In the words of John Paul Jones..."like so many fast ships going in harm's way."

We are so grateful that David and the other members of the St James' family serving in the active military are remembered each week during the Eucharistic Service.

Meg and Bill Critchlev



FEBRUARY DATES TO REMEMBER

- February 5- Soup-er Bowl Sunday bring donations of food and dollars!
- February 5- Family Breakfast 9 AM
- February 5- Super Bowl Party starting at 6:00 PM
- February 18- Memorial Service for Lester Gurney, 1:00 PM
- February 21- Shrove Tuesday Pancake Supper -5:00 PM to 7:00 PM
- February 23- Vestry Meeting Mitcham House -7:30 PM
- February 26- What in the World Fundraiser

Life at St. James'





Feeding Giving Caring







In Christ's Name

		FEBF	FEBRUARY 2012			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 CONVENTION REPORT FOLLOWS EACH SERVICE 8:00 AM HOLY EUCHARIST 8:30 AM Choir Rehearsal 10:00 AM HOLY EUCHARIST	30 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center	 31 31 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center 10:00 AM Literacy Tutoring 7:00 PM EDUCATION FOR MINISTRY (EfM) 	1 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center 7:30 PM PARISH LIFE COMMITTEE	2 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center 7:00 PM CHAPEL SERVICE 7:30 PM GOLF OUTING COMMITTEE	3 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center	9:30 AM YARN TWISTERS
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26 8:00 AM HOLY EUCHARIST 8:30 AM Choir Rehearsal 9:00 AM WHAT IN THE WORLD FUNDRAISER 10:00 AM Youth Group 10:00 AM Youth Group	27 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center	28 CHURCH OFFICE OPEN 9 AM TO 1 PM B:30 AM Joseph Quinlan Breavement Center 10:00 AM Literacy Tutoring 7:00 PM EDUCATION FOR MINISTRY (EfM)	29 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center	1 CHURCH OFFICE OPEN 9 AM TO 1 PM Bereavement Center 7:00 PM CHAPEL SERVICE	2 CHURCH OFFICE OPEN 9 AM TO 1 PM 8:30 AM Joseph Quinlan Bereavement Center	e

ST. JAMES' JOURNAL

FEBRUARY 2012

St. James' Staff & Vestry

Rector: Deacon: Seminarian: Rector Emeritus: Senior Warden: Junior Warden: Treasurer: Bookkeeper: Parish Administrator: Music Director: Organist: Sexton: The Rev. Dr. Cathy L. Deats The Rev. Sheila Shuford Rod Perez-Vega The Rev. Clarence Sickles Greg Malejko Barbara White Penn Pixley Ellen Infante Linda Ayres Pam Laura Louise Olshan Pauline Volkert

David Bernauer Ron Cipriani David Handville Vestry DJ Hoffman Peter David Jenkins Roy S Dan Miller Paula Barbara Olesen, Vestry Clerk

Peter Quelly Roy Smith Paula Van Clef

In This Issue

From the Rector From the Wardens Convention Vestry Hi-Lites Altar Guild Call to Annual Meeting Fundraising / Yarn Twisters Music / Bell Choir Notes Youth Group Parish News - Upcoming Events Life at St. James' Calendar

ST. JAMES' EPISCOPAL CHURCH

214 WASHINGTON STREET

HACKETTSTOWN NJ 07836